



## ADDRESS:

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Relieving Principal:  
Marita Leetham

## Important Dates for Your Calendar:

- ◆ 29 Nov, 2nd-6th Dec  
Intensive Swimming
- ◆ 2nd Dec P & C AGM
- ◆ 3rd Dec Yrs 6 FHS
- ◆ 4th Dec Gymnastic & IGA
- ◆ 11th Dec Gymnastic & IGA

## Reminders:

- ◆ Music (uke/recorder) - Monday
- ◆ Banking - Thursday
- ◆ Canteen - Thursday
- ◆ Sport - Friday
- ◆ Library- K-2 Tuesday  
3-6 Friday

## Canteen:

Please change with someone else on the list if you are unable to come on that day and let the office know.

Canteen helpers are asked to please bring some fresh fruit to cut up and share with the children. Thank you.

## Summer Menu Term 4

### Due to Intensive Swimming lunch will be at 11:30

5th Dec - Caron Charlton  
Lunch 1:20 pm  
12th Dec - Lou Hanmer

The school would like to thank the parent for their volunteering work for the canteen.

## Bush to Beach

Last Friday we were fortunate enough to have two lifesavers, Anika and Adrienne, present the Bush to Beach program to our students. The aim of the presentation was to improve the beach safety knowledge and awareness among primary school students that they can then pass onto their families when visiting the coast over the summer. Students discussed skin cancer prevention strategies, rip and wave identification, sea creatures and first aid, rescues and getting help and safety in other aquatic environments (pools, creeks, waterholes).



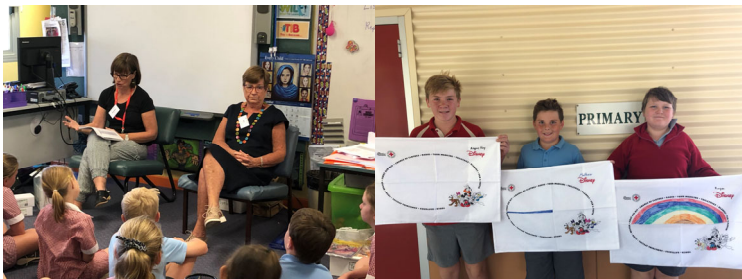
## Sporting Schools Gymnastic

All students have enjoyed the challenges of the sporting school's gymnastics program this far. With still two weeks remaining, we look forward to seeing the improvement in students gross motor skills and them building confidence in their own ability to attempt more challenging tasks. We thank Rachael from Flipstars Deniliquin for the effort she has put into coordinating a different circuit each week and catering to the individual needs of our students.



## **Pillowcase Project**

This morning students in years 3-6 participated in the Australian Red Cross Pillowcase Project. The Pillowcase Project is a school-based disaster preparedness education program designed to build student's knowledge and capacity in disaster preparedness. Red Cross staff have developed the concept of using a pillowcase as an emergency kit for children to carry their cherished and basic possessions in if ever they need to be evacuated from their home. The presenters discussed with students the importance of being prepared, how to prepare your mind for the emotions that may arise before, during and after an emergency and what to pack in case of an emergency. Students were also given a pillowcase to decorate and take home, to start their own personal emergency kit.



## **Intensive Swimming Scheme**

This week, students in K-6 have had the opportunity to participate in our annual intensive swimming scheme. Qualified AustSwim teachers assess students and group them based on ability and need. This year we have once again combined with Mayrung and Conargo Public Schools. The Intensive Swimming program is for students in Year 2 and up, with the aim to have students swimming 25 metres in deep water. The program runs for ten days with students learning swimming and water safety skills. We are fortunate enough to be able to take our whole school to the pool each day. I would like to thank Murray Irrigation for generously subsidising the program.

## **Upcoming Events**

### **P&C AGM (Week 8)**

The P&C Annual General Meeting will be held this coming Monday 2nd December at 3:30 pm in the school library. A general meeting will follow. All positions are declared vacant and nominations are then called for. Please speak to Sonia Frost or me, if you would like more information. We love to see all families represented at these meetings.

### **Finley High School Transition**

Next Tuesday 3rd December, Angus and Adam will be attended their final full day transition at Finley High School. I am sure they will have a fabulous day and we look forward to hearing about all the wonderful activities they were involved in, on Wednesday.

### **Presentation Day**

Presentation Day will be held on Monday 16th December at the school. We are requesting all parents and guests arrive and be seated by 9:45 am so that we can start by 10 am. We anticipate the formal proceeding will take approximately 90 minutes, which will be followed by a BYO picnic lunch.

### **Year 6 Farewell**

Our Year 6 Farewell will be held on Tuesday 17th December at the Deniliquin RSL. Students, parents, and teachers will join together to look back on the time of our 2018 Year 6 leaders.

### **End of Term 4 Date**

Our last school day for students is fast approaching and will be on Wednesday 18th December. All staff will be at school on Thursday 19th December refreshing their first aid skills.

### **Starting date for next year**

The first school day for students in 2020 will be Tuesday 28th January 2020.



## Parenting Tips...

Set up a "gratitude circle" every night at dinner. Go around the table and take turns talking about the various people who were generous and kind to each of you that day. It may sound corny, but it makes everyone feel good.



SunSmart Snippet

## The simplest way

... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

**Protect yourself in five ways when the UV is 3 and above.**



Sun protection is required today from \_\_\_\_\_ to \_\_\_\_\_  
Maximum UV Index \_\_\_\_\_

Notes: Download our protection time checker the SunSmart app, or visit [www.sunsmart.org.au](http://www.sunsmart.org.au)



**When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!**

Go to [www.sunsmartnsw.com.au/resources](http://www.sunsmartnsw.com.au/resources) to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

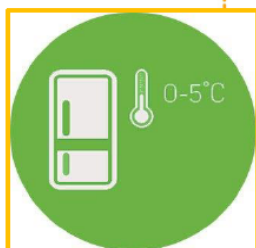


Nutrition Snippet

## The simplest way

... to keep food safe in summer.

Foods such as meat, fish, poultry and eggs; cooked pasta, noodles and rice; and dairy items such as milk, yoghurt, custard and cheese need to be kept very cold.



- Use a cooler bag and ice brick or frozen water bottle to keep food cold in the lunch box.
- Freeze items such as sandwich bread, milk poppers, and home-made muffins. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.
- If preparing lunches the night before, store in the fridge or freezer.
- Don't store food in an insulated bag in the fridge, it stops the cold air reaching the food.
- For food that has just been cooked, cool it in the fridge overnight before packing.

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



You are invited to our annual

**Blighty Community Christmas Party 2019**

Change of Date to:- Friday December 20th

5:30 pm at Blighty Recreation Reserve

Will be run by the Blighty Advancement Committee,

Blighty Football and Netball Clubs

