

Dear Parents and Community Members

Welcome back to another busy term as we brace ourselves for the end of year wrap up. Along with reports and Christmas concert preparations, we will all be very busy in making sure all of our students are fully prepared for whatever adventure awaits them next year.

Mrs Richmond is currently on leave but will hopefully return next week. In the meantime if any one has any concerns please feel free to give me a call.

Josie is sending out today, booklists for 2016. Please complete online. Instructions for completion on line are on the first page of the booklist sheets that have been sent home today. If you do your order before the 1st December delivery will be free any orders placed after the 1st December will incur a charge for delivery. If you have any questions in regards to placing you order, please give Josie a ring.

Regards
Sherree Nicholson
Acting Principal

Art and Craft

Please save

- Bottle tops - all colours - from milk and juice bottles.
- Baby formula tins - these are perfect for paint brush storage.

Upcoming Events

Wednesday 18th November - 20 Blast Cricket Carnival held in Southern Cross for all Year 2 - Year 6 students. More information as this gets closer.

Monday 23rd November - Transition Day for Year 6 students that will be attending Merredin College in 2016.

BIRTHDAYS Angus Irving 13th October
(belated) 12years old



Award Winners

Term Three Week 9

Charli Pobke for a significant improvement across all areas.

Angus Irving for his dedication to and encouragement of others during sports carnival practice.

Zion Fogarty for displaying an excellent attitude towards learning and for putting his best effort into all activities.

Clair Harvey for the fantastic research report she produced and the enthusiasm she showed towards the task.



I am a South Australian school student doing a Year 12 Research Project. My chosen topic is aimed at finding ways to reduce the incidence of heart attacks amongst rural and remote Australians. I have created a survey which can be accessed from the following link:

<https://www.surveymonkey.com/r/hearthealthruralandremote>

Whilst the responses will remain anonymous, the results of the survey will be included in my final report and submitted to the SACE Board.

I am looking for survey participants who live in rural and remote areas. As a principal of a remote area school, whom I believe would have a keen interest in the well-being of students and families in remote areas, I would really appreciate it if you would complete my survey. I would also be very grateful if you could encourage any other adults in your community to complete it as well.

Alex Miller



SXDHS P&C

“Halloween DISCO”

Friday, 30th October 2015
6.30pm– 9pm @ Complex Lounge, SX
\$2.00 per child
(children under 10 to be supervised)

Theme:

****Halloween****

**Get your freak on & head on down
to the Disco!!!**

Prizes for Best Dressed in 6 age categories

Sausage Sizzle, Drinks, Chips & Lollies on sale

Hope to see you all there!!!

Moorine Rock Tennis Club - Junior Coaching

Tennis Coaching will commence on Saturday 17th October 2015 at the Moorine Rock tennis courts.

The coaching program will run for 5 weeks, concluding with the Junior/Senior Tournament on Sunday 22nd November.

Cost is \$20 per child or \$50 for a family of 3 children.
Participants will need to bring their hats, water bottles and a piece of fruit to share for morning tea.
Milk shakes will be on sale for 50c.

Any child who is in Pre-primary or primary school is invited to register their name with
Lib Irving
(ph: 90498001 mob: 0429498000).

Time: Pre-primary - Year 4's 9am - 10am
Years 5 -7 10am - 11am

There may be some changes to these times, depending on ability.



The dental van has just been relocated to Narembeen DHS. Our phone number is below should any child/ren need dental attention.

Thank you

Laura and Kerry
Dental Therapy Mobile Van
C/- Narembeen DHS
Ada Street
Narembeen WA 6369
0459 241 543





Walk over October

Walk Over October aims to get people walking more and sitting less. Walking is a simple and cheap way to be active. Walking for transport is also good for the environment as it reduces pollution from cars.

How much walking is enough?

10, 000 steps each day is the recommendation for good health, or about six kilometers. Why not try using a pedometer to count your steps each day?

How can you get involved?

- Your school can get involved in **Walk to School Day** (21st October 2015 or another chosen time in the month)
- Community and workplace events
- Online walking challenge

Check out <http://www.walkoveroctober.com.au/> for more information and ideas.

What happens when October is over?

Walking is a good way to be active all year round. If possible, try and include some of these every day.

- Walk your kids to school to drop them off and pick them up.
- Park your car about 1km away from the school or bus stop and walk the rest of the way.
- Walk rather than drive your car to work meetings or when running errands around town
- Set up a walking group with friends.