**Up & Coming Events**

**Term 4**

**Week 8**

**Mon 23**~ Issue #8 Book Club due back

**Thur 26**~ Lismore & Richmond River High Schools Yr 6/7 Transition day

**Fri 20**~ Tennis

**Week 9**

**Thur 3 Dec**~ Lismore & Richmond River High Schools Yr 6/7 Transition day

~ P&C Meeting @ 6:30

**Fri 4**~ Tennis

**Week 10**

**Mon 7**~ Student reports sent home

**Fri 11**~ School Christmas / End of Year Concert

**Ice Blocks & Poppas for sale**

Monday, Wednesday & Fridays

**P&C Meeting**

Thursday 3rd December @ 6:30pm

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**School Reports**

Teachers are now finalising their class assessments and have commenced preparing Semester 2 Reports for their students. Parents and carers are reminded that this report reflects their child’s work and achievements throughout Terms 3 and 4.

Reports will be distributed early in Week 10 and parents are encouraged to read the report with their child and to follow up on any important aspects with their child’s teacher. We will be encouraging parent / teacher interviews on Monday 14th December. More information will be provided with your child’s report. Teachers spend an enormous amount of time and effort to ensure reports are informative and provide detailed information about student performance and well being.

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**High School Transition**

Year 6 students who are attending Lismore High & Richmond River High School in 2016 will be having their official Year 7 Orientation Days on 26 November & 3 December. Students will be involved in a variety of activities throughout the day. Parents are asked to organise their child’s travel arrangements (bus or private car) and also ensure they have the necessary materials.

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**P&C News**

**Raffle** Win a Family Pass (2 adults & 2 children) to the Dolphin Marine Magic, Coffs Harbour valued at $100.00!

Thanks to the generous support of Dolphin Marine Magic the P&C are raffling this marvellous prize along with hampers & hams to raise money for our wonderful small school. Tickets will be available on the night of the Christmas Concert, however if you have friends or family members who are not able to make our concert then please contact the school and raffle tickets can be sent home.

Tickets $2.00 each or 3 for $5.00. Drawn Friday 11th December at the end of year concert.

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www.wyrollah-p.schools.nsw.edu.au
School Bag

We have sourced a supply of school bags from the Harlequin group. The bags are bottle green and come printed with our school logo. The bags are single compartment with a fixed-zipper flap, ergonomic shoulder straps and protective base. The bags also come with a lifetime guarantee. The bags cost $40.00 each. An order form is attached and should be returned to the school by Friday 11th December. Payment can be made on delivery. A sample is available from the office if you would like to have a look before you purchase or you can go to the website http://www.schoolbags.com.au/kids-bags/school-bags/mighty-tuff-pack or www.schoolbags.com.au and view Harlequin Might Tuff Pack. Bags should be back at school to start the 2016 school year.

SRC Fundraising

In addition to our Year 6 students selling Ice blocks on Mondays and Fridays for 50c each, they will also be fundraising Apple & Apple-Blackcurrent poppa juices on Wednesdays for $2.

End of Year Celebrations

The P&C are still seeking donations for our hamper or other prizes to be raffled on the night. If any family is able to donate one or two items that would be greatly appreciated.

Rethink sweet drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be retrained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

Decrease the frequency - If your child is having juice three times per day, start by cutting out one serving per day.

Only carry water - When out and about, carry water to quench your thirst.

Water down juices- Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.

Stop buying sweetened drinks.

Make water easily accessible - Place a water pitcher in the refrigerator or on the counter, or put it in colourful, eye-catching water bottle or cup.

Infused water - Mix in fruit (frozen or fresh), vegetables or herbs such as mint or thyme. Let it sit overnight, and in the morning you’ll have a delicious batch of infused water.

Unsweetened milk - Cow’s milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D.

Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.