Dear Parents,

**Opera House**
Today a section of the choir have headed off for Sydney to sing at the Opera House. Our talented group will join with other schools from around the state to form the large choir as part of a large showcase of musical talent in the Public Education system. I know they will do us very proud.

**Term Calendar**
Attached to today's newsletter is a term calendar. Important events such as our major play and presentation day are marked for you so you may plan to attend. I hope the calendar allows you to have a good picture of what we will be doing for the next 10 weeks.

**Kelso Cash**
From Monday children will begin earning points on a daily basis with the aim being to accumulate enough points to buy items from the school shop. To earn points each day all children need to do are 3 simple tasks.
1. Be at school on time
2. Be in full school uniform
3. Have a school hat
Each task will earn 1 point per day earning up to 15 points per week. Please help you children earn their points so they may redeem them for rewards.

Lance Cooper
Principal

**Canteen Meal Deal - Monday 22nd October**
Pluto Pup
LOL
Ice Block
Cost $6.00

The Canteen will be open for lunch orders this day only.

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**Don’t Forget . . .**
School CANTEEN will be CLOSED until further notice.
Smart Start—Kinder Transition Thurs.
This term we are investigating the concept of growth and change in all forms of life.

We will be looking at different types of plant life, different animal and insect species and our own human growth.

We are commencing with what will help us grow as healthily and strong as possible. We are concentrating on diet, exercise and a healthy lifestyle.

We carried out a Fruit Break survey. 

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oranges</td>
<td>~ 3</td>
</tr>
<tr>
<td>Strawberries</td>
<td>~ 7</td>
</tr>
<tr>
<td>Apples</td>
<td>~ 3</td>
</tr>
<tr>
<td>Fruit salad</td>
<td>~ 1</td>
</tr>
<tr>
<td>Grapes</td>
<td>~ 3</td>
</tr>
<tr>
<td>Pineapple</td>
<td>~ 1</td>
</tr>
</tbody>
</table>

We have been busy researching the amount of exercise everyone should do everyday. It should be at least 40 minutes of fast exercise per day or 60 minutes of continuous exercise such as walking or swimming to stay healthy.

Our favourite food types include: sushi, Chinese, fish, salads, spaghetti bolognaise, tacos and chicken.

This term we are making a big effort to always bring a healthy recess and lunch to school.

Our favourite types of exercise are: football, hockey, swimming, running, riding our bikes, scooters and roller blades.
Active After School Communities – Term 4, 2012

Commencing Week 2 and running until Week 8, Active After School Communities offers children of all ability levels the chance to develop skills in a range of sports, develop their fitness and have lots of fun! This term we are running Circus Skills on Monday and Cycling + Games on Tuesday afternoons, commencing at 3.15pm in the courtyard. Students need to be picked up at 4.30pm on the top oval.

Please complete the attached permission slip and return to Ms Hall or Mrs Daymond if you would like to attend this free program.

I give my child/children …………………………………………………………………………………………………………… permission to attend Active After School Communities on Monday and/or Tuesday afternoons (please circle days your child is attending).

My child/children will be picked up or walk home at 4.30pm. (Please circle)

Signed: ……………………………………………………………………………………………………………………………………………

Name and Contact Number: ……………………………………………………………………………………………………………

Please outline any medical issues your child/children may have.

…………………………………………………………………………………………………………………………………………………………
**Bathurst RSL Fishing Club BCF Carp Blitz 2012**

Sunday November 4 2012, 7.30am—2.00pm
Evans Bridge, Macquarie River, Bathurst

Entry by Gold Coin Donation to RSL Fishing Club Trust. All proceeds used to restock native fish in local waterways.

Great Prizes | BBQ | Refreshments | Free Bait
---|---|---|---
NSW Fisheries Info | School Teams Comp | Fishing Licences Available | St John Ambulance in attendance
Central West Catchment Authority Info

Bring your fishing gear, fun day for families.

Eddie Allman | Steve Reynolds
President | Secretary
6331 6764

Please note that we still have vacancies for our **Black Dog Institute R.E.A.C.H Support Group Program** which be beginning on October 18th at the Central West Women’s Health Centre.

**R.E.A.C.H** is a **FREE** 9-week psycho-educational support group program for women with a mood disorder, run by qualified Black Dog Institute trained Facilitators.

**R.E.A.C.H** is suitable for women over 18, who have lived with a diagnosis of depression or bipolar disorder for at least one year. Eligible participants will also need to demonstrate:

- Capacity to participate in a group setting
- Acceptance of their illness
- Commitment to attend 9 weekly sessions
- Motivation to implement ‘stay well’ strategies

**Topics include:** Fostering strengths, dealing with loss & grief, identifying early warning signs & triggers, nurturing wellbeing & support networks, & creating a unique ‘Stay Well Plan’.

**Dates:** 18 Oct – 13 Dec 2012 (each Thursday for 9 weeks) **Time:** 10am – 12pm

**Venue:** Central West Women’s Health Centre (CWWHC), 20 William St, Bathurst

**Facilitator:** Linda Leard, Counsellor

**To apply:** Phone CWWHC reception: 02 6331 4133 or email Annele Watt at healthed@cwwhc.org.au or Linda Leard at counsellor@cwwhc.org.au

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**“123 Magic”**

Based on the work of Thomas Phelan, MD

“123” Magic is an exciting program that is tried and tested; it teaches parents how to get their children to do the things they want them to do. It teaches discipline techniques that really work.

**WHEN:** 1st Nov, 8th Nov & 15th Nov, 2012, 10:30 am to 12:30 pm

**WHERE:** Centacare Bathurst 107 William St

**COST:** FREE

**To register:** Phone Centacare on 6331 8944

Come along and join us!

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**The Community Hub Committee at Kelso Public School** would like to invite families to attend an event to help connect families and children to local services that support their needs – see flyer attached.

Please distribute and promote through your service and networks.

**Date:** Thursday 8th November

**Time:** 11am – 1.30pm

**Venue:** Kelso Public School courtyard

**Purpose:** to provide an opportunity for families and children to access a range of services of relevance to families within a school setting. The day consists of a number of short presentations on specific topics as well as stalls for families to gather information from a range of organisations. Join us for a FREE BBQ and giveaways plus join in to enter the prize draw.