Dear Parents and Caregivers

Finally the Family Fun Fair is almost here. Only 3 sleeps to go!

It has been wonderful to see the school community rally behind the fair committee over the past term. I have to say in all my years at schools and involvement with fundraising I have never seen such an earnest and hard working group. Our fair committee has aimed high, has planned continuously and has tried to provide something for everyone. Please make sure you have returned your raffle book. Thank you to everyone who has contributed to the fair preparation in any way.

It is now up to us all to gather any available friend or relative and escort them to the fair. If I can bring my nearly 86 year old mother I am sure you can each bring someone! Seriously, the hard work has been done and it only remains for school and local community support on the actual day to make this event a success. The weather is looking as though it will be close to perfect and with so much to see and do several hours can easily pass by.

The fair opens at 11:00am so be on time to catch the best bargains.

Are you keen to avoid queues? If so, you can buy a book of rides as well as pre-purchase a ticket to Rockin’ Rocky’s show. The show will have adult supervision and children will be ‘locked in’ so why not take advantage of this opportunity to have a good look around on your own.

Industrial action

Tomorrow morning the school will be closed due to Industrial Action. Lessons resume at 12:15pm. Outside School Hours care is available for those unable to make other arrangements. To use this service children must be registered and booked in as soon as possible to arrange staffing.

Our teachers and paraprofessionals never take strike action lightly and they are disappointed that the Union and Government are not able find a resolution to the current round of enterprise bargaining.

Music on Show

This Friday our Year 3/4 Steiner Class has been invited to play their stringed instruments for a wide audience of DECS Central office personnel and teachers from many other schools. Our school was successful in winning selection in the DECS Music Trial and this has enabled every student in this class to learn either the violin, viola or cello. What an amazing accomplishment. This has only been possible for 3 reasons: support from DECS through a specialist strings teacher, support from the class teacher, Cathryn Banner, who has learnt along with the children and support from parents. We are all proud of the achievement of these children and I am very much looking forward to showing them off.

See you all on Saturday!

Vicki Stokes

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WORLD TEACHERS’ DAY

“Better than a thousand days of diligent study is one day with a great teacher.”

This Friday 31 October is World Teachers’ Day. It is an occasion to recognize and celebrate the crucial role of our teachers.

Yesterday, the Governing Council held a morning tea to thank our teachers for their dedication, hard work, time, energy and love. We are grateful to all the staff at TGPS for their commitment to our children. Thank you.

Caralyn Lammas
Chair, Governing Council
Healthy Eating Tips

School lunch-box ideas

In most schools, children can choose to get their lunch from the school canteen or bring their own lunch from home. At TGPS, our school canteen operates within the ‘Right Bite Strategy’ which is an SA Government initiative to promote healthy eating in schools. Our canteen does a great job providing nutritious, healthy and creative food options. Still, it is probably cheaper and healthier to send your child to school with their own lunch box stuffed with good things.

Sandwich ideas

If your child’s lunch is returning home uneaten, it may be that they didn’t have time to eat their food before it was time to play. Try cutting the sandwich into quarters, rather than halves, so they can at least finish some lunch before playtime begins.

Here are suggestions for a sandwich (or you can use pita bread, a baguette or rice cakes):
- cheese, lettuce and chutney
- Swiss cheese and sliced gherkin
- cottage cheese or ricotta and dates
- brie cheese and cranberry sauce
- pita bread pockets, wraps or Turkish bread with lean meat or falafel and salad curried egg or mashed boiled egg and lettuce
- chicken, mayonnaise and celery

Fruit

A piece of fruit added to the lunch box is a good idea. You can peel and cut a kiwi fruit and put it in a separate container. If your child doesn’t have time to eat a whole apple during lunch, quarter it and squeeze some lemon juice over to prevent browning by lunch time. Bananas come in their own easy-to-peel packaging.

Drinks

Your child gets thirsty running around the playground. The best thirst quencher is plain water.

More lunch box ideas

- A drinking straw skewered with cubes of cheese and cherry tomatoes (or strawberries if they are in season and not so expensive)
- Carrot and celery sticks with hummus dip (put hummus in a separate container so your child can dip into it)
- In the warmer weather it’s a good idea to freeze the water bottle to help keep the lunch cool and fresh.
- Draw a silly smiley face and put it in their lunch box. They can’t eat it but it will make them laugh!

Our Healthy Kids!

Julie Hale’s Year 3/4 Class have some ‘What Am I’ quizzes for you. See if you can guess all the answers!

1. I am white, I usually have writing on me, I can be all different shapes and sizes, and you can’t draw on me with pencil. I am usually used in a classroom. I have no mouth or eyes or legs, I am magnetic and people like to stick sheets on me with magnets. I don’t do anything except stay in one spot. What am I?
   By Olivia

2. People put yucky things in me. I sometimes get overflowed with things so cleaners change the bag that’s in me. Some of the things people put in me are apple cores and plastic. I can be plastic, metal or wood. What am I?
   By Indira

3. I have two eyes. A nose. My mouth is always shut. I can be very colourful or just plain. I can be made anyway. Other people can see through my eyes. I’m used for many celebrations. I can not talk. What am I?
   By BJ

4. I live in the wild. I have no more than 4 legs. I eat meat like zebra. I am very sly. I have 2 eyes, a nose and a mouth with very sharp teeth. I have a fur coat. I roar loud enough to make things rattle. What am I?
   By Chelsea

5. I am orange. I have black stripes. I eat other animals. I have four legs. I am an African animal. You can see me in the zoo. What am I?
   By Tom

6. I am long and I am pink. I have eyes. I have a mouth. I like to move at my own pace. My own pace is slow. What am I?
   By Elicia

7. I have a tail like a beaver. I have a beak. I can swim. I have webbed feet. I lay eggs. I have brown fur. What am I?
   By Jaye

   By Nicholas

Answers: 1. a whiteboard, 2. a bin, 3. a mask, 4. a lion, 5. a tiger, 6. a worm, 7. a platypus, 8. the happiest citizen.
On Tuesday 4 November a canteen meal deal will replace normal lunch orders. No other lunch orders will be available on this day.

Deal for Week 4, Term 4:

Turkey Burger with tomato and lettuce

Or

Vege Burger with tomato and lettuce

Please tick here if you would like mayonnaise on your burger

with a delicious Chocolate Mousse

and a bottle of Water

All for only $6.00

I would like to order a Turkey Burger or a Vege Burger (please circle your choice) with a Chocolate Mousse and a bottle of water - for only $6.00

Name: .............................................................. Room: ..............................

Amount enclosed: ..............................................
**WORDS OF WISDOM ~ UPFRONT**

“If you are bored, you are probably boring!”
- anonymous

**SPORTS NEWS**

**Girls-Only Cricket Clinics**

In Term 4 Kensington District Cricket Club will be running three FREE Girls-Only Cricket Clinics run at Parkinson Oval, Kensington Gardens Reserve. The clinics will be held on Monday 3rd November, Monday 17th November and Monday 1st December from 5.30-7.30pm.

The clinics are open to girls from Reception-Year 7. All equipment and coaching is provided. No experience necessary. Please contact Ben Johnwood on 0438 860 048 or at bijnjohnwood@ saca.com.au for a registration form.

**CRICKET**

Junior division one cricket training
Thursday 4.30 pm Devitt Oval.

John Edwards
Coach

**OSHC NEWS**

**October Vacation Care**

The October Vacation care went really well. We went on excursions to the Mars Sports Complex, the National Railway Museum to see the Ticklish Allsorts and to the St Clair Recreation Centre for ‘Supersize Me’ games and roller skating. We also had a visit from the SA Fire Service and the Adelaide Mobile Zoo.

‘Rosh Hashanah’, Jewish new year was celebrated on the 30th September and we had a Mexican Day on the last Friday.

The children made ribbon & paper bookmarks, notepads, door hangers and signs for the stalls for the school fair as well as a variety of other art/craft activities.

Feedback sheets are available at OSHC for your children’s suggestions and feedback for future programs.

Bookings are available for Before and After School Care by phoning Edwina on 83326901.

**FINANCE NEWS**

Families new to our school will have received their invoices for the Term 4 Materials & Services Charge - prompt payment of this 14 day invoice is appreciated. Thank you.

Families who have outstanding fees have received a current statement and are expected to finalise payments immediately.

If any family believes they may be eligible for School Card assistance with fees payment, it is essential that the application form is completed and given to the office by 4pm Friday 14 November.

This is the final day for acceptance of School Card applications for 2008.

Thank you to all families who have completed payment of Materials and Services charges for 2008.

Karen Barrow
Finance Officer

**CARERS AWARENESS WEEK**

**Carers Awareness Week 2008**

Young Carers are children and young people up to 25 years of age, who help care in families where someone has an illness, a disability, a mental illness or who has an alcohol or other drug problem.

Carers SA can help Young Carers to:

Connect with services
Meet other Young Carers
Get information and resources including a FREE Young Carer Kit
Access counselling and other services including respite.

For more information please call and speak to the Statewide Young Carer Project Worker ph: 1800 815 549 or log onto: www.carers-sa.asn.au/yc

Do you have a child aged 10 to 13 years?
Are they carrying excessive weight?
Would you like expert advice about their weight status?

If so, your child may be eligible to take part in a one-week study looking at physical function and activity in children.

To be involved, children and their parents would need to attend the University of South Australia on Frome Road in the city for up to 2 assessments (lasting approximately 2 ½ hours), one week apart. Children and parents will also be asked to complete some questionnaires. Children will monitor their activity for one week and complete 2 telephone interviews.

Parents/caregivers will receive financial reimbursement ($50) and a copy of assessment findings.

If you and your child are interested in taking part, please contact:

Margarita Tsiros on:
8302 2348 or 8302 2097 or
Dr Alison Coates on:
8302 2313 or 8302 2097

or e: margarita.tsiros@unisa.edu.au
or alison.coates@unisa.edu.au

IMPORTANT NOTICE

**Junior Division One Cricket Team**

Next Saturday, 1 November, the cricket times have been changed to accommodate the School Fun Fair. Instead of playing at 10.30am, the team will now play at 8.30am.

**Existing Program**

8.30am East Adelaide vs Norwood
10.30am Trinity Gardens vs St Josephs Memorial

**Amended Program**

8.30am Trinity Gardens vs Norwood
10.30am East Adelaide vs St Josephs Memorial

Both of these matches remain at the Wilderness School Playing Fields.

**Uniform Shop**

Please be advised that the Uniform Shop’s opening hours are:

**MONDAY AFTERNOON 2.45–3.30**

**FRIDAY MORNING 8.25–9.30**