PRINCIPAL’S COMMENT

GIANT CHRISTMAS STOCKING RAFFLE
P & C FUNDRAISER

WANTED!

We are seeking donations of NON-PERISHABLE food items, (please no out-of-date food) or any other suitable items (eg Christmas decorations, wrapping paper, toys (not 2nd hand), that can be placed in our Christmas Stocking Hamper. The raffle will be drawn on Tuesday 16 December. Please assist the P&C with this final fundraiser for 2014.

You can drop off your NON-PERISHABLE food items during school hours anytime!

MONSTER GARAGE SALE
BEECHWOOD PUBLIC SCHOOL
FUNDRAISER

Sunday 16th November, 2014
(Beechwood Billy Cart Derby Day)

At BEECHWOOD PUBLIC SCHOOL from 8.00am

WANTED – YOUR SALEABLE GOODS!

We are seeking donations of saleable goods that can be sold on this day. Check your spare rooms, garages and storage sheds for all unwanted items. It’s a good opportunity for a Spring cleanout! Remember one person’s trash is another person’s treasure!

Please drop off during school hours anytime soon!

Years 3&4 Bonny Hills Camp
Final payment and permission and medical notes are required NOW!
Total Cost is $145 (includes $50 deposit)

School Parliament Assembly
Friday 7 November 2014
at 10.00am.
All welcome!

FRIDAY FUNDRAISING

Chicken Sausages on bread may be purchased at $2.00 each and Bulla Splits $1.50 each. Half a sausage in slice of bread available for $1.00. Slushies are available ($2 each) and poppers/flavoured milk ($1.50 each).

Volunteers rostered on for Friday Fundraiser please note that the bread is now ordered from the Beechwood General Store each Friday. You will just need to pick up and pay for and be reimbursed from the school office.
Also, please check the Friday Fundraiser checklist before ending your shift and ensure that oven is turned off and the Slushy machine is topped up. (Only use the mix which is kept in the fridge and is ready to pour straight into the machine). There is a copy of the checklist near the sign on book in the canteen and if there are any questions you can contact either Alison Copelin or Ms Jungblut.

**TERM 3, 2014 – FRIDAY FUNDRAISER ROSTER**

| WEEK 5:  | Friday 7 November | 11.30 – 1.30pm | Leanne FARRINGTON |
| WEEK 6:  | Friday 14 November | 11.30 – 1.30pm | Wendy COOPER – (Change to Roster) |
| WEEK 7:  | Friday 21 November | 11.30 – 1.30pm | Scott BATTLE |
| WEEK 8:  | Friday 28 November | 11.30 – 1.30pm | Judith STYLES |
| WEEK 9:  | Friday 5 December  | 11.30 – 1.30pm | Patricia CRAIG |
| WEEK 10: | Friday 12 December | 11.30 – 1.30pm | Jodie HUTCHEON |

If your rostered date is not suitable, please contact Mrs Reid in the office as soon as possible.

**LIBRARY**
The end of the year is fast approaching, so please check at home for any overdue school library books. Overdue notices will be sent home this Thursday. Please notify the school if books cannot be found at home by writing an explanation on the notice slip and returning to the office. Thank you.

CHERYL CARPENTER  
School Admin Officer

**CANTEEN NEWS**

**Wednesday Pizza Meal Deal**
In Week 8 on **Wednesday** 26 November the canteen will be doing a special Christmas Meal Deal. An order form will be given out with today’s Bulletin. More information will be available in next week’s Bulletin.

**Monday Canteen Roster:**

| WEEK 6: | Monday | 10.11.14 | Irene DOWTON |
|        |        |         | Darren ROWLEY |
|        |        |         | Supervisor Lee-Ann ROBERTS |
| WEEK 7: | Monday | 17.11.14 | Jodie HUTCHEON |
|        |        |         | Bek BUCHANAN |
|        |        |         | Supervisor Lee-Ann ROBERTS |

**BOOSH NEWS**

**ARE YOU LISTENING?**
How richer the world would be if we could honour our children by hearing their voice and ensuring that every child feels valued, listened to and protected.

We strongly believe that a child’s voice must be privileged in relation to play and all other matters affecting them, because by listening to children, we learn about their feelings, about their needs and what will work for them. We have lots of discussions at BOOSH regarding our day and program.

This consideration lends to ownership of our activities and we feel the children are enjoying craft, sport and play.

Our week has been busy revisiting important issues for this time of year - “Kids Alive do the 5” and “Stranger Danger”, following Red Day last Friday.

The BOOSH Staff

**COMMUNITY NEWS**

**Camden Haven Triathlon Festival** - 22nd/23rd of November. Junior races to suit all ages and abilities from 1.00pm Saturday along with an ocean swim and senior/teams sprint triathlon on Sunday morning. For more information and entry forms visit [www.portmactriclub.com.au](http://www.portmactriclub.com.au)
**Working Bee**
The Beechwood P&C is extremely lucky to have been selected as a recipient of a STIHL WORKING BEE. We will be holding a working bee on the school grounds on Sunday November 23 to complete some necessary maintenance work. Our local Stihl dealer will be in attendance and we will be able to use a selection of Stihl equipment.
The working bee will commence at 9.00am and conclude with a BBQ lunch. We would love it if as many friends and family of the school could come along and help us on the day.

**Christmas Raffle**
The P&C will be holding their annual Christmas raffle again this year and will be asking for donations of non-perishable groceries and Christmas items which can be included in the raffle. Please drop any donations off to the office.

**Facebook Page**
Please LIKE the Beechwood P&C Facebook page @ https://www.facebook.com/beechwoodPandC to keep up to date with P&C news.

**Vickers Fudge**
Do you like Vickers Fudge and own or work in a business that would be prepared to support our latest fundraising effort? Beechwood P&C is about to order a dozen boxes of Vickers Fudge that will be distributed to various businesses and shops in the local area where the public can purchase the fudge.
If you have or work at a business that would be prepared to place a box of fudge on their counter, please let Steve (0427 990 317) know.

**Produce Stall**
The P&C has opened a Produce Stall outside the office at Beechwood School. Please feel free to purchase any of the produce in the boxes, some being from the school’s own vegetable garden as well as donated produce, using an “honesty box” system. Eggs have a set price but all other produce is by donation. (Empty egg cartons greatly appreciated).

If you have any excess produce that you would like to donate, like fruit, vegetables, eggs or even jars of jams and pickles, please place into the insulated boxes and add the item name to the list on top of box.
All proceeds from the produce stall go to the P&C Association to put towards school projects benefiting the whole school.

Leanne Farrington - P & C Representative
物理活动
物理活动可以显著受益于5至12岁的孩子的健康。

物理活动：
- 促进健康成长和发育
- 增强肌肉和骨骼
- 提高平衡，发展技能
- 维持和发展灵活性
- 提高心血管健康
- 有助于放松
- 有助于保持姿势
- 提供结交朋友的机会
- 提高自尊

物理活动的量
国家运动活动指南建议澳大利亚人每天至少进行60分钟的中等到高强度的体育活动。这可以在一天中分散开来。孩子们在学校中没有得到足够的体育活动，因此鼓励你的孩子在课前和课后都保持活跃。

一些与你的孩子一起活动的方式：
- 步行上学，操场或托儿所
- 骑自行车在公园或骑自行车
- 在后院玩游戏
- 跳舞听音乐
- 鼓励运动和组织的活动
- 安排定期的家庭活动时间