Swimming lessons
Swimming lessons have begun this week at the Brinkworth pool with Julie McEwin, our qualified swimming instructor. It has been a perfect opportunity to enhance our water skills from camp. A big thankyou to Keith Welke for doing the bus runs each day. The lessons will finish on Thursday and we will complete our swimming lessons later in the term in our own pool. More information will come once we have set a date.

The Pool
The pool will be in action, weather permitting, very soon and an AGM has been called for 7pm Thursday 19th November at the tennis clubrooms. I strongly recommend that you attend this meeting as the pool is a vital resource in our community and it needs continued support.

In the next few weeks, our new extended pool fence will be erected, and you will love the mural the students have painted on it. If all goes to plan, we hope to have our mural unveiling coinciding with our school pool day.

School camp
This is what dreams and memories are made of and we had a ball on camp. Bec Jamieson made a slide show of the millions of photos that she took and the Student Leadership Team showed it at the Friday assembly. It captured how amazing the camp was with the smiling faces and enthusiastic students. I was so proud of the students and received many compliments from the aquatic team and Port Vincent community members. I would like to express my sincere thanks to, staff and Sarah for donating their time and energy.

End of year Concerts: Keep this date free
Our end of year Christmas concert will be on Thursday 10th of December. The evening will begin with a BBQ, cooked by Governing Council, who are also supplying salads. The meat for the BBQ is being generously donated by McCauley’s IGA. We are a lucky community to have a willing and supportive community.

The concert will begin at 6:30pm and end at 7:30pm with our very special visitor. I look forward to seeing you all there with your families.
Kindy Amalgamation

The Snowtown Kindy have agreed to amalgamate with us in 2017 and we welcome them with open arms. This will mean that the kindy will be operated under the school banner. At this stage the kindy service is suspended for 2016 and we envisage that it will continue with a kindy teacher, in 2017. In order for this to occur we will need 4 enrolled kindy students.

In 2016, we will run a play group one morning per week and more information about this service will be advertised shortly. Baby Bounce will continue with Carley in the library and we are looking into Family Day Care also being available in the kindy as well.

These are exciting times. We have the potential of value adding to our community and offering a service and opportunity for our younger community members and families.

In the meantime our kindy transition has started and we are excited to have 7 new receptions next year. Welcome Addison, Kartia, Jackson, Blake, Koda, Gracie, Jade and their families. Hazel will join us as well as a special outreach programme and will continue her kindy programme in the R/1 class.

Pastoral Care Worker:

Good afternoon parents and caregivers!

How is Term 4 treating you so far? I can’t believe it’s week 6 in term 4 already!! We’re over half way through the term! Gosh the year has just disappeared.

I’m sure you’ve all heard about how awesome camp was this year! We all had an absolute blast down at Pt Vincent for the couple days we were there, and God blessed us with perfect weather on our first full day! From what I’ve seen everyone has only had great things to say about our whole school camp and wait in great anticipation to do it all again soon.

There is so much squashed into this term it’s hard to get a grip on what’s happened already. Our Kids Matter Afternoon was just a fantastic day! Thank you so much to everyone who participated and came along! You all contributed to the wonderful and enjoyable atmosphere. What was your favourite activity? Did you get to visit them all? How amazing was the BBQ cooked by the wonderful Lions Club. And that corn on the cob! I think I had 4 pieces. A special huge thank you to Daina McCormack for her generous donation of fresh local corn.

The Operation Christmas Child Boxes have been sent away to be processed in Adelaide, and Snowtown were able to send away 4 boxes! Woo! I have full faith that the boxes of love will be well received by the children who receive them, and loved wherever in the world that they may g Thank you so much for your generous donations!

Lastly, our term 4 lunch time activities! We’ve been making daffodils for the Clare High School Relay for life team (did anybody see them??), made chalk drawings and set up a humongous chain that’s linked around my room. I can’t wait to start hanging more crafts around as we continue to come together and get creative during lunch time activities.

Cheerio from your Pastoral Care Worker,
Kerryn...
PORT VINCENT WHOLE SCHOOL CAMP

WOW! What a camp! What wonderful memories! Our whole school journey to Port Vincent was such an incredible experience for all involved, and as a staff we could not have been prouder of how our students participated in the activities. There was something there for everyone to enjoy – swimming, surfing, snorkeling, kayaking, knee boarding, sailing – and more! Students have reflected on the experience and here is what they had to say:

My favourite thing was being on the surfboard. I jumped off the board.  
Jack

We went on the boat and we swam in the water. We went on the surfboard and it was fun.  
Chayse

I got to stand up on a surfboard and Kerryn was pushing Austin and I. On Tuesday we went on a boat and saw seals, and an oyster farm. We got to see what is inside a razor fish. I went snorkeling and saw lots of things.  
Ocea

On Monday it was camp.  
We left at 8:00am. First we went to the beach. My group went on the pontoon. Then we went on a beach walk and learnt some stuff and then we did some surfing.  
Elizabeth

On Monday we left school and we went to the beach and we got put into groups. We had a lot of fun. We had hamburgers and chips for tea and the next day we did it again and we went and saw seals in the boat.  
Connor
MATERIALS & SERVICES CHARGES 2016

Materials and Services Charges for 2016 have been set. Please see detailed information of the charge.

Reception - Yr 7 - $229.00

An invitation is extended to the school community to attend our next Governing Council Meeting where the 2016 Materials & Services charge of $229 will be presented for approval.

The meeting will be held on
TUESDAY, 1st December at 6.30pm
RSVP is essential to Glenys Nolan by Friday 25th November.

If you have any questions please contact the school.

In lieu of attendance at the Council meeting, parents can express their concerns in writing to the Chairperson, Mr John Cummins.

Glenys Nolan, Finance Officer

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WATER. THE ORIGINAL COOL DRINK

How much water do you drink?
Kids are recommended to drink plenty of water however, an adequate intake is:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Water Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 yr</td>
<td>1.0 L/day (about 4 cups)</td>
</tr>
<tr>
<td>4-8 yr</td>
<td>1.2 L/day (about 5 cups)</td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td></td>
</tr>
<tr>
<td>9-13 yr</td>
<td>1.6 L/day (about 6 cups)</td>
</tr>
<tr>
<td>14-18 yr</td>
<td>1.9 L/day (about 7-8 cups)</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td></td>
</tr>
<tr>
<td>9-13 yr</td>
<td>1.4 L/day (about 5-6 cups)</td>
</tr>
<tr>
<td>14-18 yr</td>
<td>1.6 L/day (about 6 cups)</td>
</tr>
</tbody>
</table>

A great way to achieve this is to make a refreshing fruit and vegetable water:

- **Lemon Lime Water**
  - Ingredients:
    - 2 Lemons (sliced)
    - 1 Lime (sliced)
    - 3 Litres Water
    - Mint leaves (sliced)

- **Orange Water**
  - Ingredients:
    - 2 Oranges
    - 3 Litres Water
    - 1/2 lemon (sliced)

- **Cucumber Water**
  - Ingredients:
    - 1 cucumber (sliced)
    - 3 springs of mint
    - 2 Litres Water

Put sliced fruit/vegetable/herbs, ice cubes and water into a jug/punch dispenser that can be stored in the fridge. Pour the refreshing fruit water into a cup each time you are thirsty. The mixture will stay fresh in a fridge for around three days.

Emma Young
OPAL Program Manager—0488 090 303
E: Emma.Young@NAcouncil.sa.gov.au
W: www.facebook.com/OPALMidNorth
**Back** - Conner Hickman, Seth Sorgiovanni and Deegan Ebsary

**Front** - April Williams, Aden Lane, Jaxson Bunting, Chayse Bunting and Jordan-Anne Ellis

**Back** - Conner Hickman, Jade Forrest, Kaitlyn Lane, Chloe Freebairn, Mia McCauley, Samuel Cummins, Luke Freebairn and Jake Shaw.

**Middle** - Alyssa Lane, Miah Shultze, Jakob Schultz-Waters, Austin Altman, Chayse and Koopa Bunting

**Front** - April Williams, Ethan Cocks, Jaxson Bunting, Teisha Price, Paige McGregor, Aden Lane, Jakob Vivian, Madorie Waters and Jack Biddell.

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**Opal**

**DRINK WATER not SUGAR**

- **600ml cola**: 16 teaspoons sugar per bottle
- **500ml iced tea**: 8 teaspoons sugar per bottle
- **600ml sports drink**: 9 teaspoons sugar per bottle
- **250ml energy drink**: 7 teaspoons sugar per can
- **600ml lemon squash**: 16 teaspoons sugar per bottle
- **1100ml lemonade**: 25 teaspoons sugar per cup
Dear Parents/Guardians,

The Camp Quality Primary School Education Program has been invited to perform at your child's school.

Camp Quality is a children's family cancer charity. Our purpose is to making a better life for every child living with cancer in Australia.

For over 25 years our Education Program, the Camp Quality Puppets, have transformed thousands of schools by helping children and teachers learn how to create a supportive school community for children affected by cancer, whether they are living with cancer themselves or have a family member living with cancer.

The program consists of a live, educational performance focusing on cancer education, optimism and friendship. Our performance aims to dispel common misconceptions about cancer in a safe, open environment; giving schools a shared knowledge and language to call upon. By the end of our performance we aim for students to learn about chemotherapy, side-effects and positivity.

There is no charge to the school or the students, but donations are welcome.

Following the performance, students are encouraged to ask questions and share their concerns. While we are able to answer most of their questions and concerns, we provide teachers with resources to supplement the performance and aid classroom discussion. If any concerns arise after the performance, please feel free to contact us.

Over 4 million children have seen our puppets since the program began. We trust that your child will benefit from the positive messages promoted in our performance.

If you'd like more information about the program, please visit our website www.campquality.org.au or contact Stefanie on (08) 8410 5555 or by emailing stefanie.rossi@campquality.org.au

All welcome @ Shoalhaven Primary School, Tues Dec 1st, 11.30am.