Athletics Carnival  23rd July
The athletics carnival will be held this Thursday 23rd July from 9.15am in the school grounds and families who have pre-ordered lunches will be provided on the day. Students are to wear full sports uniform, joggers and a school jacket. We look forward to our families attending on the day to support our students sporting achievements.

Stage 2 & 3 Great Aussie Bush Camp 26th-28th August 2015
There is one place available for a student to still attend the school camp. A deposit of $110 will need to be paid to the office to secure the booking. Parents are reminded to make camp payments to the office, by cash or EFTPOS, invoices will be sent home this week to remind our families of the balance due. Or if you would like to call in or ring the office we would be able to assist you with the final amount due. There are 3 school weeks left to make payments with the final amount due on Friday 7th August. Further detailed information will go home to parents shortly regarding items to pack for the camp. If your child requires medication whilst on camp please ensure they are provided in a ‘Webster Pack’ from your chemist, this will assist the teachers as the correct dosage will be clearly marked for your child each day. Please call into the office if you have any questions regarding medication whilst your child is at camp.

Bookworm Program
We are excited to be commencing our Bookworm program this Friday, 24th July for pre-schoolers starting Kindergarten in 2016. Our Bookworm program is run each Friday 9.30am-10.30am, for the next 8 weeks in our Kindergarten classroom. The program will be based on quality picture books guided by our qualified teacher and full of fun activities for preschoolers and their parents to enjoy. Please contact the office if you have a child commencing school in 2016 and would like to attend this program.

P&C Walk-a-thon
Our P&C will be holding a walk-a-thon this Friday 24th July. The theme this year is ‘Fairytales & Medieval’, students can bring a costume to school to change into after recess. The walk-a-thon will be held between 11.20am-1pm. Please ensure your child wears comfortable walking shoes on the day. Students have received a sponsorship form, if this can be returned with the correct money to the office by Friday 31st July. Thank you.

Calendar Events
- Breakfast Club available every morning from the Canteen
- Student banking every Thursday

July
- 23rd Athletics Carnival
- 24th P&C Walk-a-thon
- 24th Bookworm Program

Promoting Excellence, Creating Success
Woolworths Earn and Learn
The Woolworths Earn and Learn program has started once again and gives schools the opportunity to earn education resources for our school. Families who spend $10 or more at Woolworths will receive Earn & Learn stickers which can be dropped into our amazing Minion Box at Cessnock Woolworths. Thank you to Miss Ford for decorating our box it really looks wonderful. Earn & Learn stickers can also be dropped to our box in the front office. ‘Thanks a Minion’ for supporting our school and let’s see how many resources we can earn for our classrooms, library and sports store.

School Uniform Orders
Parents can still place uniform orders at the school office. Items purchased from school are less expensive than purchasing elsewhere and can be paid for in instalments if need be. We sell all boys and girls summer and winter uniforms, including gloves, stockings, vests, school jackets, blazers and raincoats. Order forms are available from the front office and the winter uniform is on display as well.

Nutrition Snippet
Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don’t eat enough of either, particularly veg – and what adults eat affects the whole family.

Did you know legumes like baked beans are a type of vegetable?
Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognase sauce, add towards the end of cooking.

Eating vegies doesn’t have to be complicated – aim for five serves a day, across your day.
For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit