



### Calendar

24 & 31 Oct	Kindergarten Orientation
25 Oct	Grandparents Day breakfast
29 Oct	P&C Meeting 8:15am
30 Oct	Return book club orders
5 Nov	School Photos
7 Nov	Kindergarten Orientation

### Sydney Camp

We had an amazing time in Sydney. We would like to thank our wonderful students for allowing this to happen. You all exhibited manners, respect and responsibility, of which you should be proud. I certainly know that Ms Hartigan, Mr Mahony and I certainly are proud of you. A huge thank you to Mr Mahony for coming along and sharing the load!

### Sport – Swimming Starts Friday

This Friday all students start swimming for sport at Lakeside Leisure Centre, Raymond Terrace. Students will need to bring their swimmers, towel, bag, plastic bag and a rash shirt. Students will get changed during their lunch break before heading to the pool. *Please remember to label all clothing items and all students need a rash shirt!*

**We also require a number of permission notes to be returned and a copy of your active kids voucher if you haven't already provided one to the office.**

### Book Club

Issue 7 from Book Club is coming home today. Please have your orders into the office by Wednesday 30 October. If any orders are for gifts, please mark the order so we know!

### Kindergarten Orientation- Reminder

Kindergarten Orientation sessions begin this Thursday. We look forward to our new enrolments joining us.

If you have friends or neighbours who may have a child ready to start school next year, please let them know it is time to contact the school for information.

### P&C Meeting- Reminder

Our next P&C meeting will be held on Tuesday 29 October at 8:15am in the library. Looking forward to seeing some new faces!

### School Photo Day- Reminder

A reminder that school photos will be taken on Tuesday 5 November. All students should be in their full summer uniform, including **black school shoes**. Thank you.

### Grandparents Day THIS FRIDAY

We would like to celebrate the special role that our grandparents play in the life of our students and school community by having a special morning with them (mums and dads you can come too!).

This Friday 25 October we would like to cook you bacon and egg rolls for breakfast followed by a game of bingo or two with your children under the COLA. We only ask for a gold coin donation for your breakfast or if you have an overabundance of eggs at your place and would like to donate some for breakfast, we will shout you breakfast!

Could you please complete the expression of interest form on this newsletter and return by Wednesday 23 October for catering purposes.

## Class News

### K-1

Congratulations on a fabulous start to term 4, it is a pleasure to see everyone settled and ready to learn! Last week was a very productive week where students were immersed in anti-bullying activities, mural painting and gardening.

This Thursday, Kindergarten Orientation will commence and we welcome our new enrolments to Iona P.S. Our new friends and their Year 5 buddies will spend the morning session participating in wonderful activities.



Students enjoyed working together collaboratively to plan an anti-bullying message using Stop Motion.

### 2-3

After an amazing first week of Term 4, that included a camp adventure for our Year 3 students, we are now ready to begin our program of learning in the classroom. This term, students will be exploring the wonderful world of Roald Dahl. We hope to end this unit of study with a special event (more details to come later in the term). In science, students will investigate the relationships Earth has with the sun and moon. And, of course, our sports program will see us making a big splash in the pool every Friday. What a busy term we have planned!

### 4-5-6

We have already had a busy start to the term with camp last week. Keep an eye out in the next few weeks for recounts of camp in the newsletter. Please don't forget that swimming starts this Friday.

We are looking forward to a busy week in 4/5/6! We will be starting lots of new units of work. Then on Wednesday afternoon we will have Port Stephen's Council coming in for the Schools Waste & Recycling Education program presentation.



#### Invitation to book launch

Paterson Historical Society invites you to the launch of the new book "Sailing Vessels on the Paterson River 1804-1912" by Wayne Patfield.

## Sailing Vessels on the Paterson River 1804-1912

3pm on Sunday 1 December 2019

at Woodville School of Arts (beside Iona Public School)

The Hon. John Price AM will officially launch the book. John is former Deputy Speaker of the NSW Legislative Assembly and former Member for Waratah and later Maitland. He has a lifetime association with the Hunter and Newcastle, working as a maritime engineer building ships in Newcastle prior to representing the people of the Hunter for over 23 years in the NSW Parliament.

Wayne's book is based on decades of painstaking research and interviews, bringing great accuracy and detail to this ground-breaking work. The Paterson River became the heart of the first century of European settlement in the area. Sailing vessels brought in much needed supplies and then shipped the Valley's produce to markets in Newcastle, Sydney and beyond.

The book will be sought after by those interested in colonial vessels, their builders, operators and agents. It is a definitive reference for anyone wishing to understand more about the river trade, the people and their vessels.

A cup of tea or coffee will be available in the Hall from about 2.30 and Wayne will be available to sign books before the launch.

Admission is free. For catering, please RSVP at [sailingvessels.eventbrite.com.au](http://sailingvessels.eventbrite.com.au)

# Sydney camp Years 3-6



## Good for Kids good for life

### HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit [healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au) and search 'parents and friends'



HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## Notice of 2019 Annual General Meeting



**Wednesday 20<sup>th</sup> November 2019 – 7pm**

We would like to invite all members of the Woodville School of Arts, as well as members of the Woodville, Duns Creek, Butterwick and local community to join us for the 2019 AGM.

All following committee positions will be open for nomination for the 2020 year. President, Vice President, Secretary, Treasurer or Management Committee (4)

The current committee has worked tirelessly over the last few years to build the profile of the hall, raise funds for our ongoing expenses and maintenance, at the same time ensuring the hall remains community owned.

It is one of a few remaining community owned halls in NSW, which has only been achieved through the dedication of the members and committee.

We encourage you to nominate and help continue the great work that has been achieved so far.

**Refreshments will be served to celebrate the approaching Christmas and end of year season. Lucky door prize!!**



Nutrition Snippet

## The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our **hummus** with vege sticks and wholegrain crackers

[healthylunchbox.com.au](http://healthylunchbox.com.au)



### Grandparents Day-Expression of Interest

For catering purposes please indicate if you will be coming along to Grandparents Day breakfast from 8.30am until 9am on Friday 25 October.

Yes I would like to come along for an egg and bacon roll

Please let us know how many people to cater for in your family (including children)

Please return this slip to school by Wed 23 October. Thank you.