Dates for your diary
21 Nov  School leader speeches - 9am
21 Nov  School leader elections
21 Nov  Book club orders due back
24 Nov  K/6K, K/6L, K/6T Water Activities starts
24 Nov  JETS player presentation for S2 & S3
25 Nov  Last Day for AASS Basketball
26 Nov  FGHS Transition evening- 5.15pm - 8pm
3 Dec  Family carol night
4 Dec  Last Day AASS Swimming
4 Dec  Infants Sports carnival 11.30 - 2.30pm
10 Dec  Presentation Day - 9.15am - 11.30am
15 Dec  Yr 6 Farewell & Assembly
16 Dec  Excursion Day
17 Dec  Arch for leaving students
17 Dec  Last day for students

Canteen Closed at recess tomorrow
Due to the funeral the canteen will not operate at recess tomorrow however will still be fully operational at lunch for orders and normal lunchtime purchases.

Counsellor Support
The news of Rhiannon passing away has affected different students in different ways. Our school counsellor, Rebecca O’Brien has worked many hours this week supporting students and staff as they process the news and go through the stages of grief. On Monday, the District Guidance Officer (head of the group of local counsellors) was in the school to provide guidance and support. If your child is needing additional support, please inform their class teacher who will facilitate this. Thank you.

PRINCIPAL TALK
Vale Rhiannon
On Monday morning this week one of our beautiful Year 3 girls, Rhiannon Cook, unexpectedly suffered heart failure. She was in Miss Hainsworth’s class. Rhiannon first arrived at Beresfield at the beginning of 2012, and despite having cerebral palsy and being non verbal, she had a wonderful connection with her peers and staff. She was a feature of our school and was well-known to all. Rhiannon and her father Bob have been a wonderful asset to our school and will be sadly missed.

On behalf of the Beresfield PS community, we send our condolences to Rhiannon’s family during this difficult time.

The funeral will be at 10am tomorrow at the Beresfield Crematorium. Some school staff will be attending but will not be taking students. Students may also attend but will need to be accompanied by a family member. Robert Cook has requested no flowers, but instead to bring a cash donation to place in one of two collection boxes at the service. There will be no Wake at the end of the service.

Mr Jonathan Ridgway
Notes sent home recently
♦ K/6K, K/6L, K/6T Water Activities
♦ Restorative Practice Survey consent form
♦ Infants sports fun day

Last Week’s Quiz
Name two songs from the movie ‘Frozen’. Frozen Heart, Do You Want to Build a Snowman?, For the First Time in Forever, Love Is an Open Door, Let It Go, Reindeer(s) Are Better Than People, Fixer Upper. Congratulations to Nicholas, Kia, Evan, Aleena, Chloe and Lily who submitted correct entries.

Book club
Book club orders are due back this Friday 21st November. This will be the last book club order for the year.

Library News
Borrowing from the library has now ceased for 2014. All children are asked to return any library books they have on loan. Please remind your children to return any books as soon as possible. I am currently running a competition to see which class will be first to return all their library books. The winning class will win a prize. If you have any lost books please buy a replacement book to donate to our library. Karen Meyer 
Teacher Librarian

School Swimming Scheme
The two week intensive swimming scheme, which some children have been participating in, finishes this Friday. Students in Years 2 and 3 have enjoyed beautiful weather as they developed their swimming skills. All students have grown in confidence and in competence. The children are to be complimented on their excellent behaviour, their persistence, their manners and their organisational ability. We have had only a few misplaced items of clothing! "They are a really nice group of kids" was the comment from one instructor.
It is hoped students will be able to use opportunities over summer to practice what they have learnt. Please note that Learn to Swim classes will be held at Beresfield Pool during January - see notice is in this newsletter. We are lucky to be able to make use of this local facility.
Lynne Connell & Jen Bissett

Congratulations to the following students who received awards at last week’s assemblies.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KG</td>
<td>Zayne W</td>
<td>KS</td>
<td>Mia B</td>
</tr>
<tr>
<td>1/2B</td>
<td>Dean M</td>
<td>1/2E</td>
<td>Mekenzi B</td>
</tr>
<tr>
<td>1/2H</td>
<td>Lachlan M</td>
<td>3/4C</td>
<td>Patrick C</td>
</tr>
<tr>
<td>3/4D</td>
<td>Lilly H</td>
<td>3/4H</td>
<td>Ryan W</td>
</tr>
<tr>
<td>3/4S</td>
<td>Taylah L</td>
<td>3/4S</td>
<td>Ebony W</td>
</tr>
<tr>
<td>5/6A</td>
<td>Corey S</td>
<td>5/6H</td>
<td>Jake L</td>
</tr>
<tr>
<td>5/6W</td>
<td>Stacey L</td>
<td>5/6H</td>
<td>Brianna E</td>
</tr>
<tr>
<td>K/6L</td>
<td>William L</td>
<td>K/6K</td>
<td>Chelsea S</td>
</tr>
<tr>
<td>K/6T</td>
<td>Hayley P</td>
<td>K/6T</td>
<td>Conner S</td>
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</tbody>
</table>

PRESENTATION DAY
This year’s Presentation Day will be on Wednesday 10th December from 9.15am - 11.30am. All students from Kinder - Year 6 will be present to see the announcement of academic, cultural and sporting awards, as well as next year’s student leaders. Please mark this important date on your calendar.

This Week’s Quiz
Which is the nearest star to planet Earth? Write your name and class with the answer on a piece of paper, and post it into the Quiz Box near the office by Wednesday.
Stage 3 News

Student Leadership

Yesterday morning we began the prefect election process with five of our prospective leaders speaking to the other students at a special assembly. Today, five more of them spoke about how they would be good leaders and tomorrow the last group of five will try and persuade students to vote for them. Immediately following these speeches on Friday, all students in Years 1-6 will vote for their preferred leaders.

A big thank you to all the candidates for the fine effort they have put into their speeches and their posters.

Wishing you all good luck tomorrow!

Transition to High School Program

We are coming to the final two weeks of the Transition to High School Program. Next week, Wednesday 26th November, is the School Tour, Parent Information evening and Disco from 5.15-8pm and the following week, Wednesday 3rd December, is the Orientation Day for all Year 6 students who will be attending FGHS in 2015.

E-Program

There are only three Fridays left now of the E-Program. This will finish on Friday 5th December.

Beresfield Railway Station

A few months ago, our Stage 3 students were invited to submit artworks to contribute to the painting of the stairs at the Beresfield Railway Station. This is now complete and our prefects have been invited to the opening of these newly painted stairs next Thursday 27th November at 10am. I will accompany them. We will leave school by 9.30am, walk to the Station and then return by about 11:00am.

Mrs Fanning
Assistant Principal

Support Classes Term 4 Water Activities

Listed below are the dates classes K/6K, K/6L and K/6T will be going to Beresfield Pool to do structured swimming activities. Children will be departing school at 11:30am and returning by 1:00pm.

Cost of $22.00 is due tomorrow - 21st Nov by 10am

Please note that there is no swimming on Thursdays.

Week 8 -
Monday 24th Nov, Tuesday 25th Nov, Wednesday 26th Nov & Friday 28th Nov

Week 9 -
Monday 1st Dec, Tuesday 2nd Dec, Wednesday 3rd Dec, & Friday 5th Dec

Week 10 -
Monday 8th Dec, Tuesday 9th Dec, Wednesday 10th Dec.

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.

Year 7 2015 Francis Greenway High School Transition Program Term 4 2014

<table>
<thead>
<tr>
<th>WK</th>
<th>Date</th>
<th>Time</th>
<th>Place</th>
<th>Activity</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Wed</td>
<td>5:15pm - 8:00pm</td>
<td>FGHS</td>
<td>Information Evening &amp; Disco</td>
<td>All parents and students <strong>School Tour: 5:15pm-6pm</strong> Disco: (MPC) 6pm-8pm</td>
</tr>
<tr>
<td></td>
<td>26/11</td>
<td></td>
<td></td>
<td></td>
<td>Parent Info &amp; refreshments (Library) 6pm-8pm</td>
</tr>
<tr>
<td>9</td>
<td>Wed</td>
<td>9:30am – 12:30pm</td>
<td>FGHS</td>
<td>Orientation Day</td>
<td>All Year 6 students attending FGHS 2015</td>
</tr>
</tbody>
</table>
School Counsellor message
Guided meditation or relaxation is a great tool to help relax your child. These exercises are perfect to do to calm your child just before bedtime. These exercises focus on relaxing the muscles and breathing slowly and calmly.
I have included a short example you might like to try out—Feel free to adapt according to the age of your child.

"Let's learn how to relax our bodies and minds tonight. Are you comfortable? OK, now let's start with something called a Balloon Breath. Let's breathe in very deeply and fill up our tummy like we're filling up a big balloon. Doesn't that feel good? Give your balloon a colour. What colour is your balloon? Make it really big and beautiful, as you fill it up completely. Breathing in from your nose, fill up your balloon completely and when it's full, exhale the air out and watch your balloon completely deflate! Isn't that amazing? Again a very deep breath, and now, exhale...very good.

If your child enjoys this activity and finds it relaxing, don't hesitate to contact me for further resources around mindfulness and mediation.

Bec O'Brien
School Counsellor
COMMUNITY NEWS

ART CLASSES

Drawing & Painting
Children and Adults
Morning and Afternoon
Classes

Phone Denise on 49644445 after 3pm

Go4Fun

Healthy • Active • Happy • Kids

We all know how important it is for children’s health, growth and development to be physically active and to have a balanced diet, but with increasing technology in our lives and so much variety and advertisements for ‘unhealthy’ foods, this can sometimes be a real challenge!

Are you looking for ways for your kids to:

- Increase activity levels and build sporting skills and fitness?
- Learn more about healthy eating and having a balanced diet?
- Make new friends and develop their self-esteem and confidence?
- Reduce ‘screen time’ and learn fun physical activity alternatives?

We may have the answer for you!

Go4Fun is a FREE healthy lifestyle program for families with children aged 7-13. It runs after school across the term by a qualified Dietitian and Exercise Leader. To see if your child qualifies for Go4Fun, or for more information regarding current and future programs, visit the Go4Fun website at www.go4fun.com.au or call 1300 760 990.

DON’T MISS OUT! REGISTER NOW and help encourage your child to be HEALTHY, ACTIVE AND HAPPY TODAY!

NSW Health
Hunter New England Local Health District
better health
Kaleidoscope

Beresfield Swimming Club Inc. and Beresfield/Tarrar Woolberry
Neighbourhood Watch invite members of the public to join us for

“RESUS SUNDAY”

CPR training

Basic CPR is a skill everyone should learn.

An introductory CPR activity presented by a qualified instructor

Beresfield Swimming Centre – Anderson Dr, Beresfield
Sun 23 November 2014, 9am to 11am
Free pool entry for participants.

Please register by sms to 0413 337184 with your name(s)
For further information contact Sharon on 0412 660 557

MAITLAND TENNIS CENTRE

JANUARY SCHOOL HOLIDAY TENNIS CLINIC

Pro-Shop: 49345016 Mobile: 0421882055
Post: PO Box 2412 Greenhills, 2323.
Web Site: www.maitlandtenniscentre.com.au

When: 12th, 13th, 14th JANUARY

(Mon, Tues, Wed)
Where: Maitland Tennis Centre
Cnr Page & Lowes St East Maitland
Time: 9:00am to 10.30am per day
Price: $50.00 for 3 days per child (Family Discounts Available)
Age: 4 years to 16 years
Standard: Beginner to intermediate

Name (1)........................................... D.O.B.........................
Name (2)........................................... D.O.B.........................
Name (3)........................................... D.O.B.........................
Address.............................................................
Phone (Home):.............................. (Mobile):.......................

BOOK NOW: PH 49345016, 0421882055 or
Online @ www.maitlandtenniscentre.com.au

DON’T MISS OUT
**P & C News**
The Christmas carols will be held on Wednesday 3rd December. Please keep this date free as it will be a lovely family evening.

The P & C and canteen volunteers would like to send their condolences to Rhiannon Cook’s family.

**Uniform Shop**
Skorts will be available for girls sizes 3-16. Cost $14 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.

If you have any old school clothes you no longer need the uniform shop would love your pre-loved clothes.

**Canteen News**
If you would like to volunteer in the canteen even if it’s only once a month, please see Lisa Woods or call on 0418 739045.

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

**Next week’s $4.50 Meal Deal is:**
- Mini Baby Chicken Wrap
- Drink of your choice
- Fairy Floss Fandangle

Lisa Woods  
Canteen Coordinator

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**Learn to swim**
Classes for ages 18 months to 12 years

- Water safety skills
- Fun and supportive environment
- Nationally qualified instructors
- Come every day - see the results

Where: Beresfield Pool
When: Mon 12th Jan-Thurs 22nd Jan
For more information or bookings visit:
or Call 13 13 02

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**Canteen Roster 2014**

<table>
<thead>
<tr>
<th>Mon 24 Nov</th>
<th>Tuesday 25 Nov</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jodie Payne</td>
<td>Canteen Closed</td>
</tr>
<tr>
<td>Dani Newton</td>
<td>Lyn Stilgoe</td>
</tr>
<tr>
<td>Elizabeth Woods</td>
<td></td>
</tr>
<tr>
<td>Fri 28 Nov</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>Cassie McDonald</td>
<td>Tracey Twitchin</td>
</tr>
<tr>
<td>Elizabeth Woods</td>
<td>Kerrie Murray</td>
</tr>
<tr>
<td>Christine Shelton</td>
<td>Joley Jones</td>
</tr>
<tr>
<td>Sarah King</td>
<td></td>
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