**PRINCIPAL’S COMMENTS**

Wow, what a great success our Fete was last Saturday! It was awesome to see so many people turn up. Students, parents, friends and the wonderful community members and groups all turning up to share in a great day proved that we live in a great area. Behind the scenes, we cannot thank Jenny Benson, our P&C President, Cheryl Fairman, our School Administration Manager & P&C Treasurer, and our parent volunteers (too many to name!) enough for their tremendous efforts in organisation and running of the day. They were ably assisted by our teachers, students and the great number of community groups including: Manno Mens’ Shed, CWA, Wildlife Arc, Tidy Towns, Oasis Youth Support, Mannering Park Progress, Westpac Helicopter Service, Camp Breakaway, Jill Hall MP, Lake Macquarie FM, Blackbelt Academy, Camp Australia, Mannering Park Scouts, Central Coast Womens’ Health, Ovarian Cancer Australia, Rural Bushfire Service, 8th Combat Engineer Regiment and Morisset Army Cadets. I apologise if I have missed anyone. We’d also like to thank our entertainers, Emma from Lee Academy and Connor from Gorokan High for their engaging performances. Finally we must thank the many businesses and individuals who kindly donated prizes and their time/effort which ensured further success. In all, our P&C have raised approximately $3000! Congratulations everyone.

**Kindergarten Orientation Evening**

We are looking forward to seeing our new Kindergarten parents of 2016 tomorrow evening at 6.30pm for the Orientation session. Guest speakers will provide you with lots of information and it would be a great opportunity to meet the teachers and ask plenty of questions. If you can’t make tomorrow evening’s session, there is another on Friday morning from 9:15am-10:45am.

**Remembrance Day**

We will be holding our Annual Remembrance Day Ceremony at 10:40am next Thursday (11th November) and parents, friends and community members are most welcome to attend. To help mark Remembrance Day, school children across the country will be asked to donate a gold coin, if able, to help rebuild a dilapidated school in the village of Pozieres in France, where thousands of Australian soldiers died fighting in 1916. The fundraising campaign mirrors one conducted in the 1920s when Victorian school children collected pennies to rebuild the shattered school in the village of Villers Bretonneux, which Australian soldiers had liberated in 1918. The project is being organised by the Camp Gallipoli Foundation, a not-for-profit organisation established to educate Australian children about particular moments during World War I. It has been described by the French Department of Veterans Affairs as the best project about particular moments during World War I. It has been described by the French Department of Veterans Affairs as the best project about particular moments during World War I.

**Grandparents Day**

We will be holding our Grandparents Day on Friday 20th November. The success of last year’s and the excellent attendance of Grandparents is hoped to be emulated this year!

Peter Mandroules
Principal

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**Dates to Remember**

**Term 4**

- **Thurs 5 Nov:** Parent session Kindy 2016 Transition 6:30-8:00pm
- **Fri 6 Nov:** Kindy 2016 Transition 9:15-10:45am
- **Fri 6 Nov:** Parent session Kindy 2016 Transition 9:15-10:45am
- **Wed 11 Nov:** Remembrance Day Assembly 10:40am

**Mon 20 Nov:** Grandparents Day

**Wed 23 Nov-Wed 25 Nov:** Year 5 & 6 Forster Camp

**Wed 2 Dec:** Assembly of Excellence

**Wed 2 Dec:** Year 6 Farewell

**Fri 4 Dec:** Year 6 Reports home

**Thurs 10 Dec:** Responsible Pet Program K-2 & Kindy Transition

**Fri 11 Dec:** K-3 Reports home

**Wed 16 Dec:** Poolside Picnic Years 3-5

**Wed 16 Dec:** K-2 Performance and Xmas Picnic Day

**Wed 16 Dec:** Last day of Term 4

**Congratulations!**

Well done to Shai for her efforts (and mum’s, to deliver it) in the Remondis story competition ‘Recycling Hero’. Shai entered her picture book, after much editing on the last day of term 3. She produced the winning entry, including all the different methods of re-using waste. Her book will be printed and we will have a copy or 2 in the library for borrowing as soon as it’s available. Shai will have lots of fun spending her $1,000 prize money no doubt!

**Opal Bus Passes**

This week all Year 6 students and 4 Year 2 students going into Year 3 next year received a brochure on the new Opal card for their bus transport. Please go online and complete the application. Print, sign and date the application and return it to the front office for endorsement. We will then forward them all to Transport NSW. Please return these application as soon as possible. All other students who already have bus passes will be issued with their new Opal card at the beginning of 2016.

**Missing iPod**

On Saturday at the fete we had a student lose his ipod somewhere in the playground. If you know of anyone that may have seen it or picked it up please see the front office. It is engraved with the students name. Thank you.

**YEAR 6 NEWS**

**Year 5/6 Camp**

We still have a lot of money outstanding, so if you could send money in it would be much appreciated. Medical notes were sent home 2 weeks ago, please send them back asap. More notes regarding the camp will be coming home with students soon.
Year 6 Farewell
We are currently gathering helpers for the organisation of the Year 6 Farewell. If you are able to assist in any way, no matter how small, please send your name, number and what you can assist with to Mrs McDonald asap.

FETE NEWS
What a fantastic time we all had on Saturday for our annual school & community Fete day! It was great to see our community come together. We would like to thank the MPPS teachers, Admin & Casual staff who gave up their time to help on the day. Also, the CWA, Progress, Scouts, Rural Fire Service, Tidy Towns and a huge THANK YOU to the Men’s Shed who cooked our BBQ on the day. We also had displays from Westpac Helicopter, Wildlife Arc, Masseys Black Belt Academy, Oasis Youth Centre, Camp Breakaway, Ovarian Cancer of Australia, CC Women’s Health Centre, Lake Macquarie FM Radio, Camp Australia, Brocks Performance Cars and Craig with the Ford Chevy Nova, James Elliott from 8th Combat Engineer Regiment and the Morisset Army Cadets as well as a variety of stalls selling their wares.

We would to thank our sponsors who donated money, gifts & vouchers - Delta Electricity, Bunnings Morisset, Coles Wadalba, Woolworths Lake Munmorah, Dee Jeffrey Shades Blinds, Commonwealth Bank, Eagle Boys Pizza, McDonalds, MP Cellars, MP Pharmacy, MP Post Office, MP Newsagency, Sizzor Trix, Look in the Boutique, Dave Micallef, Vector Design, Shellanda’s Café, K-Mart Lake Haven, Ronis Discount Lake Haven, Flip Out Charmhaven, Lazer Blast Charmhaven, Muck-a-bout Charmhaven, Inflatable World Charmhaven, Coast for Kids Horse Riding, Westpac Helicopter, DD Dragon Dezigns and Frans Fun Factory. Thank you to the 2 very talented students who gave up their time to perform on the day - Emma from Lee Dance Academy and Connor Massey from Gorokan High School.

A BIG thank you goes to the P&C committee - Jen Benson, Cheryl Fairman, Jeannette Mangan, Jeremy Hollins, Nikki parker, Mel Wary, Sam Tate and Rhani Stralow.

Winners of our Lolly Guessing competition were as follows:
- Mixed Lollies - Emma Hands
- Jelly Beans - Claire Leer
- Fantails - Sandra Benson

Congratulations to you all!

Manno Munch News
I hope you all had a good time at the Fete. We are in week 5 and Year 6 had their Ice Cream day on Tuesday where a lot of students seemed to take advantage of an ice cream or an ice cream spider. Volunteers are needed for:
1. Food prep, especially in the morning for lunches and in between lunch and recess to prepare OJ’s & Jellies and
2. Serving students at lunch from 11-11:30 and at recess from 1:30-2pm.

Thank you to Rhani, Jen, Lisa, Anne and Kylie for their help this week.

I would also like to send a special ‘Thank You’ to Josh Scott, who made sure the stall holders at the fete who were by themselves were able to buy a cold drink. Thanks Josh!

LMHS Uniforms for Sale
If anybody is interested in new/second hand uniforms for Lake Munmorah High School please contact Carrie on 0478 639392. She has the following on offer: 1x size 8, 1x size 10 & 3x size 12 Junior girls skirts, from $5. 1x size 10 blouse $10. New size 12 sport shirt $15, 1x size 16 boys polio shirt worn twice $15.
Newsletter Item 15

Aim: To provide tips for parents to help build self-esteem in their children.

Building your children’s Self-esteem

As a parent you can help your children build their self-esteem so they have sufficient confidence to deal with a bullying situation and to communicate with people in their support group.

What can parents do?

- Encourage your children to take on challenges and to 'have-a-go'.
- Show your children that you believe in them. Help them to find solutions to problems rather than giving them the answers. Ask questions like, “What could you do?” or “What do you think?”.
- Set aside time to listen to your children and show them that you value what they have to say.
- Foster their growing need for independence. Begin with basics like caring for their own belongings.
- Set realistic goals for your children and when they are old enough help them to set their own goals.

Remember children learn through observing and absorbing the values of their parents, teachers and other adults who are important in their lives. These skills contribute to building your children’s own self-esteem.

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Nutrition Snippet

The simplest way

...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids’ lunch boxes!

Ingredients (serves 4)
1/3 cup pasta (penne/bow ties/risoni)
100g mushrooms, sliced
1 medium onion, chopped
1 tbsp olive oil
1 medium tomato, chopped
6 eggs, whisked
1 medium zucchini, sliced thinly
2 tbsp parsley

Method
- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

Serve with a side salad.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
Thanks for checking out our two and a half day Live it Now event!

Live it Now is a two and a half Day ‘Life-Changing’ event in Sydney that reveals how to break through the day-to-day mediocrity and create the life you want NOW.

Are you looking for more from your life? A better career, improved finances, taking your business to the next level, more satisfying relationships, emotional balance, a healthier body, more spiritual time for yourself... If the answer is YES (maybe all of the above) and you want it NOW then reserve your seat at our upcoming LIVE IT NOW 2.5 day event.

This is your opportunity to work with experts in all areas of your life at this not-to-be-missed 2.5 day event.

CAUTION: This is not your ordinary sit down, be bored and take notes event. This is hands-on. Be prepared to be inspired and motivated to make big changes. If you’re a fan of Tony Robbins then you’ll absolutely love this.

Our upcoming workshops for 2015 are
15th - 16th of August and
14th - 15th of November

They will be held at our events room St Leonards at:
Level 1, 1 Atchison St
St Leonards NSW 2065

Call 1800 552168

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Thursday 19 November
Event Cinemas
Tuggerah Westfield

6.00pm arrival
6.30pm screening of movie

$15 per person

Great lucky door prizes to be won.

TO BOOK:
www.rescuehelicopter.com.au/events

For more information please contact
Allison Russell
allison.russell@rescuehelicopter.com.au
02 4363 8246

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THE HUNGER GAMES
MCKINGJAY
PART 2

Premier Screening

Meade / Logan / Mullenger / Bender

STAR 104.5
Our school Fete 2016