Dear Parents & Carers,

**HEART OF NORTH ARM VOLUNTEER AWARDS**
You are invited to nominate any volunteer who you believe has done an amazing job for our school this year (and beyond) and deserves recognition. Nominations may come from staff, parents or any other member of our school community and further details can be found on the Nomination Form sent home in October (spares are available at the office). Nominations close 3pm, Wed 12 Nov.

**YEARS 1-7 SWIMMING PROGRAM**
Swimming lessons commenced today and will run every Wednesday until 3 December. Eligible Yrs 3-7 students will also participate in the Swimming Carnival on Wed 10 Dec. Please ensure your child/ren remember to bring their swimmers, rash shirt, goggles and sunscreen each Wednesday. The timetable will be as follows:

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<tr>
<th>CLASS/ES</th>
<th>LEAVING SCHOOL</th>
<th>ARRIVING BACK AT SCHOOL</th>
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<td>5B &amp; 6L</td>
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<td>10.20am</td>
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<td>4B &amp; 4F</td>
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<td>3R &amp; 3F</td>
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<td>2/3 &amp; 2W</td>
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**P&C HOLIDAY RAFFLE**
Many thanks to the families who have already sold all of their tickets and returned the $ to school and to those who have been unable to sell the tickets, but have returned their unsold tickets. The funds raised from this fundraiser will go towards the LIBRARY AIRCONDITIONING fund, which will benefit EVERY student at our school, so I encourage you all to sell as many tickets as you can and return them to school ASAP, but no later than Friday 21 November. Many hands really do make light work and we all share the responsibility for making our school a better place for your children.

**2015 PREP INFORMATION NIGHT**
If you have a Preppie starting at NASS next year, please join us at the 2015 Prep Information Night on Monday, 10 Nov (6.30-8.00pm). If possible, we ask for no children to attend, but we do understand that is not always possible, so they are welcome to join you if needed.
STUDENT OF THE WEEK AWARDS
Congratulations to the following students who were awarded the Student of the Week Award for their classes today on Parade:

PREP: Max, Mykal, Charlie, Brodie, Ford, Rosita
YEAR 1: Beau, Thomas, Charlie, Matthew
YEAR 2: River Gabrielle
YEAR 3: Cerys, Zoe, Leah, Travis, Amy, Harriet
YEAR 4: Amba-Lilly, Sarah, Harley, Thomas
YEAR 5: Joey, Chas, Jaida
YEAR 6: Tom, Alana, Jack
YEAR 7: Ruby, Declan

Kind Regards,
Kelly

TUCKSHOP DAY IS COMING UP ON FRI 7 NOV
Let’s give a big thanks to our tuckshop convenors and volunteers for their hard work in providing our hungry students with healthy, tasty food.

Our tuckshop is always looking for volunteers to help out so if you’ve got an hour or two free, contact Sarah Suell on 54729888 (Thurs or Fri).

Additional information is available from the Tuckshop Day website.

STEPHANIE ALEXANDER KITCHEN NEWS
In the Kitchen Next week’s classes (11 Nov): 9am- 3R, 11.40 - 5B, 1.40 - 7M.

The Asian noodle salad is a beautiful refreshing summer meal. The children have enjoyed making the noodles by hand. There have been no leftovers to share with teachers. We counted 13 different vegetables and herbs in our meal. Students are experimenting with different tastes such as sesame oil (not some classes due to allergies), fish sauce, lime juice, Thai basil, mint and rice wine vinegar.

If anyone has a surplus of lemons for next week’s lemon curd we need about nine (9) for next Tuesday (drop them into the office by Monday please). We have been using juice and zest from my lemons that some willing students extracted and froze last term.

Thankyou so much to the volunteer parents that help each lesson. Our wonderful community helper Helen Gilbert is no longer able to help due to ill health. She would volunteer her time for two out of three lessons each Tuesday. Regards Lis Anderson-McColl (SAKG Teacher).

P &C NEWS
RAFFLE TICKETS
Thank you to everyone who has returned their raffle tickets and money. We still have some books left if you need more. All tickets sold or unsold and money needs to be returned by Nov 21.

HALLOWEEN DISCO
Many thanks to all of the wonderful parents and carers who came along to help at the disco on Friday night. Without your support, we would not be able to run events such as this for the North Arm State School children, or raise funds for important resources such as laptops and air-conditioning. So thank you very much to our wonderful helpers!

TUCKSHOP NEWS
‘Many Hands make light work’. Do you have an hour or two to spare on a Thursday or Friday to come and help in the tuckshop. Any amount of time you can volunteer is greatly appreciated and goes a long way in ensuring the smooth running of the tuckshop. Grandmas/Grandpas, Aunties/Uncles are also welcome to lend a hand.

This week’s special is : Due to oven issues in the tuckshop this week, the weekly special will be changing from lasagne to Creamy chicken and veges with Pasta, (sorry for any disappointment) for $4.50 or Meal deal $6.00 includes a drink and a treat/apple slinky.

If you have a spare hour or two on Thursday or Friday, I am in need of 1-2 helpers 9-11am and 11-1pm. any time you can spare would be greatly appreciated.

Regards,
Sarah, Tuckshop Convenor

BEFORE & AFTER SCHOOL CARE
invites all interested parents and carers to their next meeting to be held on Tuesday, November 11 at 1:00pm.

YEAR 1 MARKET DAY was a resounding success yet again. A HUGE thankyou to the parents, teachers and children of Year 1. A profit of $347 was made from the sales.

HOST FAMILIES WANTED FOR JAPANESE STUDENT VISIT 27TH DECEMBER 2014- 5TH JANUARY 2015.
15 Japanese students are visiting the local area over New Year. Students, both boys and girls 10-15 years will be involved in English classes and activities at the Yandina RSL Hall.

If you are able to share our Australian way of life with a student and learn about Japanese culture please contact

Lyn Bartel 07 5446 7141, 0488114016 or lyn.bartel@bigpond.com

N. B. You do not need to speak Japanese or cook special meals. A $30 per day stipend will be paid to host families.
Make sure they help at home….. without being paid

Confident kids are competent kids. Past experience has taught them that they can be successful. One way to help develop a sense of competency is to give kids opportunities to help out at home. There is no need to overburden children with jobs, but a sensible allocation of chores according to their age, study requirements and interests is not only a great help to you, but good training for them. They develop the skills of independent living when they help at home, and the notion that they are capable.

It’s best to expect children and young people to help without being paid. By all means provide them with pocket money, but avoid linking it to chores. Helping out in exchange for money develops in children a notion of ‘What’s in it for me?’, which is a self-centred view of life.

Many parents have difficulty getting their children to help. Some spend so much time nagging children to do jobs that they often give up asking and expect little of them. Here are some ideas to encourage your children to help out at home:

1. **Keep it real**: Kids can sense when parents give them jobs to keep them busy. Make sure the jobs you assign make a real contribution to your family’s well-being.

2. **Balance the personal chores with family jobs**: Chores are generally divided into two areas. Jobs such as keeping a bedroom tidy benefit a child and jobs such as setting the table benefit the family. By doing this kids learn to contribute positively to family-life.

3. **Place the more arduous or difficult tasks on a roster**: Children can refer to it when needed which takes the load off you and removes the need to remind them. Rotate the unpleasant tasks frequently.

4. **Use Grandma’s principle to make sure jobs are done**: Grandma’s principle means you do the less pleasant tasks first. That is, make sure jobs are finished before mealtimes or before starting pleasant activities such as watching television.

5. **Avoid doing jobs for children**: When children get the message that no one will do their jobs for them they will be more likely to help out.

6. **Show your appreciation for their help**: Make a fuss when they help so they know that their contribution to the family is valued. If you do it often enough they may even show their appreciation for all you do for them!

7. **Keep your standards high**: Don’t accept half-hearted efforts or half-completed jobs. If you think your child is capable of putting the cat food back in the fridge and placing the spoon in the dishwasher then insist that he or she does just that, rather than leaving the cat food on the sink. A job properly done is valued in the world of work, which they will eventually enter.

8. **Rebrand the term ‘chores’ as ‘help’**: The term ‘chores’ definitely has an image problem. Use the term ‘help’ as it is easier on the ear and really does indicate what you want from your kids.

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PO Box 167 Balmoral VIC 3926 R. +61 3 5983 1798 F. 03 5983 1722 E. office@parentingideas.com.au
