DATES TO REMEMBER

<table>
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<th>Date</th>
<th>Event</th>
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<tr>
<td>Tuesday 13 October</td>
<td>P &amp; C meeting 5pm POSTPONED</td>
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<td>Wed 14 October</td>
<td>Library Van</td>
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<td>Fri 16 October</td>
<td>NRL Gala Day</td>
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<td>Thurs 22 October</td>
<td>Spring into Art</td>
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<td>Monday 26th October</td>
<td>K/1/2 Billabong Zoo</td>
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<td>Wed 28 October</td>
<td>Library Van</td>
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<td>Thursday 29 October</td>
<td>Kindy Orientation 9.05-11.30am</td>
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<td>School Council 3.30pm</td>
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<td>Thursday 5 November</td>
<td>Kindy Orientation 9.05-11.30am</td>
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<td>Thurs 12 November</td>
<td>Kindy Orientation 9.05am-1.15pm</td>
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<td>Thurs 19 November</td>
<td>Kindy Orientation 9.05am-1.15pm</td>
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<tr>
<td>Thurs 26 November</td>
<td>Kindy Orientation 9.05am-3.10pm</td>
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<tr>
<td>Monday 30 November – Friday 11 December</td>
<td>Swim School</td>
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<td>Wednesday 9 December</td>
<td>Presentation Night</td>
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<td>Friday 11 December</td>
<td>Year 6 Farewell</td>
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Walk 4 William – a hugely successful morning walk held at Hat Head last term

Spring into Art Exhibition
The Macleay Educational Community of Schools’ Spring into Art exhibition will be held at the Gladstone gallery from Thursday 22nd October until Sunday 1st November. Kinchela will join with other schools from the Macleay displaying a variety of student’s art work. You are most welcome to visit the Gladstone Art Gallery from 22nd October to view the students’ artworks.

K/1/2 Excursion – Billabong Zoo
On Monday 26th October K/1/2 will be attending Billabong Zoo. This is a wonderful educational opportunity for our students to engage in an interactive and educational school excursion. Students will be taken on a guided tour of the zoo with an experienced zoo keeper and will learn some amazing facts about our native and exotic wildlife.

Permission notes have been sent home for this excursion – please return permission note and money as soon as possible.
Social and Emotional Life Skills
This term students will participate in a series of workshops designed to gain important social and emotional life skills. The workshops will be conducted by qualified teacher and well-being professional Anna Rawlings.

Students will work with Anna in a one-on-one or group setting. Please return your child’s permission note which was sent out at the end of last term to enable your child to participate in these very valuable workshops.

African Tribal Drumming
On the final day of term 3, Kinchela Public School students, along with our guests Gladstone Public School, enjoyed a session of African Tribal Drumming. Students reproduced and experimented with drumming beats and patterns, playing in rounds. They incorporated singing alongside their drumming, performing ‘Waka Waka’. This was a fabulous experience for everyone involved.

Photo above: Charlie, Wyatt, Lachlan, Jengo and Lauren giving the drums a go!

Above: Ella and Tayla having lots of fun!

Out of Uniform Day
Thank you to all the students who supported this day by raising funds for Breast Cancer Research. A total of $32 was raised for this important cause.

K/1 – My Place and My Family
This term we are working on a History/Geography unit titled ‘My Place and My Family’. We will be looking at our family history and places that are important to us. It would be wonderful if you could have a conversation with your child about the history of your family and places that are significant to you and your family. This will help to provide a wonderful foundation for the learning that will be taking place throughout this term.

Thank you.
Miss Jess Foulkes.

NRL
On Friday 16th October NRL will be holding a Gala Day for students from Years 3-6 at Gladstone Public School. We will be joining with Frederickton, Smithtown and Gladstone Public Schools.

The Gala Day will commence at 10am and will be supervised by qualified NRL Game Development staff. The day will conclude at 2pm.

Students require private transport to attend, so if you can help out with transport, please advise the school. We would need to leave Kinchela School at 9.30am.

Parents/Careers are also welcome to attend. It will be a fun-filled day of sport.

Please return permission note and MEAL DEAL (if applicable) as soon as possible.

Photos below: AusTag at Kinchela P.S. Friday afternoons during Term 3.
Term 4 Cooking Fees & School Fees
Thank you to all families who have paid school fees and cooking fees.

The cost of the cooking program conducted at our school is only $10 per child for Terms 3 and 4. If you are not sure if you have paid, please contact the school office on 65 674828. Reminders will also be sent out around Week 5.

We appreciate and thank you for your continued support on this matter.

Intensive Swimming Program
Our annual Intensive Swimming Program will take place in weeks 9 and 10 this term on the following dates:

Week 9: Mon 30th November to Friday 4th December
Week 10: Mon 7th December to Friday 11th December

We are currently working on the anticipated costs of the program and will advise you shortly as to the cost for each child.

The Intensive Swimming Program is an important part of our PDHPE program.

Photo above: Lily-Rose at last years’ swimming program

KINDERGARTEN ORIENTATION PROGRAM 2015
Our Kindergarten Orientation Program will commence in Week 4. To assist new parents and their children in becoming familiar with school transition and orientation to Kinchela Public School, we will be running a Kindy Orientation program over 5 days:

Day 1:
Thursday 29th October, 2015 - 9.05 am to 11.30 am
Day 2
Thursday 5th November, 2015 - 9.05 am to 11.30 am
Day 3
Thursday 12th November, 2015 - 9.05 am to 1.15 pm

Day 4
Thursday 19th November, 2015 - 9.05 am to 1.15 pm
Day 5
Thursday 26th November, 2015 - 9.05 am to 3.10 pm

During the Kindergarten Orientation Program, the children will be involved in activities in the Kindergarten classroom. They will have the opportunity to meet their classmates, participate in school activities and be involved with the whole school at morning assembly recess, and lunch. This is aimed to assist your child to feel happy and confident with the concept of coming to school.

Please ensure your child has the following items in their bag:

- A wide brimmed hat - a new school hat will be provided by the school.
- Food for recess on all days, and lunch on day 5.

It’s the most important meal of the day – but one in four children in Australia skips breakfast.

At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits.

A calm and healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.

BREAKFAST IDEAS
Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats.

Quick and easy ideas
- Cereal with milk*, yoghurt and/or fruit
- Wholegrain toast, raisin bread or muffins with a little polyunsaturated or monounsaturated margarine (not butter), fruit spreads, Vegemite or sliced banana
- Fresh fruit with yoghurt
- Fruit smoothies made with fresh or canned fruit
- Porridge with warm milk and stewed fruit

If you have a little more time
- Omelette with lean ham and tomatoes
- Boiled egg with bread fingers (cut slices of bread into dipping sized portions)
- Pancakes with fresh fruit filling
- Wholegrain toast or fresh bread with eggs (not fried), baked beans, cooked mushrooms or tomatoes
- Plain wholegrain muffin with lean bacon and cooked tomatoes

It is also important to have healthy drinks with breakfast. Water or low fat milk (for children over 2 years) is best. Try to limit fruit juice to 1/2 a glass a day as fruit juice contains lots of sugar. Instead give a piece of fruit to your child to get fibre into their diet.

Handy tip: Discourage your child from eating breakfast in front of the television. This can also help speed up your morning routines!
COMMUNITY NEWS
Uniting Care Burnside: Women Can/Kids Can
Working together to prevent abuse.
When Thursdays from 8 Oct to 26th Nov at Uniting Care
Burnside Playgroup Room, 7 Sherwood Road, Port
Macquarie. Time 1-3pm for women; 3.30-5.30pm for
kids. Contact Regina on 6581 6600 to register.