Footy Fever Day

On Friday 26 September, to celebrate our love of football and raise funds for our SAKG program, the students dressed up in the favourite football colours. Thank you to all of the families who supported this fundraiser. The school made $79.50.

Coming Up

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday 22 October</td>
<td>Interschool Jumps and Throws (Dwellingup)</td>
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<td>Friday 24 October</td>
<td>Interschool Athletics Carnival</td>
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<td>Monday 27 October</td>
<td>Assembly 8.45am</td>
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<td>Friday 31 October</td>
<td>Walkathon</td>
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<td>Friday 7 November</td>
<td>Crazy Hair Day</td>
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<td>Friday 14 November</td>
<td>P &amp; C Meeting 3.20pm</td>
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Welcome
Welcome back from holidays. We hope everyone had a relaxing holiday and are ready for another busy term.

Last day of term attendance
We were disappointed to see that there were a large amount of students absent on the last day of Term 3. Parents are reminded that teaching programs continue until the end of term and all children are expected to attend school.

School development day
Whilst the students enjoyed their last day of holidays, our dedicated teaching team were hard at work. On Monday 13 October, the staff engaged in a school development day focussing on reviewing curriculum plans, analysing data, integrating SAKG programs throughout the curriculum and discussing 2015 directions.

Fundraising
Thank you to the P&C, parents and community members for organising the fundraising activities during the holidays. The Log Chop and Mental Health Expo raised funds despite the wet weather. Thank you and well done everyone.

Memorial Garden
During assembly, please remind young children to stay out of the memorial garden which includes the boat, jetty and rock area. This area is not safe for climbing and playing and is designed to be looked at, talked about and treated respectfully in memory of the people to who it is dedicated. Thank you.

Interschool
Interschool carnival is being hosted by Dwellingup PS this year. Our interschool captains this year are Indiana and Tyler.

The jumps and throws will be held at Dwellingup PS starting from 9.30am on Wednesday 22 October.

On Friday 24 October, the carnival will be held at the Dwellingup Town Oval starting at 9.30am.

The bus will leave our school at 8.15am. Competitors must arrive at school between 8.00 - 8.05am on both days.

Students must wear their gold shirt, maroon bottoms and sneakers and bring their hat, lunch, snacks and water bottle. If parents wish to take their child from the carnival, they are required to inform the teachers.

Students not competing will remain at school with teaching staff.

Class leaders
Congratulations to the following students who have been selected as our Term 4 class leaders:

- KP: Colm & Liam
- Room 1: Ashlyn
- Room 3: Phoenix
- Room 4: Daniel

Julie Denholm & Rebecca Instance
Principals

ASPIRE Placements
Congratulations to Daniel, Zeke and Destiny who have been accepted into the 2015 ASPIRE program at Byford Secondary College.

SAKG fundraising
Each term, classes take turns to raise funds for our wonderful kitchen garden program. This also promotes skills for active citizenship.

- Congratulations to our Kindy and Pre-Primary class for raising $60 by selling a range of preloved items.
- Well done to Room 3 for raising $79.50 from holding a Footy Fever Day on the last day of Term 3.

Calendar
A Term 4 calendar has been included with the newsletter for your reference.

National Waterwise Week
This week the students will be celebrating National Water Week as part of being a proud Waterwise School. To promote student awareness of where water sources in WA come from the theme for 2014 is "Water sources – there are more than you think!"

To find out more about the types of water sources: surface water, groundwater, desalinated water and recycled water, please visit the water corporation's website: http://watercorporation.com.au/
The students in Room 3 have recently started a program co-ordinated by our new school chaplain Neil Masters.

Using a range of challenging group activities and tasks, students have begun to work together to problem-solve set tasks. Following the activities, students discuss the task and its process, identifying important learning and principles (both positive and negative) and considering where this learning may be relevant, helpful or necessary in their own lives. Discovery and discussion areas include communication, teamwork, care for others, problem solving, dealing with failure and success, resilience, leadership and decision making.

The students played a game where they had to rely on the collective memory of their team to follow the correct path from one side of the grid to the other and had to communicate without talking.

The students engaged in an activity which required team work, positive communication and patience. The task’s difficulty increased throughout the session. After the session the students discussed issues surrounding leadership, positive and negative communication, accepting responsibility, patience, feelings of frustration, blaming others and forgiveness.

For the end of Term 3 cooking session, Iona and the students prepared, cooked and ate a range of delicious pizzas. Thank you to our volunteers for assisting throughout the term.
Building resilience

Resilience is the ability to cope with difficult situations and ‘bounce back’ when things go wrong. Young people need to develop resilience in order to navigate life’s ups and downs. As a parent you can help your child to become resilient by giving them opportunities to learn and practice new skills, for example:

- Arrange a fun child-friendly activity each week like a trip to the park, play date with a friend or watching a favourite movie. Regular ‘ups’ provide a bank of positive emotions to buffer against life’s ‘downs’ that may involve disappointment or conflict.
- Help your kids to think positively. If your child is frustrated by a difficult puzzle, say “I know that puzzle was hard today, but yesterday I saw you get a hard puzzle out. You kept trying until you found the right place to put the pieces.”
- If you have a disagreement with your child, the most important thing to do is to reconnect and repair the relationship. Let your child cool down then offer a hug or word of support. This has benefits for your child's mental health as well as their ability to deal with relationship problems as they get older.

For more information about raising a resilient child, go to www.kidsmatter.edu.au or www.raisingchildren.net.au.

P & C Committee

Book Club: Issue 7 catalogues will be coming home with students this week. Orders with payments to be in by Thursday 30 October.

President’s Message
I would like to thank all the wonderful parents and committee members that came and helped me at the Log Chop stall. The toffee apples were a great success. The Walkathon is on 31 October, I hope everyone has got their forms. Completed forms and money need to be back to school by 7 November.

We have 3 kidzaBuzz books left, hurry while they’re still available.

Next P & C meeting is Friday, 14 November. We have changed the meeting day to a Friday afternoon at 3.20pm.

Jane Scott

SAKG Kitchen Garden Program

News from the SAKG Kitchen Garden Program

Our kitchen garden has been incredibly productive again during this last winter growing season (Term 3). We have harvested over 30 pumpkins (various varieties including a few unknowns that sprung up in the compost- now aptly named “Curcubita compost-hoggers”), several tubs of both Nadine potatoes (a majority of which were gleaned by our star potato diviners Angus and Garnet), and sweet potatoes (made into a delicious soup in kitchen classes), buckets of snow peas from our bean tepee (skilfully erected by the future engineers of Room 3) and our usual list of over-achievers: broccoli, cauliflower, cabbages, kale, asparagus, rhubarb, strawberries, loquats and mandarins. Our biggest disappointment (or delight - according to most of the kids) for the season was the loss of our Brussels sprout crop to an army of voracious aphids.

This term sees us learning about the way critters (from geckos to microscopic mini-beasts) work together in the garden, and planting furiously for the summer season (tomatoes, eggplants, capsicum, corn, chillies and everything else delicious that summer offers up). Please feel free to come and get your hands dirty with us on Friday mornings from 9 -12 (we offer coffee and free hand-washing songs afterwards!)

FROM THE NURSE