Dear Parents

Raffle
Mitre 10 Rochester have donated a “cubby house” for our Christmas raffle. Tickets for this fantastic prize go out with today’s newsletter. As a school community we need to really support this. To have such a major prize donated by a local business deserves to be supported with a big return of ticket sales.

Logo
Our students have had their creative hats on and entered over fifty entries into the logo competition. Last night School Council short listed these down to five. They are included in the newsletter as a “supplement” for you to have your say. School Council would like to make a final selection at the December meeting. We will have the final logo professionally “worked up”. Any feedback or comments would be appreciated.

Late to school
We have some students regularly arriving late for school by a few minutes. These few minutes do matter as this is the time teachers are talking to students and setting the day up. When your child is late they either start the day off playing “catch up” or the teacher needs to repeat their instructions.

Shade Sails and Sandpit Shelter
Our shade sails have been repaired or replaced although the wind we had the day after our 150th celebration blew another one apart. I expect them all back up by the end of the year. The solid roof shelter over the sandpit should go up next week.

Early dismissal
On Friday the 18th of December our students will be released from school for the summer vacation at 1.30pm. This is in line with DET policy to allow students to be released earlier than the 2.30pm regular early dismissal. It has always been a difficult period of time to bring students back in for thirty minutes after lunch with everything packed up. As we are the only school in town with students on this day the buses will be able to roll out at 1.30pm also.

Battery Round Up
It is on again! [actually it never really stopped] If you have car, truck, tractor or heavy machinery batteries that you want to get rid of we are very happy to take them off your hands. Our Battery Round up Cowboys will come and collect them or they can be brought to school and I will help you unload them. This has become a significant fund raiser for the school.

Graeme
Student of the Week
Prep Collins
Gr 1 / 2 Ellis
Gr 1 / 2 Wright
Gr 3 / 4 Picone
Gr 4 / 5 Trickey
Gr 5 / 6 Ross
Gr 5 / 6 Rasmussen

Cadence Major
Chelsea Purdy
Eva McGowan
Brooklyn Sparkes
Bronwyn Macague
Majella McLeod
Charlee Roulston

Curriculum News

Welfare Update:
Positive Mental Health for Parents and Carers-

What does it mean for parents and carers to look after themselves?
Looking after parents’ and carers’ mental and physical health is just as important as looking after children’s. Some ways parents and carers can look after themselves can be to eat well, exercise regularly and have positive relationships.

Why is it important for children that parents and carers to look after themselves?
When parents and carers are supported to look after themselves, they are more likely to feel good. This means they are more able to provide their children with the best care possible. Being healthy helps parents and carers relate to and make good decisions for their children. This promotes positive mental health and wellbeing in children and allows families to enjoy time together.

Children’s mental health and wellbeing is promoted when parents and carers look after themselves.

Parent line: Anytime you may need extra support or advise with parenting concerns / issues don’t hesitate to call a free Parenting Helpline on -13 22 89. Professional counsellors are on hand 7 days a week from 8 am – midnight. They are able to explore a variety of issues that impact on parenting and relationships.

O H & S
Emergency Management Plans are regularly checked and updated in our school. This is currently being done. As a part of OH&S we need to put into practice safe work habits and maintain these. This applies to every person within the school. Being aware of evacuation and lockdown procedures are important drills to practice as well. Any visitor to the school on a day when we do rehearse these drills must be involved as everyone needs to be accounted for at the evacuation point where a roll check is completed.

Grade 3 /4 News.
• On Monday Grades 3 & 4 walked down to the rail bridge to participate in some science investigations about how plants provide shelter for animals and how they rely on each other to live. They also discovered that the tree was a boarding house. Using a hoop to create a boundary they observed, drew and labelled what animals they saw living in this space, and what plants needed to live in with. They carefully looked under the bark of trees and into the branches and leaves using scientific tools... a stick, a glove and a magnifying glass. Students were extremely engaged and returned to school with lots of information to complete their scientific report. Mrs Picone would like to thank Wendy and Abigail for scaring the daylights out of her while chasing her with a massive huntsman.
Gr 3 / 4 News (cont.)

- Health... As part of our drug education program students have been looking at how to use medicines safely. On Tuesday we looked at ‘how do my friends and I take medicine safely... peer pressure’. We made masks, wrote our own plays and acted out some positive and negative consequences for taking medicines the correct way and the wrong way. We laughed a lot at our great plays and our acting skills. It was great fun!

![Image of students wearing masks and acting]

CANTEEN NEWS
Roster for November/December

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Friday 13th</td>
<td>Dani Wells</td>
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<tr>
<td>Monday 16th</td>
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<tr>
<td>Tuesday 17th</td>
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<tr>
<td>Wednesday 18th</td>
<td>Anne Chirnside</td>
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<tr>
<td>Thursday 19th</td>
<td>Rachael Major</td>
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<tr>
<td>Friday 20th</td>
<td>Leisa Evans/Sausage Sizzle</td>
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<tr>
<td>Tuesday 24th</td>
<td>Vanessa Fitzgerald</td>
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<td>Wednesday 25th</td>
<td>Di Milgate</td>
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<td>Thursday 26th</td>
<td>Dani Wells</td>
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<tr>
<td>Friday 27th</td>
<td>Elizabeth Read</td>
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<tr>
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<tr>
<td>Tuesday 1st December</td>
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<tr>
<td>Wednesday 2nd</td>
<td>Tara Harris</td>
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<tr>
<td>Thursday 3rd</td>
<td>Leisa Evans</td>
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<td>Friday 4th</td>
<td>Carl Honey &amp; Shae Locke</td>
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<td>Tuesday 8th</td>
<td>HELP WANTED</td>
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<td>Wednesday 9th</td>
<td>Sam Bywaters</td>
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<tr>
<td>Thursday 10th</td>
<td>Dani Wells</td>
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<tr>
<td>Friday 11th</td>
<td>Leesa Purdy</td>
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CLOSED FOR THE REMAINDER OF THE YEAR.

INFECTIOUS DISEASES
We have had a reported case of suspected Whooping Cough. Please be aware of this with your children.

WANTED
Do you have a keyboard and mouse at home that would suit an old McIntosh Computer that you no longer want? We are looking for one! If you can help please see Janis.

Showbags
We have a few left over showbags from the Fair. These will be sold at the Canteen for a short time only $4.00 each.

Will be available on tomorrow, Friday, Tuesday & Wednesday of next week unless sold out.
OUR 150TH CELEBRATIONS

Souvenirs are still available to purchase. 150th Book $25 (limited number), Glasses $12, Stubby Holders $5, Teaspoons $5, 125th Anniversary book $5.

Christmas News*

Raffle tickets for our Christmas raffle are attached to the newsletter. Tickets are $2 each. Please use both sides of the ticket. If you do not wish to sell them please return book to office. Tickets & money due in Thursday 3rd December. Raffle drawn FRIDAY 4th December.

CHRISTMAS STALL - Wednesday 2nd December

Students will be able to purchase Christmas gifts ranging from $3 to $5. More information to follow next week.

COMMUNITY NEWS

ROCHESTER LAWN TENNIS CLUB

Junior Doubles tournament, Sunday 29th November.
8.30am registrations for a 9.00am start. $10 entry. At the Rochester lawn courts.
Open to all juniors 16 & under playing junior tennis.
Entries to Lisa Myers 0408 371 837 or Simone Palmer 0417 336 404 by 27th Nov.

FREE - Two white single beds with mattress. In very good condition. Please contact the office if you are interested.

FRONI’S CIRCUS

One Show only! Wednesday 18th November @ 7.30pm. Rochester Showgrounds. Adult’s $20 each, Children $15 each (ages 3 to 14). We have two tickets at the office to give away (admit one). If you intend on going to the Circus please call in and ask for a ticket. First in ....