



# Barkers Vale Public School



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Monday, 10th November, 2014  
Term 4 Week 6

## ★ Newsletter

### Message From the Principal School Concert!

I can't believe it's only 10 days until our **Annual School Concert**. It's been a busy past few weeks with rehearsals well underway. Students should be aware of their costume needs. A full dress rehearsal will be held on Wednesday 19th November.

We trust you will all be able to join us on the evening of **20th November**. As in recent years, we ask that you bring along a plate of food to share for supper.

### P&C Raffle

You would have received some raffle tickets last week from the P&C. Thank you to those who have donated goods for the raffle. Further donations of prizes would really be appreciated. Raffle ticket will also be available for sale on Concert night.

### Cricket

Our students enjoyed some great games designed to develop specific throwing, bowling and catching skills in their Cricket training session on Friday. Next week the students will consolidate these skills and begin to focus on their batting

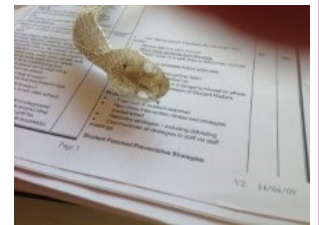


skills.

### Visitor to the office

I had a little 'surprise' waiting for me on my desk at work on Thursday.....just wondering where the former owner is..... Interesting that is was on top of a 'Risk Assessment'.

Working in a rural school certainly is a very special experience!



*Kathleen Johnston, Principal*

## IMPORTANT DATES

### Term 4, 2014

#### Week 6

Tuesday 11th Nov: **Kinder orientation**

#### Week 7

Tuesday 18th Nov: Nimbin CS Yr 7 Orientation (please note the change from wk 6)

**Thursday 20th Nov: School Concert**

#### Week 8

**Intensive Swimming ALL WEEK**

Tuesday 25th Nov: Nimbin CS Yr 7 Orientation

#### Week 9

Tuesday 2nd Dec: Nimbin CS Yr 7 Orientation

Wednesday 3rd Dec: Nimbin CS Yr 7 Orientation

Wed 3rd December: P&C meeting

Sunday 14th December.: Bunnings BBQ

#### Week 11

Tuesday 16th December: **Yr 6 Farewell**

**Wednesday 17th December LAST DAY**



## Attention Year 6 Parents

Our kids are going through a difficult transition at this time and need all the help they can get. I work in the field of holistic healing as a fully qualified and experienced practitioner. I have been prescribing Flower Essences for 25 years with universal success. They are subtle deep acting, emotional supportive, mentally calming and physically strengthening and balancing.

They can teach your child how to face a challenge with courage and confidence, an essential skill for life, rather than struggling with change in anxiety and stress.

I can determine from your child's energy field exactly which individual remedies are appropriate for them at this time. They act gently, quickly and effectively and only cost \$15 a bottle.

Of course they work well for adults as well!

I can also offer a full polarity energy balance, this is my specialty and is a tremendously transformative healing process to restore health on every level. The energy can be accessed and once full flow is facilitated here, the flow-on effect returns the whole person to a harmonious, intelligent, self healing homeostasis.

Take advantage now as I am only in the area until the end of term.

Phone Zuela Christie on 0429501387

## School Swimming Scheme

It's that time of the year again - our School Swimming Scheme will be held this term. The whole school will be invited to attend a week of swimming lessons at Kyogle Swimming Pool. The sessions will be held from **Monday, 24<sup>th</sup> November until Friday, 28<sup>th</sup> November**. We will have two sessions: 10.25 until 11.10 and 12.15 until 1.00.

Some sessions will be conducted by the Education Department Swimming Teachers and other sessions will be conducted by the Barkers Vale School staff. We always appreciate help in this week, particularly with the K / 1 group.

Permission notes, prices and an official request for helpers and days available will be sent out closer to the swimming dates. This is just an early notice to let you know the dates and times so that if you would like to help, you can mark them on your calendar. Thank you for your support—Regards, Julie McTaggart

# CANTEEN MENU

## First Break 11am

Items must be ordered by 9am on brown paper lunch bags

<b>Pies</b>	Steak, Chicken Mornay, Thai Chicken, Pesto, Gluten Free Steak Pies	\$4.00
<b>Rolls</b>	Energy Rolls, Spinach and cheese Sausage Rolls Half Sausage Roll	\$2.50 \$1.25
<b>Sandwiches Wraps or Toasted Sandwiches</b>		
	<i>Wholemeal bread</i>	
	Vegemite, Peanut butter, Jam	\$1.50
	Cheese	\$2.30
	Cheese and lettuce	\$2.40
	Ham or Tuna	\$2.50
	Ham and Cheese	\$2.70
	Just Salad (Lettuce, tomato, carrot, beetroot, cucumber)	\$3.00
	Ham cheese and tomato	\$3.50
	Ham or Tuna and Salad	\$4.00
<b>Nachos</b>	Vegetarian	\$3.00
<b>Pizzas</b>		
	Ham and Pineapple or Vegetarian	\$4.00
	½ Pizza	\$2.00
<b>Baked Potatoes</b>		
	Butter	\$1.50
	Cheese or Sour cream	\$1.70
	The lot	\$2.00
<b>Home Cooking</b>		\$1.00
<b>Lamingtons</b>		\$1.00
½ lamington		\$0.50
<b>Cheese and Rice Crackers</b>		\$1.00
<b>Milo</b>		\$0.80
<b>Juice</b>		\$0.40

Please advise canteen and school staff of any children's allergies and special dietary restrictions

### CANTEEN ROSTER FOR TERM 4

Roster Parents needed from 9.30-3pm

<u>DATE</u>	<u>ROSTER PARENT</u>	<u>HOME COOKING</u>
10 <sup>th</sup> November	Jacqui Smith	Jacqui Smith
17 <sup>th</sup> November	Serena Carter	Jodie Marychurch
24 <sup>th</sup> November	Jodie Marychurch	Angus Gough
1 <sup>st</sup> December	Celeste Oss-Emer	Serena Carter
8 <sup>th</sup> December	Jewelzi Hurley	Leonie Walsh
15 <sup>th</sup> December	Kristin Moss	Celeste Oss-Emer

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