FROM THE PRINCIPAL’S OFFICE

School Assembly – Congratulations to the Year 3/4 class for running a great assembly last Friday. This week’s assembly will be run by the Year 1 class and will start at 11.00 am. We do hope to see you there.

A Big Thank you to The School P&C – for their donation of funds towards the school. The P&C has been working very hard. This has enabled them to raise funds and kindly donate $3,600, that will be used across the entire school to benefit all students. The school will use the money to purchase much needed K-2 readers ($1,600) and Year 3-6 novel sets ($2,000). The school and the students very much appreciate this kind donation and congratulate the P&C on their hard work and continued efforts.

Year 3/4 Borambola Excursion – All the Year 3/4 students are looking forward to this Wednesday, Thursday and Friday as they will be on their excursion to Wagga’s Borambola Sport and Recreation Centre. I know the students will have an awesome time. A big thank you to our accompanying staff, Mr Preston and Miss Peterson, and parents, Matt King and Prue Pincott. We really appreciate you committing your time and effort.

Kinder Orientation – If you have any questions, or would like an interview, please don’t hesitate to contact me. Enrolments for 2016 are now being taken. Please see the school office for forms. The next Kinder Orientation visit will be held on Thursday 5 November from 12.00pm to 1.00pm.

Jason Weaven, Principal

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Friday 6 November:</th>
<th>Anna Watson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 9 November:</td>
<td>Jody Martin</td>
</tr>
<tr>
<td>Friday 13 November:</td>
<td>Abby Paton</td>
</tr>
</tbody>
</table>

TERM 4, WEEK 5 DIARY

| Mon 2 Nov | School Council AGM at 3.45 pm |
| Wed 4 Nov | Year 3/4 Borambola Excursion |
| Thu 5 Nov | Year 3/4 Borambola Excursion and Kindergarten Orientation 12.00 pm-1.00 pm |
| Fri 6 Nov | Year 3/4 Borambola Excursion and School Assembly run by Year 1 at 11.00 am |
| Sat 7 Nov | Holbrook Show |

TERM 4, WEEK 6 DIARY

| Mon 9 Nov | Public Speaking: Prepared Speech at 2.00 pm |
| Tue 10 Nov | Tennis Gala Day (Wagga) |
| Wed 11 Nov | Remembrance Day Assembly at 10.45 am |
| Thu 12 Nov | Public Speaking: Impromptu Speech at 2.00 pm |
| Fri 13 Nov | School Assembly run by Year 4/5 at 11.00 am and Pool for Sport from 1.00 pm to 3.20 pm |

P&C IMPORTANT DATES

| Wed 25 Nov | P&C Meeting at 7.30 pm in the library |

ST PAUL’S FLOWER SHOW

On Friday 30 October, Kindergarten, Years 1 and 2 attended the St Paul’s Flower Show at the Shire Hall to commemorate the hall’s centenary. We were made to feel extremely welcome, as always, and the students’ behaviour was exemplary. The students thoroughly enjoyed performing their items to the enthusiastic audience.
CRAFT AFTERNOON

A big thank you to all the mums who came in to assist with craft for the Holbrook Show. The children had a lovely time.

MELBOURNE CUP DAY ACTIVITIES

Tomorrow, 3 November, is Melbourne Cup day. As part of our fundraising for World Vision-The Best Gifts Ever, we are holding a sweep for 50¢ each. Prizes for the race will be a Zooper Dooper ice block. If you do not wish your child to eat one, please let the school know by 12 noon tomorrow.

FOR YOUR HALLOWEEN READING PLEASURE: “THE HAUNTED HOUSE”

“A grey, misty haze covered the old black house. I crept to the old house and I heard bats and ghosts screaming. I pushed the door open and saw smashed windows. Cob webs clung to the ceiling like melting plastic. Planks of wood were scattered all over the filthy, mouldy floors. A terrible smell of decay hit my nose. A small fire was smouldering in an open fire place and dancing and drifting smoke circled the room. A dank staircase led to rooms above. Big fruit bats seized the old lights and hung down like peas in a pod. I slipped over and panicked and left the house with adrenalin pumping through my body”.

By Seth Webb

2015 PRESENTATION EVENING

Our annual presentation evening will be held on Thursday 10 December, 2015 at 7.00 pm in the school hall. We cordially invite all parents and friends of our students to attend. At the presentation evening, we award students who have achieved excellence, consistent improvement, citizenship and sporting achievements. Each year, the awards are sponsored by the local community. If you would like to make a donation towards the book prizes this year, it would be greatly appreciated and your name will be listed in our presentation night program as recognition of your valuable contribution to our school. Donations of cash or cheques, made out to Holbrook Public School, can be handed in to our office.

P&C News

P&C MEETING

At our next P&C meeting on Wednesday 25 November at 7.30 pm, there are several bylaws and annual motions that need updating. Please join us at this meeting, where the proposed amendments will be voted upon, by members of the P&C. If you would like further details on the proposed amendments, please contact Prue Pincott on 0427 003 171. Everyone is welcome to come.

HOLBROOK AGRICULTURAL SHOW CRAFT ENTRIES – CLASS “S”

Students are invited to enter craft items in the school section at the Holbrook Show on Saturday 7 November 2015. The craft entered must have been made at school this year. Please only enter items that fit the categories listed in the Show schedule below.

Entries can be given to Mrs Ross up until Wednesday 4 November.

Thank you
Judy Ross (Coordinator)
Early Stage 1 – (Kindergarten)
1. Craft – any medium
Stage 1 – (Years 1 and 2)
2. Craft – any medium

Stage 2 – (Years 3 and 4)
3. Article of Handiwork – hand-sewing, embroidery, appliqué, knitting and crochet
4. Craft – any medium
5. Article made from recycled material

Stage 3 – (Years 5 and 6)
6. Article of Handiwork – hand-sewing, embroidery, appliqué, knitting and crochet
7. Craft – any medium
8. Article made from recycled material

Entries: 1 item per section per child. Entry tickets will be attached to the craft items at school.

SPARE LAPTOPS WANTED

We are asking for donations of spare laptops for Meg’s Children Nepal. Meg’s Children Nepal is an Australian, not for profit charitable trust, which supports and enhances the lives of 20 Nepalese children who do not have family to cater for their basic needs.

FROM THE UNIFORM SHOP

PRE-LOVED UNIFORMS IN STOCK NOW!

<table>
<thead>
<tr>
<th>Season</th>
<th>Item</th>
<th>Sizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer</td>
<td>Short Sleeve Polo Shirt</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Girl’s Summer Dress</td>
<td>10, 12, 16</td>
</tr>
<tr>
<td>Winter</td>
<td>Long Sleeve Polo Shirt</td>
<td>6, 8, 10, 12</td>
</tr>
<tr>
<td></td>
<td>Fleece Jacket</td>
<td>6, 10, 14</td>
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<tr>
<td></td>
<td>Boys’ Trousers</td>
<td>4, 6, 8, 14</td>
</tr>
<tr>
<td></td>
<td>Tartan Pants</td>
<td>4, 8, 10, 12, 14</td>
</tr>
<tr>
<td></td>
<td>Tartan Skirt</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Windcheater</td>
<td>6, 8, 10</td>
</tr>
<tr>
<td>Sport</td>
<td>Sports Shirt</td>
<td>10, 12</td>
</tr>
<tr>
<td></td>
<td>Track Pants</td>
<td>4, 6, 8, 12, 14</td>
</tr>
</tbody>
</table>

FROM THE UNIFORM SHOP

The second hand clothing shop would be most grateful for any donations of pre-loved uniforms in all sizes. Recycled uniforms are always in high demand and looking for a good home. If you’re a family with a Year 6 student and don’t have younger children or a family with students who are leaving our school at the end of the year to move to another school, please consider donating to our second hand shop.

Thank you

STAR OF THE WEEK

Ella Cheshire, Year 4/5

AWARDS

Miss Mills
Holly Hall – For being a responsible and mature learner
Eli Toll – For his fantastic attitude towards others

Miss Luff
Thomas Black – Excellent participation in modelled and shared reading
Alex Gunn – Taking pride in his work and presenting it neatly

Miss Murphy
Wil King – For his enthusiastic attitude and dedication towards learning
Ben Williams – For presenting his written work clearly, neatly and accurately
Charlotte Young – For writing well-structured and informative recounts

Mrs Fairley
Jim Henry – Always being a diligent and hard-working student
Hamish Livermore – Always demonstrating a great attitude and readiness towards learning

Mr Preston
Tyron Heritage – For working very well in all class activities
Blake Lee-McKie – For great maths test results

Miss Lavis
Emily Black – A fantastic effort working with money
Portia Martin – Being a kind, considerate friend

Miss Peterson
Rohan Jepson – Refining his research skills in history
Ashton Lee-McKie – Always trying his hardest in maths
Mrs Wedgwood
Braydon Eddy – Always doing his best with everything
Lachie Kingston – Being a good kind, patient friend
Seth Webb – Writing with description and expression

Mr Weaven
Digby Gulliver – For reading with expression and enthusiasm
Taylan King – For writing entertaining and descriptive texts during creative writing
Amelia Tepper – For writing entertaining and descriptive texts during creative writing
Olivia Toll – For reading with expression and enthusiasm

VALUES AWARDS - DEMOCRACY
Junior: Isabella Weaven
Senior: Amelia Tepper

STAR CARD WINNERS
Yellow Playground Star Cards
Georgie Cardile and Will Wood
Blue Classroom Star Cards
Oscar Preston and Amelia Tepper

125 NIGHTS READING AWARD
Cooper Bower

150 NIGHTS READING AWARD
Harriet Bull, Cheyanne Chattaway, Cruz Schirmer, Izak Schirmer

175 NIGHTS READING AWARD
Annabel Pincott

200 NIGHTS READING AWARD
Madison Lumsden, Ryder McKillop

225 NIGHTS READING AWARD
Lachie Parker

SPORTSMANSHIP AWARD
Laycii Freund, Will Gunn, Aylee Jenkyn, Laura Koppens, Rainbow Koppens, Ella Lieschke, Julia Mathie, Fletcher Parker, Aiden Walmsley, Millie Walsh

SPONSORSHIP:
The following businesses of Holbrook sponsor our newsletter. Please support them when you can.
Friday Swimming
Friday swimming commences next Friday, 13 November. If you haven’t already done so, please return your note and payment as soon as possible. Season tickets are now available from the Greater Hume Shire Council and either a photocopy or the original will need to be sighted by our office staff before swimming commences.
Starting school is an important step for your child. To help your family become familiar with daily routines, Holbrook Public School is hosting a series of Kinder Orientation Days for local pre-school aged children.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 6 August</td>
<td>Orientation Evening</td>
<td>An opportunity to gain an insight into the learning programs offered by the school, including a tour of the school’s facilities and a chance to meet the staff. Finger food and refreshments will be served.</td>
</tr>
<tr>
<td>(7.00 pm) for parents</td>
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<tr>
<td>Monday 10 August</td>
<td>Fun and games with the current Kinders</td>
<td>A fun morning of singing, dancing and story-telling with the current Kinder class. Finishing off with a fruit platter.</td>
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<tr>
<td>(9.45 am to 10.30 am)</td>
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<tr>
<td>Wednesday 19 August</td>
<td>Teddy Bears’ Picnic with Kindergarten</td>
<td>A chance for pre-schoolers to become familiar with the school environment in a fun, relaxed way. Don’t forget your teddy bear!</td>
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<tr>
<td>(10.45 am to 11.30 am)</td>
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<tr>
<td>Wednesday 26 August</td>
<td>Treasure Hunt!</td>
<td>Pre-schoolers find their way around school with the help of Year 5 students.</td>
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<tr>
<td>(10.45 am to 11.30 am)</td>
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<tr>
<td>Wednesday 2 September</td>
<td>Year 5 visit the Holbrook Early Learning Centre</td>
<td>A group of Year 5 students attend the preschool and interact with children in their own environment.</td>
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<tr>
<td>(12.00 pm to 12.45 pm)</td>
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<tr>
<td>Tuesday 20 October</td>
<td>Literacy session</td>
<td>An opportunity for the Kinder teacher and the preschoolers to become better acquainted through engagement in a variety of structured literacy activities. Children are to bring their own lunch.</td>
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<tr>
<td>(9.45 am to 11.15 am)</td>
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</tr>
<tr>
<td>Thursday 5 November</td>
<td>Numeracy session</td>
<td>Children have the opportunity to further develop their understanding of school through a range of numeracy activities with the Kinder teacher. Children are to bring their own recess.</td>
</tr>
<tr>
<td>(12.00 pm to 1.00 pm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 25 November</td>
<td>Meet your buddies!</td>
<td>Meet your buddies for 2015! A morning tea for parents to meet the school community and the opportunity for the new Kinders to meet their buddies for the following year. Buddies will then go off to play games whilst important information is provided to ensure a smooth transition to school for you and your child.</td>
</tr>
<tr>
<td>(11.30 am to 1.00 pm)</td>
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</table>
What to say when kids become anxious

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiety and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiety away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiety.

When you see anxiety take hold here are some things that you can say that will help your child cope:

“You’re okay, I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenaline that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiety. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you are going through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiety.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiety you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiety threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supportive and positive adults in their lives.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
Melbourne Cup Word Search

Find all the listed words in this grid - they can run in any direction, and always in a straight line. The leftover letters spell out a popular activity on the first Tuesday in November.

ALCOPOP  JOCKEY
ARCHER     MAKYBE DIVA
BALLAST    MARE
BAUER      MASTER O'REILLY
BEST BET   ODDS
CARBINE    PHAR LAP
C'EST LA GUERRE PRIZE MONEY
CLASSIC HATS QUINELLA
COLT       RACE
CROP       RAILS
CUP        REINS
DERBY      STEWARD
DRY        STRAPPER
EFFICIENT  SYNDICATE
FORM       TAB
GALLOP     TRACK
GELDING    VIEWED
HEAD       VIGOR
HORSESHOES YEARLING
IMPORTS    YELLOW ROSE