Many thanks for the kind words, certificates, cake and flowers presented to the teachers on World Teachers Day by the Parent Club on behalf of the school community. At this particularly busy time of the year it is nice to know that we are appreciated and valued.

Cheers, Dzintra

“Nude Food” Day
This year the school will be participating in Physical Education Week by holding a “Nude Food” Day on Wednesday 16th November. On this day we encourage you to send in healthy food for your children with as little processing and packaging as you can.

Highly processed and packaged foods can have a significant negative impact on our health and the health of the environment. Food processing can result in removing nutrients from, and adding kilojoules to, the foods we eat. These processes may use large amounts of energy and water, thereby contributing to global warming and air pollution. In addition, packaging, if not recycled, is contributing to landfill and polluting our planet.

Choosing whole fresh food with little processing and packaging is good for the environment and is also the best choice for our health.

Food with no packaging:
- Banana
- Snow Peas
- Kiwi Fruit
- Beans
- Orange
- Carrot
- Boiled egg
- Apple

Food in small reusable containers:
- Yoghurt
- Fruit Salad
- Cheese Cubes
- Vegetable sticks with dip
- Sandwiches or Salads
- Wholegrain crackers with cheese slices
- Plain/fruit/savoury scones or pikelets
- Homemade savoury or fruit muffins
- Pasta or rice dishes

Swimming Lessons
Swimming lessons will be held each day in the week beginning Monday 21st November. Children will have an early lunch and will travel by bus to Clare to be ready for lessons at 1.00pm. Lessons finish at 2.30pm. There will be no cost to families for travel or admission to the pool. In addition to consent forms, if your child has a medical condition, swimming instructors need to have a current care plan provided by a medical authority e.g. asthma care plan. Please ensure that if your child’s care plan has recently changed, the school has a current copy.

Clare Show
Congratulations to Rory Nutt, Charli Jacka and Matthew White who won First Prize in the colouring-in competition for their age group at the Clare Show. Congratulations also to Bonnie Williams who won Second Prize for her age group. Well done.

VacSwim 2012
Enrolment forms are available from the front office for Vacswim to be held between 4th - 12th January 2012. For more information visit www.vacswimsa.com or phone 82002525.

Attachments with this newsletter
- Swimming Lessons Consent Forms
- Year 3-4 Excursion Note
- Bushfire pamphlet
- Healthy lunch box ideas
- Head lice pamphlets
Head lice
Checking for head lice is a family responsibility. The Department of Health recommends that all family/household members should have their hair checked weekly for eggs and head lice. Even when mass head lice checks are conducted with every child at school, lice are not likely to be eliminated unless all families continue to be vigilant and take action. All household members and other close contacts should be checked for head lice on an ongoing basis to ensure the number of cases is minimised.

School Photos
The school photos have now arrived at the school and may be collected. We don't send them home with children unless requested by parents, due to possible damage in transit. If anyone requires any extra photographs, please ask for envelopes for re-ordering.

Sensational Students

<table>
<thead>
<tr>
<th>Week 2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeska Griffin</td>
<td>☺ For being helpful to teachers and other students</td>
</tr>
<tr>
<td>Matthew White</td>
<td>☺ For writing a long story with finger spaces, sounding and capital letters</td>
</tr>
<tr>
<td>Wade Angel</td>
<td>☺ For using interesting language in his writing</td>
</tr>
<tr>
<td>Rory Nutt</td>
<td>☺ For writing an interesting ending to his story</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eli Greet</td>
<td>☺ For showing care towards others and school property</td>
</tr>
<tr>
<td>EJ Evangelista</td>
<td>☺ For bringing humour and happiness to the class</td>
</tr>
<tr>
<td>Leah Van Ruth</td>
<td>☺ For good listening, thinking and “having a go”.</td>
</tr>
</tbody>
</table>

Active After School Activities
Martial Arts will not take place next Tuesday after school. As soon as we are informed when the instructors will be available for a “make-up” day we will let students know.

Parent Club
Parent Club will be holding our next meeting, Election of Officers, at the Blyth Hotel (for lunch) on Tuesday 22nd November at 12 noon. We invite all parents of the school to attend this meeting.

Parent Club are also having a Christmas Fare fundraiser this year with an order form attached to this newsletter. Orders and money need to be back to the school no later than Wed 23rd November please.
We thank you for the continuing support you give these fundraisers.

Tamara Pyrke, Secretary  Mob Ph: 0438445118

Christian Pastoral Support Worker News
Hello everyone,

Lunch time activities
On Tuesday, a group of Upper Primary girls began making special decorations for the Christmas tree in the Front Office. The tree will soon begin to look different and meaningful, as we focus on the theme of families. Remember that you can leave gifts of non perishable food items under our tree for CVCO Christmas Hampers. A litre carton of long life custard would be especially appreciated.

Thank you to our staff for their generous donation of money towards the Hampers, raised at their Melbourne Cup luncheon last week.

Over the next few weeks, I will continue doing Christmas craft with students at lunchtimes. Because children love all things Christmas, I can imagine their growing excitement over the days ahead.

Coffee Shop Wisdom
Quote of the Week on the wall of an Adelaide coffee shop this week:
“Live so that when your children think of fairness and integrity, they think of you.”

Take care, Mignon

Rec-Year 2 News
Our class has been working so hard at spelling, writing, alphabetical order, “a” or “an” in front of a common noun and this week’s grammar is about plurals.

Our Maths has been ordinals (after Melbourne Cup) and groupings of 2/3 and later this week, 4. We have been reading Big Books like Cat and Mice and trying to remember sight words. The Year 1s and Year 2s are going to do puppet plays about groups of 2 and ordinals.

They are handwriting with links and the Reception children have been doing upper case letters that go straight down e.g. B, D, M etc.

Science on sound is about vibrations and in Technology we are making a “noise zapper”. Of course, concert practice is happening. It’s a happy, happening place.

Gabrielle Silvester & Cheryl Pyrke
Year 3-4 News
Hi parents,
It feels as though as soon as I sit down and take a breath, another week has passed! The MP Class has been so busy with their Wizard of Oz work - continuing work on their newspaper, experimenting with blending oil pastels when drawing a lonely scarecrow in front of magnificent country landscapes, designing experiments involving jelly snake 'stretchability' and, of course, rehearsing for the concert. This term for homework, the children have their own 'Wizard of Oz' book containing a variety of activities based on Tony Ryan's Thinkers Keys, and I have been delighted with the creativity of the class and their ability to think 'outside the box'. The class has decided that they would like to have a sleepover for their end of year celebration. Stay tuned for more details...

Until next time,
Kate

Year 5-7 News
We will be starting a new literacy focus for the next two weeks. The children will write job applications and expositions.
In Maths, we have started a unit on fractions and this will be a major focus for the next four weeks. There will be quite a few disruptions over the next few weeks with the Year 7 students going to Canberra next week, swimming the following week and transition visits. Our history assignments are due on Friday. The children have enjoyed studying the different eras in history and found out many interesting facts.
I will be sending home a small science kit as part of your child's homework. It will contain instructions as to its use. Could you please remind your child to bring it back the next day. Have fun with it!

Regards,
Jillian

SRC Report
Ice blocks are selling well. Just a reminder that the cost is 25 cents for half and 50 cents for a whole ice block. They will be sold on Tuesdays and Thursdays at lunchtime.

Tara Walkley, Secretary

Are you finding Parenting really hard work?
Wonder how you will thrive rather than just survive the summer holidays?
Come along and reinforce the good work that you do and learn a few tried and true tips.
- How to improve behaviours and understand "Who owns the problem" and why
- How to understand and manage emotions e.g. anger & anxiety - theirs and yours
- How to enhance your child's self esteem
- How to get your children to listen to you and enable you to feel more connected to them

WHEN:
Session 1 - Tuesday 15th Nov 2011
Session 2 - Tuesday 22nd Nov 2011
Session 3 - Tuesday 29th Nov 2011
Two separate workshops covering the same material. Choose either mornings or evenings
WHERE: Clare R.S.L. Community Centre - Burton St Clare
TIME: Day 9.30-11.30am or Evening 7-9pm
COST: $20 per session/per person
$10 unwaged
PHONE: DONNA McKINNON on 0417805776
Parent educator and counsellor B. Soc.Sc. Cert in Narrative Therapy
Numbers limited, so be quick!

CLARE TENNIS CLUB
2011 JUNIOR TOURNAMENT
SUNDAY 20TH NOVEMBER
AT CLARE TENNIS COURTS

ALL ENTRIES TO BE SENT TO:
CTC JUNIOR TOURNAMENT,
BOX 1756, CLARE 5453

Under 12, Under 14 & Under 16 Singles & Doubles Events
Entries close 10th November 2011 unless event is filled prior to this date.
Enquiries: Sue Dobbs: 0417847174 or leave a message on 0888445170 or at Benbournie@activ8.net.au

COMMUNITY NOTICES
Blyth Cinema
Sat 12th Nov 8.00 pm Oranges & Sunshine (M)
Sun 13th Nov 2.00 pm Red Dog (PG)
Tues 15th Nov 10.30 am Red Dog (PG)