Value of the Week is Excellence
Striving for the highest personal achievement in all aspects of schooling.

Hats
Please ensure your children are wearing their hats in the playground. Children not wearing hats will be asked to sit in the COLA area or on the infants verandah.

School Uniform
Students are reminded that they are to wear their full WINTER school uniform for the remainder of Term 3.

Teachers have also noticed that there has been an increased trend in students wearing shoes with wheels on the bottom of them, these are not school uniform and are not permitted at school.

Book Week Parade
Congratulations to everyone, you all looked amazing!! Thank you parents – I too have experienced the time and effort that goes into organising a costume for your child, so a big thank you.

Mrs O’Neill

NSW PSSA Touch Football
Last week Bridie Martin travelled to Wagga Wagga for the NSW PSSA Touch Football competition. The competition took place over 3 massive days. Bridie was representing the North West Region.

13 teams competed throughout the carnival. On the first day the North West team played 6 games winning the first game, 2-0 and losing the rest, on the second day they had a bye first up and then played 4 games, drawing two games, nil all and two all. On the last day they played 2 games, unfortunately losing both. The competition was very tough but she learnt a lot over the couple of days. Bridie was lucky enough to duck through and scored a try on the wing against CIS. It was all a massive learning curve for Bridie and it really improved her touch football skills. North Coast won over all but Bridie tried her hardest and most importantly had fun!

Mrs Langford

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<th>Upcoming Events</th>
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<td><strong>Wed 27th &amp; Thurs 28th Aug</strong></td>
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<td>Kinder Come &amp; Try Day</td>
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<td>10.00 - 11.30am</td>
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<td><strong>Wednesday 27th August</strong></td>
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<td>P&amp;C Meeting</td>
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<td>6.30pm in Staffroom</td>
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<td><strong>Thursday 28th August</strong></td>
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<td>School Disco</td>
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<td>Infants 5.30 - 6.30pm</td>
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<td>Primary 6.45 - 8.00pm</td>
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<td><strong>Friday 29th August</strong></td>
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<td>Regional Athletics</td>
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<td><strong>Tuesday 9th September - Friday 12th September</strong></td>
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<td>Aussie Bush Camp</td>
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<td>Yr 5 &amp; Yr 6</td>
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<td><strong>Friday 19th September</strong></td>
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<td>PBL Assembly</td>
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<td>12.00pm</td>
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**Book Fair**

Wow, what an amazing week thanks to our wonderful parents encouraging their children to read. And what a great range of books and resources we were sent from Scholastic - posters, pencils, rubbers, fiction, non-fiction, picture books and pointers!

While we sold over $4000 worth of books and resources, the school made $1600 to be spent on materials for the library and classrooms. How exciting!

A very special thank you to those wonderful families who donated a book to your child’s class. These books will be available to borrow as soon as they have been covered.

Another special thanks must go to my four outstanding library assistants who helped throughout the week, going out of their way to be available when the sale commenced at 8.00am each day and staying back after school as well. A big round of applause to Jake Booby, Alira MacAlpine, Georgia MacAlpine and Madison MacAlpine.

*Mrs O’Neill*

**Regional Athletics**

Good luck to our athletes who will attend the North-West Regional carnival this Friday. Remember to give your note and money into the Tamworth tent next to the clubhouse.

*Mrs O’Neil*

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**Tournament Of Minds**

On Sunday the 24th August 7 students went to Armidale to compete in the 2014 Tournament of Minds Challenge. Bride Martin, Lucy Bowden, Lori Edgar, Billy Russell, Bryce Kelly, Georgia Byrnes and Danny Davidson had to solve a Long Term Challenge and a Spontaneous Challenge. The Long Term Challenge was to create a device that could equally and unequally divide sugar and deliver it to four different collection points. We did very well in that. We also did well in the very hard spontaneous challenge. We had to make a message that said what the object was and what is could be. We were the only team in the Maths and Engineering Primary Division, but we still needed a certain amount of points to win. Fortunately we scored very high and we are now off to Sydney where we will be in a room for 3 hours to make a device and write a script during that time to solve a challenge question.

(By Lori Edgar, Lucy Bowden and Bridie Martin)

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**Chaplain’s Spot**

Just the other day I sat down with some Stage 1 students for lunch and we compared the contents of our lunchboxes. In one lunchbox we found two packets of chips, four snack bars, two cheese-and-biscuits, and a packet of cookies – but no fruit and no sandwich! Together with an apple juice, that’s about 1309 calories – just 91 less than the 1400 calories recommended for an active student of that age! Just in their lunchbox!

**Healthy food = healthy body!**

A diet containing lots of highly processed foods can (negatively) affect student learning and behaviour. The food you eat not only feeds your body – it feeds your brain!

**Healthy food = healthy brain!**

And all that junk food hits the budget hard too! A kilo of apples costs less than $5 but the same amount of “fruit rollups” costs over $45!!

**Healthy food = healthy wallet!**

The *Healthy Food Guide* suggests three ways of improving diets that can positively change kids’ ability to learn and their behaviour (at home and at school):

1. **Avoid foods with artificial colours, flavoures and preservatives (look for E numbers on packs)**
2. **Include two healthy snaccs for every processed, fast food item in school lunchboxes.**
3. **Make sure kids have a nutritious breakfast**

Try it – you might be surprised by the change you see!
Bronze
K-6 P Phillip Pryor
KP Kyle Ruthberg
1C Tshari Coffey, Dekoda Jerrett, Sean Robbins
1E Troy Bennett, Ashley Howarth
1R Rhiannon Weribone, Max Milsom
2T Zachary Browning, Brendan Coulter, Bradley Cruickshank,
2W Tylarnya Geale, Jorja Morris, Laura Woods, Jayden Graham, Jahmaul Leslie, Jonyrikai Walford, Cory White
3S Latesha Butler, Chanele Squires, Darcy Holz, Claudia Ruthberg
4E Dominik Germany
6L Charlie Davenport, Skye Marshall, Brittany Powell, Bryce Kelly,

Silver
K-6P William Jones
KM Mia Campbell, Alaanah Jerrett, Lucas Sharp
KP Madison Sands-Green, Riley Broderick, Denis West
1C Ellie Webster, Alicia Woods, Ben Browning, Caylab Cabral, Blair Collins
1E Lily Adams, Lily Heap, Katherine Huang, Dakota Hughes, Paige Washington
1R Savanna Brennan, Abbey Reeves-Britz, Kierra Thompson, Lochlan Klease
2T Maddison Higgisson, Abbey Kelly, Emiline McCullough, Eva Shefe, Cooper Day,
Braiden Muller
2W Mikayla Butler, Chelsea McDonald, Jeremy Thompson
3/4E Lily Hardcastle, Melaney Smart, Liam McKillop
4E Aleisha Dewson, Alkira McGrady, Bridey O’Neil, John Renton, William Russell
5/6S Tayla Childs, Piper Death, Amanda Hall, Georgia MacAlpine, Connor O’Neil, Hayden Todd
5M Sheri Sands-Green
6L Hannah Griffiths, Emma Sheaves, Jacob Rust

Gold
1E Lillianna Eddy, Olivia Holz, Emily Rake, Mia Robinson, Colby Jeffery
2T Olivia Williams, Bryce Rampling, Kirk Schimann,
2W Zoe Hartigan, Brianna Moss, Colby Edgar, Jack Ellis, Nathan Moore
3/4E Ella Davidson, Lane Pittman, Kye Sharp, Charlee Marshall, Jai Thompson
3S Ben Trembath
4E Abigail Schimann
5/6S Kaecia Beattie, Georgia Byrnes

This week’s assembly Friday 29th August is a split assembly starting at 12pm Infants & 1pm Primary.
Infants assembly will be hosted by 2T. All welcome
One of our proud sponsors of the Breakfast Club is Bakers Delight in Tamworth City Plaza. Please support this organisation.