Did You Know?
In NSW, close to 60% of children do not eat the recommended amount of vegetables. Eating fruit and vegetables every day helps children and a teenager grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

Some ideas to try:
Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
Add chopped or pureed fruit to plain yoghurts.
Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
Chop up some fruit or vegie sticks for the lunchbox.
In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids and teens be more active
- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.
- Limit the amount of time that kids and teens spend on ‘small screen’ entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.
- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they’re being active outdoors.

Ghana Beat My Drum
On Tuesday, 22 October, Jonas will be visiting KPS to share his performance entitled ‘Ghana Beat My Drum’. Ghana Beat My Drum is a music show that incorporates lots of interesting stories from Jonas’s childhood in Ghana, Africa. The cost of the show is $4 per student. Notes and money are due Friday, 18 October.

Science Discovery Demonstration
On Monday, 21 October the ‘Science Discovery Project’ will be visiting KPS to do an electricity and magnetism demonstration. The show is for all students K-6 and there is no cost involved.

Kinder Orientation
Kinder enrolments are now being accepted and the orientation days start Thursday, 7 November. The orientation program gives pre-school aged children the opportunity to experience pre-school based activities within school routines. From past experience it enables the children to settle in and adjust to be ready to learn as soon as they start school next year.

Final Payment for Excursions
Please note due to the new finance and administration system being implemented at the beginning of November, all payments must be finalised for Midginbil Hill by Friday, 25 October and Fraser Island by Monday, 28 October.

Jump Rope for Heart
Established in Australia in 1983, Heart Foundation Jump Rope for Heart is renowned for being one of Australia’s most popular physical activities and fundraising programs in schools. This Term our school will be participating in Jump Rope for Heart, incorporating a fun fitness program for Weeks 1 to 5. Students are encouraged to raise $10 each as our school target to gain valuable sports equipment in prizes. Sponsorship forms have been sent home. Importantly, our whole school will hold a “jump off” with every class presenting a skipping routine on Wednesday morning of Week 5, 13 November, at 9:30am. Parents are welcome to come and watch the skipping fun, to be held in the hall!
What's happening

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Week 2</th>
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<tbody>
<tr>
<td>Thur 17/10</td>
<td>Public Speaking Comp for KEEP &amp; SRC students</td>
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<tr>
<td>Fri 18/10</td>
<td>Payment due for Beat My Drum</td>
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<table>
<thead>
<tr>
<th>Term 4</th>
<th>Week 3</th>
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<tbody>
<tr>
<td>Tue 22/10</td>
<td>Beat My Drum Performance</td>
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<tr>
<td>Fri 25/10</td>
<td>Migrinbill Hill final payment due</td>
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<table>
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<tr>
<th>Term 4</th>
<th>Week 4</th>
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<tr>
<td>Mon 28/10</td>
<td>Fraser Island final payment due</td>
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Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Thur 17/10</td>
<td>Y. Bateman</td>
</tr>
<tr>
<td>Fri 18/10</td>
<td>J. Wilson</td>
</tr>
<tr>
<td>Mon 21/10</td>
<td>J. Wilson</td>
</tr>
<tr>
<td>Tue 22/10</td>
<td>Helper needed</td>
</tr>
<tr>
<td>Wed 23/10</td>
<td>J. Wilson</td>
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</tbody>
</table>

Friday Special: Homemade Lasagne $4.50

Canteen News

New homemade ice blocks will be for sale shortly. Flavours will be banana and strawberry. Ice blocks will be dairy, gluten, preservative, sugar and colour free. Any suggestions or ideas are greatly appreciated. Call Jess at school. Thanks.

Changes for Term 4 Sport For Stages 2 & 3

Sport for Stage 2 and 3 this Term will be swimming. This will commence Thursday, 9 October for Stage 3 (5/6M, 5/6O, 5/6B) and Tuesday, 15 October for Stage 2 (3/4K, 3/4M, 3/4R). Remember to bring $2.25 for pool entry (or season ticket number).

Scripture

Scripture will still be held on a Thursday. Classes will be held before and after recess.

Public Speaking Competition

KEEP and SRC students of KPS will be going on an excursion to Lismore City Hall to be spectators of the Grand Final Public Speaking Competition. The excursion is on Thursday, 17 October. Students will leave KPS at 9.15am and will return by 2pm.

Student Banking

We had a great response with lots of students banking this week. The winner of the Commonwealth Bank backpack is Pippa Kennedy from KS.

Gold Awards Week 2 Term 4

Pip Kennedy, Hans Isele, Tom O'Reilly, Piper Parker, Zeik Allan

Silver Awards Week 2 Term 4


Bronze Awards Week 2 Term 4

Riley Breen, Lily Blake, Gemma Graham, Samantha Martin, Kaitlin Murphy, Mahli Nielsen, Megan Reid, Shanaya Scarborough, Alicia Simpson

Kyogle Swimming Club

Pointscores has started back for the summer season. It is on every Friday night at the pool commencing at 6pm. New members most welcome. It’s a great way to improve your swimming skills. Friday, 25 October is bring a friend night.

KYOGLE JUNIOR CRICKET

"Milo In2cricket" Starts 30th October, 2013

4pm at Rec Grounds $65/player (includes kit - shirt, hat etc.) Ages 5-10 years old

For more information please contact

Karen - 0428 322313 or Tony - 0429 827256

Joys Learn to Swim - all ages. Starting soon $8 for 1/2 lesson. Monday to Friday afternoons & Saturday mornings.

Contact Joy 66 362 138 or 2429 184023

Values: Integrity, Excellence, Respect, Responsibility, Cooperation, Participation, Care, Fairness, Belonging, Pride