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Students of the Week
ACS Variety Night
Computer Technology
Club Kidpreneur
Healthy Eating for Kids
Community News

September
12th Sept—Club Kidpreneur Market in the main street
17th Sept—Variety Night
18th Sept—K-4 Virtual Excursion via VC
19th Sept—Yr 12 Reports issued; and
LAST DAY OF TERM

Parents, please have all Library books returned to school by next week

Canteen Roster
Week 10(B)
Mon 15th September
Suzanne Lucas
Nadia Maslin
Fri 19th September
Melissa Hellings
Tina Letwinski

Scripture Roster
Wed 17th Sept
Nita Higgins

Year 3/4 and the hippopotamus

Year 3/4 have been reading the novel ‘The 27th Annual African Hippopotamus Race’ by Morris Lurie this term. We have been reading the novel as a group and using the microphone to practice our reading out loud.

Students were also required to complete a poster on a hippopotamus as part of their homework. Students had to research a range of qualities on the hippopotamus and creatively complete a poster to display in the classroom. Students did an amazing job and were very enthusiastic in completing this homework assignment. Shown below are a few examples of the excellent work that students have been doing.

Parents, please have all Library books returned to school by next week
STUDENTS OF THE WEEK

Ardlethan Central School

STUDENTS OF THE WEEK

Fantastic singing "The Lion Sleeps Tonight"
Ava Smith
K/1/2

Excellent work in class
Cooper Barlow
3/4

Excellent visual representation of "Rowan of Rin" scene
Sam Clemson
5/6

Taking pride in her work and completing all tasks on time
Katie Doyle
5/6

Improved effort in Maths
Tarnee-Lee Hodgkin

Excellent letter writing skills in Literacy
Monique Hopkins-Jones

A co-operative and helpful class member; and Library Worker of the Week
Brodie Semmler

Improvement in Reading
Ollie Menzies
K/1/2

Great Reading
Toby Osborne

Great acting in our play practices
James Smith

Great acting in our play practices
Isabella Sgroi

Great acting in our play practices
Jordan Batterham

Library Worker of the Week
Caitlin Woodward

Helping others
Seth Sgroi

Improvement in Reading
Jordan Hellings

Good Sports Award
for a Primary student who displays great sportsmanship qualities
Charlie Crighton
Impressive Golf skills
BrodieSemmler
Excellent Golf skills
Matilda Osborne
Great enthusiasm and skills in PE
Connor Osborne
Impressive Golf skills

CANTEEN NEWS

As harvest is coming up, I know the regular mums that volunteer are unable to help out this term, but we still need volunteers to help in the canteen in term 4.

At this point the canteen will be closed on Mondays due to the lack of volunteers. So if you can volunteer your time please contact me on 0497869484.

Also remember that money made at the canteen goes to buying things for our children like books, computers and air conditioning.

DATES AVAILABLE FOR TERM 4 - 13/10, 20/10, 27/10, 3/11, 10/11, 17/11, 24/11, 1/12, 8/12, 15/12.

Thank you. Melissa Hellings, Canteen Manager

ACSVARIETY NIGHT

Wednesday 17th September
6.30 for 7.00pm
at the Hall
Entry: Gold coin donation—per person
Students please be at the hall by 6.00pm dressed in your first costume.
Throughout the year we have been learning about computers with Mr Taylor. Some of the things we have learnt about are....

- Different tools on Microsoft Word
- Learning more tools and how to make better slide shows on Microsoft PowerPoint
- Making graphs on Microsoft Excel
- Making invitations and posters about our imaginary business on Microsoft Publisher
- Creating websites on Weebly and Wix about a business or interest
- And Photoshop

Some examples of our work....
Hi we are Harry and Sam from cards 4 ever.

We sell a wide range of cards and bookmarks ranging from $2.00 to $4.00.

All the money is going to the Ardlethan Bowling Club.

See you at the markets.

Business Buddies

Hi my name is Hayley and I’m a buddy with Monique and we are making photo boards. If you would like to order be sure to drop into our stall down the street on September 12 and grab a bargain!

By Hayley McDermott and Monique Hopkins-Jones

LOOMED OUT

COME AND SEE OUR WIDE RANGE OF FANTASTIC LOOM BANDS.
WE HAVE FOOTY LOOM BANDS AND COLOURFUL LOOM BANDS.

SO THAT YOU CAN SHOW OFF YOUR FOOTY COLOURS AND FAVOURITE COLOURS TO EVERYONE.

YOU WOULDN’T WANT TO MISS OUT.

KEYRINGS GALORE

Hello my name is Brodie and my partner in crime is Ethan and we are KEYRINGS GALORE. Our keyrings are the best because I have been to Sydney to make keyrings with my old partner Brodie and Ethan made keyrings last year with his last partner Jayden that is why our keyrings are the BEST. Customised are $3.50. Not Customized are $3.00. We will also be holding a lolly guessing contest at the Markets on 12th September.
Cottage Craft
Katie & Co.
We specialise in all things crafty!!
Our beautiful products are selling for mind blowing prices, ranging from $1.00 to $6.00
We also accept custom orders!! 100% of the money raised is going to the Ardlethan Bowling Club!!
See you at the markets On September 12...

Loomtastic!
Come and buy the amazing loom bands made by the one and only Loomtastic!
We sell great priced great quality looms and have loads of different colours we know you’re sure to love them!

- Starburst- $3.00
- Triple single- $3.00
- Single- $1.50
- Single with charm- $2.00
- Charms (Owls, Coke bottles etc)- $4.00

...FIZZY POPS...
Made since 2014
Fizzy pops make a wide variety of paddle pop art such as, windmills, aeroplanes, and much, much more.
We sell things at a REALLY AWESOME PRICE.

This is a limited offer for a short time..
So get in fast..
The following articles provide interesting and informative messages about healthy lifestyles for our children and ourselves. These articles and additional information may be found at www.goodhealthcare.com.au

**Warning to parents on high acidity drinks**

Dental researchers are warning parents of the dangers of soft drinks, fruit juice, sports drinks and other drinks high in acidity, which form part of a “triple-threat” of permanent damage to young people’s teeth.

For the first time, researchers from the University of Adelaide have been able to demonstrate that lifelong damage is caused by acidity to the teeth within the first 30 seconds of acid attack.

The researchers say drinks high in acidity combined with night-time tooth grinding and reflux can cause major, irreversible damage to young people’s teeth.

“Dental erosion is an issue of growing concern in developed countries, and it is often only detected clinically after extensive tooth wear has occurred,” says Dr Sarbin Ranjitkar, corresponding author of a paper on tooth enamel erosion published in the Journal of Dentistry. Dr Ranjitkar is a member of the University’s Craniofacial Biology Research Group, which is part of the Centre for Orofacial Research and Learning. The research was conducted by School of Dentistry Honours student Chelsea Mann.

“Such erosion can lead to a lifetime of compromised dental health that may require complex and extensive rehabilitation – but it is also preventable with minimal intervention,” Dr Ranjitkar says.

Speaking during the Australian Dental Association’s Dental Health Week (4-10 August), Dr Ranjitkar says the number of cases of tooth erosion from the consumption of acidic beverages is on the rise in children and young adults.

“Often, children and adolescents grind their teeth at night, and they can have undiagnosed regurgitation or reflux, which brings with it acidity from the stomach. Combined with drinks high in acidity, this creates a triple threat to young people’s teeth which can cause long-term damage to teeth,” he says.

Dr Ranjitkar says parents should minimise consumption of any kind of soft drinks, sports drink, fruit juice or acidic foods to their children.

“Our research has shown that permanent damage to the tooth enamel will occur within the first 30 seconds of high acidity coming into contact with the teeth.”

**Kids graded D-minus in physical activity report card** [Excerpt of original article]

Australia’s first report card on physical activity for children and young people has been released – and its broad message is “sport is not enough”.

The report has found that while a large number of children are obtaining some of their weekly physical activity from organised sport, it is still not enough when measured against overall physical activity levels. The Active Healthy Kids Australia 2014 Report Card on Physical Activity for Children and Young People has assigned school report-style letter grades to 12 different indicators of physical activity. Indicators and their report card grades include:

- Overall physical activity levels: D-
- Organised sport and physical activity participation: B+
- Sedentary behaviours: D-
- Government strategies and investment: C+
- Community and built environment – infrastructure, policies, programs, safety: A-
- Family and peers – infrastructure, support and parental/peer behaviour: C
- School – infrastructure, policies and programming: B-

The report card was developed using data from a number of national and state-based surveys.

The National Heart Foundation of Australia and Exercise and Sports Science Australia are the primary and secondary strategic partners and endorsing partners of Active Healthy Kids Australia, while the research that underpins the report card was made possible by involvement from universities and research institutes including UniSA, Curtin University, Deakin University, the University of Newcastle, The University of Queensland, the University of Sydney, the University of Wollongong, the University of Melbourne, Mater Research and CHEO Research Institute.

The research working group’s lead investigators were UniSA’s Dr Tomkinson, Professor Timothy Olds and Dr Natasha Schranz. Dr Tomkinson says the group aims to release a report card annually so Australians are kept informed about the physical activity and sedentary behaviours of their children and young people.

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**Donations to P&C at IGA for Show Catering**

As we are not asking for any cooking donations for the show catering this year, any cash donations to help pay for the food purchased at IGA would be gratefully accepted, no matter how small.

*All donations will be used to purchase supplies for catering on the day.*

**THANKYOU**
The Kelpies Bark Community Newsletter

Anglican HoY Afternoon

to be held in the School of Arts hall
on
Tuesday October 14th at 1.30 pm.
Cost $8. Afternoon tea supplied
Lots of prizes, Raffle and fun.
Everyone welcome.

Ardlethan Community
Luncheon
in the hall on
Friday 26th September
at 12 noon, Cost $7.
If interested in attending
please ring
Aileen on 69782382.

Bowling Club Fundraising Dinner
hosted by Ardlethan Branch CWA.

Postponed due to unforeseen circumstances.
Date will be advised
Any enquiries please contact Danielle on
0432022904

Join us for afternoon tea to
celebrate the 80th birthday’s of
Lindsay, Mervyn and
Ethel Smith
Ardlethan Memorial Hall
Saturday 11th October, 2014 at
4.00pm
No gifts and please NO BYO
Any enquiries please call Jenny:
0428743243

Tipper and Driver for hire

Truck and tri axle trailer
available for harvest and any
other work.
Available Now call
Corey Brown 0434 675 633

Ardlethan Show Society Inc.
We are holding working bee’s at the show-
ground every Friday until the 12th September
and then everyday for the week prior to the
show.
Break out the patty pans! CWA sponsoring
Iced Cupcake Competition for Primary and
Secondary students - great prize money.
All welcome to come along and help at any or all
working bees. For further information please
contact Pauline on 69782190. If there is anyone
who would like to help out on show day please
contact Elizabeth on 0410 103 085 for further
information as to positions available.

Kildary Bush Fire
Brigade
Annual General Meeting
Thursday September 18
7.30pm
Beckom Hotel
We will start on Thursday 18th September. Newcomers and Beginners welcome, leave your names with Margie Rees 69782281 or Dianne McDermott, 69782055 or Linda Griffin 69782307.

Thank you to all those who supported our street stall. We raised a terrific $496.00 for the Swimming Club. Raffle Winners were Brian Patton and Tanya Hackney. Thanks again to everyone who helped on the day.

Ardlethan Show Society Inc.
This year the Show Society will be taking entries in the Junior Showgirl judging during the week of the show. Forms will be available from the show office or contact Elizabeth Menzies on 0410 103 085 for a form. Forms are to be returned to the Show office.

Entrants in the Showgirl competition must reside within a 40 kilometre radius of the Ardlethan Post Office or be a child of a current financial member.

Please note:
This is the final call for Girls in the Senior Showgirl section 18 to 25 years. Please contact Donna Horan, Pauline Beard or Elizabeth Menzies.

Showgirl sections are as follows:
- Miss Tiny Tots
- Miss Junior Showgirl
- Intermediate Section
- Beau of the Show

Girls, 2 years and under
Girls, 3 years to 5 years
Girls, 6 years to 9 years
Girls, 10 years to 12 years
Girls, 13 years to 15 years
Girls, 16 years to 18 years
Boy, 5 years and under
**Aardlethan Pre-School**

**Ganmain Pie Drive**

A big thank you to those who ordered pies. We wish to inform you that pies can be collected from the Pre School between 11.30 and 1pm THIS FRIDAY 12th September. If you are unable to collect these please organise someone to do this for you as we have limited freezer space.

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**EXPRESSION OF INTEREST**

**WOULD YOU LIKE TO VISIT THE CANBERRA OUTLET CENTRE TO DO YOUR CHRISTMAS SHOPPING?**

Beckom P&C Ladies bus trip to Canberra outlet centre on the 25th of October 2014

Departing Ardlethan 6.45am, Beckom 7.00am, Mirrool 7.20am, Ariah Park 7.45am

We still have seats available

Price: $50pp Includes morning tea and lucky ticket number draws on the way.

(Please note minimum age is 15 and under 18’s must have adult supervision)

Contact: Nic Anderson on 0447166737 or nic.bone1@bigpond.com

Pre purchased tickets can be paid and picked up at Landmark Ardlethan Mon—Wed

Tickets Need to be paid for by the 8th of October

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**Beckom Pasture Legume Field Day**

Friday 19th September 2014

9.00am. Determining the phosphorus efficiency of pasture legumes – Graeme Sandral NSW DPI

Location: Peter Darmody, "Wybimbie", Beckom.

10.15am. Hardseeded pasture legumes as ‘on-demand’ break options in crop rotations – pasture, crop and livestock interactions

Dr Belinda Hackney – legume agronomy, Dr Jane Quinn – biserrula and photosensitisation, John Piltz – pasture quality and livestock production

Location: Mike and Velia O’Hare, Beckom.

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**AAPM Northern Jets Presentation Night**

Details:

Friday 19th September

Mirrool Hall - 6:30pm

$15 Meal

Dress: Formal

Live Music

Everyone Welcome!
See you there for a great night

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**Lions Market Day**

18th October (Saturday)

in conjunction with Southern Cruisers Rider’s Club

*8.30 Big Breakfast, then usual barby.

*All money raised goes towards Skate Park

Ring Janice: 0488 519 720 for a stall
**FELIX JOINERY**
Timber and Hardware Pty Ltd
ABN 58003780274
Felix Joinery can help you through the whole Building, Home Renovation or Home Extension Process We offer ideas from the drawing stage to submission of Development Application to Shire Council for approval

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Commercial and Domestic
Computer Designed
Kitchen and Joinery
Our designer will come to you to measure and quote
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Email office@felixjoinery.com.au

**Show Roster 2014 P&C Catering**
The P&C appreciate your help.

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<td>Leanne Campbell</td>
<td>Chris &amp; Jo Kuemmel</td>
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<td>Jayden Woodward</td>
<td>Gayle Day</td>
<td>Linda Nau</td>
<td>Helen Bray</td>
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**COMING EVENTS**
Fri 12th Sept  • CLUB KIDPRENEUR MARKET DAY in the main street
12th—14 Sept  • Rural Women’s Gathering—Coolamon
              • Pie Collection at Pre-School
Sun 14th Sept • Beckom School Picnic
Tue 16th Sept • Stubble Management Demo
Thu 18th Sept • Night Tennis commences
Sat 20th Sept • Ardlethan Show
              • Double Trouble @ Bowling Club

**COMING EVENTS—Continued**
Fri 26th Sept  • Community Luncheon
Sat 11th Oct  • The Smith’s 80th Birthday
Tue 14th Oct  • Anglican Hoy Afternoon
Sat 18th Oct  • Lions Market Day
Sat 25th Oct  • Beckom P&C Ladies Canberra Trip
Sun 30th Nov  • ACAT Combined Church Service
Tue 9th Dec   • Beckom Red Cross Christmas Party
Sat 20th Dec  • Beckom Christmas in the park