MESSAGE FROM THE PRINCIPAL
Dear Parents and Carers,
We are fortunate to have been able to offer the School Swimming Scheme to our Year 2 students and those students in the primary who need extra help. This scheme has just been completed. Mr Newman reported that the students’ behaviour was excellent and the improvement in their swimming was wonderful. Safety in and around the water is of vital importance for all students and as the beach is nearby, safety not only in rivers and pools but also at the beach is most important. This scheme involves considerable organisation and flexibility from all staff to enable our students to participate in this very beneficial program.

Yesterday I attended the Remembrance Day Commemoration Service at the Wingham Town Hall along with our school leaders. Again, their representation was faultless and they participated very well and acknowledged the importance of the occasion by their impressive behaviour and contribution to the service.

As the term is going by so quickly, it is timely to remind all students of the expected behaviour right up until the last day of term. With activities such as the concert, Yr 6 Farewell, Yr 6 Fun Day, orientation for Yr 6 students as well as excursions to the high school for our Yr 5 & 6 students to attend the performance of ‘Cinderella’, it is important to maintain the high standards which have been set throughout the year. It would be disappointing to jeopardise any student’s inclusion in any extra-curricular activities due to poor behaviour. I’m looking forward to a positive end to a most productive year.

Next week the P&C is supporting classroom teachers in developing a series of art activities in the lead up to the Art Show on 21 November. Your child will need an art shirt/smock to protect their clothing which can be brought in on Monday for use throughout the week. All classes will be participating in the activities – a flyer will be sent home with more details.

Regards,
Liz Newman
Relieving Principal

Walking Safely to School
The 40km/h speed limit must be obeyed when the rear ‘wig-wag’ lights on the school bus flash. Flashing lights on these buses also alert oncoming motorists that children are close by.

YEAR 6 FAREWELL DINNER
Our upcoming Year 6 Farewell Dinner on December 9 is approaching quickly. All money is to be paid by next Tuesday November 18 so that numbers can be relayed to the caterers.

WINGHAM BRUSH ART WEEK
All students from Wingham Brush will have the opportunity to participate in art activities during ‘Art Week’ November 17-21. All students are asked to bring an art smock for these activities. Art Week is about all students having the opportunity to be involved in the process of creating an artwork of their own expression, which can then be exhibited in the art show. The Art Show is a celebration of childrens individual creativity and an opportunity to have their work exhibited for lots of other people to look at.

As part of Art Week, during lunchtimes, local artist Ron Hindmarsh will be our artist in residence who will be creating a mural with our students.

Wingham Brush P&C Art Show 2014 will be held on Friday November 21 from 5.30 – 7.30pm in the hall. Come along to see the exhibition. Drinks and food available and some special activities.
For further info contact Jill 0432 307 765.

WINGHAM HIGH SCHOOL ANNUAL PRODUCTION
Wingham High School will be holding their annual end of year production titled ‘Cinderella’ on November 19. Year 5 and 6 students will be able to attend the matinee performance this year at a cost of $4. A permission note was sent home last week with Year 5 and 6 students and is available on the web site. It would be advisable that Year 5 and 6 students not order their lunch from the school canteen on the day.
WINGHAM BRUSH ANNUAL SCHOOL CONCERT

Our Annual Concert will be held at the Manning Entertainment Centre on Tuesday December 2. The concert will commence at 7.00pm. Approximate finish time is 9.00pm.

Tickets will cost $12.50 each and will go on sale tomorrow Thursday November 13. There is a limit of 4 tickets per family until November 20. After that date there is no limit.

Tickets will be sold through Video Ezy Taree (6552 5699) and there will be a booking fee of $0.50 per ticket purchased through Video Ezy. Tickets will also be sold through The Greater Taree City Council website at www.gtcc.nsw.gov.au and there is no ticket booking fee for internet purchases through this site. Under "Recreation" click on “Manning Entertainment Centre” then “Upcoming Shows” then click on “Wingham Brush Primary”. If you do not have the internet at home the website can be accessed at the Town Library.

A Credit Card or Visa Debit or Mastercard is rom 4

VOLUNTARY SCHOOL CONTRIBUTIONS

Thank you to those who have paid the voluntary school contribution over the past week. This year the contribution is $23 per child or $28 per family. Payment of this contribution can be made at the front office between 8-45am and 1-30pm.

COMMUNITY NEWS

PCYC TAREE ARCHERY PROGRAM

PCYC Archery is a fun and competitive sport enjoyed by people 7 years and over. All new archers are encouraged to complete the Introductory to Archery Program. This program is designed to teach everyone the safety aspects of Archery and the basic techniques and procedures. At the conclusion of the program all participants achieve the Rank of Novice Archer and are then eligible to attend the weekly PCYC Archery sessions. The program commences on Monday November 17 from 4-5pm. Cost is $55 for a 5 week program.

Good for Kids good for life

Switch off and Play

Did you know?.... spending too much sedentary or “still” time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese 1. Australian guidelines recommend that children spend no more than 2 hours each day on small screen entertainment. While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids get from being physically active are just as important 1. Try setting limits for screen-time and encourage active and outside play as much as possible.

Here are some screen-free activities to do with your children:
- listen to music
- walk to the park
- jump rope
- build a cubby house
- play with your pet
- play hopscotch

Reference: “Turn off the TV or computer and get active” fact sheet accessed from www.healthykids.nsw.gov.au

Fundamental Movement Skills

Did you know?......Children do not automatically know how to catch, throw, kick, run and jump 2. These are known as fundamental movement skills (FMS). In the same way children need to learn the alphabet in order to read, they need to learn basic movement skills in order to lead a physically active, healthy life.

Our school is committed to providing students with opportunities to practise these skills within their PE lessons, school sport, using playground markings, fixed equipment and access to equipment such as balls, skipping ropes etc. There are many ways parents can support their children to practice these skills at home, which include:
- Encouraging them to play in the backyard, dance to music, run or swim or play sports
- Encourage children to make their own obstacle course at home using the garden hose as a tightrope, chairs to crawl under and the clothes line to run around.
- Negotiate a limit on sedentary activities such as watching TV and playing computer games

Below is a home fun activity that you can enjoy with your children:

Rebound Catch 2 Using a brick wall and a ball practise catching for 10 minutes. Throw the ball (soft medium-sized ball) at the wall under-arm and try to catch the ball with two hands.

See how many times you can catch the ball off the wall without letting the ball touch the ground, standing:
- 2m away from the wall
- 3m away from the wall
- 4m away from the wall

Write down your highest score and work towards improving it each time.

Reference:
1 Get Skilled, Get Active. NSW Department of Education and Training, 2000.
2 Good for Kids Fundamental Movement Skills Lesson Plan Resource