Dear Parents/Caregivers,

Intensive Swimming
We will be having our intensive swimming lessons during week 10 Monday 7th to Friday 11th December. This is always a big and exhausting week for the children so please try and make sure they are getting plenty of rest each night. They will need swimmers, goggles, towel, dry clothes and plenty of food. We normally allow the students to purchase a treat on the Friday but not any other day. Please find a permission note attached that will need to be handed in to school by Friday 4th December.

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 the parents who have either filled in the table or let us know what you will be bringing to the Presentation night for everyone to enjoy. The food sounds delicious and we are always well fed. The students have been busy practicing for the item and are excited to present these items to you. The evening will commence at 5pm for nibbles and the awards will start at 5.30pm.

Christmas Shirts
Just a further reminder that Christmas shirts are allowed to be worn in place of the school shirt from the 1st December. All other parts of the school uniform will need to be worn including enclosed shoes. I have been impressed with the Christmas shirts this year there are some new designs and the kids are very happy wearing them 😊

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.

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

Uniform
The P&C will be ordering the new school dress. This is not compulsory but can be worn other than special occasions.

Christmas Raffle
Tickets are $1 each. Extra books can be collected at the office. The great prizes will be drawn at the Presentation Night, Friday 4th Dec.

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<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
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<tbody>
<tr>
<td>12th Oct</td>
<td>Narelle</td>
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<tr>
<td>19th Oct</td>
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<td>26th Oct</td>
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<td>2nd Nov</td>
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<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>
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<tr>
<td>23rd Nov</td>
<td>Narelle</td>
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<td>30th Nov</td>
<td>Tricia</td>
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<td>7th Dec</td>
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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)

Presentation Night Catering
All families and staff are asked to commit to bringing a Nibbles, Dinner or Dessert and place their preferred food item on the white door in the foyer of the office.

1st Prize  2nd Prize

3rd Prize  4th Prize

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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 (with UV levels are 2 and above) don’t have lower vitamin D levels than people who do not use sunscreen.

To help keep your kids safe in the sun, check your schools SunSmart details by heading to www.sunsmart.com.au.