Message from the Principal
Our Year 6 students travelled to Southern Cross University last Wednesday to experience University and to broaden their horizons about career choices. It is very important for students to see that they can set their goals high and achieve many things through educational pathways beyond Year 12. It was funded through ‘Stellar’, which is greatly appreciated by our families. The organiser, Troy Irwin, said that his staff praised our students for their exemplary behaviour. We are very proud of our Year 6 students for being great ambassadors for our school.

Jacaranda Parade of Youth
Our school will be participating in the Grafton Jacaranda Parade of Youth on Saturday 25th October. This is a wonderful opportunity for your children to experience the community spirit of the Jacaranda Festival which is so important to the Grafton community. We hope to have a great turnout of our students, in full school uniform, parading behind our school banner. We invite you to cheer on Westlawn in the parade. Students are asked to assemble at the river end of Prince Street adjacent to the Civic Centre at 9am. Just look for our banner and students in uniform. The parade begins at 9:30am. We ask that students wear our school uniform hat and bring a water bottle.

WESTLAWN WHEELATHON
It’s time to get loads of sponsors for the Wheelathon. We want to raise funds for iPads and ‘tablet’ technologies to extend our students’ access to the latest learning opportunities. Children have taken home a sponsorship sheet today to seek sponsors over the coming weeks. If more sponsorship sheets are needed, they will be available at the office. The sponsorship sheets and sponsorship money need to be returned by Friday 7 November, even if no sponsorship was received. Each card is numbered for audit purposes. On Wednesday 29 October we will hold the ‘Wheelathon’ at school. On that day students will be asked to bring something with wheels to participate in the event. It can be a bike, skateboard, ripstick, pram, scooter, pullalong or other suitable wheeled toy. If a child can’t bring something we will help out so they can all participate. Children will be informed of the safety equipment they must have for their toy e.g. kneepads, elbow pads, helmet to ensure safe riding. Areas in the school grounds or grounds in close proximity to the school will be set up with tracks and safety ‘road signs’. Children will have a period of time to complete the track taking note of ‘road signs’. It will not be a race nor will it be a lap count that determines their completion, rather it will be a 30 minute time frame to keep active and complete the track safely. Classes will have a set time period throughout the day to be involved.
More details of the Wheelathon Day will be provided at a later date. There will be incentive prizes for children who raise particular amounts of money such as a basketball, soccer ball or football for those who raise more than $100, an iPod Nano for the child who raises the most money in Infants and in Primary, and a BBQ for the class that raises the most money. We ask our community to get behind this event to raise money for our school. Parents will be welcome to attend on the day and we might need volunteers to help hold signs or fulfil other tasks. We hope you are able to get behind our Wheelathon!

Primary Disco
The Primary Disco is on tonight Tuesday 21 October from 6:30pm to 8pm. The cost is $2.50. The theme is ‘Another Culture’ so children can wear a costume from another country or simply an item of clothing which might indicate another country. Please make sure children are collected at 8pm.. The proceeds, as always, go to the Year 6 Farewell. At each disco, refreshments are sold. We always ask parents of years 5 and 6 students to volunteer for selling the refreshments, if possible, as their children will benefit that year or the following year from the discos, by covering the cost of the Farewell. If you can assist, it would be appreciated.
Jacaranda Thursday
Due to changes in the way in which local holidays and events are gazetted by the State Government and after public consultation conducted through Clarence Valley Council we have been advised that “Jacaranda Thursday” will be a half-day public holiday day this year. This means that Westlawn Public School will be open until 1:00 pm on the Thursday of the Jacaranda week (Thursday 30th October). However, we have been informed that all organised activities on the day occur in the first half of the day and so acknowledge that many students and their families will still want to participate in those events. Last year most students were absent from school on this day. As such, whilst the school will be open for the morning, it is unlikely that normal lessons and routine will operate. Any students who attend school in the morning will be required to stay at school until 1:00 pm, unless parents sign them out of school, as per normal school procedure. Our main bus company has informed us that school buses will run to their normal school timetables in the morning BUT NO BUSES WILL BE AVAILABLE TO TRANSPORT STUDENTS HOME WHEN THE SCHOOL CLOSES AT 1:00 PM. ALSO, THE NORMAL AFTERNOON BUS RUNS WILL NOT OPERATE.
To assist with our planning and organisation we are asking parents/carers to return the note that has been sent home to inform us if their child will not be attending school on Jacaranda Thursday (Thursday 30th October). This note will be sufficient to explain any student absence on the day. Obviously, parents are responsible for the care and supervision of their children once they have left school at 1:00 pm or if absent from school for the day.

Cybersafety
A parent has contacted me to ask me to put a reminder in the newsletter for parents about how easy it can be for children to access inappropriate material on the internet. Please check your internet filters and please be very vigilant in supervising your children on the internet. Have conversations with them about appropriate use of the internet and make sure you have looked at sites with information and suggestions for parents. I implore you to not stick your head in the sand and wait for the issues to arise. Educate yourself and your children to prevent them from being harmed through online contacts or by coming across material which could be grossly offensive, upsetting or damaging. Suggested site: [http://www.cybersmart.gov.au/](http://www.cybersmart.gov.au/)

Kinder Orientation Dates
The dates for the Kinder Orientation morning visits for students beginning Kinder at Westlawn in 2014 are Friday 14th, 21st and 28th November. The Parent Information Meeting is on 14th November while the children are at Orientation.

Narelle Twigg
Principal

Diary Dates

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<th>TERM 4</th>
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<tbody>
<tr>
<td><strong>Week 3</strong></td>
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<tr>
<td>Tues 21 Oct</td>
<td>6:30-8pm Primary Disco</td>
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<tr>
<td>Fri 24 Oct</td>
<td>Visiting Science Show from CSIRO</td>
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<td>Sat 25 Oct</td>
<td>Jacaranda Parade of Youth</td>
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<td><strong>Week 4</strong></td>
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<tr>
<td>Wed 29 Oct</td>
<td>Wheelathon</td>
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<td>Thurs 30 Oct</td>
<td>Half Day Public Holiday from 1pm</td>
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<td><strong>Week 5</strong></td>
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<td>Thurs 6 - Fri 7 Nov</td>
<td>Yr 3 Excursion to Coffs Beach School</td>
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<td>Fri 7 Nov</td>
<td>Last day for Wheelathon Sponsorship cards and money to be returned</td>
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<td><strong>Week 6</strong></td>
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<tr>
<td>Wed 12 Nov</td>
<td>Canteen Meeting at 5:30pm</td>
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<td>P&amp;C Meeting at 6pm</td>
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<td>Fri 14 Nov</td>
<td>Kinder Orientation and Parent Information Meeting</td>
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<td><strong>Week 7</strong></td>
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<td>17-28 Nov</td>
<td>Intensive Swimming</td>
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<tr>
<td>Fri 21 Nov</td>
<td>Kinder Orientation</td>
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<tr>
<th><strong>Leaving Westlawn this year?</strong></th>
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<tr>
<td>We are confirming student numbers and staffing needs for 2015. If your child/ren will be leaving this Term or over the holidays could you please phone the school office or complete the tear-off in this Newsletter and return it to the school office?</td>
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<td>Thank you.</td>
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**Week 8** | Intensive Swimming continued |
| 24-28 Nov | Yr 5 Excursion to Lake Ainsworth |
| 24-28 Nov | Yr 6 Excursion to Canberra |
| Fri 28 Nov | Kinder Orientation |

**Week 9** |  |
| Wed 3 – Fri 5 Dec | Yr 4 to Yarrahappini |

**Week 10** |  |
| Tues 9 Dec | Presentation Day |
| Wed 10 Dec | Award Assembly |
| Wed 10 Dec | Canteen Meeting at 5:30pm |
| | P&C Meeting at 6pm |
| Thurs 11 Dec | Talent Quest |
| Thurs 11 Dec | Parent Helper Afternoon Tea at 1:30pm |
| Fri 12 Dec | Reports go home |
| Fri 12 Dec | Infants Ten Pin |

**Week 11** |  |
| Mon 15 Dec | Primary Ten Pin |
| Mon 15 Dec | Yr 6 Farewell |
| Tues 16 Dec | Carols Night and raffle draw |

**Wed 17 Dec** | Students’ last day |
| Thurs 18 Dec and Fri 19 Dec | Staff Development Days |
**Disco tonight – “Countries from around the World” - 6.30pm to 8.00pm – Cost $2.50**

Discos are fundraisers for our Year 6 farewell so we really appreciate the support of students who attend. Thanks also to the parents who have volunteered to help man the canteen tonight.

**Southern Cross Uni**

Year 6 went to Southern Cross Uni on a day excursion to experience what happens at university. The day included:-

- Exploring a robotic program – programmed the robot to say something and downloaded the information onto the robot.
- Learnt how the brain works. We looked at a face for ½ a second and we had to determine what emotion that person was displaying.
- Used the Alice program to create a short animated film clip.
- Practiced CPR on a mannequin and also used the stethoscope to listen to our hearts beat. Goergia didn’t have a pulse but the nurse declared her healthy.
- We had lunch (pizza) on the uni campus before heading back to school.

Thanks to Troy, Mark and Ashley from Aspirations who organised the day and made it possible. We were very thrilled to receive great feedback from all the adults involved about the wonderful behaviour of all Year 6.

**Year 6 Cultural Day**

A big thank you to our Year 6 parents who provided costumes and some interesting and extremely yummy food to tantalise our taste buds last week. Thanks also to Davina Green, Sharyn Ellem and Sue Ulrick for helping to heat and set up the food.  *Robyn Anderson, Brendan Alford and Karen Barnier.*

**Portfolios**

Please return the green Portfolio folders to the class teacher so that the Semester 1 reports can be placed in them. Reports go home Friday 12th December.

**Perpetual Trophies**

If you hold a Perpetual Trophy, please return it as soon as possible. Speech and Presentation Day this year is Tuesday 9th December.

**Card Making**

This term a weekly lunchtime card making activity will be held for the children. We need recycled Christmas and birthday cards. Thanking you. *Gwenda Lewis*
Sporting News

NSW PSSA Athletics Championship Results
Josh Weatherstone travelled to Sydney to compete in the snr boys long jump event at the NSW PSSA Athletics Carnival last Thursday. Josh jumped 4.38m to finish 22nd out of 43 competitors. The winner jumped 5.22m. This was the 3rd year in a row Josh has competed at state level in athletics. An absolutely outstanding achievement.

PSSA Boys Cricket Knockout
Good luck to the boys as they travel to Coffs Harbour this Thursday to play Tacking Point PS in the final of the North Coast 2 draw. A win will see the team play the winner of the North Coast 1 draw and a chance to do battle to be crowned North Coast Champs!

Scott Ogilvy

Student of the Week

Jorja Willis - KL

What's on at the Con

Performing..
Friday 24 October, 2014
at 7.00pm
Clarence Valley Conservatorium
8 Villiers Street, Grafton

TICKETS
$25 Adults, $10 Students (U18)
Available from Clarence Valley Conservatorium

Nellie Melba: Queen of Song is a beguiling tribute to Australia's first international diva, beloved, legendary soprano Dame Nellie Melba. Louise Page performs as the epitome of glamour, fame and notoriety in this recital which has captured the public's imagination from a historical, theatrical and musical point of view. Costumed, and staged very simply, “Dame Nellie “reminisces about her life and sings the sublime music that made her an icon.
Fitness Improves Academic Performance
Another study (in January 2014 Journal of Adolescent Health “The Effects of Changes in Physical Fitness on Academic Performance Among New York City Youth”) has found that being fit improves school performance. For both boys and girls a substantial increase in fitness from the previous year resulted in a greater increase in academic ranking while a decrease in fitness was associated with a decrease in academic scores.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day: by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids be more active

- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.

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The simplest way...to make sandwiches fun

**Casey the Caterpillar**

**Ingredients**

- 2 slices whole grain bread cut into four circles, using a cookie cutter
- 2 slices reduced-fat cheese cut into four circles, using a cookie cutter
- 1 cucumber, sliced
- 1 cherry tomato
- 1 wooden skewer
- 2 raisins/sultanas
- Chives/toothpicks — for antennae

**Method**

1. Layer bread, cheese and cucumber
2. Slide onto skewer to create body, with a tomato head
3. Cut slits in tomato to add raisin eyes, cucumber mouth and antennae

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

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The simplest way...to create a veggie garden at home

This spring all you need to start growing your own vegetable garden is a foam box!

Foam boxes are light and easy for you and your kids to manage.

**Step One:** Cut six drainage holes in the bottom of the foam box.

**Step Two:** Elevate foam box by placing it on some old bricks and fill with potting mix.

**Step Three:** Plant seedlings or seeds, making sure not to over plant (aim to plant around 4-6 seedlings per box).

**Step Four:** Water and care for your seedlings daily.

Try planting tomato, pumpkin and zucchini seedlings this spring...and watch your kids enjoy eating the results!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
WHAT'S IN A NAME?
The Canteen Committee have decided the canteen needs a name. We are opening suggestions to all students of the school. So kids, put your thinking caps on. Return the cut off slip below to school for your chance to name the school canteen. The winning entry will receive the honour of naming the canteen and a $10 voucher for the canteen.

KINDY ORIENTATION
We are looking for volunteers to help with refreshments on the three Kindy Orientation days, 14, 21 & 28 November. If you can help please let Davina know.

CANTEEN INFO
Ice cups are now 60c and fruit salad needs to be ordered.

Clothing Pool Hours 2014
Mondays & Thursdays – 8:30am to 9:00am
Wednesdays – 2:30pm to 3:00pm
Sharyn Ellem – Clothing Pool Co-Ordinator

Dates for the Calendar
Return Book Club Orders
Friday, 24 October 2014
Canteen Meeting
Wednesday, 12 November 2014 – 5:30pm Old Hall
P&C General Meeting
Wednesday, 12 November 2014 – 6:00pm Old Hall

I would like to volunteer to help in the canteen. I can do the following days:

□ Monday  □ Tuesday  □ Wednesday  □ Thursday  □ Friday
□ Weekly  □ Fortnightly  □ Monthly  □ Other – indicate below

□ I would prefer to volunteer for a half day
Date I am available: ____________________________________________________________

I would volunteer if: ____________________________________________________________

Your feedback is very important to us. Thank you

Name the Canteen

My suggestion is ______________________________________________________________

Name ____________________________________________ Class _________

OH&S ISSUES
We would like to reiterate a few important OH&S regulations for working in the canteen.

Volunteers must:
- Wear closed in shoes
- Have hair pulled back or wear a hair net
- Wash hands regularly

Please follow the rules & regulations set out for our canteen to ensure a safe environment for everyone.

CAROLS NIGHT
The carols will be Tuesday 16th December. If you have any suggestions for the night or would like to help, please contact Renee Nilon 0400095816

Canteen Roster:
Wednesday 22nd October  □ Sue Ulrick, □ Davina Green
□ Thursday 23rd October □ Sonia Bell, □ Narelle Graham-Firth
□ Friday 24th October □ Nicole Turnbull, □ Teressa Gamble
□ Monday 27th October □ Sharyn Delaforce, □ Melissa Johnston
□ Tuesday 28th October □ Shelley Thompson □ Jo Palmer
□
□

Clothes Pool

Sharyn Ellem – Clothing Pool Co-Ordinator

Dates for the Calendar

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