



# Rand Public School

## NEWSLETTER

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Week 8, Term 4

28th November 2013

### Reminders

- Cooking IOU's
- \$2.00 for cooking tomorrow—all students

### Principal's Message

Dear Parents,

Yesterday afternoon was the last P&C meeting for the year. Thank you so much everyone for your continued support of our school throughout the year. I know it isn't easy to keep an eye on little ones and concentrate at the same time—so your time and presence is even more appreciated!

Our next meeting in 2014 will be an Annual General Meeting—please take time to consider if you would like to fulfil the role of President, Treasurer or Secretary. There are lots of people willing to give you a helping hand if you wish to participate as an executive. Thank you to the people who do fulfil these roles as they are important in helping to get various activities organised and running well.

Tracey Southam

### Notes Due in:

- Surveys

### Assistance needed

Helpers are needed for the Year 6 Farewell Dinner and setting up the hall for Presentation Night. If you are free to help, even for an hour or so, it would be greatly appreciated. Please let Tracey or Carole know.

### Presentation night

This week preparation has begun for Presentation night. I would like to remind all students that they must wear full school uniform. Shoes must be black school shoes or joggers. Hair accessories to be school colours only please. A list of costumes children will need for the night is included in the newsletter.

### Parent information session for 2014 Kindy children—Monday 9th December, starting at 3.15pm in the brick building.

An information session will be held for parents who have Kindergarten children starting in 2014. This will be an informal chat about expectations and routines for your children as they start school next year. If you are unable to make it I am happy to chat with you at a later date, just give me a call to organise a time.

### Head lice

Please keep checking your child's hair for head lice and remember to re-treat as per instructions on lice treatment bottle.

### Dates to Remember:

- Year 6 Farewell & Christmas Lunch—Tues 10th December
- Presentation Night—Tues 17th December
- Last day Term 4 (students) Wed 18th December

## Cooking

The children are making Bacon and Vegetable Slice and Pink Fairy Fizz tomorrow with Kirsty.

**Please remember your \$2.00 (all students).**

## Student of the Week

Jasmine was selected Student of the Week for creating a game to include another student and welcoming lots of people to join in.

**Something that is very important to me is:** my family

**Because:** They are the only family I have and they love me

**I learn best when:** I am outside of school

**Outside of school I am learning to:** fly (in my dreams)

**This year I have learnt:** my times tables.

## Bookwork Award

Students selected Chloe this week as "it was really neat", "she was focussed on her work" and "Chloe was on the line".

## Pre-school Room Clean-up

On the last day of school, Wednesday 18th December, at 3pm we are looking to have a big clean up of the pre-school room. As this will be the end of year concert and lunch for pre-schoolers if there is anyone available after school to help with moving furniture please let us know. There are a number of items that can be sent to the tip or claimed if anyone is interested in them. Items include: a filing cabinet, an old catalogue drawer and tote tray benches. If you are interested in them please let us know before hand. New cupboards will be arriving for Pre-school and school use.

## School Attendance

*Principals are only permitted to approve 15 days of leave per year for a student (excluding sick leave).*

If your child has a medical condition or some other extenuating circumstances that will take their absences over 15 days, please contact Mrs Southam and discuss the suitability of an exemption.

*If you are planning a holiday of more than three days with your family, you are also required to apply to the Principal for exemption. This form can be obtained from the school office but please allow plenty of time for processing as it will need to be sent to the Regional Office. If an exemption is not granted prior to the holiday, then the child is recorded as having unjustified absences.*

*Partial Attendances* are also closely monitored. Whilst it is highly recommended that students attend appointments outside school hours, we understand that this is not always possible and therefore students are picked up from school during the day. Again the reason for the partial absence is recorded as being justified or unjustified.

Missing School Leaves gaps in your child's education.



## myFamilyLaw

myFamilyLaw is a free family law app where you can submit your family law query to a real family lawyer in your State in Australia.

Also find information about divorce, property settlement, parenting arrangements, child support, family violence and your financial future.

You can also use myFamilyLaw to find and connect with family law professionals, view inspiring motivational quotes and attend family activities listed in myFamilyLaw Events.

[myfamilylaw.net.au](http://myfamilylaw.net.au)

# Term Calendar

Date	Event
Friday 29th November	Assembly 2.40pm
Friday 6th December	Shine—Yr 5/6 Girls—Culcairn PS
Tuesday 10th December	Yr 6 Farewell Lunch—K-6
Wednesday 11th December	Christmas Craft—9-11am Volunteers Thank you Morning Tea 11am
Friday 13th December	Reports sent home Mrs Southam - Work, Health & Safety 2pm Walbundrie PS
Tuesday 17th December	Presentation Night—7.00pm—Rand Hall
Wednesday 18th December	<b>Last Day Term—Students</b>
Friday 20th December	<b>Last Day Term—Staff</b>
Tuesday, 11th February, 2014	P&C AGM and general meeting


Nutrition Snippet

## The simplest way

to eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:

- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn't contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don't go overboard on dried fruit.
- **A little and often.** Children may eat more if you offer smaller serves more times a day.



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



**Pre-School BBQ Lunch Order**  
**Available for Everyone**  
**Wednesday 18th December**

Name \_\_\_\_\_

Item	Price	Quantity	Total Cost
Sausage in Bread	\$1.00		
Juice Box	\$1.00		
Chomp	.50		
	Total amount enclosed		\$

Please return orders and money by Wednesday 11th December. *No late orders will be taken.*

All proceeds will be used to help fund new playground equipment.

Thank you.

Rand Preschool

## Invitation

All parents and family members are invited to attend a  
 Christmas craft and thank you morning tea on  
 Wednesday 11th December from 9am-11am.  
 Lots of fun!!!



### Thank you

Thank you Rob for transporting the Year 6 students to CSU recently for the launch of Angus Macneil's book.

Thank you Kirsty for transporting Year 5 and 6 girls to the "Shine" program at Culcairn. Kirsty is also kindly donating chocolate for some end of year cooking treats.

### Presentation Night

On Presentation night the Year 6 students will have a special presentation for Angus Macneil on the publication of his life story through the Creative Catchment Initiative. This will be a good opportunity to show the Rand Community his great contribution helping to keep our environment healthy.

### Reminder

Copies of the play for presentation night have been sent home for children to practice. This week was also the last week for homework.

## Costumes for Presentation Night

### Children will need to wear for the play:-

K-2 Dress as adults (mums and dads.)

Yr 3 Kids play clothes.

Yr 4,5, & 6 Dress as pirates. Rose—apron, bright colourful clothes.



### Children will need for the dance:-

K-2 Need Santa hats.

K-6 A Christmas shirt (please purchase from the op shop or reject shop. Only about \$5.00—don't spend a lot.)

and

Navy blue shorts (most children have from sports uniform) or skort.

If anyone has a spare Christmas t-shirt, Santa hat or pirate clothes, and would like to lend them for other children please send in with name of owner on it.

