REECE IS A NATIONAL ATHLETICS COMPETITOR

Congratulations to Reece Gallagher, who last week competed in the State Athletics Competition in Sydney in both Shot Put and Discus. Reece achieved 18th place in the shot put and then went on to achieve a bronze medal in the discus. Reece will now represent NSW in the National Athletics Competition in Canberra in December. This is an amazing feat!

Our school community need to support Reece and his family in raising funds to participate in this event. P & C and our school will provide some financial support and we will also be selling $2 raffle tickets to help get Reece to Canberra. Prizes include a laptop, a huge TV and i-pod shuffles. Tickets can be purchased at the office. Another raffle will also be set up with local businesses offering prizes.

WELCOME TO OUR NEW 2016 KINDERGARTEN STUDENTS.

We hope our new Kindergarten students enjoyed their first Orientation session and thank Mrs McKenzie for her work in organising these days to ensure our new students feel safe, happy, excited about their big school. We look forward to our second Kindergarten Orientation day on Monday 26th October. Parents and carers will also participate in an information session in our library from 9am to 11am. They will have presentations from a variety of people including P & C, uniform shop coordinators, Live Life Well representatives, Pat our bus driver, and staff. It is also the perfect opportunity to meet other parents while your children enjoy their second day. Our 2016 Kindergarten students will meet their buddies in the second week.

CANBERRA/SYDNEY TRIP

We were pleased to see so many parents and their children at last Monday’s Information session. We hope you feel well informed and ready for our exciting trip which begins on Sunday afternoon 1st December (Ethan’s birthday) at 5:15pm.

If you have any questions about our trip, please contact the school ASAP. All payments should be finalised now and all medical notes be returned. Breakfast orders also need to be finalised ASAP. We look forward to a very action-packed, fun and educational week. Remaining students from Year 3 and 4 will be split between K/1 and 1/2 classes for the week.

SCHOOL CALENDAR

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<th>WEEK 3</th>
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<tr>
<td>Thursday 22 October</td>
<td>Monday 26 October</td>
<td>Yr 4, 5, 6 Excursion to Canberra</td>
<td>Monday 9 November</td>
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<td>• Band – Dream World</td>
<td>• Kinder Orientation Day 2</td>
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<td>• Kinder Orientation – last day 9-1pm</td>
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<td>• Kinder Orientation Day 1</td>
<td>• 9.15am Kinder 2016</td>
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<td>Thursday 12 November</td>
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<td>• Canberra excursion return at 6-7am</td>
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DANCE WORKSHOP PROVIDED BY RIVERS SECONDARY SCHOOL INITIATIVE
Students from Kindergarten to Year 6 enjoyed a dance workshop with specialist dance teachers from Kadina and Richmond River High Schools. Students enjoyed participating in the activity which will hopefully inspire some students to pursue this area of their education.

Student Assembly
Our next student assembly is Friday 30th October at 2.15pm. Congratulations to the following students who received awards at our last assembly.

K/1 Willow, Sabine and Hayley
1/2 Zeke, Rohan and Lucas
3/4 Ross, Jack and Charli
5/6 Tiago, Charlie and Alex

The Citizenship Award went to Juliette for keeping our environment clean.

DREAMWORLD PERFORMANCE
We look forward to hearing from our band after they perform at Dream World today. We thank Mrs Cox and Miss Clark for organising the event and escorting them on the excursion.

VERY GENEROUS DONATION
Our school was very grateful for the generous donation given by the Alexander family and friends who recently hosted a private fund raiser for the school. The school is currently looking at installing a data projector and speaker in our hall and this will certainly assist P & C in achieving this.

Michelle Slee
Principal

Expectation of the Week
“Our school is a put down free zone”

Kinder Orientation for 2016
Our second session of the Kinder 2016 Orientation program is on Monday 26th October starting at 9.00am and concluding at 11.00am. Please send along some fruit for fruit break, a water bottle and a hat.

Intensive Swimming Scheme
Notes for our two week intensive swimming program were sent home with students yesterday. The whole school is encouraged to participate in this life skills program. Cost for the program this year is $65 per student which includes bus fare and pool entry.

If students have a season pass to the Alstonville Pool the cost is reduced to $30 but the pass must be presented to the school office at the time of payment.

Notes need to be returned with full payment by Wednesday 18th November.

Canberra /Sydney Excursion
Just a couple of reminders!

- Medical notes need to be returned by tomorrow.
- Payment in full required by tomorrow (unless alternate arrangements have been approved by the principal).
- Breakfast orders need to be in by Monday as I need to send through the order and organise payment prior to the excursion.
Meet our new staff

Daniel Cameron is our new drum and guitar tutor and comes in each Friday to work with the music students.

Hot off the Press!

‘Interview with Reece Gallagher’

Reporters - Amika and Tony

Congratulations Reece on achieving a Bronze medal at the State Athletics Discus competition.

How far did you throw the discus?

34.78 metres

What emotions did you feel when you achieved the Bronze medal?

At the start I felt nervous and then I felt very excited and proud.

Did you compete in any other event?

Yes Shot Putt. I came 18th. I think I did pretty well as the other boys seemed older and bigger.

Where do you compete now?

I will compete in the Nationals at Canberra.

How will you raise funds to get there?

My family will pay for it and we are selling raffle tickets. The prizes include a laptop, a TV and i-pod shuffles. The school and P & C have offered to help. Clunes shop and Clunes Service station have also offered prizes for another raffle as well.

How will you train for the competition?

I do Little Athletics and I have my own coach.

Good luck and we hope you go well!

Rethink sweet drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be re-trained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

- Decrease the frequency. If your child is having juice three times per day, start by cutting out one serving per day.
- Only carry water. When out and about, carry water to quench your thirst.
- Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.
- Stop buying sweetened drinks.
- Make water easily accessible. Place a water pitcher in the refrigerator or on the counter, or put it in colourful, eye-catching water bottle or cup.
- Infused water. Mix in fruit (frozen or fresh), vegetables or herbs such as mint or thyme. Let it sit overnight, and in the morning you'll have a delicious batch of infused water.
- Unsweetened milk. Cow’s milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D.
- Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.

P & C News

Band night is quickly approaching! It would be wonderful to see you all there. The P&C are catering on the night with slow-cooked beef rolls and vegetable curry and baked goods for afters. Attached is a table of ways in which you could help. Please fill it out and send it back in. We will also need rice cookers and slow cookers if anybody is willing to give it up for the night. Thank you.

Uniform shop

If you require uniforms, you can contact Andrew on holisticgardencare@bigpond.com and send him your order. He will collate and package the order for you to pay for and collect at the front office.

The children of COOSH have been enjoying some of the cupcakes we made and froze last week. Thank you to everyone who came down to the park party and iced a cupcake or got there face painted. Carolyn did some extraordinary works of art. We raised over $100 that will go towards some new equipment.

Notes due

| Permission to watch ‘PG’ movie | TOMORROW |
| Interrelate – Year 5/6 only | TOMORROW |
| Canberra Breakfast order | Monday 26th October |
| Intensive Swimming Scheme | Wednesday 18th Nov. |
This week has been a nice relaxing week. We’ve had Brad from Fitness Kidz back to get us moving with super soaker tag and working in teams. We’ve been lying in the shade and listening to nature. We’ve been choreographing some big productions and performing them for our parents. We’ve also had a week of learning new board games, play technical games of spoons and backgammon, and good fun ones like trouble. The children have been learning new skills and having fun.

**Community Event**

Vintage/Retro is the theme. Prizes for the Best dressed Guys & Dolls. There will be ‘The Yummy Food Kitchen’ serving up some scrumptious Pulled Beef & Slaw Rolls and for the vegetarians a Veggie Curry with rice. Spread the word...$15 door deal that includes you into the raffle. You can purchase a ticket online or make a donation – just go to the links provided. [https://events.ticketbooth.com.au/event/clunes-community-fundraise](https://events.ticketbooth.com.au/event/clunes-community-fundraise) or [www.mickbuckleyandthehepcats.com](http://www.mickbuckleyandthehepcats.com) or find them on Facebook

**Clunes Community Preschool**

is now taking enrolments for 2016. We invite interested families to come to our Open Mornings on Wednesday 21st October or Thursday 29th October from 9.30 to 11am. Please come along and find out how preschool can support your child to be social, develop connections to the community, and learn the skills to be a lifelong learner.

For more information, call us on 66291551 or email clunespreschool@gmail.com

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**Information about applying for Year 7 entry to selective high schools in 2017**

Thinking of applying for a government selective high school for Year 7 entry in 2017?


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Neil McKenzie has been teaching the children Chess strategies Tuesday at lunchtime.

Some of the beautiful pottery that Year 5-6 have been creating with Mrs Henderson.
The Three Little Penguins

Once upon a time, lived three little penguins. They lived with their mother in a strong snow mound made from the ice that their mother had successfully managed to peck out of the solid ground. One day their mother said, “There is not enough room for all of us and I am too weak to make more, so you will have to create houses of your own. But remember to build it strong enough to withstand arctic snowstorms and blizzards, but most importantly, to withstand arctic fox attacks. So off you go.”

Soon the three little penguins were off on their way to explore the new and dangerous world. Suddenly the first one loudly announced, “I am going to make my house out of these walrus tusks I found.” The others laughed and said in unison, “That won’t withstand the breath from a fox.”

A few minutes later the second one announced, “I shall make my house out of snow!” The others laughed and laughed. “You’re what?” “I’m going to build my house out of snow!” “Ha, ha, ha. Very funny! Anyway soppy, wet snow won’t withstand the smallest blizzard ever.” said the third little penguin.

But the others were left wondering what their know-it-all brother had in mind for his house.

A few days later their question was answered because he went off and much later came back hands full of ice. “Mother will be so proud of me when she sees my house.” The others had already finished their houses and were left to admire them.

The first little penguin said, “My house is a true work of art.” The other one said, “Mine is a thing to be remembered for years to come. My story will be passed from generation to generation.”

Meanwhile, the clever Arctic Fox was watching them.

A few weeks later the third little penguin had finally finished his beautiful house. That night the amazingly well camouflaged fox came to the house of walrus tusks and said in a sly, rasping voice, “Come out, come out little penguin, or I’ll come and smash your house to bits.”

“Never”, replied the penguin.

Then suddenly, SMASH! Walrus tusks flew everywhere. The poor little penguin was left exposed to the fox. Before anyone could stop him, the first little penguin speedily waddled into his sister’s house of snow.

The fox waited until a blinding sandstorm swept away the little house. Exposed and shivering, the two penguins were an easy meal for the fox. Before anyone could stop him, the first little penguin speedily waddled into his sister’s house of snow.

The fox waited until a blinding sandstorm swept away the little house. Exposed and shivering, the two penguins were an easy meal for the fox. Suddenly the arctic fox appeared from nowhere and the two innocent, little penguins ran for their lives into the strong, sturdy house of ten centimetre thick arctic ice. Inside the house the three brave penguins felt safe and secure. They were cosy, while outside the fox was climbing down the chimney.

The penguins had heard the arctic fox slipping and sliding down their chimney, so they had put down a pot of freezing cold water. He didn’t hear them carrying the water. Then suddenly, the fox slipped and fell in the ice cold water.

Before anyone could stop him he let out a yelp of fear and took off like a jet, scrambling up the vertical slope of the chimney, never to be seen again. And the three little penguins lived happily ever after.

The end ..or is it?

By Reggie, Year 2
Below is a table of jobs for the Clunes band night on the 7 November please fill in where you can help and send back to the school. I will provide ingredients and recipes. Thank you

| Slow cooked beef | | | | |
| Coleslaw | | | | |
| Vegetable curry | | | | |
| Baking | | | | |
| Help on the night | | | | |
| Help shopping or picking up | | | | |