Principal Message

Good News Stories
One of the success stories that is starting to emerge from our assessing and reviewing of the teaching and learning of reading this year has been the number of children who have made significant gains in reading performance. As part of our Strategic Directions for 2015 we have focussed on reading as an area in which we needed to improve. We set targets in each grade which specified how many children we needed to move up the reading levels so that they were performing at the expected level for their grade. We set about implementing professional learning for teachers on guided reading groups in the classroom and we directed resources toward the Racing Ahead With Reading program so that it would run across all grades. What we are discovering now is that we are meeting and in fact beating many of the individual targets we set for each grade. Some children have made some quite significant progress with their reading, going up many levels to a point where they have achieved performances on par with their grade. This is fantastic news and it tells us we are on the right track to improving student achievement in reading.

Remembrance Day
Yesterday we observed Remembrance Day with a short assembly of all classes in the school hall. Led most capably by our School Leaders, it was an excellent assembly, with every child in the school behaving in a most respectful manner. The children viewed a short video on Remembrance Day, and the captains delivered speeches on why we have such days, and why it is important for us to continue to observe such important events.

School Captains Nominee Speeches
On Monday, 16th Nov our 8 nominees for school captains in 2016 will be presenting their campaign speeches.

Our Nominees are:
Zali Zan      Stijn
Ruby Ensbey   Lachlan Pennington
Rebecca Tidey Ryan Jones
Mackenzie Davies Leroy Van Shelleback

The speeches will begin at 2.20pm in the school hall. This will be followed by the formal elections. Parents and community members are welcome to attend.

Year 7 Selective High School Application
(This is NOT an application for the OC placement for Toormina High School)
For application details go to the High Performing Students Unit website: www.schools.nsw.edu.au/shsplacement
Applications close on 16th November, 2015.

Student Awards

Club 1000
Shayla Bilsborough
Oliver Gregory-East

Club 2000
Hunter Broadbent
Health and Fitness

Did you know?

★ 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.

★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.

★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.

★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Fruit (serves/day)</th>
<th>Vegies (serves/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>girls</td>
<td>boys</td>
</tr>
<tr>
<td>2-3</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4-8</td>
<td>1½</td>
<td>1½</td>
</tr>
<tr>
<td>9-11</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>12-18</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

*One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ⅛ cup (125ml) 99% unsweetened fruit juice; or 1⅛ tablespoons dried fruit).

*One serve of vegetables is 75 grams (equal to ⅛ cup cooked vegetables; ⅛ medium potato; 1 cup of salad vegetables; or 1⅛ cup cooked legumes (dried beans, peas or lentils)).

Canteen News

**CANTEEN ROSTER** (Every Tuesday closed)

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Name</th>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>16.11.15</td>
<td>-</td>
<td>Wed</td>
<td>18.11.15</td>
</tr>
<tr>
<td>Thur</td>
<td>19.11.15</td>
<td>H.Ingram &amp; V.Broadbent</td>
<td>Frid</td>
<td>20.11.15</td>
</tr>
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**Special Hot Dog Day!! Only $5.50 Friday 27th November**

Orders and money, need to be returned to the Canteen by Monday 23rd November. Don't miss out!

**Hot Dog Day**

On Friday the 27th November, the canteen will be organising a meal deal. The deal will consist of a hot dog and a flavoured milk. The cost will be $5.50 per deal. Orders and money need to be returned to the canteen by Monday, 23rd November.

Name:______________________________  Class:____________________________

Hot Dog:

- [ ] No sauce
- [ ] Tomato sauce
- [ ] BBQ sauce

Flavoured Milk Drink:

- [ ] Chocolate
- [ ] Strawberry
- [ ] Banana
- [ ] Other ______________

Please tick boxes for preferred Sauce and Flavoured milk.

Thank you
April Ingram
Canteen Manager

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Children may need to try new fruits and vegies up to 10 times before they accept them”
THE SCREAM
2 ORANGE
- Tern Up twilight street parade: welcome back Little Terns! Sawtell summer sessions, 1st Ave Sawtell, Thursday 12th November 5-8pm
- Tern Up poetry and sand performance evening at Sawtell art gallery, entry by donation. Saturday 14th November 5 - 6.30pm.
- Tern Up bird watching, family picnic NSW National Parks Discovery at Bonville Sawtell (southern) headland, Boronia at Sawtell. BYO picnic/rug. Free community event. Weather pending (facebook) Sunday 22nd November 4-6pm.