FROM THE PRINCIPAL’S OFFICE

School Assembly – Well done to the Year 2 class for running a great assembly last Friday. This Friday’s assembly will be run by the Year 3/4 class and will start at 11.00 am.

Ice Bucket Challenge – This took place last Friday and from all accounts, was a fantastic day. I apologise for not being able to make it, but I was attending the Proud and Deadly Aboriginal Awards Presentation. Congratulations to the parents, the P&C, staff and students for making it a great day! A big thank you to everyone involved with fundraising and donating money. The $3135 in funds raised goes to helping find a cure for Motor Neuron Disease (MND). Well done to everyone for their efforts and wonderful support.

Proud and Deadly Aboriginal Awards Presentation – This took place last Friday at Albury High School and was an excellent day. I was very proud indeed to see and congratulate three of our students who received awards. Congratulations to:

- Tadium Maher – Encouragement
- Tia Charles – Sport
- Faith Smith – Citizenship

These three students have worked really hard and can be very proud of their achievements. They have developed a good understanding of their culture and continue to work hard to promote and teach others about their culture. Well done Tadium, Tia and Faith.

Kinder Orientation – This is attached to today’s newsletter and has a list of the dates for this year’s Kinder Orientation Program at our school. We look forward to seeing the students this Wednesday 19 November from 11.30 am to 1.00 pm. The new Kinders will meet their buddies, while the parents take part in an information session, including guest speakers.

If you have any questions, or would like an interview, please don’t hesitate to contact myself or Miss Mills.

Enrolments for 2015 are now being taken. Please see the school office for forms.

Remembrance Day Assembly – Well done to everyone for all their efforts, especially our school leaders, who did an excellent job.
Anti-Bullying Program – Every week, I want to try and put information in the newsletter to give parents more support to help work with their children about bullying.

Strategies to Deal with Bullies – Victims should:
1. Stay calm
2. Stand strong
3. Respond confidently
4. Walk away
5. Report to someone you trust

Cyberbullying leaves a trail
Many young people are unaware that everything they say and do online leaves a ‘digital footprint’ and although they may have deleted a message, picture or website, this can never fully be deleted.

If your child has been cyberbullied, here are a few tips for how you can save and report the evidence:
- **Mobile phones**: download and print the message or take a photo of the message on the screen with your camera. For nuisance calls or messages you can contact your mobile phone service provider and for threatening calls or messages, contact the Police.
- **Online content**: If content is posted on a website you need to contact the website directly. Most social networking sites (e.g.: Facebook, Twitter, MSN) have pages where you can report ‘inappropriate’ behaviour. Alternatively you can find more information of the Australian Communications and Media Authority (ACMA) website at: [http://www.cybersmart.gov.au/Parents.aspx](http://www.cybersmart.gov.au/Parents.aspx)

Jason Weaven, Principal

**ICE BUCKETED**

Last Friday, we had the ice bucket challenge, where the school leaders and teachers were ice bucketed! It was a really fun day, Year 2 did a fabulous MND assembly and most importantly, we have managed to increase awareness and raise an amazing grand total of $3,135 to go towards MND research in Australia!

A huge thank you must go to the P&C for donating the proceeds from their barbecue on Friday to the cause, as well as absolutely everyone for getting behind the idea, donating and coming to watch. There was some fabulous costumes worn and I think the staff were all very happy it was above 38°C.

A special thank you must also go to the following for sponsoring buckets: Holbrook Paddock Eggs, Holbrook Vet Centre, Holmes Sackett, Peter Ruarro Livestock and Property, The Vintage Tree Nursery, Elders Wagga, Lambpro, Darren Willis and Carlee Ireland, RSPCA, Watson family, Food by Sarah King, de Steiger family, King family, Swan family, Churchill’s Transport, Bull family, Libby and Simon Ward, R and T Jenkyn Livestock Transport, Julie Wright, Holbrook Stores and Mitre 10.

Motor Neuron Disease is a neurological disease which can affect a person’s ability to walk, speak, swallow and breathe and is inevitably fatal. There is no known effective treatment or cure for MND and a person diagnosed with MND has an average life expectancy of 27 months. At the moment in Australia 2 people die from MND every day and this number is increasing for unknown reasons.

Mr Weaven and Mr Preston were away on Friday, so stay tuned for when they will be getting ice bucketed!

Thank you again for your support.

Jess and Darkie Barr Smith

**IT’S NOT TOO LATE TO DONATE**

Our annual presentation evening will be held on Thursday 11 December 2014 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.

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**CANTEEN ROSTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 21 Nov</td>
<td>Sophie Hearn and Tracy Swan</td>
</tr>
<tr>
<td>Monday 24 Nov</td>
<td>Phoebe Gulliver and Kirsty Tepper</td>
</tr>
<tr>
<td>Friday 28 Nov</td>
<td>Chrissy Capell and Anna Watson</td>
</tr>
</tbody>
</table>
As of March 2015, the above positions will become vacant.

Would you like to be more involved with your child’s school?

Would you like to become a part of a great team?

If you answered “yes” to either of these questions and would like to know more about our P&C, please contact:

Tracy Swan on 0438 492 136
Anna Watson on 0448 367 288
Sophie Hearn on 0427 034 745

AUSSIES OF THE MONTH

Matilda Nevinson, Year 1
Playing well and always being helpful

Daniel Hawkins, Year 5/6
Always performing his duties to the best of his ability
STARS OF THE WEEK

Hamish Bull, Year 1
Sophie White, Year 5/6

AWARDS

Miss Mills
Annabelle Bickley – For producing work of a consistently high standard
Cooper Bower – For his fine attention to detail

Miss Murphy
Lucy de Steiger – For always being helpful, kind and friendly
Rory Gulliver – For excellent effort in all areas

Mrs Preston
Digby Gulliver – Excellent editing skills
Will Satchell – For his ‘never give up’ attitude

Mr Preston
Tyron Heritage – For being a fantastic team worker!
Jasmine Young – For showing initiative in class!

Miss Lavis
Aaron Heritage – Being kind and considerate to others
Matilda Preston – Making a real effort to develop her maths knowledge and skills
Millie Walsh – Displaying a high level of maturity to her learning

Miss Horan
Riley King – An excellent effort in spelling
Year 5 and 6 – For showing maturity and responsibility during our Melbourne trip

Mrs Wedgwood
Basketball Boys – Excellent sportsmanship and inclusiveness
Maddy Wheeler – For consistent hard work in maths. Top Effort!

Principal’s Awards
Sophie Ellison – Great results in spelling
Maddy Wheeler – Impressive work in maths

VALUES AWARDS - CARE
Junior: Molly Pitzen
Senior: Ellen Mathie

STAR CARD WINNERS
Yellow Playground Star Cards
Charlotte Clarke and Shalayla Wheeler
Blue Classroom Star Cards
Ella Lieschke and Alex Power

125 NIGHTS OF READING AWARD
Alex Power, Oscar Preston

175 NIGHTS OF READING AWARD
Harry Capell, Jim Henry, Wil Jenkyn, Hamish Livermore, Jorja Pardey

200 NIGHTS OF READING AWARD
Ella Lieschke, Madison Lumsden, Neve Scholz

SPORTSMANSHIP AWARD
Bailey Churchill, Phoebe Emerson, Joe Grunow, Ned Harrison, Kasey Henry, Rohan Jepson, Oscar Preston, Olivia Toll

SPONSORS OF THE WEEK
HOLBROOK NSW 2644
Mob: 0407 303 138
Email: leanne@vintagetree.com.au
www.vintagetree.com.au
COMMUNITY NEWS

WATCH THIS SPACE
Aqua lessons are coming soon!

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GTelectricaltrench@bigpond.com

Holbrook End of Year DISCO
where: Holbrook Public School Hall
when: Saturday December 13th
time: 6pm - 9pm
COST: $5 AT THE DOOR
GLOBANDS FROM $1 EACH
600ML WATER - $1 EACH!

PLEASE NOTE:
THIS IS A COMMUNITY DISCO
There will be no supervision by teachers.

Private Music Tuition
Available at the St Mary’s Convent after school.
Lessons available for: • Brass/Wind • Guitar • Ukulele • Voice • Keyboard • Strings
Enquire now on 1300 889 401 or email info@ramosmusic.com.au
Year 3/4 Excursion to Canberra
SPONSORSHIP:

The following businesses of Holbrook sponsor our newsletter. Please support them when you can.

**FOODWORKS**

Tony Brennan  
Owner / Manager  

FoodWorks Holbrook ABN 66 737 883 651 ACN 152 345 063  
127 Albury Street, Holbrook NSW 2644  
P: 02 6036 3288 F: 02 6036 3808 M: 0409 211 099  
E: foodworksholbrook@yahoo.com.au W: www.foodworks.com.au

**LIESCHKE MOTORS PTY LTD**

David Lieshke  
Dealership Principal  

10-30 Albury Street, Holbrook NSW 2644  
P: 02 6036 3123 F: 02 6036 3453 M: 0428 207 232  
E: lieschke@bigpond.com

**Ewen & Leeah’s Blinds & Awnings**

02 6036 3123  
0428 207 232  
ewenandleeahs@bigpond.com

**Churchill Transport Pty Ltd**

Anthony & Melissa Churchill  

Churchill Transport Pty Ltd  
P.O. Box 222, Holbrook 2644  
Mobile: 0418 424 522  
Ph: 02 6036 2224  
Fax: 02 6036 2228  
Email: office@churchilltransport.com.au

**Bounce Physiotherapy & Sports Injury Rehabilitation**

Sarah Finlay  

PH: 0409 907 058  
E: bouncephysiotherapy@bigpond.com

**The simplest way**

...stay healthy over Summer.

Summertime = BBQ time in Australia.

Here are five ways to make your barbies as healthy and delicious as possible.

- Limit or avoid processed meat like sausages and bacon.
- Use lean cuts of meat.
- Make sure half your plate is filled with veggies.
- Cook veggies like eggplant, zucchini and capsicum straight on the bbq (or as part of the kebab in picture).
- Make a few salads to serve on the side.
- Freezing fruits like grapes and berries make a delicious treat for a dessert on a hot day.

For more information visit  
www.eatinabottleat.com.au  
or join us at facebook.com/eatittobeatit

**Nutrition Snippet**
Unscramble the letters to find the words in our

Christmas Foods Anagram

Hidden Word (circled letters):

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