Welcome back to Term 4. I hope all our families have had a wonderful holiday and are all looking forward to a really busy but exciting term.

Yesterday we had the Fresh Dental Care team visit both campuses. The dental team spoke about the importance of good hygiene tips and cleaning your teeth on a regular basis. A number of students also received toothbrush and toothpaste packs. Students who didn’t receive these packs may receive one later this term. Our thanks to the Grafton Dental Team for organising this visit.

Congratulations to our chess team on their excellent performances at today’s North Coast Chess Finals held at Woodburn Public School. A full report will be in next week’s newsletter.

Congratulations to our football team on their excellent performance at last night’s Daily Examiner Shield Final. Our team played a combined small schools (Gilliwinga, Lawrence, Ulmarra, Coutts Crossing and Copmanhurst) team in the final. In a close and very exciting game the boys won in extra time 16-12. The scores were 12 all at full time, five minutes of golden point extra time were needed. Calham Wear scored the match winning try in the final minute. Other tries were scored by Matthew Barker and Ryan Coward. Conversions were kicked by Rhys Williams and Matthew Barker. In a match where the team played really well, Kao Skinner was chosen as the best for his elusive running and great tackling. Our thanks to Mr Skinner for coaching this team.

A reminder our uniforms are now located in our primary campus and may be purchased during normal school hours. EFTPOS facilities are also available. I would like to thank Mrs Cleaver, Mrs Vickers, Mrs McGrath and Mrs Masson for their hard work in relocating all our uniforms during the holiday period.

This week our school has been hosting the Operation Art Visual Art Workshops which were organised by Ms McLennan. The workshop has been attended by students from various schools in our area including students from Year 1 to Year 6 from our school. They have been participating in a range of workshops supervised by Operation Art tutors and a number of our staff have also attended as part of their professional learning.
In our calendar we have listed the Jacaranda half day holiday on Thursday 30th October. This is a gazetted half day holiday and our school will be open from 8.30am until 1.00pm. Further information will be forwarded soon.

Thank you to all our families who are supporting our wonderful PPP program. If you know anyone who has a child starting Kindergarten in 2015 please encourage them to contact the office on 6642 3388 or Mrs Cleaver on 0417 248 134 to enrol.

Currently we are discussing classes for 2015 and if we receive our expected numbers in Kindergarten this could lead to an additional teacher as part of our staffing, so it is very important to have our Kindergarten enrolments in place as soon as possible.

Good Luck to Nathalie Avery, Tristan De Bono and Kira and Emily Masson at next week’s state athletics carnival. We know they will do a fantastic job representing our school.

A number of our students participate in the UNSW Global Educational Assessments each year. We would like to congratulate Kailee Rose and Isabella Lehman on their excellent performances this year. Kailee achieved High Distinction in Writing, Distinction in Spelling, and Credits in English and Computer skills. Isabella achieved Distinctions in Writing and Spelling.

A reminder that supervision at our school does not start until 8.30am. If your child does not catch a bus to school they should arrive after 8.30am.

Have a great week

Peter Hickey
Principal

Mr Paull has asked if the community could once again help covering books for our Library. If you could spare an hour on Wednesday 29th October from 9am in the Library, please come along. Your help would be very much appreciated.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 8th-10th Oct</td>
<td>Operation Art Workshops</td>
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<tr>
<td>Wednesday 15th-16th Oct</td>
<td>State Athletics</td>
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<tr>
<td>Thursday 16th Oct</td>
<td>Year 6 visit to Southern Cross Uni</td>
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<tr>
<td>Wednesday 22nd Oct</td>
<td>Silver Badge Morning Tea</td>
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<tr>
<td>Saturday 25th Oct</td>
<td>Jacaranda Queen Crowning</td>
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<td>March of Youth</td>
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<tr>
<td>Thursday 30th Oct</td>
<td>Jacaranda Thursday half day holiday</td>
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<tr>
<td>Friday 31st Oct</td>
<td>Jacaranda Venetian Carnival</td>
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<tr>
<td>Tuesday 11 Nov</td>
<td>Silver Badge Morning Tea</td>
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<tr>
<td>Tuesday 18th Nov</td>
<td>Kindergarten Orientation-Parent session</td>
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<tr>
<td>Tuesday 25th Nov</td>
<td>Kindergarten Orientation-students</td>
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<tr>
<td>Wednesday 19th Nov</td>
<td>Year 6 Orientation Day at South High</td>
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<tr>
<td>Tuesday 25th Nov</td>
<td>Talent Quest Concert Final</td>
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<tr>
<td>Wednesday 26th Nov</td>
<td>Talent Quest Concert Final</td>
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<tr>
<td>Tuesday 2nd Dec</td>
<td>Silver Badge Morning Tea</td>
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<tr>
<td>Thursday 11th Dec</td>
<td>SGPS Presentation Day-South High Hall</td>
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<tr>
<td>Monday 15th Dec</td>
<td>Year 6 Farewell</td>
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<tr>
<td>Wednesday 17th Dec</td>
<td>Last Day students attend</td>
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Canteen Roster

Cambridge Street
- Monday 13/10/14 Karen Allison, HELP NEEDED
- Tuesday 14/10/14 Rhonda King, HELP NEEDED
- Wednesday 15/10/14 Kerry Martin, HELP NEEDED
- Thursday 16/10/14 Rhonda King, HELP NEEDED
- Friday 17/10/14 Bronwen Brown

Vere Street
- Monday 13/10/14 Sharon Rodgers, HELP NEEDED
- Tuesday 14/10/14 Jo Morgan, Chris Fuller
- Wednesday 15/10/14 Sylvia Laurie, Irene Gough
- Thursday 16/10/14 Min Keyte, Danni McPherson
- Friday 17/10/14 Norma Purnell, HELP NEEDED

Community Hamper Drive

South Grafton Primary School has partnered with True Vine Christian Fellowship to help collect donations of non-perishable food items for families in need at Christmas. In the last few years they have successfully provided Christmas hampers and food items for local disadvantaged community families in severe need. Suggestions of items which may be included are canned goods anything - fruit, vegetables, meat, pasta, long life milk, sugar, sauces, flour, herbs, spices, cereal, dried nuts, dried fruit, crackers, rice, beans, chips, anything Christmas e.g. pudding, cards, paper bon bons, toilet paper, soap – this list is only limited by your imagination. Please check any use by dates to ensure they are for January 2015 at the earliest. Items can be left in the office on either campus during Term 4 and they will be collected for inclusion in the hampers for distribution closer to Christmas. Any questions please see Mr Jones.
Just a reminder that we are registered with Amart Allsports Kickback Program. If you/your family/friends etc. shop at any Amart Allsports, our school will receive 5% of the sale. You are required to just simply register in the shop and nominate South Grafton Public School as your school of choice. You will receive a card for your membership. This can be used at any Amart Allsports shop. Thank you to the families and friends who have registered and nominated our school. Our recent rebate was $346.19.

Remember for every pair of shoes purchased from The Athletes Foot $5 will be donated back to our school.

Cake Decorating Classes
Kitchen Fusion is holding 2 classes.
Cupcakes – Monday 27th October 9am-12pm and Tuesday 28th October 1pm-4pm. Cost: $99
Blue Box and Bow – Monday 27th October 1pm-4pm and Tuesday 28th October 9am-12pm. Cost: $99
Bookings Essential 6642 8883. See attached flyer (email only).

Cricket
South Services Cricket Club
Contact Karen Cleaver on 0417 248 134 or clarkaren@yahoo.com.au
Coutts Crossing Cricket Club
Contact barbwillis4@gmail.com
Brothers Cricket Club
Contact Lynn Rudder on 0427676614 or lynnrudder@bigpond.com
Many clubs are still looking for players to fill their teams.

Grafton Little Athletics
FRIDAY AFTERNOONS - TERRY WEST ATHLETICS FIELD, PINE STREET, JUNCTION HILL
Season commences Friday 17th October 2014-5.15pm
www.facebook.com/graftonathleticsclub See attached flyer

LUNCHBOX TIPS
For a balanced lunchbox we suggest:
- A main meal (sandwich, wrap, salad) containing veggies and a protein food (meat, fish, chicken, egg, cheese)
- A piece of fruit
- A healthy snack (e.g. veggie sticks)
- A drink (water is the best choice)
- An extra snack can be included once a week. Try to reserve these for days when your child needs more energy
For more ideas visit www.healthy-kids.com.au

Be Active Every day
Everyone - not just kids - needs to be active every day. But how much activity do we need?

<table>
<thead>
<tr>
<th>Age group</th>
<th>How much physical activity</th>
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<tbody>
<tr>
<td>5-12 years</td>
<td>≥ 60 mins/day moderate-vigorous activities</td>
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<tr>
<td>12-18 years</td>
<td>≥ 60 mins/day moderate-vigorous activities. Try to include ≥ 20 mins vigorous activity 3-4 times a week.</td>
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<tr>
<td>Adults</td>
<td>≥ 30 minutes/day of moderate-vigorous activities. For even more health benefits, try to include more activity and vigorous activity throughout the week.</td>
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</tbody>
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Moderate activities make your heart beat faster and breathing become quicker. E.g. walking fast, bike riding, dancing, playing on park equipment, and skateboarding

Vigorous activities make you huff and puff. E.g. organised sports, running, swimming laps, star jumps, and skipping
Please support these businesses who support South Grafton Public School

Mark Hunting
Branch Manager
62 Skinner Street South Grafton NSW 2460
P 02 6643 3044  F 02 6643 5554
M 0428 433 044
E mark.hunting@bendigoadelaide.com.au

Grafton Mowing & Gardens
Warren Henderson
0407 394 553
No job too big or too small

POLLACK GREENING & HAMPSHIRE SOLICITORS

SERVING GRAFTON & THE CLARENCE VALLEY

6642 3411
• Peter Brennan  • David Miller  • Neil Johnson
• John Kelly  • Joshua Hoole
82 VICTORIA STREET, GRAFTON

CLARENCE VALLEY CONSERVATORIUM
Music & Drama Tuition

Individual Lessons in Piano, Singing, Guitar, Strings, Woodwind, Brass, Drums, Speech & Drama
Group Classes for Ensembles, Choirs, Bands & Drama Groups

8 Villiers Street (PO Box 350) Grafton 2460 Phone: 6643 3555
Email: cvcon@cvcon.com.au  Web: www.cvcon.com.au

CAPTAIN COOK TAKEAWAY
Takeaway Food, Sandwiches, Hot BBQ Chickens, Drinks, Cappuccino and Flat White Coffee & Grocery Lines
EFTPOS available
Open 7 Days
Mon-Fri 5.30am-6.30pm Sat 6am-6.30pm Sun 7.30am-4pm
303 Ryan Street, South Grafton
Phone 6642 3402

GRAFTON MOWING & GARDENS
Warren Henderson
0407 394 553
No job too big or too small

Suzie Abrahams BSocWK
NSW Victims Services Counsellor
Sandplay Therapy
Trauma Recovery Therapy
Ph: 0459 061 448
Suz.Abrahams@westnet.com.au
The Family Relationship Skills Program is funded by the Federal government and aims to reduce the levels of stress experienced within families.

Group Facilitators work from a strength based model. Workshops provide an opportunity to
- reflect on experiences;
- be heard and responded to;
- learn from others;
- attend to isolation; and
- develop new skills.

The program operates across the Clarence, Bellingen and Nambucca Valleys, and the Coffs Harbour local government area.

Program Facilitators acknowledge the Bundjalung, Gumbaynggirr and Yaegl people, traditional owners of the land in which we work.
Standing Strong
Mondays 20th & 27th October, & 3rd November.
9.30am–12.30pm
Pullen Centre, 3-7 Prince St, Grafton
A workshop about self esteem, assertiveness, anger and self care.
Restoring a strong sense of self after difficult times. Empowering new stories about our lives on which to stand, that value which we are rather than what has happened to us.

Understanding Your Child’s Brain
Mondays 10th & 17th November.
9.30am-12.30 pm
Pullen Centre 3-7 Prince St, Grafton
Why tantrums, talking back and tidying up provide challenges for parents. Connecting with your child to build resilience and self esteem. Communicating with your child in ways that use the whole brain and helps build self esteem and resilience.

Confident Parenting
Mondays 24th November & 1st December.
9.30am–12:30pm
Pullen Centre, Prince St, Grafton
Parents identify the values they wish to teach their children and use them to develop simple family rules. Confidence, consequences, consistency. Don’t have a rule without a consequence. Don’t have a consequence if you don’t follow through.

Attending to Stress
Thursday 23rd October.
Pullen Centre, Grafton
9:30am–2:30 pm. Free lunch.
Understanding the effects of stress. Developing a plan to attend to stress. A fun relaxing day.

Bringing Up Great Kids Parenting Program
Developed by The Australian Childhood Foundation
“Time to think about why you parent in the way you do?”
Parents explore messages they received and examine the messages they pass to their children,

Practice mindfulness,
Learn to look beyond behaviour and understand their child’s needs.

Grafton Pullen Centre
6 Thursdays 6th, 13th, 20th & 27th November, 4th, & 11th December.
9.30am-12.30

Yamba Treelands Drive
Community Centre
6 Tuesdays 21st & 28th October, 4th, 11th, 18th, & 25th November.
9.30-12.30pm

Loving Your Angry Adolescent
Tuesday 2nd December.
9:30pm– 2:30pm
Pullen Centre, Grafton.
Understanding your unique young person. Balancing different needs in your family. Facilitating the journey to responsibility. Coping with conflict and difference.

Contact FRSP: 6642 7257
Courses, Workshops and Child Care are free.
Bookings essential.

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Presents
Two Specialty Cake Decorating Classes

Instructor
Jennifer Williams

Celebration Cupcakes

Two Classes Only..numbers limited
Date: Monday 27 October
Time: 9am -12pm
And
Tuesday 28th October
Time: 1pm -4pm
Cost: $99 per person

This class offers a great variety of colourful fun and elegant cupcakes for all occasions! We will design cakes for kids birthdays, high teas and of course Christmas.

Create swirls, apply patterned fondant, and use gumpaste tools. Learn to create fun WOW FACTOR CUPCAKE!

Bring to class: 12 Cupcakes

Blue Box and Bow

Two Classes Only..numbers limited
Date: Monday 27 October
Time: 1pm -4pm
And
Tuesday 28th October
Time: 9am -12pm
Cost: $99 per person

Create a beautiful Box and Bow Cake!

Learn how to cover a cake board, how to Torte a Cake and cover with buttercream. Cover with fondant. Make a Gumpaste Bow. How to apply Pearl Dust use a silicon mould.

Bring to Class: 7” Cake(4” heigh) Fondant Tools