Term 4, Week 4, Thursday 29th October 2015

Dear «ParentCarer_Name»

Well what a busy start to the term. We have some exciting activities taking place this term. Last week the K-4 class went on an excursion to the Manning Entertainment Centre to see Roald Dahl’s Revolting Rhymes and Dirty Beasts live performance. This was a very entertaining presentation with lots of audience participation. It was also very timely for our students to see the simple but effective costume and prop changes for each act, in readiness for the end of year school play. While we were at the MEC the senior students went over to the Billabong Wildlife Park and Centre of Gravity in Port Macquarie, the day was full of a variety of educational and exciting activities e.g. orienteering (map reading), snow leopard, meerkats and crocodile (Shrek) talks, as well patting a koala and viewing the cheetahs. At the Centre of Gravity the four students had to work together in pairs while rock climbing, a great team building activity.

Rehearsals are well underway for the end of year play; some students have quickly learnt their lines which is fantastic. Rick Reynolds will be coming in soon to assist with some set building and prop making as well. Andrina has gathered together quite a few costumes and Sheryl Smith has offered to come in and assist with fittings etc. Please contact Andrina before going out to buy costumes or props as your child may already have something organised for them from the school’s dress-ups.

Our comment boxes and Wednesday morning talking circle has continued to be a great success. This was introduced last term as part of the Interpersonal Relationships and Effective Communication Unit we studied as a whole school. During this unit students have learnt how to give and receive positive and constructive comments/feedback on a range of matters. The comment boxes are an opportunity for children to acknowledge positive interactions between one another as well as concerns they may have about inappropriate behaviour in the playground. Discussions with the students indicate that there are fewer arguments during playground games; children felt they were able to voice their opinion and/or provide strategies for others to improve playground harmony and inappropriate (bullying) behaviour was being dealt with.

Last Wednesday Jane Watson came in to take our school photos and they should be available soon. Once they are ready you will be able to get a digital copy of these from the school. Please bring in or send in with your child a blank DVD or USB stick when they are ready. Thank you Jane.

The Christmas Shoeboxes are filling up; we’ve had to start another two which is wonderful. These will be sent off shortly. If you plan to donate any gifts could you please have them in by next Wednesday.

Next week swimming lessons will commence. The whole school will be travelling down to Wingham Swimming Pool by bus each day. The bus will leave here at 9.15am and pick up at the pool will be 12.00pm. Normal school lessons will continue each afternoon. Please ensure that your children bring their swimmers, rash shirt, towel and goggles if needed with them each day. It is probably a good idea to have their items label with their names. Please note: There will be no teaching staff at the school while the swimming scheme is on.

Just a reminder: This school is part of the Healthy Kids Association which promotes healthy eating through the Crunch and Sip program. Please ensure your child has a piece of fruit or vegetable sticks in their lunch box each day to enjoy during Crunch and Sip.

Kind Regards,

Jo Boland
Dear parents,

Could you please let me know if you are planning to order new uniforms for next year:

(Item and size please), so I can order for the start of 2016.

Thank you,

Telly

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<thead>
<tr>
<th>Term 4, 2015</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Week 4</td>
<td>26th</td>
<td>27th</td>
<td>28th</td>
<td>29th</td>
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<td>Week 5</td>
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<td>Swimming</td>
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<td>Week 6</td>
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<td>Week 7</td>
<td>16th</td>
<td>17th</td>
<td>18th</td>
<td>19th</td>
<td>20th</td>
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<td></td>
<td>Centenary meeting 4pm</td>
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<td>Week 8</td>
<td>23rd</td>
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<td>P&amp;C fundraiser orders close</td>
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Present: Jo, Telly, Aspen, Liane

Apologies: none

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<thead>
<tr>
<th>ITEM</th>
<th>DISCUSSION</th>
<th>ACTION</th>
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<tbody>
<tr>
<td>Meeting opened</td>
<td>3.30 pm</td>
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<tr>
<td>Minutes of previous meeting</td>
<td>Read : confirmed by Liane &amp; seconded by Jo.</td>
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<td>Correspondence IN</td>
<td>• Certificate of incorporation with standard rules.</td>
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<td></td>
<td>• Quote for bus to MEC 20/10</td>
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<td></td>
<td>• Canteen info</td>
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<td></td>
<td>• prostate &amp;breast cancer foundation lottery. It was felt that we have done</td>
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<td></td>
<td>enough fundraising for others this year</td>
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<td></td>
<td>• donation of $50 from Hans – Thank you</td>
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<td>Correspondence OUT</td>
<td>• Letter to council requesting funds for swimming transport.</td>
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<td>• Fundraiser info out to community</td>
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<td>Business arising from the minutes</td>
<td>• Operation Christmas child: Telly phoned for more info.</td>
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<td>of previous meeting</td>
<td>• Boxes are ready and being filled</td>
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<td>• 3 cheques written out for Wednesday’s yr 5 &amp; 6 excursion: $221 total</td>
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<td>• Quotes received for swimming transport: $2000.</td>
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<td>• Reusable food bags samples have come in and are available for viewing.</td>
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<td>Info and order forms have been sent out.</td>
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<td>Treasurer’s Report</td>
<td>Balance at bank: $2942.56</td>
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<td></td>
<td>Minus excursion expenses 20/10: $221</td>
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<td>Funds available: $2720.35</td>
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<td>Principals Report</td>
<td>• Family school organization assessment tool: some still to come in.</td>
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<td>this will be turned into a survey to parents.</td>
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<td>• <strong>Bunnings BBQ</strong>: Nigel is organizing roster.</td>
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<td>Sunday 15 November</td>
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<td>Sausage sandwiches &amp;Bacon &amp; egg rolls &amp; drinks.</td>
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<td>Liane will donate the eggs Discussion about</td>
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<td>which butcher to use, ask for donations.</td>
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<td>• <strong>End of year: presentation day</strong>: Tuesday 15th</td>
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<td>December daytime at the hall. (because of play)</td>
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<td>• Bring a plate: we’ll have lunch at hall</td>
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<td>• P&amp;C to provide drinks: tea/coffee/milk/juice</td>
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<td>• <strong>Presentation day Gifts</strong>: Gifts for staff: Elands shop vouchers?</td>
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<td>Everyone agrees. 7x $15</td>
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<td>Farewell gift for Liane: card &amp; plant?</td>
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<td>• <strong>Centenary meeting</strong> Tuesday 17 Nov 4pm</td>
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<td></td>
<td>• <strong>Evaluation committee</strong>: formed: Andrina, Jo, Cheree &amp; Aspen</td>
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<td>• <strong>Reports</strong> will go home 15 Dec.</td>
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Next Meeting Monday 30 Nov 3 pm
Meeting Closed 4.10 pm
Whooping cough information

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

Kids look to you to keep them safe...

Know the signs. Know the rules.

**Bus Zones**
Stopping is not permitted during the times shown on this sign.

**No Stopping Zones**
Stopping is not permitted at any time.

**No Parking Zones**
Drivers may drop off or pick up children during the times shown, but note:
- The maximum stopping time is 2 minutes
- The driver must remain within 3 metres of the vehicle

40km/h School Zone
The 40km/h school zone speed limit must be observed during school zone operating times.

Fines and loss of demerit points apply.

A road safety initiative from Greater Taree City Council
www.gtcc.nsw.gov.au
Hand Drumming Workshop
hosted by Matt Zarb

Venue: One Life Church, 75 Muldoon Street, Taree
When: Wednesday 4th November
5:30pm to 7:00pm
Cost: $5.00

BOOKINGS ESSENTIAL
Limited Places Available
Call: 65515067 to reserve your place
All proceeds to The Australian Children’s Music Foundation

Sponsored by Bass ‘n’ Blues and One Life Church

Share Your World With An Italian Exchange Student
Hosting an overseas secondary school student gives Australian families the opportunity to open their hearts and their homes, share their customs, language and interests and create lifelong friendships! It is about discovering another culture, encompassing different traditions and practices, and supporting a new family member as they do likewise. To find out more head to our website: https://wep.org.au/host or call us on 1300 884 733.
In the loop

Rural Fire Service Community Information Day

When: Sunday 1st Nov - 10am to 2pm

Where: At the Fire Station—Cnr Wallis Lane and Glenwarrin Road Elands  ** Fundraising Gourmet BBQ at midday  **

We are asking for information about your property: Access to locked gates, dams and access, do tanks have Stortz fittings, your emergency plan for cattle/horses. Good food, good company and information on how to protect your property.

Co-op Shop

The Shop is coming up for it’s 3 year anniversary! Let’s make it look really good. Come to a working bee on Saturday October 31 from 10-12, followed by a staff meeting from 12-1pm and then a sumptuous feast from 1pm.

Melbourne Cup Day will be the usual extravaganza, with fancy hats, fine food and Cup sweeps, the Race will be televised! November 3.

Co-op AGM will be on November 11, at 6 pm in the Hall. More details to come and notices will be sent to members closer to the day.

Day of the Dead

Held at the Bulga Cemetery, November 1 at 5.30pm

A celebration of loved ones no longer with us. The Day of the Dead is a central American tradition that goes back more than 3000 years.

It honours both death and the cycle of life. In Mexico, neighbors gather in local cemeteries to share food, music, and fun with their extended community, both living and departed. The celebration acknowledges that we still have a relationship with our ancestors and loved ones that have passed away.

This will be the fifth time we have marked this day in the Bulga Cemetery. In 2010 about 18 of us gathered to share food, make some music and weave our dance. In 2012 we held hands and remembered our loved ones no longer with us before feasting on shared delights. In 2014 we sat around and told stories. Last year we stayed on, through the rain shower and talked until dark. This year... This is a late afternoon event, bring food to share, a photo or memento, musical instruments, and if it’s not a total fire ban... a candle. Also bring flowers- we decorate all the graves.

While there is sadness there is also joy, in remembering them our loved ones live on!

About

MountainTalk [MT] is put together by volunteers most fortnights using information given to us by you, regarding local news and events. We also like to share photos, artwork, or any creative writing, and connect as a community.

MOUNTAINTALK DISCLAIMER:

All care is taken in the preparation of MountainTalk, however the volunteers who produce this newsletter do so in good faith and bear no responsibility in respect to the accuracy of the information contained in any articles. Any views or opinions presented are solely those of the author and do not necessarily reflect the editors views.

Subscriptions to Mountain Talk:

The Mountain Talk newsletter is printed on Thursdays - most fortnights-and attached to the school newsletter throughout school terms. Phone the school on 6550 457 if you would like to receive a paper printed copy delivered to your mailbox for a small yearly fee.

Some news is emailed out between printings. For an electronic version, you can be added to the emailing list by request, just send an email to: announce@elandsonline.info

Contributions

Always welcomed, emailed to announce@elandsonline.info two days before the Thursday deadlines, every fortnight or thereabouts (depending on news availability!). See our general submission guide: http://www.elandsonline.info/submissions-guidelines.html
Bulga Food Club

Saturday 7th November, Georgia will be doing another Food Club. Last time was wonderful. Excellent food as always and lots and lots of kids. Georgia plans to cook every 2nd week, but would like others to think about cooking on the other weekends. Any takers? Doesn’t have to be fancy. Another way of doing it, is to do it with someone.

BULGA COMMUNITY CO-OPERATIVE

Hello to MEMBERS of the BULGA COMMUNITY CO-OPERATIVE SOCIETY LTD This is to remind you that the 2015 AGM is on Saturday 14th November @ 2pm at 135 Glenwarren Rd [the old food club site]. Please remember to bring your 2015/6 annual subscription of $20 if you have not already paid. If you are unable to attend and you wish to pay your sub in cash, you could pay Damon at the Elands shop. I will get a receipt to you. If you pay by bank transfer our BSB is 062 623 a/c# 1001 3421. Thanks, see you there. Michele, secretary.

Elands School fundraiser—reusable pouches—see next page

Dear parents and community members,

This term Elands P&C is doing another fundraiser for you children.

Attached are a brochure and an order form for reusable food pockets, wraps, plate & bowl covers and icy pole pouches. These wraps can easily be washed every day and reused and are very durable.

They make great Christmas gifts and won’t cost the earth!

Samples can be viewed at the school.

Please support our P&C in supporting your children! As you know the P&C subsidises transport costs for camps, outings, swimming, uniform etc.

Orders are to be at Elands School by 20th November. Thanks, Elands P&C Committee: Jo, Aspen, Telly
Matters To Me carry a range of products that are reusable over and over again. Ideal for kids lunch boxes eliminating the amount of plastic thrown out each day at school, preschool or in childcare. Matters To Me gives you the opportunity to purchase these fantastic products whilst raising money for your school and reducing single use plastic.

4MyEarth make a fantastic range of reusable food packaging which is eco friendly and non toxic. It eliminates the need for wasteful plastic wrapping that is both toxic and damaging to the environment. All products are handmade from a manufacturer who is aware of the importance of environment and workplace conditions with no child labour. Say NO to the mountain of plastic wrap that is used in kids lunch boxes, by replacing it with the range of reusable pockets and wraps. Fantastic for keeping all sorts of food fresh and crisp during the day, whether it be sandwiches or carrot sticks. The pockets and wraps are made with a velcro strip so can be used with ease by anyone. Made from 100% cotton/canvas fabric and they are PVC, heavy metal, phthalate and BPA free. They are all hand, dishwasher and even machine washable. Just wipe out with a damp cloth and dry daily and then give a deep clean at the end of the week by throwing it in the wash!

4MyEarth Pockets and Wraps

**Snack Pockets**
12cm x 12cm $9.95
Ideal for fruit, sultanas, popcorn, biscuits, rice cakes and more.

**Sandwich Wraps**
30cm x 30cm $12.95
Use for wraps, sandwiches, rolls and more.

**Food Pockets**
18cm x 18cm $13.95
Ideal for sandwiches & rolls.

*Also available is the Food Wrap used for homemade breads, cheese, batches of sandwiches and cakes. 40cm x 40cm $14.95*
Designs include: Retro Combi, Robots, Dandelion, Flower Fantasy and Retro Circles.

4MyEarth Food, Plate and Bowl Covers
Proven to be extremely versatile for keeping food fresh and protected whether it is covering leftovers in your fridge, or protecting food from flies and insects at outdoor BBQ’s or picnics. They come in 4 handy sizes and made from high quality 100% cotton/canvas so they will last for years. Dishwasher, machine or hand wash and drip dry ready to be reused. The food covers will rid your fridge of plastic wrap and keep your food fresh time and time again.

**4MyEarth Food, Plate and Bowl Covers**

- **Extra Small 17cm diameter** - $7.95
- **Small 22cm diameter** - $8.95
- **Medium 25cm diameter** - $9.95
- **Large 28cm diameter** - $10.95

ZIPCICLE REUSABLE ICYPOLE POUCHES
12PK $9.00
Make your own icypoles without the added sugar found in store bought packs. Get creative with the kids and come up with all sorts of healthy ideas. Recipes can also be found at www.matterstome.com.au

www.matterstome.com.au  Ph 0417 515 728