**Principal’s Message**

Dear Parents/Carers and Friends,

*Quote of the Week:*

“Peace is not the absence of conflict; it is the ability to handle conflict by peaceful means.” 
Ronald Reagan

**Kindystart**

Today we had the final session of our 2015 Kindergarten children attending ‘big school’. We welcome the new students and their families to Orana Heights. It has been great to see so many smiles. And too, the tears... and that’s from the parents! There will continue to be communication for the Kindergarten parents coming in the mail. If you have a change of address please let the school know.

**Practicum Students**

As you may be aware Orana Heights is committed to assisting the training of those who have chosen teaching as a profession. Currently we have a number of University students across the school and we appreciate the associate teachers who have them in their classrooms. We ask that these learning professionals are treated with the same respect as any adult in our school.

**Presentation Evening**

This year our Presentation Evening will be held on Tuesday 2 December 2014 at the Senior Campus Hall, Tony McGrane Pl. In advance we thank the Senior Campus for the use of the venue which fits our whole school audience. This event will start at 6.30pm promptly and hope to conclude within a little more than an hour. We look forward to seeing you all there to celebrate our students’ achievements.

Annie Munro, Principal (R)

**SRC 2015**

Nomination forms for the 2015 SRC, including Junior AECG Representatives are now available for Year 5 students to request from their classroom teacher. Completed forms must be returned to school by recess on Friday. Candidates will deliver a speech to the primary student body on Thursday November 27 2014. Successful nominees will be announced at the School Presentation Evening on Tuesday 2 December 2014. Susan Mestrom

**Book Club**

Book Club is due back this Wednesday. This is the last Book Club for 2014. Donna Thomas.

**K-6M Christmas Wreaths**

We are making Christmas wreaths. If you have Christmas fabric you are able to donate it would be greatly appreciated. Natalie McKenzie

**Crunch & Sip Program**

Our Crunch and Sip program at school is proving to be a great success with so many children bringing lovely crunchy fruits and vegetables in their lunchboxes. Our School would now like to set up some vegetable patches where we can grow our own fruits and vegetables and use this as a tool for educating children about gardening and healthy eating.

Some staff from our school will be setting up these vegetable patches on Sunday 7th December from 9 - 11am. In the meantime we are asking for any donations of materials that we can use to set these up, for example, treated pine, corrugated iron, soil, mulch, star pickets etc. A few parent helpers would also be terrific so if you are able to offer your services that would be great!

Mel Wells is the Live Life Well co-ordinator at school and will be the contact person if anyone has donations or can assist us on Sunday 7th December. Natalie McKenzie

**P&C News**

Please note: change of date for our December meeting. Our final meeting for the year has been moved to **next Tuesday 25 November**. This will be a dinner meeting and is to be held at the Macquarie Inn at 6.30pm. All welcome!

**Uniforms** – a few handy things to know if your child is going into Year 3 next year and participating in PSSA. PSSA sports are held in Term 2 (winter) and Term 4 (summer). Sports shirts are not required until Term 2, but can be worn every Friday from the beginning of the year. Sports socks are generally worn by children requiring shin pads for their sport (hockey, soccer etc). Sports shirts are the same sizing as existing polo shirts.

**Canteen** – please send your completed meal deals back to school ASAP.

**Volunteers** – have you considered volunteering in the canteen next year? If you have a spare day every now and then (fortnightly, monthly or even once a term) please call in to see Deb and leave your details, so you can be put on the 2015 roster.

**Healthy Drinks**

Did you know that a 250ml glass of apple juice or cola contains not one but six teaspoons of sugar? Having just one can of soft drink per day adds up to 18 kilograms of sugar in a year! Juice and sweet drinks are not good for children because the energy they contain enters children’s bodies undetected and they end up consuming more energy than they need, placing them at risk of unhealthy weight gain. Sweet drinks are also bad for teeth.

Even a glass of unsweetened orange juice contains four teaspoons of sugar. We often mistakenly give kids juice thinking that that they need Vitamin C. Fruit juices contain more Vitamin C than kids need. Eating half an orange a day will give kids all the Vitamin C they need plus some fibre.

Because it has no added flavours, colours, sugar or energy, water is the best way for kids to quench their thirst. Milk is also a great, nutritious drink for kids. Try keeping a jug of water in the fridge and packing water bottles when you go out. If there are no sweet drinks in the fridge, kids will soon turn to water. If you serve sweetened drinks as a treat, water them down or use smaller glasses.


**Dubbo West Public School - Time Capsule**

Due to unforeseen circumstances Dubbo West Public School will cancel the time capsule retrieval that was supposed to be held today Tuesday 18th November 2014. Sorry for the inconvenience this has caused.

Leigh Fieldsend, AEO
## Term 4 - 2014 Planner

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1.40-2.40pm Kindystart 1.30-3pm Uniform Shop</td>
<td>Band 11.10-1.25</td>
<td></td>
<td>2.05pm Yr 3-6 Assembly</td>
</tr>
<tr>
<td>8</td>
<td>24 Yr 2 Swimming</td>
<td>25 Yr 2 Swimming</td>
<td>26 Yr 2 Swimming Band 11.10am - 1.25pm 2.30-3.30 Uniform Shop</td>
<td>27 Yr 2 Swimming</td>
<td>28 Yr 2 Swimming</td>
</tr>
<tr>
<td>Dec</td>
<td>1 Yr 2 Swimming</td>
<td>2 Yr 2 Swimming 6.30pm Presentation Evening</td>
<td>3 Yr 2 Swimming 2.30-3.30 Uniform Shop</td>
<td>4 Yr 2 Swimming 2.05pm K-2 Assembly AECG Mtg – Dubbo South PS</td>
<td>5 Yr 2 Swimming PSSA Finish</td>
</tr>
<tr>
<td>9</td>
<td>8</td>
<td>9 Scripture Assembly</td>
<td>10 2.30-3.30 Uniform Shop</td>
<td>11 Yr 6 Farewell</td>
<td>12 2.05pm Yr 3-6 Assembly</td>
</tr>
<tr>
<td>11</td>
<td>15</td>
<td>16 Stage Celebrations</td>
<td>17 Last Day for Students 2.30-3.30 Uniform Shop</td>
<td>18 SDD</td>
<td>19 SDD</td>
</tr>
</tbody>
</table>

---

### Congratulations to the following Award Winners

#### Honour Awards
- Kailie Marshall
- Dhyey Vachhani
- Xavier Wells
- Connor Clarke
- Kate Allen
- Jack Holden
- Archie Rutter
- Jaiden Pearce
- Kyanna-Maree Cuskelly

#### Distinction Awards
- Bree Gavin
- Aden Lambert
- Jasmin Walden
- Nioka-Rai Baker
- Riley Chapman
- Brianna Sayers
- Lachlan Suey
- Preston Lewis x2
- Amie Thompson
- Jarrod Baxter
- Tully Pittock
- Mahaliah Lesslie x2
- Hayden Byrne
- Dane Simpson
- Joseph Flyger
- Archie Rutter
- Jaiden Pearce
- Kyanna - Maree Cuskelly
- Preston Lewis x2

---

### Claim the Date

**School Presentation Evening**
**Tuesday 2 December 2014**
**6.30pm**
**Senior Campus, Tony McGrane Pl, Dubbo**

---

### Canteen News

**Meal Deal orders are due back this Friday 21 November.**

Lasagne meals can no longer be ordered.

### Canteen Volunteers

<table>
<thead>
<tr>
<th>Day</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 19 Nov</td>
<td>Kat Richards</td>
</tr>
<tr>
<td>Thursday 20 Nov</td>
<td>Jeanagh C</td>
</tr>
<tr>
<td>Friday 21 Nov</td>
<td>Lexi McDonald &amp; Danielle Miller</td>
</tr>
<tr>
<td>Monday 24 Nov</td>
<td>Simone Forrester</td>
</tr>
</tbody>
</table>

---

### Spiders for Sale

Spiders will be for sale on Meal Deal Day, Thursday 27 November 2014. Cost $2.00