Principal's Report - Term 3, Week 7...

This Friday at 12 midday under the COLA we will be hosting our Book Week celebrations for 2015. All children are encouraged to come to school dressed as their favourite character from a book. Mr Martens has organised this event and would like all children to complete a description of their character and tell us why this character “lights up their world”? We look forward to seeing the characters and costumes. There will be a prize for the best costume in each class.

NAPLAN Results
The annual NAPLAN results have arrived and have been distributed to students in Years 3 and 5. Students results will cover Literacy - reading, persuasive writing, language conventions, and Numeracy. Each student receives an individualised report covering each of these areas. If you have not received the results for your child please contact us here at school.

Sickness
There are still a large number of students unwell at this time. Please ensure they remain at home when they have a fever and if they are absent for 3 or more days they require a medical certificate. Also please make sure the office has your correct contact details in case we need to contact you.

School Disco
This Wednesday 26th August is our Stage 2 & 3 Disco. The Disco begins at 5:00pm and finishes at 6:30pm. The cost is $5, providing students with a sausage sizzle, drink and killer python. It is only for Stages 2 & 3, plans are being made to hold a Stage 1 Disco later in the term on a Friday afternoon during school hours.

Western Athletics
Best wishes to all children going to Western Athletics this Friday, 28th August. Travel arrangements should have been sorted by now. If for some reason you are unable to attend you must contact us here at school so we can notify Western organisers and provide them with verification as to why they can’t compete. Non-participation from nominated athletes will incur a 12 month suspension from representative sport.

Archibull
Stage 3 had the pleasure of a visit from Melissa Henry, our designated Young Farmer for the Wool Industry. Melissa provided Stage 3 with plenty of information and details surrounding the wool industry to help them along their ‘ARCHIBULL’ journey.

Live Life Well At School
This is an organisation that offers support to schools through professional development and setting guidelines for us to follow. Here is some of their advice:

Great reasons to be active for children and parents
- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teachers you new skills
- develops better motor skills
- makes a person happier with their body
- lower risk of disease including heart disease and cancer later in life.

Monica Joyce - Relieving Principal
SCHOOL BANKING

Commonwealth Bank School Banking Update – Please Read
Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch.

Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

P & C News...

$20 Portrait Fundraising Event
The entire $20 goes directly to the Charity, School or Preschool for fundraising plus up to 20% of what you spend.

Ask your friends, neighbours and extended family - anyone can book in - call 1300 309 776

Kidshotz Photography will be coming to GPS hall this Saturday, 29th August, for a family photo day. The $20 you pay for your session and 20 x 25cm group photograph will go directly to the P&C plus up to 20% of what you spend.

Incorrect Phone Number:
Unfortunately we were supplied with some flyers which had the incorrect phone number printed on them. (The majority were correct).
If you have been unable to get through to Kidshotz, the correct number is 1300 309 776.
Stage 3 students attended a Science and Engineering Day at the Henry Lawson High School last Friday, 21st August. They had a great day learning new things.

Community News!

DAFFODIL DAY 2015

This year we are holding our Daffodil Day on Friday August 28th in Grenfell. Please come along and support this great fundraiser.

SHOW YOU CARE.

Daffodil Day is one of Australia's best known and most popular fundraising events.

Each day more than 115 Australians will die of cancer, this could be a close friend or a loved one.

Daffodil Day raises funds for Cancer Council to continue its work in cancer research, providing patient support programs and prevention programs for all Australians.

Daffodil Day helps grow hope for better treatment and more survivors from this terrible disease in the future.

To Cancer Council the daffodil represents hope for a cancer free future. You are helping in the fight against cancer by supporting us in this very important fundraiser on Daffodil Day.

We will have a wide range of goods for sale on the day so call and have a look, donations will also be appreciated as every dollar counts.

Grenfell Team Leader Nevin Hughes
Lachlan Lions Youth League 2016 – Expression of Interest/Trials

We are now taking names and details for those who may be interested in being part of Youth League 2016 for Lachlan Lions. Lachlan Lions incorporates Young, Grenfell, Cowra, Booloominaba and Harden, and players, coaches, managers from all towns are welcome. Even if you aren’t sure, but think you may be interested, please feel free to put your name down so we can keep you informed about trials and dates.

Youth league may be boys, girls or mixed, and players in the 10-16 year age groups are invited to participate. This is a fantastic opportunity for players to experience representative level games against other towns and build upon skills learnt in local Saturday competitions.

Youth League games run over 4-6 Sundays around end April- mid June 2016 (depending on how many teams nominate), and will involve travelling to towns such as Bathurst, Mudgee, Dubbo, Orange, Forbes, Cowra but there is often the opportunity to car-pool to minimise travel for families.

Team selection will be dependent on how many players are interested, and how many coaches we have volunteered. This year we had to combine some ages to make teams, however if we have sufficient numbers we are able to put a team in each age group, and these can be boys, girls or mixed. If we have more than enough players for each age group, then we may run trials and select players based on skill level.

Training will be once per week with day, time and location that best suits each team and coach, and we hope to commence training late 2015 or early 2016.

The cost of joining a Youth League competition is largely covered by your local club membership, however a small fee is collected to go towards the end of season presentation, medals and trophies ($30/player in 2015).

The number of teams possible depends on player interest, but also coaching availability, so please let us know if you are able to coach, or manage a team. Support and training is available if needed.

We look forward to you joining us in this great program!

Interested players, coaches or team managers are asked to contact the Youth League Co-ordinator, Scott Lacey at youthleague@younglionssoccerclub.com.au with players names, date of birth and contact number, or coaching interest.

LOUISA’S LOCKER

50 - 60% OFF WINTER STOCK

The Caragabal Sheep Races are a great local family event celebrating our rural heritage. Come along and enjoy:

- 6 race event with pre race sweeps & auctions
- Great prize money!
- BBQ, lamb spit and canteen
- Full bar (no BYO)
- Quick Shear Competition
- Lolly drop from a plane
- Watch the kids chase the sheep towards the finish line

Want to bring a group? Marquees and hospitality packages are available, please contact Daniel on 0404000334

- EFTPOS facilities available
- Entry $10 adults, $5 school age kids
- Live band 3rd Bus from 6pm - 10pm
- Gates open at 11.30am at the Caragabal Country Club
- VIP Bus Package from Grenfell, must pre-book Call / SMS Karen 0400809166

We look forward to seeing you there!

www.visitcaragabal.com.au

HEARING AWARENESS WEEK

Hearing workshop
Tuesday 25 August
10am - 12noon
Grenfell Bowling Club

- Hearing Health
- Available Hearing Services
- Assistive Listening Devices
- Free Hearing Screenings available by appointment

This free workshop is provided jointly by:

Grenfell Community Health
Belinda Wilson, Nurse Audiometrist

Australian Hearing
Ashley Locke, Health Promotions

Better Hearing Australia
Jill Hodgson, Consultant Hearing Loss Management

Enquiries: Belinda Wilson 6349 1777
Jill Hodgson: 6343 1166

AGFARM CARAGABAL SHEEP RACES
SAT 12 SEPT 2015

The simplest way
...to pack a healthy lunch box.

Remember your daily target for fruit and vegies?

Everyone should aim for 2 serves of fruit and 5 serves of vegies, every day. Sounds hard, but it’s easy if you include fruit and veg across the day...try these simple ideas:

- Pack vegetable sticks – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean)
- Add a small 150g tin of baked beans to your child’s lunch box.
- Leftovers are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie fritattas - they all taste great cold!
- Make a fruit salad – use whatever fruit you have in the house, children prefer small pieces of food.

Nutrition Snippet

Eat It To Beat It
For more information visit
www.eatittobeatlilt.com.au
or join us at facebook.com/eatittobeatlilt

Cancer Council
Battling Cancer for over 70 Years