Message from the Principal
We had fabulous representation at the Jacaranda Parade of Youth last Saturday with a large contingent of both students and staff marching behind our banner. Thanks to our parents for bringing the children along. Thanks to Ms McKenna and Mrs Johnson for preparing our banner.

Six of our students combined with other students from the Grafton Community of Schools to sing at the Jacaranda Queen Crowning on Saturday evening. They performed admirably, even in the atrocious heat while facing directly into the scorching setting sun. The choir will be performing again at the Venetian Carnival for Jacaranda Week. Thanks to Mrs Leigh Robertson (GPS) for conducting the GCoS Choir and Ms Bradley for teaching the songs to our Westlawn students. Well done to the students.

WESTLAWN WHEELATHON
Our Wheelathon is this Wednesday 29 October! Notes have gone home to let parents know the arrangements for the day. Students are 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. Please make sure your child brings the appropriate safety gear. Children can wear mufti but must wear joggers and a hat and have their shoulders covered to avoid sunburn. If a child can’t bring something with wheels we will help out so they can all participate.

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.

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. 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!

Jacaranda Thursday
“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.

New Appointment to Westlawn
We are very pleased to announce that Mrs Alisa Palmer, who has been doing a terrific job relieving as our school Librarian since the retirement of Mrs Hicks, has been permanently appointed to our school in that position. Congratulations Mrs Palmer.

Tahlia Marsh and Elliott Speed
Two of our students, Tahlia Marsh and Elliott Speed, are nominated in The Daily Examiner people’s choice Clarence Valley Sports Awards. Simply use the link below to vote for Tahlia and Elliott. You can vote up to 3 times. (Mitch Lollback and Sarah Kitcher are ex-Westlawn students. We have had lots of great sportspeople at Westlawn!)

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.

Leaving Westlawn this year?
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? Thank you.

Narelle Twigg
Principal

<table>
<thead>
<tr>
<th>Diary Dates</th>
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<td>Thurs 18 Dec and Fri 19 Dec</td>
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OOSH
Please be aware that due to the Jacaranda Thursday half day holiday, Grafton OOSH will be open for before School Care only, from 6.30-9.00am. OOSH will drop children to their respective schools as per normal, and will then be closed for the remainder of the day. Please call Meghan on 0466 654 746 for further information.

Scholastic Arrow Book Club Order
We have received an order for a Volcanic Rocks Kit from the latest issue. The money was with the order but unfortunately there was no name on the order form. If your child put an order in for this item only, please contact the school.

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.

Students of the Week

Tanika Crispin – 4L

James Broomfield – 6B

My child/ren will not be attending Westlawn Public School in 2014.

Name: _______________________________ Signed: ___________________
Name of child: __________________________________ Class: _______________
Name of child: __________________________________ Class: _______________
Name of child: __________________________________ Class: _______________
Sporting News

PSSA Boys Cricket Knockout
Westlawn PS travelled to Coffs Harbour last Thursday to play Tacking Point PS in the final of the North Coast 2 draw. Tacking Point won the toss and elected to bat. They got off to a brilliant start, their openers putting on nearly 75 runs. Westlawn’s bowling and fielding was a little below par and Tacking Point compiled a total of 130 runs from their 25 overs.

Westlawn then started their run chase but struggled to put together decent partnerships. Hayden Woods showed some good form, dispatching anything down leg side for four runs. He even managed the team’s first ‘6’ for the competition in a top score of 26. Jason Durrington also batted well to compile 12 runs but Tacking Point’s quality bowling and fielding restricted Westlawn to 77 runs from nearly 22 overs.

The loss means we are now out of the competition. The boys, as always, showed great sportsmanship and tried their best but we were beaten by a better team. It has been a pleasure being involved with the team this year, a great group of boys who have enjoyed their cricket and training sessions immensely.

Many thank to our parents who provided transport for the boys and to Mrs Powell for again attending to the scoring.

Scott Ogilvy

Westlawn Wheelathon

The students are really looking forward to a fun day for our Wheelathon on Wednesday 29th October 2014. Students can wear mufti for the day but must wear joggers and have their shoulders covered (no singlet style straps).

The times for the Wheelathon are as follows:
Infants 10 am until 10.45 am.
Years 3 and 4 11.50 am until 12.35 pm
Years 5 and 6 12.45 pm until 1.25 pm

BIKES:
Kindergarten children and students in 2T and 2 G are asked to line their bikes up outside their classroom.

Year 1 Students and 2 C need to line their bikes up near the stairs to 1P.
Primary students will lock up their bikes using the bike racks.

SKATEBOARDS, RIPSTICKS, ROLLERBLADES etc:
Children will be asked to take these up to their classroom when they arrive at school.

Students MUST NOT be riding bikes, scooters, ripsticks etc in the playground before school due to safety reasons.

Teachers will be out on duty on Wednesday morning to show children where to line up the bikes.

The weather forecast is for a warm to hot day, so children are encouraged to bring along an extra water bottle for the day.

At the end of each session, two names from each class will be drawn out of the hat and the lucky students will receive a zooper dooper.

Please remember to bring in your sponsor sheet and money on Wednesday, or as soon as possible, so we can organise the prizes.
Which is healthier: Fresh, Frozen or Canned vegetables?

Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It’s important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease.

Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties.

Whichever you use it’s great that you’re getting the important five serves a day for your family!

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**The simplest way**

...to food shop on a budget

Here are our 5 top tips for saving money at the checkout:

1. Create a weekly menu plan
2. Write a shopping list according to the menu plan + stick to it!
3. Compare unit pricing - often you will be able to save a lot of money this way
4. Buy fruit and vegetables that are in season: this can save you up to 35% than other times of the year: or buy canned/frozen where fresh is not available
5. Limit your purchases of processed snacks/meals - these are often unhealthy and expensive

**The simplest way**

...to add fruit and veg to brekky

Try our winning breakfast ideas at home:

- Serve your toast with a sliced avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped vegies and melted cheese
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereal

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

Eat It To Beat It

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Eat It To Beat It
Canteen and Clothing Pool Closure
The canteen and the clothing pool WILL NOT OPEN this Thursday, 30 October due to Jacaranda.

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.

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
Clothing Pool Closed
Thursday, 30 October 2014
Canteen Meeting
Wednesday, 12 November 2014 – 5:30pm Old Hall
P&C General Meeting
Wednesday, 12 November 2014 – 6:00pm Old Hall
Kindy Orientation
Friday, 14 November 2014

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__________