Dear Parents/Caregivers,

Intensive Swimming
Intensive swimming has been going well and I am so proud of the student’s achievements in swimming this year. I have watched a number of students go from being scared and afraid of the water to swimming confidently for 25m using correct breathing techniques. I have also witnessed capable swimmers develop their strokes to make them glide effortlessly through the water. I would also like to congratulate them on their behavior at the pool. The instructors comment to me how great and well behaved our kids are. Well done to all the students.

Note: Could all students bring long sleeved Pyjamas and long legged bottoms to Friday’s swimming lesson. It’s a special lesson on how to survive fully clothed.

Aboriginal Dance & Zumba
Our last day of Aboriginal Dance & Zumba will be held at Broke School on the morning of Friday 11th Dec. We will return to Milbrodale School by 11am for lunch, and then leave for the last day of Intensive Swimming at 11.45am.

Presentation Night
Thank you to all the parents and community who supplied delicious food for our evening. Congratulations to the award winners for 2015. The students enjoyed performing for you on the evening and we are looking forward to 2016.

Water Day
As the end of year celebration for Year 6 the students have asked for a water day. Miss Pickles and I have organised a water day for Wednesday 16th December, the last day of term. The children will need to wear swimmers, sun shirt and sunscreen and bring a towel, dry clothes and food. We will be having a special lunch on the day.

Holidays
I would like to wish everyone a safe and relaxing holiday. I have again enjoyed this year working with you and your children.
I am looking forward to a wonderful 2016.

Regards

Kristen Kime
Canteen

Thank you to the Canteen volunteers.

Normal hours for the Canteen are from 9.30am to 11.40am, or just set up from 9.30am to 10 am.

P&C News

Presentation Night & Raffle
The whole community had a wonderful night last Friday being entertained by our wonderful students.

The great array of prizes for the Christmas Raffle:
1st prize – Margaret Forbes
2nd prize – Greg Ellison
3rd prize – Olivia
4th prize – Aleisha’s mum
5th prize – Joy Hungerford

Thank You letters
The P&C are in the process of sending out Thank You letters for the Family Fun Day. If you know of any businesses that may have been overlooked please see Tricia.

Canteen

Canteen Roster Term 4 2015

<table>
<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
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</thead>
<tbody>
<tr>
<td>12th Oct</td>
<td>Narelle</td>
</tr>
<tr>
<td>19th Oct</td>
<td>Narelle</td>
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<tr>
<td>26th Oct</td>
<td>Linda E</td>
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<tr>
<td>2nd Nov</td>
<td>Tricia</td>
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<tr>
<td>9th Nov</td>
<td>Tricia</td>
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<tr>
<td>16th Nov</td>
<td>Students return from Jerrys Plains PS by 11.30am for lunch</td>
</tr>
<tr>
<td>23rd Nov</td>
<td>Narelle</td>
</tr>
<tr>
<td>30th Nov</td>
<td>Tricia</td>
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<tr>
<td>7th Dec</td>
<td>Linda E</td>
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<tr>
<td>14th Dec</td>
<td>Narelle</td>
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</tbody>
</table>

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact Narelle on 6579 4649 (before 8.00am)

Nutrition Snippet

The simplest way
…to add veg to a barbecue.

The weather is warming up and so are the backyard barbecues. But it need not be an entirely meat affair. Here are some ideas for adding healthy veg to the barbie:

Kebabs – capsicum, zucchini, eggplant and mushrooms work well. Add to pork, chicken or lamb.

Chips – slice potato or sweet potato, and grill on the hotplate.

Salad – grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy!

Vegetable sticks and dip – chop up carrot, cucumber, and celery sticks to dip in yummy hummus, or an eggplant or beetroot dip.

For more information visit
www.eatittobeautit.com.au
or join us at facebook.com/eatittobeautit

The simplest way
…to get your vitamin D!

Did you know:
- Our bodies make vitamin D when skin is exposed to sunlight.
- We need vitamin D as well as calcium to maintain good health. In particular to keep our bones and muscles fit and strong.
- Sun protection is required when UV levels are 3 and above.

Does sunscreen stop vitamin D?
- Sunscreen filters out most, but not all UV radiation.
- People who use sunscreen regularly (when UV levels are 3 and above) don’t have lower vitamin D levels than people who do not use sunscreen.
January School Holiday Program at the Hunter Wetlands Centre

**Tuesday 19 January** 10am -12.30pm for 7-10 years  
Cost: $20 Booking essential phone 4951 6466  
**Making It!** Use glue, wood, string, paper and other materials to make

**Wednesday 20th January** 9.30am – 12.30pm for 8 – 12 years  
Cost: $20 Booking essential phone 4951 6466  
**Bush Skills.** Make a damper, build a bush shelter, learn basic first aid and other survival skills.

**Wednesday 20 January** 10am -12.30pm for 4 – 7 years  
Cost: $20 Booking essential phone 4951 6466  
**Digby Fixit Live!** Adapted from her book Digby’s Moon Mission, author and performer Renee Price will use storytelling, songs and puppets to bring her character Digby to life. This 30 minute performance will be followed by book signing, craft and a chance to meet some of our wetland reptiles at an interactive talk.

**Thursday 21 January** 10am – 2.00pm All ages  
Cost :Entry by gold coin donation. No bookings  
**Wonders at the Wetlands** - a family fun day activities for all ages and parents as well. Live music dip-netting, bird-spotting, reptile talks crafts, face painting and so much more to see. Visit the Hunter Wetland facebook page or website for more information.