**Principal’s Report:**

Welcome to week 8 of Term 3.

Today the whole school will be attending the performance of the *26 Storey Tree House* at the Civic Theatre. The P&C are subsidising this event as our semester two reward activity. We are leaving the school at 1pm and will return by 3pm.

Congratulations to all the students who tried out for the Core Choir for CHORDS last week. As one of the smallest schools, we had one of the largest groups participating. We also had one of the largest successful groups, well done to Sebastian, Frazer, Raylene, Skylah, Caitlyn and Ceilo who will sing at every performance from 26 to 29 October at the Civic Theatre. This is a big commitment for these students which I am sure they will fulfil admirably.

Every year the Public Service Association organises Recognition Week to acknowledge the vital role that SAS Staff play in schools across NSW. This year’s theme is ‘Our jobs, Your children, Their Future’. All of the teaching staff and the P&C at Kapooka Public School would like to take this opportunity to express our appreciation to these dedicated staff members who play such an important part in ensuring the smooth running or our school – Robyn Geale (SAM), Cindy Hounsell (SAO) Therese McTavish (SLSO and DSTA), and Peter Honeyman (GA).

Today a letter and a frequently asked questions sheet will come home to the parents of students in years 4,5 and 6 about their participation in the Tell Them from Me Survey. These students completed the survey at the beginning of the year and it is now time to do it again. Parents will also be given the opportunity in the first two weeks of next term to complete the parent survey. Teaching staff will also be completing the survey. The surveys will provide us with valuable feedback from the students, community and staff about student engagement with learning.

The Riverina Athletics carnival is being held in Albury today. We wish Kyah (yr5) and Bethony (yr6) a successful and enjoyable day.

I enjoyed catching up with the parents who were able to make our DSTA morning tea held on Wednesday 28 August in the library. Another morning tea will be held next term to give all of us an opportunity to catch up in an informal and friendly environment. Watch this space for the date!

On 1 September, all of our year 5 students have been invited to attend the Year 5 Talented Students Day at the Riverina Environmental Education Centre (REEC). On this day, the students will take part in discussions about current environmental issues, look at research on billabongs and aquatic life and collect and analyse data about water quality. A highlight will be using microscopes to identify some of the aquatic life they collect from the ponds at REEC.

Years 4-6 will be participating in our excursion to Canberra from 2-4 September this week. This excursion supports the learning being done about Federation, Australian Prime Ministers and the systems of Government. They will also visit the Australian War Memorial and Questacon. Miss Harley and I are very excited and I know the students are too. Year 3 will be working on a learning contract in either Ms van Dijk or Mrs Hounsell’s class during this time.

On 7 and 14 September, 3/4/5/6 will be visited by Tristan from Royal Life Saving. Tristan will be talking to the class about safety around inland water ways. A report recently found that ‘rivers account for more drownings than beaches or swimming pools and that the Murrumbidgee River is one of the ten top drowning black spots around Australia, coming in at number six. With summer coming, this is a timely reminder to keep safe around water.

We are still practising hard for our Dance Concert “Summer” to be held at Wagga Wagga Public School hall (Kincaid Street) on Thursday 10 September, 6.30pm. A note came home last week detailing the costumes for your child. As we have done in the past, we will use clothes they may have (or costumes we can borrow from other schools) and add detail here at school.

The winter colds have depleted our tissue supplies, any donations of boxes of tissues would be greatly appreciated.

Regards Lyn
Thank you. We will pass on.

Send to school and stickers, please in this event. If you have any school. They are participating Early Childhood Centre (pre-Kapooka School)

We are collecting Earn and Learn stickers for the Kapooka School APP

Only CASH or CHEQUE from 9:15am til 9.30am.

School Banking

- Orientation dates
  - Thursday 29th September Thursday 5th October
  - Thursday 12th October

Invitations and times to be advised. Please put dates into your diary. If you have a younger sibling enrolling for kindergarten, PLEASE advise the office & send in your form ASAP to secure placement.

Kapooka in Concert

“Summer”

10th September, 6.30pm
@ Wagga Wagga Public School Hall

Items by

K/1
1/2
3/4/5/6

Teacher’s will advise costumes for the night.

What’s on Wagga Wagga -

- Eat local Thursday 3, 10, 17 and 24 - 2.30 to 6.30pm at Murrumbidgee Turf Club, Travers St.
- Downside Bush Dance, 5th September 7.30pm at the Downside Hall.
- Veggie swap or buy, every Saturday 9-12noon, gardens, corner Albury and Shaw St, Wagga.
- Miniature Railway, Sunday 6 and 20 September, 10.30-4pm, $2.00 per ride, enclosed foot ware.
- Farmers’ Market, Saturday 12 September, 8-1pm, in front of Civic Theatre, Wollundry Lagoon.
- Art on the levee, Saturday, 12 September, 9-2pm, Tarcutta Street levee bank.
Healthy lunches and snacks are important for children and help with their concentration and learning. Healthy eating changes are not always easy to make but there are simple ways to make your child’s school lunch healthier.

Involve your children in healthy choices

Some tips to help get your kids involved include:
* Talk to your children about what they would like to have in their lunchbox.
* Discuss healthier food and drink choices and decide what will be in the lunchbox together.
* Write a shopping list together. Take your children shopping with you and let them choose foods and drinks from the shopping list.
* Encourage your children help prepare their lunchboxes. Older children may be able to prepare most of their lunch themselves, and younger children can help with making sandwiches or cutting up soft fruit. It is a good idea to prepare lunchboxes the evening before to allow children to participate.

What to put in healthier school lunches:
Try planning a healthy lunch box to start the school year.
Talk to your children and discuss what they would be happy to have included.
The six key parts to a healthy lunchbox include:
* fresh fruit
* fresh crunchy vegetables
* milk, yoghurt or cheese (you can use reduced-fat options for children over the age of two years). For children who cannot tolerate milk products, offer appropriate alternatives like calcium fortified soy or rice drink or soy yoghurt
* a meat or meat alternative food like some lean meat (e.g. chicken strips).
* a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
* tap water.

Here's some websites to get some inspirational ideas...
www.thenutritionguruandthechef.com
www.wholefoodsimply.com
www.thehealthychef.com

Kind regards, Thérèse.
therese.mctavish1@det.nsw.edu.au
Community News

Kapooka Early Childhood Centre Inc
Goddard Early Childhood Centre
Lake Albert

Saturday 12th September 2015
10am to 2pm

Out Bush' Open Day

Community Based Preschool for Children 0-5 years
Accredited as EXCEEDING in all seven quality areas by ACECQA in 2016

"We strive to provide every child with positive outcomes and care excellence."

Join us for a free & fun 'Out Bush' experience & morning tea. RSVP to 8 Sept.
Ph: 46612122

Uranquinty P&C presents

BUSH DANCE with music provided by
TIN SHED RATTLES..

Uranquinty P&C invites you to enjoy a night with 'The TIN SHED RATTLES'.
They are providing us with a top night of fair dinkum bush dancing.

Join us for a night of good old fashioned fun for the whole family...

WHEN: Sat 12th Sept 2015
WHERE: Uranquinty Hall
TIME: 6pm Dinner
7pm Dancing to Start

TICKETS: Available from school office
COST: $15 Single, $20 Double, $25 Family
FOOD: Meat provided is slow cooked roast meat and gravy roll, (meat supplied by The Rock Butchery)
Tea, Coffee & light supper is also provided.