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Term 4, 2015

19-22nd October
School Excursion to Melbourne
Yr 3-Yr 11

26th, 28th & 30th October
Pre-School Orientation

28th October
Yr 5 Enviro Leadership Challenge

29th October
Yr 7 Immunisation
Count us in two at ACS

30th October
Day for Daniel - wear red T-shirt
Rugby Clinic

NOTES SENT HOME

- Melbourne Excursion Note
- Rock Climbing Note
- Yrs 3-6 Natural Disasters

CANTEEN ROSTER

Friday 16th October
Terry Ann Caldow
Joan Richens

Tuesday 20th October
Stephanie Forrester

Friday 23rd October
Melanie Barnard

Tuesday 27th October
Relle Miell
Donna Caldow

Friday 30th October
Lorraine Carnie
Kate Hawthorne

Ardlethan Central School is proud to be able to showcase some of the fabulous work we do for the whole community to see. Congratulations to the Ardlethan Show Committee for organising such a fabulous show. Such a great community event!!
A busy start to the term…. Welcome to Term 4, it is only week 2 but wow have we had a busy start to the term. Students have been involved in quality learning activities both in and out of the classroom and they have been soaking up the fabulous opportunities like sponges.

A highlight for me this week was being able to share the Silver Reward Lunch with the students who have reached Silver Level as part of our Well Being initiative. On Wednesday we headed to the Kelpie Park and enjoyed the beautiful surrounds whilst the students had lunch and an ice-cream treat. We are lucky to have some fabulous facilities around our town and even luckier to have such great students in our school. It never fails to impress me just how polite, hard working and enthusiastic our students are and how they really do appreciate the small things in life, like lunch in a beautiful park. The small things really are the important and memorable parts of our lives.

Next week we head off to Melbourne for our whole school excursion. Thanks to Amy Smith for all her hard work in coordinating this excursion, the itinerary looks fabulous, full of great learning experiences. Thank you also to the staff who have volunteered to supervise students on the excursion, Mr Ben Carter, Miss Leonie Fowler, Mrs Amy Smith and Miss Caroline Stewart. The children are in good hands. I am really looking forward to sharing this trip with the students and staff. Keep your eye on the schools Facebook page, I will keep it updated whilst we are away.

Kerrilee Logan
STUDENTS OF THE WEEK—Week 1

K/1

Week 1
Elke Richens
Improvement in reading
Hayley Myers
Being a fantastic help in class

2/3/4

Week 1
Caitlin Woodward
An excellent effort in writing

4/5/6

Week 1
David White
Excellent result in HSIE written assessment & project on tsunamis
Seth Sgroi
Excellent HSIE project on tsunamis
Shaenaya
Top result in written HSIE assessment
Josephine Bray
Great result in written HSIE assessment

ACS Good Sports Award
Week 1

Ollie Menzies
— Improved participation in sport
Matthew
— Excellent assistance and participation in sport
Charlie Crighton
— Excellent mini tennis skills
Emma Morris
— Excellent mini tennis skills
ALL EMAILED ADS/ARTICLES FOR THE ARDLETHAN CENTRAL SCHOOL NEWSLETTER TO BE SENT TO SCHOOL EMAIL:

ardlethan-c.school@det.nsw.edu.au

Attention: Newsletter articles

Closing time for ads/articles is Tuesdays by 3.00pm

Term 4 closing dates are: 27/10, 10/11, 24/11 and final on 8/12

Barellan Junior Tennis
Barellan Junior Tennis Competition - Term 4 2015 and Term 1 2016
Friday afternoons @ 5.00pm
Children will have the opportunity to learn new tennis skills, experience the rules of competition and most of all have fun!
Registration fee will be $30.00
Any parents who are interested in their children playing, please contact Julie Kenny on 0448553225 for more information.

CLAIMING THE DATE

ARDLETHAN CENTRAL SCHOOL 2015 PRESENTATION NIGHT

Tuesday 15th December
Ardlethan Memorial Hall
Commencing at 7.00pm

Tell Them From Me

Parent Survey

There is still time to complete the parent survey!!

Have your say...the online survey has been extended until Friday 23rd October. It only takes a few minutes and we really value your opinion so that we can grow with you and your child.

To Login simply go to:

www.tellthemfromme.com

Parent Username = parent17721
Parent Password =Ard1051
HEALTHY LIFESTYLE TIPS...

A Quick Bite...
A Good Night's Sleep

School aged children who don’t get enough sleep may be irritable and get upset easily. Lack of sleep also affects their ability to learn at school. They may have difficulty listening to the teacher and understanding instructions. They may be unable to make good decisions and learn effectively.

Taking action early and setting a regular bedtime and waking time is a good start.

Avoiding stimulating activities before bedtime and having a quiet bedroom with no TV or games can help prepare the child for sleep.

Offer milk or water as drinks before bedtime rather than drinks containing caffeine, cola drinks, Milo, hot chocolate or fruit drinks which can keep children awake.

A good sleep means a good start to the next day.

Acknowledgement: Centre for Community Child Health, RCH Melbourne

For more information visit
mlhd.health.nsw.gov.au/keepinghealthy

A Quick Bite...
A Good Sleep Routine

Is bedtime a struggle at your place? A simple, predictable routine might make a huge difference.

Your child may want to stay up later and seem full of beans but that does not mean they don’t need sleep. Well ahead of bedtime let your child know what you expect—discuss some rules including a set bedtime. Avoid stimulating activities and have some calming activities before bedtime.

Avoid confrontation and revisit the rules so that they know what to expect. Tuck your child into bed and leave their room while they are still awake. If they call you or come out avoid discussion, return them to bed, remind them it’s time for sleep and ‘be boring’!

Acknowledgement: Melbourne Children’s Sleep Centre

For more information visit
mlhd.health.nsw.gov.au/keepinghealthy

A Quick Bite...
Breakfast: A Great Start to the Day!

Do you know where the word ‘breakfast’ comes from? It’s the breaking of the overnight fast or lack of food while you’re asleep to provide the nutrients your body needs to give you energy through the day.

Children who go to school without breakfast may have trouble paying attention in class and learning. They are also more likely to be heavier than children who eat breakfast and are likely to want to snack throughout the day because they’re hungry.

Children who have breakfast before school have more energy and are more likely to be able to concentrate on their learning. They’re also more likely to choose healthier foods and be less likely to crave snacks during the day.


For more information visit
mlhd.health.nsw.gov.au/keepinghealthy

A Quick Bite...
Breakfast: Quick, Healthy Ideas for a Great Start

Here are some quick and healthy breakfast ideas that even children can prepare. Encourage your child to have a go at getting their own breakfast ready as they grow and their skills develop.

- Fresh fruit
- Wholemeal or multigrain toast with toppings such as cheese, baked beans or avocado
- Porridge – quick oats
- Muffins
- Crumpets
- Yoghurt
- Cereals such as muesli or wheat flakes
- Boiled egg with toast


For more information visit
mlhd.health.nsw.gov.au/keepinghealthy
MEN’S SHED
Lawn mower servicing available
Open 9am—4pm
Tuesday & Thursday
Can book by phoning Ian on
0488 780 202

TEDDY BEARS PICNIC
SUNDAY 25 OCTOBER, 2015
COLLINS PARK, Forsyth St,
Wagga Wagga
10am to 2pm

BECKOM SCHOOL PICNIC
25th October 11.30am start
Beckom School
Fun for all games
Gold coin donation
Games for all ages
Raffle and free sausage sizzle
Contact Janet Popple
On 69 782 550 or 0427 782 550

Swimming Club AGM
27th October 4pm at Mullins Centre
Look forward to seeing you there!
Thanks Bec Sgroi

Emma Carmichael Makeup Artist
Ph: 0417 727 883
emmalily1496@gmail.com
Formal Makeup $60 including lashes

CAN ASSIST ARDLETHAN BRANCH
INVITES YOU TO
HIGH TEA WITH KAY HULL

Join us on October 28th at Beckom Hall.
Starting at 2.00 PM
Cost: $15 per person

RSVP: 14th October for catering purposes.
Contact: Anne Henry 69563234
Alicia Bonny 69563213

All proceeds to Ronald McDonald House
WAGGA WAGGA
Incorporating StarFM Kids Kottage.
Teddy Bear Parade & Prizes, Jumping
castle, face painting, traditional
games and fun.
Market stalls, entertainment and food.
FREE ENTRY TO ALL AGES

Brought to you by Rotary Club of Wagga
Wagga Murramarang on
www.grandparentsday.com.au
Sunday 25 October 2015
ARDLETHAN PICNIC RACE CLUB AGM
Followed by General Meeting
Monday 26th October @ 7.30pm
Mullins Centre
All Welcome

Santa’s Mailbox will be out the front of the Ardlee Outback Shop

Halloween 31st October

⇒ Once again Janice will be taking her group of witches etc, around town.
⇒ If anyone in the community would love to have the children visit, please put a balloon or ribbon on front gate. Children are not to visit people who they haven’t organised with first.

If children would like to join ring Janice on 0488 519 720 no later than the 20th October. You may miss out, if you don’t ring.
Sat 31st—5.30 leave Janice’s.

Christmas Carol’s & Twilight Markets
20th December Sunday—Markets
Start 4.30
Carol’s 5.30
Santa arrives at 7.00pm
Don’t forget chairs, mozzie spray, come & enjoy a sausage sizzle, steak sandwich while listening to the carols.

Notice of the Northern Jets Football Netball Club AGM
Date: Thursday 29th October 2015
Time: 7.30pm
Venue: Ariah Park Football ground

Community Luncheon at the School of Arts Hall
On Friday October 23rd
at 12 noon,
Cost $7,
All welcome.
If interested in attending please
Ring Aileen on 69782382

Joy Unspeakable
Presented by Ardlethan School of Dance
2015 Dance Concert

When: 25th October 2015
Time: 3pm
Where: Ardlethan Town Hall
Home Care Service of NSW is a state-wide service providing household support to frail aged people, people with disabilities and their carers to enable them to live independently in their own homes.

We are seeking to employ an ongoing Care Worker to provide Domestic Assistance (house keeping) and Personal Care services to our clients in their homes.

The hours of work are available based on contracted hours per fortnight. Rate of pay: commences at $20.64 per hour plus non-contributory superannuation and car allowance.

Are You
• Caring and understanding?
• Able to work independently and within a team?
• Able to engage with the frail aged, people with disabilities and people from all backgrounds?
• Able to demonstrate effective communication skills?

In Return We Will Offer You
• Good rates of pay and kilometre allowance
• Ongoing paid training
• Supportive work environment
• Rewarding career

Job Notes: Aboriginal and Torres Strait Islander People and people from a non-English speaking background are encouraged to apply. Qualifications in community care, aged care or disability would be well regarded but not essential. Successful applicants will be subject to National Police checks and a pre-employment functional assessment. Current Driver's Licence and a registered vehicle with minimum third party property insurance and access to a telephone are essential. You must answer the following questions in your application.

Targeted Questions
1. Describe how you have used your communication and other skills to deal with a difficult situation with a vulnerable client, colleague or other member of the community, who may be a frail aged person or a person with a disability.

2. The position of Care Worker requires you to work without direct supervision. Can you tell us about your experience working without direct supervision and also provide some examples of how you managed your time and any problems you had to resolve?

For enquiries and Information Packages please contact: Robyn Pearse on 02 6927 3202 Please forward applications to:
Sturt Home Care Service
Recruitment
Allawah Community Care 1 Buchanan Drive
Coolamon NSW 2701
Closing Date: 19th October 2015
FELIX JOINERY

NEED A NEW KITCHEN?

Thinking about a new kitchen, built-in robes or any other joinery needs
Our interior designer will **MEASURE, DESIGN** and **SUPPLY** you with a computer image and show you the latest colours and style.
Come and see our **NEW** display kitchens!
Phone 6953 6422
2 Railway Avenue Leeton NSW 2705
office@felixjoinery.com.au

ARDELTHAN SHOW SOCIETY INC
MEETING

Wednesday 21st October at 5.30pm
Also we will be having a
Street Stall on
Friday 30th October 2015
Please contact Helen Hickey
if you are able to help.
Phone: 0429 816 165

COMING EVENTS

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<tr>
<th>Date</th>
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<td>18th October</td>
<td>Crop Competition closes</td>
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<td>19th October</td>
<td>Closing date for cleaning position</td>
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<tr>
<td>21st October</td>
<td>Show Meeting @ 5.30pm—Club</td>
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<td>23rd October</td>
<td>Community Luncheon—12 noon</td>
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<td>Beckom School Picnic</td>
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<td>26th October</td>
<td>Ardlethan Picnic Race Club AGM</td>
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<td>27th October</td>
<td>Swimming Club AGM—4.00 pm</td>
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<td>28th October</td>
<td>Can Assist—Beckom—High Tea 2pm</td>
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<td>29th October</td>
<td>Northern Jets AGM—7.30pm Ariah Park Football Club</td>
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<td>Ardlethan Show Society—Street Stall</td>
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