**Principal’s Report**

**Cycling to School**
As someone who rides to school most days myself I am very keen to have students cycling to school however it is extremely important that those children who ride are able to display safety.

In most cases children under grade 4 would not have the awareness to ride safely and I would encourage parent supervision or simply not ride. For older children parents need to be satisfied that their child can ride safely when unsupervised.

Cycling is a great way to get to school however it comes with added dangers and parents must be sure of their children’s ability to be safe.

**2015 Prep Enrolments**
Mr Credlin and I are in the process of looking at Grade structures for 2015. If you are yet to enrol a 2015 Prep child or are aware of students yet to enrol could you please ask their parents to do so. School tours are available for those who may not have made their decision yet.

We appreciate knowing student numbers in advance so 2015 structures can be finalised and put to our school community by December, which in turn enables parents to feedback issues which may support their child’s classroom placement.

**Prep Zoo Trip**
The Prep Zoo trip is all set for next Friday November 7. It is a wonderful adventure for our prep students, many of who will be having their first Zoo experience.

I ask Prep parents to please make sure they arrive at school by 7.15 as the bus must depart at 7.30. It is a horrible situation for all when children arrive late BUT the bus must depart at 7.30 so please avoid disappointment by being on time.

**Vale Ken McDonald**
We are saddened by the passing of Ken McDonald on Tuesday. ‘Mr Mac’ taught maths enrichment classes here at Morwell Park for many years only retiring a few years ago at the age of 78.

Mr Mac had an affinity with maths and was highly valued for his ability to pass on mathematical concepts and thinking to our students. He will be missed.

**Curriculum Day and Melbourne Cup Day**
A reminder that our school will be closed to students on Monday and Tuesday next week.

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Chris Joustra,
Principal.
STUDENT AWARDS THIS WEEK

STUDENTS OF THE WEEK

<table>
<thead>
<tr>
<th>CLASS</th>
<th>STUDENT(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREPS</td>
<td>Sienna B, Dominic G &amp; Chelsea B</td>
</tr>
<tr>
<td>1E</td>
<td>Indiana</td>
</tr>
<tr>
<td>1G</td>
<td>N/A</td>
</tr>
<tr>
<td>1M</td>
<td>Krystal C &amp; Duot A</td>
</tr>
<tr>
<td>2/3D</td>
<td>Melanie B &amp; Jack L</td>
</tr>
<tr>
<td>2/3L</td>
<td>Veronica E</td>
</tr>
<tr>
<td>2/3M</td>
<td>Seth I</td>
</tr>
<tr>
<td>2/3V</td>
<td>Emily S</td>
</tr>
<tr>
<td>2/3W</td>
<td>Maddison S</td>
</tr>
<tr>
<td>4/5F</td>
<td>Brayden G &amp; Brendan W</td>
</tr>
<tr>
<td>4/5L</td>
<td>Abigail B &amp; Storm K</td>
</tr>
<tr>
<td>4/5S</td>
<td>N/A</td>
</tr>
<tr>
<td>6 A</td>
<td>Laura M</td>
</tr>
<tr>
<td>6 B</td>
<td>Ryan B</td>
</tr>
</tbody>
</table>

ENVIRONMENTAL AWARD
Eric S L, PD

AWARD — Getting Along
Emmy R, PD

TIPS FOR BUSY STUDENTS

- Making and keeping friends.
  - Treat your friends as you do your pictures, and place them in their best light.
  - If a classmate makes you feel frightened talk to the teacher, the principal or your parents.
  - Allowing peer group pressure to make you do things you’re uncomfortable with is a cheap way of winning friends.
  - Being a best friend sometimes means giving up some of your own fun and doing something for your mate.

TIPS FOR BUSY PARENTS

- It’s not the major life events which cause parent stress, it’s the daily repetitive hassles.
- Don’t be afraid to let your child see the child in you.
- Encouragement creates a snowball effect – the more you give the bigger the benefits.
- Be consistent.
- Give your kids a chance to escape from your caring.
- Parents can have enormous faith in things which don’t work.

Canteen Roster

<table>
<thead>
<tr>
<th>Time</th>
<th>Staff Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30-10</td>
<td>Kerri Kingston</td>
</tr>
<tr>
<td>10.30-1.30</td>
<td>Julie McMillian</td>
</tr>
</tbody>
</table>

If you are unavailable for any reason please ring the school (5134 1793). Thank you.
The Value of the Fortnight is: FAIRNESS

**REMEMBRANCE DAY**
**NOVEMBER 11TH**

Junior School Council members will be calling to each grade after lunch to sell wristbands and lapel pins for the RSL.

- **Wristbands**: $3.00 each
- **Assorted Lapel Pins**: .50c each

Thank you for supporting the RSL.

Junior School Council members will be laying a wreath on behalf of our school at the Morwell RSL Remembrance Day Service on Tuesday 11th November.

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**FREE DENTAL CHECKS**
**GRADES PREP-2**

Consent forms were given out last week to all children in grades Prep-2.

Dental staff will bring a mobile dental chair to the school on **Thursday 13th, Tuesday 18th and Wednesday 19th November**, where a dental therapist will provide screening for tooth decay and other oral health issues.

You will be provided with a summary of the dental therapist’s findings for your child.

Please complete the consent form and return to school by **Friday 7th November**.

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**MORWELL GIRL GUIDES**

**Junior Disco – Halloween**

Margaret Street, Morwell Friday 31st October, 6pm.-7.30pm.

$5.00 entry, glow sticks for sale, bracelets 25c each or 5 for $1.00.

Dancing and games, dress up optional.

For more information contactbarbara.handson@gmail.com

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**WALK TO SCHOOL OCTOBER**

Students are still recording when they walk, or ride to school.

At the end of October we will tally up the school’s overall Walk to School participation, and report it to VicHealth on the Walk to School website where prizes are awarded to schools with the highest participation in each region.
**Centrepay**
A free service for customers to pay bills as regular deductions from their Centrelink payments.

**Using Centrepay**
Centrepay is a voluntary bill paying service that is easy to use. You can start, change, or cancel Centrepay deductions at any time, to suit your own personal circumstances. By choosing to use Centrepay you benefit from knowing that your bills are under control. Instead of having large bills every month or quarter, you can pay your bills in manageable amounts from your Centrelink payment, making budgeting easier.

**Bills you can pay with Centrepay**
There are many types of expenses you can pay using Centrepay, this now includes payments to Morwell Park for any school expenses.

**Cost of Centrepay**
Centrepay does not charge you any fee to deduct the money from your payments. However, the organisation or persons to which we send your deduction is charged a fee. The organisation must not pass this fee on to you. If you believe it is, discuss it with the organisation or person you pay. If you are not satisfied with the response, contact us.

**Minimum payment amount**
The minimum payment amount for Centrepay deductions is $10 per fortnight. However, there are some organisations that require a different minimum amount. Contact the organisation you want to pay if you are unsure of the minimum amount required.

**Applying for Centrepay**
There are several ways to start Centrepay deductions. Contact the school office for more information.

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**SCHOOL PHOTOS**
**MONDAY 17TH NOVEMBER**

Personalised envelopes for every child have been sent home, if you have lost them spare envelopes are available at the office. A family envelope can be collected from the school office if you wish to have a family photo taken.

When placing an order please ensure each child has their own envelope. **CORRECT** money must be enclosed in the envelope.

**Please note:** Credit at school cannot be used on photo day to purchase photos, please contact the office to arrange an alternate option.

Ordering online is the only way you can pay with credit cards.

All children are photographed regardless if you are paying or not. When the photos are returned to school, those who did not place an order will be given a second chance to order via a new form distributed when photos are returned to school.

**Children must be in full school uniform.**

For more information contact Leading Image on 1800 750 856 or contact the school office.
On Friday the 24th of October the Junior School Council got to go to St Hilary’s for a visit, and we got to entertain the residents.

Anthony, Olivia, Amy and Zoran from the JSC group gave a presentation on our school.

Some of the other JSC members got to read a slide of the Powerpoint presentation. Some of the JSC members did other performances like magic tricks, singing and many more.

We also played other games such as hangman, golf putting, and card games.

We also had a happy hour with them, it was delicious. It was good to meet the residents and put smiles on their faces.

By Olivia.
STORIES FROM 1M — KURNAI BAND

On Monday 27th October we went to the gym for the Kurnai band. I liked Happy by Pharrell Williams. Dakota sang on stage as well! She did a fantastic job! Well done. By Kieran.

From high school I saw Lachlan. Zoe was amazing. They sang lots of songs. They were amazing. By Lachlan.

I liked Let It Go because Taylor Henderson sings it. By Ethan.

I liked the Happy song. I liked Shine Like a Diamond. It was fantastic! I love music! By Nikiah.

I loved the band. It was fantastic. The music could have blown my head off. By Seth.

We got to stand up and I got to sing Happy. By Dakota.

I liked Shine Like a Diamond. It was beautiful. By Faith.

HEALTHY LUNCH BOX IDEAS

Busy kids need a healthy school lunch to boost their energy and help them concentrate and learn in the afternoon. Think about the healthy foods your child likes to eat at home and try to translate that into a lunchbox option.

- Vegetables are often overlooked in the lunchbox. Try cutting up some carrot sticks or putting in a handful of cherry tomatoes.
- While the humble apple is a great lunchbox filler (sturdy and hard to squash), consider cutting softer fruit up and putting it into a smaller container for protection. Berries and kiwi fruit survive very well this way.
- Dairy can be hard to include, particularly in hot weather. If you can’t safely get a low-fat yoghurt into the lunch box because you fear the warm lunch box may spoil it, make sure you offer dairy when they come home from school.
- Last night’s leftovers in a container with a small spoon can make a welcome change to the parade of endless sandwiches.
- Try putting together a small picnic in their lunchbox - slices of tomato, ham, grated carrot, reduced fat grated cheese and some bread and margarine spread - so they can build their own sandwich.
- Stick to water in the drink bottle - it will quench their thirst and ensure they stay hydrated throughout the day.
- Homemade pikelets are a great snack - easy to make ahead of time, they’re filling and don’t require any extra toppings.

Curried egg and ham wraps recipe

**Ingredients:**
- 3 boiled eggs, peeled
- 2 tablespoons mayonnaise
- ½ teaspoon curry powder
- Pinch of salt
- 4 wraps (Sorj wholemeal, yeast free)
- 1 cup iceberg lettuce, shredded
- 200g shaved ham

**Method:**
Place eggs in a medium bowl and mash with fork. Once all crumbly add mayonnaise, curry powder and a pinch of salt. Combine well then set aside.
Lay four wraps on the counter and portion the curried egg among the four.
Top each with shredded lettuce then shaved ham.
Fold the bottom and top in before rolling up into a cigar shape (this prevents the mixture falling out the bottom!)
Wrap one end in a napkin to hold secure.