**Thought for the Week**

“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.”

*Dalai Lama*

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**Ross Hill Public School**

**Excellence, Innovation, Community**

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**Term 4 - Week 4 - 30th October, 2013**

### 2013

**TERM 4**

**Week 4**

**Friday 1st November**  
Inverell Horse Sports

**Week 5**

**Monday 4th November**  
Creative Arts Camp - Lake Ainsworth

**Tuesday 5th November**

KA Clay Day

**Thursday 7th November**

Kindergarten Cake Day

**Friday 8th November**

Year 5 & 6 to pool for sport

**Week 6**

**Wednesday 13th November**

“Making Friends” Show

**Friday 15 November**

Year 5 & 6 to pool for sport

**Week 7**

**Wednesday 20th November**

Yr 6 full day transition to IHS & MHS

**Friday 22nd November**

Year 5 & 6 to pool for sport

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**LAST DAY FOR CALENDAR ORDERS WILL BE FRIDAY. NO ORDERS WILL BE TAKEN AFTER THIS DAY.**

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**Our Great School**

**Sapphire City Festival Parade**

Ross Hill will be participating in the annual Telstra Country Wide Sapphire City Festival Parade on Saturday 2nd November at 4pm. All Ross Hill students are invited to attend this special event. The parade will start at 4pm. All students will meet the teachers at 3:30pm at The Boys Club not Gaukrogers as previously arranged. Students are asked to wear their summer sports uniform and school hat. A permission note has been sent home and students are asked to return it by Thursday.

**Bundarra Horse Sports Carnival**

We wish all of the students attending the Bundarra Horse Sports Carnival on Friday a safe and enjoyable day. Thank you to Mrs Williams for the time and effort she has dedicated to organising participation for our students at this event and for accompanying the students.

**Debater Success**

Last week several Year 6 students travelled to Armidale to participate in the Regional Debating team trials. Congratulations to all the students and especially to Alexandra who was selected in the team. Alex will be representing New England at the Primary Schools State Debating championships at Collaroy from 1st—4th December. We wish her every success. Thank you to Mrs Gibbs who organised for the students to participate and transported them to Armidale.

**Creative Arts Camp**

Special congratulations to those students who have been selected to participate in the Creative Arts Camp at Lake Ainsworth next week. Accompanied by Mr Croft, the students will be involved in a variety of activities including their specialist area. Best wishes to Alexandra, James, Georgia, Imogen, Bella, Leah and Alexandra.

**Smart Foods to Boost Learning**

A diet high in carbohydrates is good for sustaining energy in your kids throughout the school day, but if you want to give them an extra brain boost, try serving them a breakfast of proteins such as eggs and milk. "Having a higher protein, lower carbohydrate breakfast enhances concentration and memory," says Andrew Fuller, a fellow at the University of Melbourne's departments of Psychiatry and Learning and Educational Development.

Andrew says eggs in particular “literally lay down learning” because of the nutrient choline found in them, which helps to improve thinking and memory. Mother Nature is full of foods that aid smarter thinking and help kids and adults alike live longer – richly coloured berries to improve your child's mood, avocado on toast to calm them.

"What you're trying to avoid is white squishy things, so basically chips, bread, cakes – these aren't the things that really love us long term," he says.

"If you want your kids to be on top of the game, they need to have an optimal brain and you only get an optimal brain if you sleep well, eat well, live well." Find out more at: [http://www.schoolatoz.nsw.edu.au/wellbeing/food/smart-foods-to-boost-learning](http://www.schoolatoz.nsw.edu.au/wellbeing/food/smart-foods-to-boost-learning)

**P&C Meeting**

The final P&C meeting for this year is a dinner meeting on Wednesday 13th November at a venue to be decided. Please phone the school if you would like to attend. All members are welcome.

Have a wonderful week everyone,  
Mrs D. Baker

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**Focus Area: Persistence**

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Year 3 Quality Learning

Great Classrooms - Great Students
**YCDI! AWARD WINNERS**

**Bronze:** B Guan, C Rowley, A Meiers, K Dodd  
**Silver:** N O’Connor, N Patterson, N Holt, R Campbell, B Blair, C Reynolds, K Jenesky, P Black, C Goddard, H Ross, A Webb, A Downey, C Crawford-McCosker, T Boota, T McLachlan, K McGrady, J Gilkison, N Bunker, L Pearce-Stieger  

**GOOD WORK**  
Congratulations to the following children who have been in to Mrs Baker, Mr Migheli or Mrs Croft with their good work: M Dawson, E Taylor, L Watson, S Whitbread, H Massey, S Goodwin, R Walker, C Hobday, L Mangano, H Cruickshank, H Johnstone

**CANTEEN NEWS**

Thur 31st Oct: Lorraine Halliday/Kylie Wilks  
Fri 1st Nov: Lorraine Halliday/Alison Koukides  
Mon 4th Nov: Jenny Campbell  
Tue 5th Nov: Leah Taylor/Sherrie Staader  
Wed 6th Nov: Julie Williamson/Ashley McFarlane  
Thur 7th Nov: HELP NEEDED  
Fri 8th Nov: HELP NEEDED  
Mon 11th Nov: HELP NEEDED

**Canteen Christmas Party**  
Saturday 23rd November

**4 “S” Special**  
*Sherries Special Salad Sandwich*  
Only $2.20  
(Includes a free fruit pen)

**STUDENT ROSTER:**

9am: Sarah/Alexia/Ellen  
1pm: Seth/Alexandra/Tyler

**CANTEEN SCHOLARSHIP APPLICATION FORMS AVAILABLE AT THE CANTEEN**
INVERELL

Inverell our town,
With Copeton Dam too
Lives kids with crowns,
And hills that go down,
Waiting just for you

Parks, shops, take away,
I only named a few,
I hereby declare this town,
Now open for view

Teachers ready to work all day,
With kids excited they get to play,
Children jumping around the schools,
Not caring if they look like fools

Puppies and kittens ready to be sold,
At our local pet store which is never too old,
Rabbits and mice so cute and small,
Just can’t wait to get out the door

The Inverell Town Show,
Just one of many events,
Ggets people from all around,
With quite a nice scent

Our Post Office and Banks,
Ready for customers every day,
With Police Officers, Ambulance, Doctors and Fire
Fighters,
Getting to your need some way

Our lovely town going to grow,
Who knows, it might even snow

Our quiet town,
Even quieter at night,
Brings joy all around,
With plenty of light

I will say this once,
And you shall not forget,
Inverell is the place to be,
Which you should definitely respect.
By E Randall

BLUE LIGHT DISCO

Junior Event—Friday 8th November.
Flanders House - 6.30 - 8pm
Tickets $5 each (pre sold only)
Juniors aged 5 to 12 years only.
Entry tickets can be purchased from the
Inverell Police Station.
100% Drug and Alcohol Free Event - No Passouts

OUTBACK SPECTACULAR

Enjoy coach travel, accommodation at Mermaid Waters
(twin share basis), breakfast & dinner/show tickets.
Saturday 8th March, 2014
Book at Symes Coaches
Phone 6722 1897

Ross Hill Public School P & C Raffle $1.00 per ticket Drawn on Friday 1st November, 2013
TWO PRIZES:  The first ticket drawn has the choice of:  2 tickets & travel to “Smokie in Concert” at Tamworth 16th November, 2013 to the value of $350.00 kindly donated by Symes Coaches OR A meat pack to the value of $100.00 kindly donated by McDonalds of Bindaree Beef.
Please return sold tickets with payment to the Canteen

NAME: …………………………………………………..PHONE:…………………………