Dear Families,

When I came across these words recently I felt I had found the recipe that epitomises our school community. All the attributes listed are visible to me as I move amongst the classes, see teachers dealing with your children in all manner of circumstances, when I read the children’s work and when teachers share their concerns, successes and plans for their classes. I see this reflected in our interactions with parents and families and I continue to feel blessed to be working in such a positive school community.

**RECIPE FOR LIVING**

*I WILL BE CHEERFUL. I will not let little things irritate me, to make me miserable, and others near me sad and depressed.*

*I WILL BE THOUGHTFUL. I will be ever mindful of my tongue, which may at an unguarded moment hurt someone with a word carelessly spoken.*

*I WILL BE MYSELF. I will not copy others simply because I admire someone’s dress and personality. Neither would be suitable for me.*

*I WILL LOOK FOR THE GOOD IN OTHERS. No one is perfect, nor is anyone unalterably bad. There is at least one saving grace - I will try to find it.*

*I WILL CULTIVATE LAUGHTER. I will learn to laugh at myself. Life can be lived better if it is liberally sprinkled with genuine humour.*

*I WILL LOOK ON THE BRIGHT SIDE. Dark and troubled days are sure to come. But there is a silver lining to every cloud, and a glorious rainbow at the end of every storm.*

*I WILL WORK HARD, accomplish my aim in life. God has put me here on earth to fulfil a certain pattern.*

*I WILL PLAY HARD. All work and no play builds a dark and gloomy character. There must be windows of enjoyment to brighten the whole.*

*I WILL PRAY SINCERELY. My prayers will be words from the heart, not just a memorised ritual.*

*I WILL BE A WILLING WORKER IN GOD’S FAMILY. I will do all I can do to leave the world a little kinder, a little better than I found it.*

**SCHOOL MASS**

Our first school Mass for Term 4 will be on Friday, 25th October at 10.15 am. This Mass will be prepared and led by Year 1 and Ms Pollard.

**PARISH MELBOURNE CUP SWEEP**

Parish Melbourne Cup sweep tickets will be sent home on Monday. These tickets need to be returned to school by Friday, 1st November.

**SCHOOL CAMPS AND EXCURSIONS**

Our Stage 3 students return from Lake Keepit this evening. We expect they will be tired and weary but also very satisfied and happy with a successful camp adventure behind them. Our Infants’ students will be at the Currumbin Wildlife Sanctuary tomorrow, and our Stage 2 students leave for Dorrugby next Thursday.

I look forward to sharing with you photos and stories over the next couple of weeks.
**SUNSCREEN AT SCHOOL**
Please be advised that students are not permitted to share sunscreen at school. This is an OH&S issue as the number of children with allergic reactions to sunscreen is increasing and can pose a serious threat to some children.

**PARENT FORUM NEWS**

**PARENT FORUM MEETING**
Our next Parent Forum Meeting will be held in the school library at 3.30 pm on Monday, 28th October. Your attendance is most appreciated.

**CHRISTMAS HAMPER**
Parent Forum are beginning to collect items for the Christmas Hamper Raffle to be drawn at our Christmas evening. As scary as it sounds, the shops have begun to display and sell Christmas fare already, so any donations of non-perishable goods for this hamper would be greatly appreciated. (Please check use by dates as the hamper will not be drawn for some weeks!)

**RIVERSIDE FESTIVAL THANKS**
Thank you to all students and families who supported our performance at the Riverside Festival on Saturday. It was great to see such a large number of students representing our school at the community event.

**GOD MOMENTS**
A God Moment is when you see Jesus reflected through that person or event or scenery. Very often it happens when you think back on your day.

**Zayd Thomas**—Year 6—for helping a kindergarten child to clean up their mess.

**Tara Blunn**—Year 5—for always lending a hand and for always caring for others.

**RACI CRYSTAL GROWING COMPETITION**
This year Olivia Bell entered this competition where her task was to grow her own crystals. The crystals were judged and Olivia received second place in the Years 4-6 competition and she was also a finalist in the Open Division. We congratulate Olivia on this great achievement!

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**CALENDAR – TERM 4 WEEK 3**

**Monday, 21st October**
‘Junior Joeys’: 9.15 am—11.45 am
School Tuckshop
Staff Meeting - 3.30 pm

**Tuesday, 22nd October**
Sports Uniform

**Wednesday, 23rd October**
School Tuckshop
Library

**Thursday, 24th October**
Years 3 and 4 Dorroughby Excursion
Swimming commences - K-6: Woodburn Pool

**Friday, 25th October**
School Mass: Year 1 - 10.15 am
Years 3 and 4 Dorroughby Excursion

**WEEK 4**

**Monday, 28th October**
Tuckshop
Stage Meetings—3.30 pm
Parent Forum Meeting—3.30 pm

**Tuesday, 29th October**
Sports Uniform
Centenary Committee Meeting—2.30 pm

**Wednesday, 30th October**
School Tuckshop
Library
Leaders of Catechesis and Evangelisation Conference—Miss Egan and Mrs Boyd

**Thursday, 31st October**
Swimming - K-6 ($2.00 per student)
Leaders of Catechesis and Evangelisation Conference—Miss Egan and Mrs Boyd

**Friday, 1st November**
ALL SAINTS’ DAY
Richmond Zone Summer Sports Trials, Lismore
School Assembly: Stage 3: 2.30 pm

**STUDENTS OF THE WEEK**

**TERM 4 – WEEK 1**

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
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</thead>
<tbody>
<tr>
<td>Kinder</td>
<td>Chloe Woolley</td>
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<tr>
<td></td>
<td>Jozie Murada</td>
</tr>
<tr>
<td>Year 1</td>
<td>Imogen Farlow</td>
</tr>
<tr>
<td>Year 2</td>
<td>Deklan Farlow</td>
</tr>
<tr>
<td>Year 3</td>
<td>Matthew Woolley</td>
</tr>
<tr>
<td>Year 4</td>
<td>Lelani Mangan</td>
</tr>
<tr>
<td>Year 5</td>
<td>Lochlan Campbell</td>
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<tr>
<td>Year 6</td>
<td>Laura Davidson</td>
</tr>
</tbody>
</table>

**CONGRATULATIONS!**
SWIMMING REMINDER

Students in Kindergarten, Years 1, 2, 3, 4, 5 and 6 will commence swimming for sport on Thursday, 24th October. A huge thank you to those parents who volunteered to assist - without your generosity programs such as this would not proceed.

The cost of pool entry is $2.00 per child per session which is to be sent in on each day of swimming. If your child holds an annual pass to the Evans Head Aquatic Centre (it must be an annual pass not a season’s pass to the Aquatic Centre to be eligible for exemption) or a season’s pass to the Woodburn Pool they are exempt from the pool entry fee - (please forward a copy to the school office).

Regardless of the weather, please send your child prepared for swimming each Thursday this term - including swimmers, towel, sunscreen, swimshirt (compulsory), goggles (optional), and $2.00.

All parents are asked to meet at the school fifteen minutes before swimming times to help with walking the students to the Woodburn Pool.

Swimming times for 2013 are:
10.00 am - 11.00 am Years 3 and 4
11.30 am - 12.30 pm Years 1 and 2
12.30 pm - 1.30 pm Years 5 and 6
2.00 pm - 3.00 pm Kindergarten

More parents are still needed to help make our swimming program successful. As this program is not a learn to swim program all parents are advised to have their children taught to swim as water is a big part of our North Coast environment.

RICHMOND ZONE SUMMER SPORTS TRIALS

The Richmond Zone Summer Sports Trials for Years 4 and 5 talented/skilled students will be held in Lismore on Thursday, 31st October commencing at 4 pm. We wish the students attending all the best.

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 and teens 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.

- Limit the amount of time that kids and teens spend on ‘small screen’ entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.

- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they’re being active outdoors.

- Make sure they drink plenty of water when they are physically active or playing sports.

TUCKSHOP ROSTER

Monday, 21st October
Naomi Robinson
Alisha Youngberry

Wednesday, 23rd October
June Blunn
Ria Pearson (AM)
Tanya Davidson (PM)

Thank you, ladies!

HAPPY BIRTHDAY!
Happy Birthday to those who celebrate their birthday this week: Lilli Sheen and Daniel Lollback.