



Calendar

Wed 2 nd Dec	P&C Meeting 2.00pm
Tues 8 th Dec	Music Recital 9.15am
Wed 9 th Dec	Presentation Night 6.30pm
Tues 15 th Dec	Year 6 Day Out
Wed 16 th Dec	Party Day Last Day of Term

Canteen Roster

This Week	Ruth	Jess
Next Week	Jo	Karen

*** Very Important Information ***

As is our traditional practice, at the end of the evening on **Presentation Night**, we will also be having a visit from a jolly old man in a red suit. Parents are asked to supply a gift (\$15.00 value maximum), for their own children (including pre-schoolers), to be placed under the Christmas tree for our special visitor to hand out to each child. These can be secreted with Mrs Mahony or a teacher before the night.

Christmas Hamper

P & C has once again provided a collection basket for contributions to our "Christmas Hamper" which is generally presented to the Salvation Army each year. The basket will be placed in the entry foyer of the Admin area where it will be convenient to receive your most welcome donation.



P&C Meeting - Reminder

Our next P&C Meeting will be held at 2.00 on Wednesday, 2nd December. Please put this date into your diaries as we really need as much support with this meeting as possible.

PBL- Positive Behaviour Learning-reminder

On our school website I have added some information about our PBL program. The information comes under the "Curriculum and Activities" section at the top of the school web page, and within that there is a special section for "Positive Behaviour Learning-PBL". The program is explained in this section with an outline of the lessons we are targeting this term. Each lesson taught to the children will also be attached to this section. We ask that you have a look at this PBL section and familiarise yourself with the values we are targeting at our school within this program.

This week's lesson was "I accept that everyone learns differently" During this lesson we learned about the 3 different learning styles—Visual, Auditory and Kinaesthetic. These are only 3 broad categories. Some students take longer to learn, some students need a quiet environment to learn whereas some learn through talking and discussions. We need to make sure we are respectful of others and their learning style. We need to ensure that our behaviour enhances everyone's opportunity to learn.

Point Wolstoncroft Camp

4/5/6 enjoyed 4 days at Point Wolstoncroft last week, enjoying many activities such as- sailing, high ropes, kayaking, archery, giant swing, swimming and rock wall climbing.

We also enjoyed two nights of games with the last night a giant Trivia Night—which one of our teams won! The children represented our school beautifully, further enhancing the reputation of Iona. I sincerely thank all the parents who attended this camp with me—Mr Gale, Mrs Lidbury, Mrs Proctor, Mrs Murphy, Mrs Hicks, Mrs Irwin, Mrs Latham and Mrs Bayley (who was very busy “doctoring”, especially Avalon’s 130 Year 6 children). The following photos should give some insight into the venue and the week we had.



Games Night



High Ropes



Trivia Night!!



Archery



Kayaking



Giant Swing



Getting wet after Giant Swing



Pool Games-Rafting



Rock wall Climbing



Sailing



All together after climbing

Leader's Elections

Our Year 5 students will be presenting their leadership speeches next Monday with our elections carried out on the same day. We wish them good luck as they present themselves to the rest of the school. As I have stated many times to all students, these speeches only reaffirm what they already know of our Year 5 students—we are voting for leaders who already have these skills and values.

School Swimming

Our School swimming Program resumes again tomorrow—please ensure your child has their swimming gear tomorrow.

CHRISTMAS CAROLS

7pm Saturday 5th December
Largs School of Arts

Featuring:

- ❖ Free Entry
- ❖ Choir
- ❖ Orchestra
- ❖ Community Singing
- ❖ Visit from Santa
- ❖ Supper Available



Nutrition Snippet

The simplest way

...to make tabbouleh.

Ingredients

- 1 cup cracked wheat (bulgar)
- 2 large ripe tomatoes, diced
- 1 small cucumber, diced
- 3 spring onions, finely sliced
- 1 bunch parsley, chopped
- 1 bunch mint, chopped
- 2 tsp lemon juice
- 1 tsp olive oil



Method

Cover the cracked wheat with water and soak for 15 minutes || Mix with remaining ingredients and serve chilled || Makes a great addition to your kids' lunch box – add to sandwiches/wraps or send in a small container.

Tips

*For best results, use flat leaf parsley when available.
For a more substantial meal: add 425g can drained chickpeas; or serve with grilled fish or meat and flatbread.*

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



MAITLAND INCLUDES YOU... to Party in the Park

CELEBRATING INTERNATIONAL DAY OF PEOPLE WITH DISABILITY 2015

WHEN: 10.00am - 2.00pm 3 December 2015

LOCATION: Walka Water Works, 55 Scobies Lane Oakhampton Heights New South Wales 2320

WHAT IS PROVIDED: Free entry, free BBQ lunch, live performances and interactive activities, \$2 miniature train rides. Accessible toilets are available at the venue.

THEME FOR 2015: 'INCLUSION MATTERS: ACCESS AND EMPOWERMENT FOR PEOPLE OF ALL ABILITIES'

A shuttle bus will be provided from a central pick up point in Maitland should you require transport to and from the event.

For more information regarding transport or the event, please contact Community Planner, Jessica Forbes on 4934 9881 or jessica.forbes@maitland.nsw.gov.au

You're invited





Summer fun in nature around Port Stephens



Join our *Discovery* Rangers to experience a different side to Port Stephens and Tomaree National Park this summer holiday. There's something for everyone.

Bookings and information

For all tours: Please remember to wear closed shoes, and bring water, sunscreen, and weather protective clothing, such as a hat or raincoat. Children under 16 years must be accompanied by an adult.

Bookings for all NPWS Discovery Tours are essential.

Book online following the links below, or phone 13000 PARKS (13000 72757).

For more information on tours, such as meeting points, please follow the web links or ask on booking. For general enquiries, phone Sue Olsson on (02) 4984 8210, or email suzanne.olsson@environment.nsw.gov.au

Tomaree's WilderQuest treasure trail

Thursday 7 January 2016, 9am–11.30am

Discover the sights, sounds and heritage of Tomaree as you step back to the time of World War II.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-tomaree-treasure-trail

WilderQuest wild world of rockpools

Friday 8 January 2016, 1.30pm–3.30pm

Explore amazing rockpool creatures on Boat Harbour's headland.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-wild-world-of-rockpools

Spooky night walk

Wednesday 13 January 2016, 6.30pm–8.30pm

Experience stories by dusk, the haunting ambience 'behind the scenes' of Tomaree's World War II gun emplacements, and then return by dark.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/spooky-night-walk

WilderQuest bush to beach family discovery

Thursday 14 January 2016, 3pm–5pm

Enjoy nature with fantastic family activities. For the young and young at heart.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-bush-to-beach-family-discovery

See over page for more tour information



Tomaree's WilderQuest treasure trail

Thursday 7 January 2016, 9am–11.30am

Discover the sights and sounds of Tomaree as you step back to the time of World War II. Visit the sites of the torpedo, fort and guns. Taking off our defence hats, we get close to nature as we explore the summit and take in spectacular views. Stay to create your WilderQuest bags.

Cost: Adults/children (6–16 years) \$15 per person. Not suitable for children under 6 years. Family \$45 for 2 adults and 2 children.

Meet: At the eastern end of Shoal Bay Road, on grassy area adjacent to lower Zenith Beach carpark.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-tomaree-treasure-trail

WilderQuest wild world of rockpools

Friday 8 January 2016, 1.30pm–3.30pm

Don't miss this great introduction to the complex world and amazing creatures of the rockpools on Boat Harbour's headland. You'll see animals that don't move, and others that look like plants.

Cost: Adults/children (6–16 years) \$12 per person. Not suitable for children under 6 years. Family \$36 for 2 adults and 2 children.

Meet: Boat Harbour, near the toilets off Kingsley Drive, at the southern end of Boat Harbour Beach.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-wild-world-of-rockpools

Spooky night walk

Wednesday 13 January 2016, 6.30pm–8.30pm

This dusk event promises interesting stories, a moody setting and perhaps even a spooky thrill or two. Experience the haunting ambience 'behind the scenes' of Tomaree's World War II gun emplacements. Returning by dark, we'll listen for the eerie sounds of the bush. If we're lucky, we might spot a nocturnal animal or two.

Cost: Adults/children (8–16 years) \$12 per person. Not suitable for children under 8 years. Family \$36 for 2 adults and 2 children.

Meet: At the eastern end of Shoal Bay Road, on grassy area adjacent to lower Zenith Beach carpark.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/spooky-night-walk

WilderQuest bush to beach family discovery

Thursday 14 January 2016, 3pm–5pm

School holiday fun packed with fantastic activities exploring nature for the whole family. Discover hidden bush places, bush colours, create your own micro trail and be part of an exciting WilderQuest beach hunt. For the young and young at heart.

Cost: Adults/children (4–16 years) \$12 per person. Family \$36 for 2 adults and 2 children. Children under 4 years free.

Meet: At the far eastern end of Shoal Bay Road from lower Zenith Beach carpark, turn right uphill to reach the Zenith Beach picnic area, adjacent to the upper Zenith Beach carpark.

www.nationalparks.nsw.gov.au/things-to-do/Guided-tours/wilderquest-bush-to-beach-family-discovery

Group tours

For more information on group tours for these programs, other dates, more events, and school tours, please contact Sue Olsson on 02 4984 8210 or Discovery.LowerNorthCoast@environment.nsw.gov.au



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