

Packing a healthy school lunch can often be a challenge for parents. By the time children reach school they are beginning to make independent choices about their lifestyle. One area we can have a significant influence is by the choice of what goes in their lunch box each day.

Involving your children in this process helps. Before going shopping take the time to discuss healthier food and drink choices and write out the shopping list for what they would like to take in their lunch box for the following week.

By involving your children in a grocery shopping expedition, you can also point out all the healthy food options and give them a choice for the following week.

Children are quite capable of assisting you prepare their lunchbox. Younger children can help prepare sandwiches or cutting up soft fruit.

We have fridges provided by the P & C to help keep our lunches cold and we ask you to keep lunch box sizes to a minimum so all can fit in.



If you are sending tinned food to school, please remove the contents before school and place in a sealable container that can be easily opened by children. We have found in recent weeks a number of children needing help opening the tins with some cutting themselves in the process.

**NO TINS PLEASE**

Aloomba School encourages litter free lunches. By limiting the amount of packaging, we have found healthier and more economical choices are made. It also helps our environment by not sending mountains of waste to the dump.

Lunch box contents that are not eaten are sent home in the lunch box so you can monitor what is being eaten at school.

### Thank you Grandparents



We are very fortunate to have many special grandparents visit our school. Whether it is dropping off or picking up a grandchild or helping out with the many volunteer tasks throughout the school, we would like to thank you for your ongoing support. Your efforts and devotion to your grandchildren is evident in what you do.

Grandparents wishing to help in the school require a Working with Children Blue Card. Please see the office if you require more information.

### We're racing through the year



#### **Uniforms**

It's time to start thinking about getting your uniforms sorted for next year.

The uniform shop is open on Mondays from 8.30—9.00am with the exception of Monday 13 November when it will be closed.

A special order for senior shirts (Yr 6) and house shirts will be placed at the beginning of the 2018 school year.

#### **Booklists**

Booklists for 2018 will be handed out to all students on Orientation Day, 16 November.

### Stay on Track

It is very important that we all continue to remain focused for the next 5 weeks. Teachers will continue to introduce new work and implement assessment items during this time, so it remains a priority to have children at school every day. It is also necessary that they are well rested and understand the importance of continuing to listen and work hard until the very last day. This includes abiding by the school rules, respecting others and playing safely. We rely on and appreciate your support to ensure the best outcomes for your child.

### Swimming for Prep—Year 2

continues tomorrow. Please let us know if you are picking up your child from the pool.

**Election Day Cake Stall & Sausage Sizzle**  
**Saturday 25 November 2017**

**Help Needed**

We are looking for people to do some baking (cakes, slices, biscuits etc) for our Election Day Cake Stall & Sausage Sizzle on Saturday 25 November. We also need people to give up a small amount of time on Saturday to help out at the stall and sell Hundred Board tickets.

Please note: We need a list of ingredients attached to the baked goodies before they are dropped off at the Tuckshop on Friday morning 24 November (the day before the election). Please have them wrapped and labelled ready for pricing.

Please let us know if you can bake or can help on the day by filling out the form below. Please call Debbie Anderson on 0409 275 789 if you would like further information.

Four good ways of making Polling Day an enjoyable experience:

**Vote at Alooomba ...We don't have any parking problems**

**Vote at Alooomba...and enjoy the peaceful country atmosphere**

**Vote at Alooomba...and purchase some home baking**

**Vote at Alooomba...and help the P&C raise funds for the school**

**Remind your friends and family to vote at Alooomba!**

**Election Day Stall                      25 November 2017**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

I can help with the following:

Bake Cakes / Slices / Biscuits Please avoid using ingredients that require refrigeration	
Help set up the cake stall	
Help sell cakes, cook sausages or sell 100 board tickets	
Help Pack up	

I am available                            7am-8am Set Up

                     8am-10am                                            10am-Noon

                     Noon- 2pm                                            2pm-Clean up

**End of Year Concert Wednesday December 6**

With only 23 school days left before the holidays, preparations are underway for our end of year concert. Classes are busy learning songs, awards are being finalised, Captains and Yr 6 students are creating power points and staff are organising the event. Please mark this special occasion in your calendar to avoid clashes. It is an enjoyable evening where we celebrate our students and say a final farewell to our Year 6 students.

**P & C Meeting this Friday 10 November**

Final Meeting for 2017. Please join in.

**P & C Volunteer Gathering Friday 17 November**

Parkview Tavern, Gordonvale commencing at 6.30pm.

To help with confirm numbers please RSVP to Debbie Anderson by Monday 13 November on 0409275789.

Volunteers will need to fund their own food and drinks on the evening. Sorry—no courtesy bus available this year.

**Shine for our Reef Friday November 10**

Picnic & Reef Lantern Walk in Norman Park, Gordonvale from 5.30pm . See school noticeboard for details.

**TUCKSHOP**

	Tuckshop	Home Bake
10 Nov	Charlene P, Elly P	Kristen R, Jodie T

**KEY DATES for your CALENDAR**

Day	Date	Event
Wednesday	weekly	Swimming for Prep—Year 2
Friday	10 November	P & C Meeting 3pm
Thursday	16 November	Prep Orientation Day
Tuesday	28 November	RI Christmas Service Empty Christmas Tree
Wednesday	29 November	Gordonvale High School Orientation
Monday	4 December	Dance Fever Presentation
Tuesday	5 December	Swimming Carnival
Wednesday	6 December	End of Year Concert