From the Principal

Today I have set off to camp with our very excited Upper Division students. It is wonderful to have the support of our school patron, Mr Brett Farquharson, on this extended excursion. We will have a lot of fun and return to school at 4pm Friday.

In my absence, Mrs Wilson and Mrs Manuatu can be contacted regarding any school issues.

I am pleased to see the children enjoying our new line markings which add a great deal of colour and fun to the COLA area. Thank you to Chris Ball of Crookwell for his great artwork and weekend hours.

Clare Pritchard

On Tuesday November 4th we invite all our families to join us for a special presentation on Nutrition (12pm) followed by a “Wrap Day” luncheon (1.00pm). Julie Kuorence, a Health Promotion Officer for Southern NSW Local Health District will visit our school to present a workshop for students and parents about healthy lunches. Our Kindergarten children for 2015 and their parents are also invited to join us on the day.

Please complete the RSVP slip attached to last weeks newsletter and return it to school by Monday 3rd November.

Year 7 Selective High School placement in 2016

Selective high schools cater for high achieving, academically gifted students. Students entering Year 7 in 2016 in selective high schools are invited to apply online between 14th and 17th November, 2014. All applicants are required to sit the Placement Test to be held on Thursday 12 March, 2015.

Please note there are no paper application forms available. It must be done online.

Wanted To Borrow

Do you have access to a pedal car? The school would like to borrow a working model of a car for our end of year performance. Any ideas will be appreciated. Please contact the office.

Are you Bushfire Ready?

As it is now Bushfire season, we are updating our plans and procedures. For updated information go to: http://www.dec.nsw.gov.au/about-us/news-at-det/bushfire-safety

P&C Information/Kindergarten Orientation/Report Folders

Bowring P&C

As part of our bush fire plan it was decided that a working bee to clean up grounds would be held next Thursday 6th November from 3.30pm to 6. Please bring gloves, shovels, rake and possibly a trailer. If you can assist please complete the catering note attached to last weeks newsletter.

Kindergarten Orientation

It was wonderful to have Saige, Jack and Cooper return to school again this week. Our newest students are enjoying the fun and games of big school and are really confident as they go about their work and play. Next week we will have Kindergarten Orientation students spend the whole day at big school. Saige, Jack and Cooper will be joined by Matthew, another new enrolment.

Our new parents are invited to join us for the lunch time talk about nutrition and share a healthy lunch. During lunch break Ms Pritchard will discuss details of school organisation and during the afternoon Mrs Wilson will introduce the running of a K/1/2 classroom.

Report Folders

Second semester reports will be issued towards the end of Term 4. Could parents please return the report folders as soon as possible for updating.
This week we wish Happy Birthday to Alarna.

“Make the most of the best and the least of the worst”.

School Photos/ School Swimming/ CBA Competition

School Photos
School photos will take place on Tuesday 11th November, 2014, commencing at 9.30am.

Photo envelopes were attached to last weeks newsletter. All envelopes (whether you are using them or not) need to be returned to school by Friday 7th November.

Any family who wish to have family photos must request a family envelope from the office. (Please note siblings only).

Whole School Swimming Scheme
The Whole School Swimming Scheme is an intensive learn to swim program for all students K-6. The 10 day program will be held in Weeks 8 & 9 (24th November to 5th December) at Yass Swimming Pool commencing at 9.40am to 10.25am. Travel will be by Bush’s bus. P&C will be paying for the bus and an additional austswim instructor.

Entry to the pool will cost $1.20 per child per day for 10 days ($12.00) unless families have a season ticket.

Please return the permission note attached, to school by Friday 21st November.

Student Banking
The Commonwealth Bank is running a promotion to reward regular saving. Students simply need to make a school deposit until 30th November to be automatically entered into the draw to win prizes. Student banking day is Thursdays.

Book Prize Donations/ Landcare/Assembly

Book Prize Donations
An invitation is issued to members of the school community to donate money to be spent on book prizes that will be awarded on Presentation Night, Monday the 8th December, commencing at 6pm.

Books generally cost between $15 and $30 but donations of $10 are most welcome as they can be combined with others to fund a prize. Donations sent to the office will be gratefully received.

Landcare Visit Seed Planting Workshop
Thank you to Elizabeth Goodfellow and Marie O’Shea for their guidance and encouragement in our seed planting workshop last Thursday. The children are really excited about our garden projects and pleased to see some seeds beginning to shoot already!

Our Landcare friends are keen for us all to learn how easy it is to grow our own food. Our students are certainly willing to have a go. For more information visit the website for 100kilos.org and get involved.

Playground Fun

Whole School Assembly
Our next school assembly will be held in the school library from 2:30pm on Friday 14th November (week 6). All parents and community members are warmly invited to attend.
Seed Planting Photos

Community Events & Attachments

Gino’s Fruit & Veg
Don’t forget Gino’s fruit & veg orders. Orders may be faxed, emailed or phoned and deliveries will take place each Friday, at Bowning.

Email: ginosveg@bigpond.com
Ph: 69454076 Mobile: 0422078724 or Fax: 69454136

How to contact us:
Phone: 6227 6093
Fax: 6227 6121
Email: bowning-p.school@det.nsw.edu.au
Website: www.bowning-p.school@nsw.edu.au

Attachments:
- Live Life Well fact sheet
- Yass Valley Council flyer
- Halloween Party flyer
- Play cricket campaign flyer
- Whole school swimming scheme permission
- Lions Club of Bowning & Districts flyer

PERMISSION NOTES and REMINDERS
School Photo envelopes due back to school by Friday 7th November
Nutrition workshop note due back by Monday 3rd November
P&C Working Bee note due back ASAP
Motivating Lazy Children

At a glance:
- All children are born active; some kids just learn 'lazybone' habits
- The younger the better when it comes to encouraging physical activity
- Parents and other family members are the best role models
- Choosing 'active' gifts and limiting screen time will help motivate children to exercise
- 'Active' parenting may be needed to help start some children moving

There are fundamental movement skills that every body needs to develop to participate fully in physical activity.
- Balancing
- Running

Smart Foods to Boost Learning

At a glance:
- If you want your child to think more clearly, give them a breakfast high in protein such as eggs and milk
- Mother Nature is full of foods that help children and adults think and feel better
- Exercise is good for thinking because it supplies oxygen to the brain
- Avoid white squishy things like chips, white bread and cakes

If you want your children to be on top of their game, they need to have an optimal brain and you only get an optimal brain if you sleep well, eat well and live well. Also children with learning problems and behavioural issues often show substantial deficiencies in vitamins when assessed.

Parents can help encourage exercise by limiting those activities that revolve around sitting and watching screens. Any more than two hours of small screen time a day can have a significant impact on health. Active parenting helps to keep kids moving in different ways through the day. Choose activities that your child already has some skill in to build confidence. Organise occasions where your child can be active with and around other children. Explore different ways of being active and build physical activity into the daily routine.