Chalkboard - Term 3 Week 9 Wednesday 10th September 2014

Interest Groups
Today is the last day of interest groups. Thank you to all interest group leaders for their support in helping children participate in an activity that they might not have had the chance to do otherwise.

Library News
What a wonderful day we all enjoyed yesterday.

Thank you to all for your very enthusiastic participation. The students’ and teachers’ costumes were fantastic. The book sale raised $134.00.

Next term we will be having a mystery bag sale. Mystery bags of books plus bag and drink bottle will be on a lucky dip type sale for $1. The first will be on Wednesday 15th October—week 2 next term.

We will be showing “How to Train your Dragon” DVD at lunchtime in the library beginning Wednesday 8th October.

Father’s Day Breakfast
Everyone had a spectacular morning with their dads, uncles and grandfather’s. We had a delicious breakfast that included sausages, bacon, eggs and onion. A big thank you to the P&C and teachers who made the morning such a success!
I can’t wait for next year, hopefully Mr Sparke doesn’t run out of food!
By Mabel and Ava

Guitar Lessons
Guitar lessons will continue next term for those interested. Lessons will commence in week 2 and run through to week 9. The 8 lessons cost $40 in total. If you would like your child/ren to participate, please pay your money to the school office, in week one next term.

Students with Asthma
Don’t forget that if your child suffers from asthma, it is a Departmental requirement (for the child’s own health and well being) that an asthma puffer, spacer and action plan be provided to the school.

According to the latest mortality information in Australia there were 394 deaths due to asthma in Australia in 2012 (ABS 2014).

Friday Assembly
Assembly will commence at 2.20pm this Friday, Class KB will present an item.

The knitting groups effort so far.
FRIDAY WALKING
Our excursion using parent transport this Friday has unfortunately been cancelled as we did not have enough parents to transport the students.

Next week, our last walk, we will be having a Yummy Walk. The students will be walking to Islington Park for a sausage sizzle (cost $1 per sausage sandwich). Sausage order form coming home with your child. If you are able to help with the sausage sizzle could you please see Mrs Bradley.

Reef HQ
As part of our science unit Under the Sea and our study of The Great Barrier Reef we are participating in a connected classroom to the Reef HQ aquarium in north Queensland. The children have the opportunity to speak directly to an underwater scuba diver. K/1, KB and 1 /2 had this experience today, 2/3 and 3 /4 will have their connected classroom next Wednesday.

Thursday Basketball
Hamilton Heat have a bye this week. The Hornets will play at 5:05pm. Mark Condon is going to coach this week as I can’t make it this week. Thanks to Nico’s dad, Josh, and Oscar’s dad, Phil, for coaching last week while I was at Cluster Choir.

Touch Football Gala Day
All students who are attending the gala day tomorrow received an information note for parents yesterday. Hopefully it won’t be cancelled due to the grounds being wet from all of the recent rain. Fingers crossed for more sunshine!

Hunter Valley Paint Place Variety Bash Car Visit
A car sponsored by Hunter Valley Paint Place visited our school today. This car is travelling from Melbourne to Noosa in the Variety Bash raising money for Variety, the children’s charity. Our children had an opportunity to look at the car and talk to the people involved. Thanks Hunter Valley Paint Place for the free drink bottles!

Archibull
A massive thank you to all involved with the calf so far. A special thank you to Xanthe Roxburgh for her amazing knitting of the calf’s “pants”, Shelly Brandon for her knitting as well and to Miss Cowan and the “Rappers” for an amazing music video. We will be screening a preview of “The Rap” at this Friday’s assembly.

WEEKLY WOOL FACTS
Week 9 - A good shearer can shear a sheep in approximately 2 minutes.

Lemonade Stall Challenge
Thank you to KB and Mrs Bradley who held their Lemonade / Orangeade Stall yesterday after the Book Parade. It was a super sale at just $1 per cup. Thank you for your support, they raised $120 which will be going towards the school gardens.

Register Now for Unload Creative Writing workshops in Term 4!
Unload is a fun creative writing programme offered here at Hamilton North Public School. Each week students experiment with language through word games, writing activities and story-telling. Next term Unload will be mixing it up with epic stories, crazy characters, comics, poetry slams and generally delving deep into the kids’ bottomless well of imagination and creativity.

Who: Students from Year 3-6 (open to younger enthusiasts on request)
Where: 4/5 Classroom
When: Mondays, 3.15 – 4.15 (starting week 2)
Cost: 9 weeks @ $120 per child

Numbers limited to 15 per class so get in quick! For further information wwwunload.org.au or contact Suzie — suzie@unload.org.au 0409409141.

Submission for Red Room 2014 Poetry Object.

Tips On My Universe by Madeleine Newton
When I was seven months old, I knew you were my favourite toy
Although I chewed your little nose and Oma had to sew it up
Although your fur is now dark and sticks together in clumps
Although your neck is floppy from millions of hugs
Although I got hundreds of flashier gifts over my (and your!) nine years
Although when I wash you, the water turns black
I will love you forever and always no matter what happens
Because you are my Tippa

Kelly Deakin
Relieving Principal
Book Week Parade
Well done everyone for turning up in some truly amazing costumes. We had some Hermione Grangers, Transformers, Wimpy kids, princesses, Charlie Bucket and Tin Tin, to name but a few of the variety of book characters for yesterday's parade.
COMMUNITY NEWS
There’s always plenty to do at the Hunter Wetlands Centre, Shortland - walking trails, playground, dip-netting, reptile talks, bike and canoe hire. But in the September October holidays there’s even more!

Kids can book in for one of the special holiday activities:

**Full-day Kids Creative Writing Workshop** with popular local author Jess Black for 10-13 years ($40) - with the stunning backdrop of the wetlands, Jess will inspire kids to write about the birds, animals, reptiles and plants using them as characters in their stories.

**Bush Skills** for 8-12 years ($20) – build a shelter, make a damper, learn knots and other skills.

**Weaving at the Wetlands** for 8-12 year ($20) - gather reeds, flowers and other natural material and using the trees as frames create an outdoor gallery.

**Wriggly Wetlanders** for 5-8 years ($20) – enjoy a wetlands wander and craft activities

For more information go to [www.wetlands.org.au](http://www.wetlands.org.au) or phone 02 4951 6466
Cluster Choir
Congratulations Yrs 4, 5 and 6 students and Miss Drew and Mrs Lyle. You all represented Hamilton North beautifully at Cluster Choir. Also, a big thank you to our amazing P&C for organising the sausage sizzle. What a great night!

Fathers’ Day Breakfast
It was fantastic to see so many dads and grandads at our breakfast last week.

There were lots of smiling faces despite the gloomy weather.
CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>11th September</td>
<td>Kindergarten Parents 2015 Connecting Night and BBQ 5.30pm.</td>
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<tr>
<td>11th September</td>
<td>Touch Gala Day</td>
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<tr>
<td>16th/17th September</td>
<td>Year 4/5/6 Sydney Excursion</td>
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<tr>
<td>22nd September</td>
<td>Last day of Term 3</td>
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<tr>
<td>6th October</td>
<td>Labour Day – Public Holiday</td>
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<td>7th October</td>
<td>Students &amp; Staff return for Term 4</td>
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<td>18th October</td>
<td>P &amp; C Trivia Night.</td>
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<td>29th October</td>
<td>Kinder 2015 Orientation Day</td>
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<td>5th December</td>
<td>Scripture Christmas Pageant</td>
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<td>9th December</td>
<td>Presentation Night – Waratah High School</td>
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CANTEEN ROSTER

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<thead>
<tr>
<th>Date</th>
<th>Name 1</th>
<th>Name 2</th>
<th>Date</th>
<th>Name 3</th>
<th>Name 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>15th September</td>
<td>Xanthe Roxburgh</td>
<td>Jenny Nichols</td>
<td>16th September</td>
<td>Michelle Morrison</td>
<td>Mel Keegan</td>
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<td>17th September</td>
<td>Eryn Duck</td>
<td>Nicole Bondini-Topic</td>
<td>19th September</td>
<td>Shelley Brandon</td>
<td>Glenda Moyle</td>
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<tr>
<td>6th October</td>
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<td></td>
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<td>Michelle Morrison</td>
<td>Xanthe Roxburgh</td>
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<tr>
<td>8th October</td>
<td>Marilyn Donn</td>
<td>Robyn White</td>
<td>10th October</td>
<td>Jessica Peattie</td>
<td>Kim Sweetnam</td>
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CANTEEN NEWS

If for any unforseen reason your child comes to school without lunch, the canteen ladies (if food available) very kindly provide an emergency lunch for your child.

A slip of paper showing the amount owed will be forwarded home.

A number of slips have been forwarded today with the Chalkboard.

Prompt payment would be appreciated please.
Thank you
## Hamilton North OOSH - SEPT-OCT VACATION CARE PROGRAM

**Vacation Care Hours:** 7am – 6pm  
**Phone:** 0448 739 789 hamiltonnorthoosh@hotmail.com  
Payments and fees: All payments need to be paid before the start of the school holidays.  
Cost: $45.00 per child per day. Bookings are to be paid in full before care is required.  
Registrations: If you are a new family we have a registration fee of $50.00 per family.  
Excursions are an extra cost on the day, and we ask parents to pay at least the day before the excursion, and please indicate to staff that you are paying for the excursion, not fees.  
*Come join us for a fun filled holidays of lots of laughter and enjoyment!*  
*Please understand that at any time the program can be changed or altered, due to the weather, children’s wants and needs, staff and availability of resources. OOSH Policy requires a week’s notice for cancellation of Vacation Care. Therefore, please choose your days wisely.*

<table>
<thead>
<tr>
<th>Mon 22nd Sept</th>
<th>Tues 23rd Sept</th>
<th>Wed 24th Sept</th>
<th>Thurs 25th Sept</th>
<th>Fri 26th Sept</th>
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| **…OFF to the PARK for a PLAY…**  
Come fly a kite with your friends and try your luck at flying it. We will walk over to Smith Park for a flying kite adventure, a picnic lunch and parachute games. We will be making some of our own kites as well. | **Potting/Tiling Day**  
Come along and decorate your very own pot and then plant a little plant to take home. We also have some white tiles that have been donated to OOSH and we thought why not paint them.  
Cost: $5.00p/c | **Jack and the Beanstalk**  
Come along and walk to the Young People’s Theatre in Hamilton and watch their last production of “Jack and the beanstalk”. We only have 35 tickets, so it’s first in dressed dress! We will be walking to the theatre  
Cost: $17.00 p/c | **Cartoon Drawing**  
Mike is a Cartoonist with years of experience will come show and teach us some tricks and techniques to Cartooning with all children making/drawing their own cartoon  
Mike will be at the centre from 1pm -3:30  
Cost: $10.00 p/c | **Ruby the Clown Performance**  
Come along and enjoy a Ruby the Clown Puppet show at Lambton Bowling Club.  
Cost: $8.00 and $2.00 for face painting |
| **Wheels Day**  
Bring along your bike, scooter or skate-board. *Please note that helmets must be worn when riding any of the above!* A course will be set up and children will make large road signs. | **.MOVIES EX- Planes...**  
Come along and enjoy a movie at Newcastle Greater Union. The Movie will be announced closer to the day but we think it is “Planes 2”. We will travel by bus.  
Cost: $15.00 p/c | **Gateshead Indoor Sport**  
Come along and enjoy a fun filled day at Gateshead Indoor Sports Centre. We will be doing a Wipe Out Challenge program. Chn will travel by bus. We will be leaving at 11:30- and returning at 3pm  
Cost: $20.00p/c | **Crazy / Face Painting day**  
Come dressed in some of your craziest, brightest and funniest clothes you have. We will be doing some very bright artworks and bring a spare white t-shirt or pillow case for tye dying. We are having a face painter coming in to face paint.  
Cost $3.00p/c | **Footy Grand Final Party Day**  
Chn should come dressed in their favourite footy team colours. Chn will compete in a range of games and activities all involved around Footy. We will be making posters, pom poms, face painting, cheers! GO TEAM GO! |

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Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Vegetables and legumes/beans
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Fruit

Use small amounts:

Only sometimes and in small amounts:

Savoury snacks

www.eatforhealth.gov.au