Weekly Award Recipients

<table>
<thead>
<tr>
<th>Key Learning Area</th>
<th>Merit</th>
<th>Improvement</th>
<th>Citizenship</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1 C</td>
<td>Harriet K</td>
<td>Nes L</td>
<td>Jindy O’H</td>
</tr>
<tr>
<td>K/1 P</td>
<td>Summer C</td>
<td>Isabella M</td>
<td>Harry B</td>
</tr>
<tr>
<td>1/2 K</td>
<td>Yolanda S</td>
<td>Jet K</td>
<td>Ethan A</td>
</tr>
<tr>
<td>3/4 JR</td>
<td>Imogen O</td>
<td>Ace Zilles</td>
<td>Tyler ST</td>
</tr>
<tr>
<td>4/5 A</td>
<td>Payten H</td>
<td>Remy L-C</td>
<td>Natalya B</td>
</tr>
<tr>
<td>5/6M</td>
<td>Marley B</td>
<td>Brandon P</td>
<td>Eddie T</td>
</tr>
<tr>
<td>5/6T</td>
<td>Minni W</td>
<td>Cassandra G-E</td>
<td>Max L</td>
</tr>
</tbody>
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This week the assembly will be hosted by Yr 4/5 - Miss McMahon
Everyone is invited to attend - Friday 10am

Friday 5 December
- MHS Drama Performance - session 2

Monday 8 December
- Last day of Canteen - ICE CREAM DAY

Tuesday 9 December
- Year 6 Farewell at Brunswick Heads Bowls Club
- Gold Medallion celebration
- P&C Meeting

Wednesday 10 December
- End of Year Assembly and Thank You Morning Tea for all our volunteers.
- NO CANTEEN

Monday 15 December
- End of Year Excursion to Murwillumbah Pool

Tuesday 16 November
- Day of Celebration

Wednesday 17 December
- Final Day for all students for 2014
- P&C Raffle 5pm at Brunswick Hotel - Twilight Markets

Wednesday 28 January 2015
- 1st day back for Years 1 to 6
- 28 to 30 January 2015
- Best Start Appointments for Kindergarten students

Monday 2 February 2015
- All Kindergarten students begin.

Thursday 5 February
- School Swimming Carnival - Mullum Swim Pool

MORE DATES ON OUR WEBSITE
Dear Parents/Carers

From the Principal's Desk

It has been another positive and productive week for students and staff at Brunswick Heads Public School. This week our students have been involved in Mosaic workshops to create a new community seat on Tweed Street. It is a beautiful reminder of how working collaboratively with our community we can create something special for everyone to enjoy! Thank you to Pauline Ross and Kim Rosen for running the workshops, to all of our students who were involved and to the teachers for coordinating the special excursion.

Our current Year 5 students did an amazing job with their 2015 Captain's speeches on Monday morning and student and staff voting occurred during that afternoon. We have collated the results and they will be announced at assembly on Friday 12th December 2014. Congratulations to everyone who was involved, we are very proud of your efforts and look forward to you leading our school through our Kindergarten to Year 6 buddy program, leading special events, SRC, Sporting leaders and much more in 2015. Thank you to Tess and other P&C volunteers who put on a wonderful Thank you morning tea for our current Year 6 Buddies. This was a special event to recognise the valuable contribution that you made to the lives of our current Kindergarten students, which included opening lunchboxes, tying shoe laces, showing these students around the school and helping them to familiarise themselves with the processes and special programs at our beautiful school. Well done Year 6, you should be extremely proud of yourselves!

On Wednesday our L3 teachers, Miss Patterson and Miss Ponweiser and our Reading Recovery teacher, Miss Clowes, were recognised for the valuable contributions that they make to the education of students at our school at special presentation days across the Far North Coast. We thank these teachers on behalf of all of our students and parents for their commitment to working collaboratively with our students.

Yay - the flags are here! Well done to the SRC for these great banners. They will be in use and on display in the hall from now on.

School Swimming Scheme

Check out the school website for lots more photos and full story, compliments of Miss Dougal.

K-2 Seaworld Excursion

Once again we have had another fun filled day and this time it was at Sea World. We went to the Seal, Dolphin & Penguin shows which were educational and amusing to watch. Then we headed to the Ray Reef where the children were allowed to watch and pat the Stingrays (and the starfish). We went to Shark Bay to see the wonderful marine creatures. Then time to go - half of us went on the Monorail back to the Entrance whilst the other half went on the Carousel. Lots more photos on the website.

Last CanTeen Day - Next Monday 8 December - Special Ice Cream Day

Year 6 Farewell

Next Tuesday 9th December P&C members, staff and parents will have a farewell dinner with our Year 6 students at the Brunswick Heads Bowling Club. Arrival time is 6.00pm with an opportunity for photos to be taken. This will be followed by dinner, speeches and presentations to students with a finish time of 8.30pm. Invitations have gone out to Year 6 families, Please make sure you have returned your slip so we can organise catering.

Donations of flowers on the day would be much appreciated.

Gold Medallion Celebration

We will also be celebrating with our Gold Medallion holders (as of Friday 5th December) at the Brunswick Heads Bowling Club. There will be students who receive their gold medallions on Friday whose name will not be in this newsletter.

Students will travel by bus to the club and enjoy a light snack and drinks before having a game of barefoot bowls.

Parents are most welcome to come and help with bowling techniques and just join in and have fun celebrating the excellent behaviour of our wonderful students.

The bus will leave school at 12.20pm on Wednesday 10 December 2014.

WHAT'S COMING UP?

Last CanTeen Day - Friday 12th December

Vacation Care at Brunswick Heads Public School will operate on 18 & 19 December and will reopen on Monday 5 January 2015. Mullumbimby will be operating 22 & 23 December.

Enrol Now for Term 1 2015

Vacation Care at Brunswick Heads Public School will operate on 18 & 19 December and will reopen on Monday 5 January 2015. Mullumbimby will be operating 22 & 23 December.

A full program is on display at the school. Please note the following:

• Enrolments will only be accepted on the Council's enrolment form accompanied with payment.
• No pre bookings will be taken.
• No bookings will be accepted if there is still an outstanding account owing from previous vacation care.
• The cut-off date for receipt of enrolment forms and payment will be Tuesday 16 December 2014. No email or faxed enrolments will be accepted after this date.
• Priority is given to working/studying parents as per government guidelines.
• Late booking fee may be applied for enrolments received at the Centre once school holidays commenced.

Parent can pick up an enrolment from Gary at After School Hours Care or download one from Council’s webpage http://www.byron.nsw.gov.au/ outside of school hours care.

Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

Preschool (3 – 5 years) 11– 12 hours/night 
School (5 – 12 years) 9 – 10 hours/night 
Teens (12 – 18 years) 8.5 – 9.5 hours/night

Some hints for a healthy sleep:

• Consistency: going to bed and rising at a regular time (be firm)
• having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.

• No screens (TV, phones or game consoles) in the bedroom

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P&C News

Community News

Dressmakers Delight

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