

Principal: **Jude Voisey**  
Ph: **6621 4309**  
Fax: **6622 0260**  
Mobile No: **0432 147 520**  
Email: [caniaba-p.school@det.nsw.edu.au](mailto:caniaba-p.school@det.nsw.edu.au)

Webpage: [www.caniaba-p.schools.nsw.edu.au](http://www.caniaba-p.schools.nsw.edu.au)  
No.32/2018

# Newsletter

Family Name:



*Achievement Through Effort*

**18 October, 2018.**

Dear Parents/Caregivers



## STUDENTS OF THE WEEK

Welcome back everyone.

This term we welcome Miss Chloe Stephens who is teaching our K/1 class until the end of the year. We hope you enjoy teaching at Caniaba Chloe.

Some important dates to remember:

**P&C Meeting Monday 22nd October 7p.m. in the school library**  
**Kindergarten Orientation Wednesday 24th October 8:30-12:30**  
**Intensive Swimming – Mon 22nd to Fri 26th October**

Our first Assembly for Term 4 will be held tomorrow **Friday 19th October** and will commence at **12:45pm**. This is a General Assembly and we have a guest speaker coming. Our Federal Member for Page – Mr Kevin Hogan - will be attending our assembly to present a gift to the school. You are all very welcome.

Jude Voisey  
Principal

## DATES TO NOTE

Term 4

- 17 Oct** General Assembly
- 22 – 26 Oct** K-2 Intensive Swimming
- 24 Oct** Kindy Orientation Day 8.30 – 12.30
- 1 Nov** Book Club Due
- 7 Nov** Kindy Orientation Day – Full Day
- 21 Nov** Kindy Orientation Day – Full Day
- 18 Dec** Yr 6 Farewell

## Assembly Roster

**All Welcome**  
**12.45pm**

**Friday 19<sup>th</sup>**  
**October**

**General Assembly**



**Friday 9<sup>th</sup>**  
**November**

**Award & Class**  
**Assemblies**  
**4/5/6 Class**

# SPORTS REPORT



Last week of term saw the end of the NRL Sporting Schools program at Caniaba. All students engaged with the program and had a great time learning new skills while gaining knowledge on the game of Footy.



This term, all students will take part once a week in the Aussie T-Ball program which will be delivered by a local coach from Far North Coast Baseball. We will start on Tuesday of week 3 and the program will last for 5 weeks.

These programs are made possible by funding from the Sporting Schools program. Sporting Schools is a \$200 million Australian Government initiative designed to help schools to increase children's participation in sport, and to connect them with community sporting opportunities.

Our aim at Caniaba Public is to expose our students to a variety of different sports to develop a wide range of fundamental gross motor skills and encourage students to find a sport they enjoy. This will help increase participation in sports at a local level and develop good active habits to maintain a healthy lifestyle throughout their lives.

## SWIMMING

Students in kindergarten to Year 2 will take part in the intensive swimming program next week. Students will have 2 lessons each day and will be at the pool from 9-12pm. Please make sure students have a plastic bag for their wet clothes, as well as a towel, appropriate swimmers, goggles (if needed), water bottle and something to eat at the pool quickly between lessons (fruit or veggies would be a great option).



Miss Parker – *Sports Co-ordinator*



# iPLAY ACTIVE HOMEWORK

## KICKING FOR GOAL

<u>EQUIPMENT</u>	<u>SET UP AND TIMING:</u>
<ul style="list-style-type: none"> <li>• A ball</li> <li>• Markers to use as goals</li> </ul>	<ul style="list-style-type: none"> <li>• 20m of space</li> <li>• 5 minutes</li> </ul>

### LEARNING EXPERIENCE

- Practice kicking as hard and as far as you can.
- Mark your distance with any object
- Try and beat your longest kick each time
- Measure the distance of your longest kick by counting the steps it takes to get to the ball
- Have 5 goes and write down your best distance (number of steps)



### CORRECT BALANCE TECHNIQUE

Eyes focused on the ball throughout the kick	Non-kicking foot is placed beside the ball	Contacts ball with the top of the foot (shoelaces) or instep
Forward and sideway swing of arm opposite kicking leg	Bends leg of kicking leg at least 90 degrees during backswing	Kicking leg follows through high towards

### Ways to Get Your Child More Active

- Be an active role model and have a positive attitude to being active.
- Encourage active play in the backyard, going for a fast walk, dancing to music, riding a bike or more vigorous activities like running and swimming.
- Make time to be active as a family - walk with your children to the local park and kick a ball, play chase or tag games, or walk the dog.
- Plan ahead and schedule a regular time for physical activity with your children.
- Help your kids 'play active' by buying presents that encourage physical activity such as balls, bats, skipping ropes, trampoline or other active equipment.
- Make sure your children have the opportunity to be active after school and on the weekends - either through active play or organised sport. Talk to your child about what activities they would prefer to do. Encourage your child to try a variety of activities so that they can find one or more they enjoy and want to continue with.
- Park further away from your destination (such as school, sport or the shops) and walk the rest of the way.
- Keep a football, frisbee, jump rope, scooters or bat and ball in your car at all times.
- Limit the amount of time your children are allowed to spend watching TV, using the internet and playing consoles.
- Plan family holidays or weekends with a view to being active, e.g. somewhere near the beach or where there are good walks to do. Remember to take bikes, tennis rackets, balls and other equipment.

## Canteen News

Due to next year bringing in the Healthy Schools Canteen we will be offering the students different snack food and drink options. We will no longer be selling the Kyneton Mineral water. We will be trialling a few different options to see what the kids like best keeping within the Healthy Schools Canteen guidelines. To help minimise confusion we will keep drinks at a cost of \$2 or less.

If any changes need to be made to the roster please phone around to make a change and once a change has been made could you please let Tracy (0431658082) or Sally (0432579367) know so it can be changed in the newsletter.

Just a reminder to our suppliers we only need approx. 30 slices of cake/cupcakes/biscuits/muffins etc and that they are then sold to the students for 50c an item. Also that containers need to be clearly marked with names so we can return them to their owners.

Thanks to all our volunteers who help in and around the canteen, without these mums and dads our canteen wouldn't run as smoothly.

Many thanks, The Canteen Committee.

<b>CANTEEN ROSTER Term 4 2018</b>				
<b>DATE</b>	<b>SERVERS</b>		<b>SUPPLIERS</b>	<b>\$20 DONATION</b>
19 Oct	Sherry Sanders 0490095234	Sarah Fletcher 0431331955	Sally Daniels 0432579367 Jasmine Peterson 0478049372	
26 Oct	Tracy Allen 0431658082	Martelle Geurts	Salina Edmonds 0432906329 Desley Hayes 0408611534	Amanda Simko
2 Nov	Alyce Benson 0413408106	Sherry Sanders 0490095234	Sarah Duncan 0466319033 Helen Youngberry 0408832598	
9 Nov	Sarah Duncan 0466319033	Sarah Fletcher 0431331955	Donna Ianna 0415732196 Tracy Allen 0431658082	Jodie Green
16 Nov	Shaun Fletcher 0431331955	Matt Youngberry 0409859383	Sarah Fletcher 0431331955 Megan Geoghegan	
23 Nov	Sally Daniels 0432579367	Josh Nicholls	Trudi Mills 0429150088 Lauren Fisher 0407956122	Amanda Simko
30 Nov	Shaun Fletcher 0431331955	Rod Pearson 0407575931	Helen Pearson 0407575931 Sarah Fletcher 0431331955	
7 Dec	Sally Walker 0427881517	Martelle Geurts	Salina Edmonds 0432906329 Donna Ianna 0415732196	Kim Mcleay
14 Dec	Tracy Allen 0431658082	Sally Daniels 0432579367	Desley Hayes 0408611534 Jasmine Peterson 0478049372	
<b>No Canteen, school finishes Wednesday</b>				

# Canteen Roster



## Friday 19 October

Servers: Sherry Sanders 0490 095 234 & Sarah Fletcher 0431 331 955

Suppliers: Sally Daniels 0432 579 367 & Jasmine Peterson 0478 049 372

\$20 Option:

## Friday 26 October

Servers: Tracy Allen 0431 658 082 & Martelle Geurts

Suppliers: Salina Edmonds 0432 906 329 & Desley Hayes 0408 611 534

\$20 Option: Amanda Simko

## Canteen Menu-2018

### LUNCH only-Order to be received by Wednesday

Chicken Wrap- crunchy chicken strips with lettuce, cheese and mayo on a wrap	\$4.00
Salad Wrap- lettuce, tomato, grated carrot, cheese and mayo on a wrap	\$3.00
- With fresh ham/chicken	\$4.00
Salad Box- vegetarian	\$3.00
-with fresh ham/fresh chicken/chicken strips	\$4.00
Fruit Salad-Small	\$3.00
-large	\$4.00

### LUNCH only- Orders will be accepted up until Friday

Pizza- ham & pineapple / BBQ meat	\$3.50
Mini Beef Pie	\$2.50
Mini Beef Sausage Roll	\$1.50

### Counter Sales

Bottled water	\$1.00
Juice popper	\$1.50
Milk flavoured popper (choc/strawberry)	\$1.50
Quelch Frozen Fruit Sticks	\$0.50
Ice blocks	\$1.50
Chips (honey soy chicken)	\$1.20

### Counter Sales-RECESS ONLY

Cooking provided by parents (cupcakes, slices, biscuits etc)	\$0.50
Fruit	\$0.50
Salads' with tomato and/or cheese	\$0.50

## Community Notices



**Did you know your kids may be entitled to \$1000 of free dental care?**  
**Ask us about the Child Dental Benefits Scheme**

**National Dental Care**  
 126 Molesworth St  
 Lismore, NSW 2480  
 (02) 6621 2363

Now open Saturdays




**WELCOME A SLICE OF THE WORLD INTO YOUR HOME IN 2019!**

HOST AN OVERSEAS EXCHANGE STUDENT!

REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



**HEAR FROM A HOST MUM**

Hosting has been one of the most rewarding and exciting experiences for our family. Romania, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children.  
 Host mum, Candice.

**HOSTING AT A GLANCE:**

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

**MORE INFO: WEP.ORG.AU/HOST**




**Go4Fun**  
 Healthy • Active • Happy • Kids

**Go4Fun**  
 Healthy • Active • Happy • Kids

**FREE** Fun program for kids to become fitter, healthier and happier

For more information or to register for the program:

**TO REGISTER: FREE CALL 1800 780 900**

SMS 0409 745 645 for a call back  
 Register online at [www.go4fun.com.au](http://www.go4fun.com.au)

Visit our Facebook page!  
[www.facebook.com/go4funprogram/](http://www.facebook.com/go4funprogram/)

**NSW GOVERNMENT Health**

NSW Ministry of Health  
 73 Miller St, North Sydney, 2060  
 Tel (02) 9391 9000  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

This work is copyrighted. It may be reproduced in whole or in part for study/training purposes subject to the inclusion of an acknowledgement of the source. It may not be reproduced for commercial usage of sale. Reproduction for the purposes other than those indicated above requires written permission from the NSW Ministry of Health.

December 2016 SHPN (CPH) 150501



**MAKE HEALTHY NORMAL**

**betterhealth** company

**NSW GOVERNMENT Health**