PRINCIPAL’S MESSAGE

Dear Parents,

It has been so wonderful to be back at school and be greeted so warmly by our wonderful students this week.

Can I initially thank Mr Morgan for his outstanding effort as relieving Principal. Mr Morgan did a tremendous job at a very busy time for our school. A huge thank you to Mrs Todd also for her wonderful work as relieving Assistant Principal, firstly for Mr Tucker and then for Mr Morgan. We are so fortunate to have such efficient and dedicated staff who can step up and keep our school steamrolling along!

Congratulations to our stage 3 students for such a great Canberra excursion. Our students were an absolute credit to our school with our teachers even noting their outstanding behaviour compared to other school groups at the various attractions. Perhaps the greatest indication of their tremendous behaviour was that one of our parents ran into the bus driver on the weekend who reported it was the best school group he had ever been away with. High praise indeed! A huge thank you to Mr Morgan, Mr Kristof and Mrs Thompson for their caring and diligent supervision throughout this activity. Also thanks to the wonderful Mrs Ptolemy for her amazing organisation prior to the event. Most of all thanks to our students for making us so proud!

It is great to report that the school has 65 enrolments for Kindergarten in 2015 at this stage. We have been overwhelmed with enthusiasm for our Kindergarten program and we are most excited about our work for 2015. Mr Morgan and his team conducted a great orientation visit including the classroom visit last week. Our new students were enthusiastic and excited as were their parents. Well done to all involved in the activity and we look forward to the second activity, our Teddy Bear’s Picnic on Wednesday November 19. See you there!

As we are now in the process of forming classes and assigning staff for 2015, please ensure that if you are not returning to our great school in 2015, you let the front office know in writing as soon as possible. If your child has any special needs or there is any other information you would like considered please drop in or phone me as soon as possible on 47301201. Please do this, even if it is information you have shared with the school previously. Thanks for your help on this matter.

Just a reminder that the school carpark is not a drop off zone or are parents permitted to park in it. Please ensure you co-operate with this request so that other measures don’t need to be implemented.

We are looking forward to an exciting and fun finish to the year! Enjoy!

Adam Wynn
Principal

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Year 6 Farewell and Graduation Fundraiser $2 Mufti Day

The Year 6 will be holding a $2 ‘Crazy Hair’ Mufti Day on Thursday, November 13 to assist with their preparation for the Farewell and Graduation.

Students may come to school with coloured or styled hair of their choice.

We appreciate the continued support from our school community.

May Ptolemy
CGPS Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>November 17</td>
<td>Last day for Selective High School online applications</td>
</tr>
<tr>
<td>December 3</td>
<td>High School Orientation</td>
</tr>
<tr>
<td>December 5</td>
<td>Assembly – Year 6 Presentation</td>
</tr>
<tr>
<td>December 11</td>
<td>Christmas Picnic 5.00 p.m.</td>
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<tr>
<td>December 12</td>
<td>Principal’s Assembly 9.15 a.m. Talent Quest 12.00</td>
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<tr>
<td>December 15</td>
<td>Presentation Assembly 9.15 a.m.</td>
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<tr>
<td>December 16</td>
<td>Year Farewell/Graduation 5.30 p.m</td>
</tr>
<tr>
<td>December 17</td>
<td>Students last day</td>
</tr>
<tr>
<td>2015 January 28</td>
<td>Years 1 to 6</td>
</tr>
<tr>
<td></td>
<td>Students return to school</td>
</tr>
</tbody>
</table>

Kindergarten 2015
Students enrolling in Kindergarten 2015 MUST turn 5 before 31 July, 2015. Please visit the office to obtain enrolment forms. The forms should be returned as soon as possible so that we can notify prospective parents of information and orientation sessions to take place in term 4. Please inform neighbours if they have children due to start school next year.

Direct Deposits to school account:
When making direct deposits to the school account for excursion and activities please ensure that you include your child’s name and a description of excursion. e.g. J. Smith Carnival Westpac – BSB 032001 Account No. 163318. All canteen and P&C activities need to be paid in cash. No direct deposits to the school account should be made.

All payments and permission notes need to be handed in at the office.

Thank you for your assistance. If you have any questions regarding payments please contact the office.

Attendance Reminder
Please be reminded that if your child is absent from school, you will need to provide a note, stating the reason for absence, to the school promptly. Regular attendance at school is essential if students are to maximise their potential. If you have concerns in this area, please see or contact Mr Tucker on 47301201.

Cambridge Gardens Public School
34 Trinity Drive, Cambridge Park. 2747
Ph.: 4730 1201 Fax: 4729 1385

Absence note
Name ______________________________
Class ______________________________
My Child was away from _________ to _________.

Reason for this absence was:
________________________________________

Signed___________________
Parent/Guardian __________/___/_____

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Innovation, Excellence and Connections!
Water

Tap water makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
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</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.

P & C News
Next Meeting

The next meeting of the P & C is the AGM when a new executive committee is elected and planning for 2015 commences. This meeting will be held on Tuesday 25th November at 2pm in the Staff Room.
The P & C is an essential part of our school, some of the things we do are:

* help make decisions regarding programs that our school uses to teach our children
* help run events that bring our school community together and provide a link between our teachers, students and parents (e.g Father’s Day Breakfast, Christmas Picnic, Disco, Mother’s Day Gift Project)
* we are the voice of the parents, decisions that require parent consultation are presented to the P & C for comment (make sure YOUR voice is heard!)
* you are the voice of your child - you know best what they need, what programs work best for them and what challenges them
* we represent the parents of our school at events such as assemblies, presentation days and Kindergarten Orientation/Information/First Day
* we organise programs such as School Banking and Scholastic Bookclub.

Meetings are held on the 4th Tuesday of the Month at 2pm in the Staff Room. Each meeting is attended by a member of staff (usually Mr Wynn) who updates us with what is going on in the school and future events. Now is a great time to join the P & C and make sure your voice is heard.

Remember, if you show your child you are interested in their education and have a connection with their school they are more likely to value their own education and feel comfortable and confident at school.

Kindergarten 2015 Orientation Day
Thank you to Nicky Hibbs and Marcie Willcocks who joined me in welcoming the parents, family and friends of Kindergarten 2015 to our school on Wednesday, 29th October. There were approximately 120 people who attended the Orientation morning and we look forward to seeing them all next year.

School Banking
School Banking is this Friday 14th November. Please make sure you complete the deposit slip and secure your money in your banking wallet. All bank books are to be taken straight to the office.