**Dates for your diary**
- 20 Oct  Stage One Transport Excursion
- 24 Oct  Book Club Orders due back
- 27 Oct  Year 6 Farewell meeting 3pm
- 28 Oct  Kinder 2015 First Orientation session
- 28 Oct  Hot Dog Day
- 29 Oct  High School for a day at FGHS
- 31 Oct  Murrook Aboriginal Excursion. See Pg 2
- 3 Nov   Responsible Pet Education Program
- 4 Nov   Kinder 2015 Orientation session
- 4 Nov   Maitland Public School band visit
- 6 Nov   Infants Water Fun Day
- 7 Nov   Talent Quest
- 10 Nov  P & C meeting

**PRINCIPAL TALK**

**Canteen Urgent**
Due to a lack of volunteers, we are very close to considering closing the canteen on a second day each week. Please see Lisa Woods or the school office if you are willing to volunteer in the canteen to maintain the current service. Thank you.

**Staffing**
Our Principal, Jonathan Ridgway will be back with us next Monday. It will be great to see him again! We also welcome Miss Gemma Gash who returned today.
A big thank you to Mrs Carol Cusick who so competently has relieved in Gemma’s class in her absence.

**Chicken Pox**
We have a couple of students with Chicken Pox. See details later in the newsletter about symptoms and see a doctor if you suspect your child may have Chicken Pox.

**Kinder Orientation**
Our Kinder Orientation will occur over four consecutive Tuesdays - 28th Oct, 4th Nov, 11th Nov and 18th Nov. This year we are holding the sessions in the morning between 9:00 and 10:30. We are asking parents to attend information sessions on all four dates.

**Riverlights Festival**
My husband and I went along to the Riverlights Festival which was held in Maitland last Saturday 11th October. We had a lovely time tasting foods we'd never tried before, milling through the vast array of people from many different cultures and then watching the lanterns as they very serenely floated along the Hunter River. Thank you to those students who contributed to the making of the lanterns from our school.

**Aboriginal Numeracy Competition**
Year 5 & 6 Aboriginal students from the Gateway Learning Community group of schools (of which Beresfield is one) have been invited to participate in the Aboriginal Numeracy Competition on Friday 24th October at Woodberry P.S. Please see the note that went home yesterday.

**Last Week’s Quiz**
List three ways of playing in a friendly way using safe hands and safe feet.
Congratulations to Molly Brummell, Daniel Hunt, Ella Shelton and Georgia Hadfield who all know that games like pat-a-cake, elastics, skipping, handball, netball, football and soccer can be played using safe hands and safe feet.

**This Week’s Quiz**
Name 3 different arachnids.
Write your answer on a piece of paper with your name and class and post it in the Quiz Box next to the office counter by Wednesdays at 10am.

Jan Fanning
Relieving Principal
Notes sent home recently
♦ Murrook Cultural Centre Excursion
♦ Stage One Transport Excursion
♦ Boys Cricket Reg Kelly Shield
♦ High School For A Day
♦ Crazy Hair Day change of date
♦ Hot Dog order form
♦ Aboriginal Numeracy Competition Yr 5 & 6

Book Club Orders
Book club orders are due back no later than Friday 24th October.

NOT RETURNING IN 2015?
We start to organise classes soon for 2015. If you are moving and will not be returning to Beresfield Public School in 2015, please advise the office as soon as possible. Thank you

Stage 2 and 3 Sport - Water Activities
Just a reminder that all notes and money were due back today to participate in Stage 2 and 3 Water Sport. Any students who have not brought their notes and money in will be participating in school sport with Miss Hainsworth and Miss Aparicio.

If your child is participating in swimming, please ensure they bring their swimmers, swim shirt, sunscreen, a hat, drink bottle, goggles (if they wish) and a towel each week. Phone calls will not be made home if students forget their swimmers; they will still accompany the students to the pool but will just sit and watch.

Miss Aparicio

Cricket Team
School cricket was cancelled again yesterday. Beresfield was to play against Gresford P.S. This game will be rescheduled and we will notify you of a new date when this becomes available.

Tim Senkalski

Murrook Cultural Centre
On Friday 31st October 2014, our Aboriginal and Torres Strait Islander students along with their parents are invited to attend an excursion to Murrook Cultural Centre located at Williamtown. The day will consist of the students having the opportunity to participate in a variety of different cultural activities and a BBQ lunch will be available for all whom attend. A permission note and further information has been sent home. Please mark this date on your calendar if you are interested in attending.

Mrs Smith

Year 6 Farewell Meeting
The next farewell meeting will be on Monday 27th October (week 4) in Mrs Weidermann's classroom at 3pm.

Helen Wiedermann

Hot Dog Day
There will be a hotdog day on Tuesday 28th October to raise money for the Year 6 Farewell.

Notes will be sent home today and need to be returned by Thursday 23rd October to the canteen. Tuesday 28th October will be a red day and we will be selling lolly bags at lunch time until sold out.

Lisa Woods

Talent Quest – Friday 7th Nov
Audition! Audition! Audition!

Open to all students and teachers of Beresfield Public School.

If you have a talent that we need to see, then please audition for our Beresfield Talent Quest. Auditions will start early next term.

Student Leaders and Mrs Lyle will be providing further information at our Recess Assemblies.

Fia Lyle

Chicken Pox
Chickenpox is an acute illness that begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.

• Sores usually begin as small lumps and turn into blisters and then scabs.
• The sores appear over three to four days, and at any one time, people affected will have sores in various stages of development.
• The virus is spread by coughing (early on in the illness) and by direct contact with skin sores.
• People are infectious from one to two days before the rash appears (that is, during the runny nose phase) and up to five days after (when all the blisters have formed crusts).
• The incubation period of chickenpox is around two weeks.
• Exclude until all blisters have dried. This is usually at least 5 days after the rash

Have you changed your phone number??
If you have a new mobile number or don’t have a home number any more make sure you update your details with the office to make sure you can be contacted in the case of your child being sick or injured. It is upsetting for children when we are unable to contact parents when they are hurt or sick.
Speech Pathology Intervention Program
The Speech Pathology Intervention Program is full steam ahead at Beresfield Public School. This special program has been funded by Early Action for Success which aims to improve students’ literacy and numeracy skills. Children’s speech and language skills greatly impacts on their literacy achievement in the classroom. As part of the program, kinder students and selected students from our support classes were offered a speech and language screening. This involved a short assessment of their ability to use speech sounds, understand instructions and speak in sentences.

Rowena White from All Areas Speech Pathology has been visiting our school to complete screening and provide therapy to students requiring extra support in speech and language. We are already seeing great progress being made by these students. This program will continue until the end of the year.

While our program is focussing on addressing the speech and language needs of our kinder students, we know there are other students in older years that may also need some additional support. If you are concerned about your child’s speech clarity or ability to understand others and speak using well-formed sentences, you may like to have you child assessed by a speech pathologist to see if they may benefit from speech therapy. If they do require some additional support, there are various Medicare rebates available for private speech pathology sessions.

To find out if your child meets the criteria for a rebate, we suggest that you make an appointment with your family doctor/GP and talk to him or her about your concerns. Not all children with speech or language delays are eligible for Medicare rebates, however your doctor is the best person to talk to about this. The information below outlines the rebates available.

GPMP MEDICARE PLANS
Some children with complex or chronic needs may be eligible to receive a Medicare rebate for speech therapy services, under the General Practitioner Management Plan (GPMP). This plan used to be known as Enhanced Primary Care (EPC). The GPMP scheme provides a Medicare rebate for up to five speech pathology sessions per calendar year, to assist families with the cost of private speech therapy.

ATSI MEDICARE PLANS
Additional “follow-up” speech pathology sessions are also available to people of Aboriginal or Torres Strait Islander descent, on referral from their GP. ATSI Medicare rebates are available for a maximum of five services per calendar year. The ATSI medicare services are used in addition to the GPMP, therefore making a total of up to ten speech pathology sessions available per calendar year for eligible people.

If you do decide to arrange for a speech assessment, Rowena White from All Areas Speech Pathology, is available to provide private speech therapy screening and therapy before and after school hours on Wednesdays. This can be arranged by directly contacting her on 0425 834 859.

Hayley Bertwistle  Lead Teacher for Speech Pathology Intervention Program at Beresfield Public School.
P & C News

P & C Meeting
The next P & C meeting is on Monday 10th November 2014.

Uniform Shop
Skorts will be available for girls sizes 3-16. Cost $17 at the Uniform Shop. The Uniform Shop is open every Tuesday and Wednesday from 8.30am until 9am. Order forms are available at the school office if you cannot get to the Uniform shop at these times. If you leave your order and payment at the office, your order will be filled when our Uniform Shop volunteers are next at school.

Canteen News
We still need volunteers to be able to keep the canteen open. We are making a lot more wraps now which requires more volunteers. If you can help please see Lisa Woods or call her on 0418 739045.

We will be having a special next week on our spaghetti and lasagnes to get rid of this stock. They will be selling for $2.00 for one week only. We will then start making fresh lasagne and spaghetti.

There is two lots of noodles on our menu, which is a misprint. The $1.60 noodles are not available.

We now have a Gluten Free menu as well as our normal menu available.

Our lunch time meal deal is available Monday, Wednesday, Thursday and Friday - cost $4.50 each.

Next week’s $4.50 Meal Deal is:

- Summer Pizza
- Drink of your choice
- 2 x Garlic Bread

Lisa Woods
Canteen Coordinator

Canteen Roster 2014

<table>
<thead>
<tr>
<th>Mon 20 Oct</th>
<th>Tuesday 21 Oct</th>
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<tbody>
<tr>
<td>Tracey Twitchin</td>
<td>Canteen Closed</td>
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<tr>
<td>Kerrie Murray</td>
<td></td>
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<tr>
<td>Elizabeth Woods</td>
<td></td>
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<tr>
<td>Vanessa Burrough</td>
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<tr>
<th>Wed 22 Oct</th>
<th>Thur 23 Oct</th>
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<tbody>
<tr>
<td>Colleen Large</td>
<td>Cassie McDonald</td>
</tr>
<tr>
<td>Cassie McDonald</td>
<td>Colleen Large</td>
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<tr>
<td>Elizabeth Woods</td>
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<tr>
<td>Sarah King</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Fri 24 Oct</th>
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<tbody>
<tr>
<td>Cassie McDonald</td>
<td>If you are unable to attend on your rostered day, or if you would like to help in the canteen, contact Lisa Woods on 0418 739045</td>
</tr>
<tr>
<td>Debbie Budden</td>
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<tr>
<td>Ann Bettley</td>
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DATES FOR KINDER ORIENTATION SESSIONS

Getting ready for Kindergarten

We are getting excited about the lovely new students who will be starting Kinder in 2015 at Beresfield Public School.

We hold Orientation sessions on the following dates.

- Tuesday 28th October 2014
- Tuesday 4th November 2014
- Tuesday 11th November 2014
- Tuesday 18th November 2014

Sessions will be from 9.15am until 10.30am and parents and new Kinders come to all sessions.

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**Good for Kids good for life**

**Lunchbox snack foods**

Children need to eat a range of different foods to provide nutrients to meet their growth and energy needs. Young children also have smaller stomachs than adults so they need to eat every few hours to keep up their energy levels.

Snacks based on fruits and vegetables, reduced fat dairy products and wholegrains are the best choices.

<table>
<thead>
<tr>
<th>Everyday</th>
<th>Sometimes</th>
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</thead>
<tbody>
<tr>
<td>Fruit loaf/raisin toast</td>
<td>Muesli bars or dried fruit bars</td>
</tr>
<tr>
<td>Plain popcorn</td>
<td>Fruit sticks</td>
</tr>
<tr>
<td>Plain or fruit yoghurt</td>
<td>Potato crisps and corn chips</td>
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<tr>
<td>Cheese and crackers</td>
<td>Lollies and confectionary</td>
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<tr>
<td>Fresh fruit or canned fruit</td>
<td>Dairy desserts</td>
</tr>
<tr>
<td>in natural fruit juice</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Dried fruit and cheese cubes</td>
<td>Cordial</td>
</tr>
<tr>
<td>Wholemeal biscuits or crackers</td>
<td>Soft drinks</td>
</tr>
</tbody>
</table>

Reference:

Adapted from South Eastern Sydney Illawara Health school newsletters distributed to schools as part of the Live Life Well @ School program.

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**Good for Kids good for life**

**Tempting your tastebuds**

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it’s important to continue offering vegetables regularly as they are packed with nutrients that children need.

So how do we tempt children’s taste buds?

It’s important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together.

The key is perseverance.

Below are some great vegetable Ideas:

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

Reference:

Adapted from Munch & Move Healthy eating newsletter snippets

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**CHECK OUT OUR SCHOOL WEBSITE**

**It is mobile!**

Hint– save it as a favourite!

www.beresfield-p.schools.nsw.edu.au

⇒ Newsletters
⇒ Calendar of upcoming events
⇒ Photos of activities the students have been involved in.
⇒ An absentee note you can use.
⇒ Permission notes for upcoming events.
⇒ Announcements in case of cancellation of events due to wet weather etc.

It is now easier to view our website on your mobile phone or tablet. A mobile version of the site has been created with a range of features fine tuned for when you are on the move.

Just visit from a smart phone or tablet device and follow the prompts.
**DYSLEXIA OR LEARNING DIFFICULTIES?**

Some children experience reading and learning difficulties as a result of visual perception problems caused by

Irlen Syndrome/Scotopic Sensitivity

Irlen Syndrome can cause Dyslexia and difficulties with:

* Spelling
* Writing
* Comprehension
* Fatigue
* Concentration
* Eye Strain

**IRLEN DIAGNOSTIC CLINIC NEWCASTLE**
Irlen Suite 3/136 Nelson St
www.irlen.com WallSEND 2287
www.irlendyslexia.com Ph 4955 6904

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**COMMUNITY NEWS**

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**TWILIGHT GIRLS CRICKET REGISTRATIONS**

Grab some girls and come play in Newcastle's only “No Boys Allowed” T20 Blast cricket competition.

Haven't played cricket before? Doesn't matter! Our qualified, accredited coaches will help you learn some great new skills.

- T20 Blast format - Fast and exciting
- Everyone gets to bat, bowl and field
- Played Friday evenings from 5pm - 6.30pm
- Team or individual registrations welcome.
- Starting on 31st October for 8 weeks.
- Venue is Wallsend Park, Thomas St Wallsend
- Cost $99p/p includes a Milo T20 Blast tshirt, KFC T20 Big Bash League team cap, Milo giveaways & other promotional items.
- Contact Sharyn on 0400 724491 or email administrator@newcric.org.au or www.newcric.org.au

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**Girl Guides invite you to**

**Come and Try Guides!**

**Tuesday 28th October 4.30pm-6.00pm**

For girls aged 7-10 years
At the come and try we will be cooking.....making........doing........

Beresfield Guide Hall Lennox Street Beresfield

Please call on 0418 160 402 to register for this free event.
Or to find out more visit our website www.girlguides-nswact.org.au

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**Beresfield Bowling Club Charity Bowls Day**

For The Westpac Rescue Helicopter

Sunday 26th October 2014
10:30am start
$40 per team (with team of 4) or $10 a player

It will be a day of fun activities including a friendly bowling competition, raffles, an action, BBQ and activities for the kids.

If you have never played Bowls before, here is your chance to give it a go and have a fun day in aid of a great organisation.