DATES TO REMEMBER

Wednesday 31st August: Sports Carnival

Wednesday 7th September: School Council Meeting 1.30pm and Assembly at 2pm

Wednesday 14th September: Poetry Festival

Friday 23rd September: Last Day of Term

Monday 5th December to Thursday 15th December: Swimming Lessons

Wednesday 9th December: Year 1-6 Excursion to Velveteen Rabbit.

Thursday 15th December: Last day of School

So many braved the weather and came for the free fun day event for all the family at the fete on Sunday. This fantastic community event was organised by Kelly Kelly P&C president and some dedicated supporters. Mrs Kelly reported that in spite of the weather the P&C raised plenty of funds to support children at our school.

This free community event was a fun-filled day with something for everyone with a sausage sizzle, plenty of cakes, bouncy castle, face painting and much, much more. This school fete was a success, with free fun entertainment and activities for children to enjoy. It was nice to see everyone here having a leisurely wander around the stalls.

The local community has been very supportive of this event. If you are interested in holding a stall at the next Southwell Primary School Fete contact the P&C.

I am delighted to welcome Mr Graeme Ward who will be working at Southwell. He has been appointed as an Education Assistant until the close of the year.

I would also like to introduce Mrs Kim Buss who will be on our teaching team until the end of term 3. Mrs Buss will be teaching Art, Health and Physical Education.

PATHS is a program that targets the development of social and emotional competence in order to build children’s protective factors and decrease the risk of behavioural and social problems. It is designed to promote social and emotional competence, prevent violence, aggression and other behavioural problems, improve critical thinking skills and enhance the classroom climate. This whole school program has been a focus for our school this year with all staff receiving training and coordinated by Mrs Rowe, our Kindergarten teacher.

During semester two, our chaplain, Mrs Stapleton had been running our Health program with PATHSs as the driving content. PATHS covers five conceptual domains:

- Self-Control
- Emotional Understanding
- Positive Self-Esteem
- Relationships
- Interpersonal Problem-Solving Skills

If you would like to know how you could use some of the PATHS strategies please feel free to talk to our staff. You will find Mrs Stapleton and the Coordinator Mrs Rowe most knowledgeable about PATHS processes and approaches to the development of social and emotional competence.

Elizabeth Melville
The health committee will be running a healthy lunch box campaign. With the unpredictable nature of our day to day lives, preparing and packing a healthy lunchbox can be a difficult task. Finding time to shop and prepare interesting and healthy meals for school lunches can stressful. But the foods we send to school with our kids can contribute up to 1/3 of their daily intake of nutrients. So it’s important to pack a balanced lunch to ensure they’re getting the nutrients they need.

**What is in a balanced lunchbox?**
- Pack the core 4 + 1 for active kids
- Main Lunch
- Core Snack
- Piece of fruit (seasonal)
- Water with an additional small reduced fat milk drink or 99% fruit juice (aim for <200ml serve) for added variety throughout the day
- +1 Extra snack for active kids

Add extra core snacks or one small ‘extra’ pre-packaged snack **once a week.**

Keep “occasional” foods such snack food bars, sweet biscuits, flavoured or coated popcorn and savoury biscuits and chips out of the lunch box. Although they can offer a practical convenient solution for lunchboxes, they should not replace the core snack and should be kept for special occasions. Avoid including the ones with added confectionery and opt for wholegrain varieties packed full of whole foods you can see with your eyes.

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**Sports Carnival**

Wednesday 31st of August is our Sports Carnival day so don't forget to come along and support your children as they compete in running races and team events.

The day starts at 9am in the undercover area. Children are encouraged to wear their faction colour and have hats, sunscreen and water bottles with them. Please remember if you are using coloured spray on your child’s hair this must be completed at home as any spray cans brought to school will be confiscated.

Lunches are available through the canteen and order forms have been sent home. Please make sure these are completed and returned tomorrow to enable smooth organisation for the canteen helpers. The lunch break is from 12 to 12:00pm.

The P&C are running a cake stall on the day so if you are able to donate a cake or bring a few dollars to purchase a cake we would be very appreciative.

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**Swimming Lessons**

Swimming lessons will happen in Term 4. This year the cost is $45 and there will be 8 lessons starting on the 5th December and concluding on the 15th December (Last day of the year). There will be no lesson on the 9th December due to a whole school excursion.

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**Homework Club**

A homework club for all Aboriginal students has now commenced and is held every Wednesday afternoon from 2:30 to 3:30. Children are welcome to come and enjoy some educational activities, do home reading and complete any homework they may have.

Afternoon tea is provided and parents are more than welcome to come and participate in their child’s learning.