**Dates to Remember:**

**Week 6**
- Tuesday 11th November: Remembrance Day
- Wednesday 12th November: P&C Meeting
- Friday 14th November: Big Scrub Chess Tournament

**Week 8**
- Wednesday 26th November: Richmond River Orientation Day

**Week 9**
- Wednesday 3rd December: Richmond River Orientation Day
- Thursday 4th December: Christmas Concert

**Week 11**
- Wednesday 17th December: Final Day for Students

**P&C Meeting**
This Wednesday will be our monthly P&C Meeting. We will be discussing the end of year concert, party day, canteen, after school care, uniforms and a variety of other topics. The meeting will be at 4.30pm in the classroom. Please come along.

**Chess Competition**
This Friday 2 teams from Corndale Public School will be attending the Big Scrub Chess tournament at Dunoon Public School. Please return notes tomorrow and contact me at school if you can assist with transport.

**Home Readers**
All students in Kinder, Year 1 and a number of other students receive a new home reader each day. Please remind your child to read these books as this can make a huge impact on their education. For all of the students not on a specialised home reading scheme it is still vital that reading occurs regularly. Each week all children have the opportunity to borrow 3 books from the library, it is always important to continue reading after coming off a home reading program.

**Year Book**
The children are currently writing our annual yearbook and we are hoping to keep costs at a minimum this year. We will keep you posted as to our progress in the next few newsletters.
BTN Report
Last week the Year 2-6 students and myself watched BTN. We watched a very interesting program on school attendance. The report informed us if students miss 3 weeks of school each year this equates to half of year of schooling missed by the end of year 6. We then took these equations further and calculated what this would mean by the end of Year 12. Very interesting discussions were had and all students committed to maximising their attendance rates where possible.

Live Life Well
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) 11-13 hours/night
School (5 – 12 years) 9 – 11 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 toilet visit, 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

Canteen
Corndale Public School has an extremely supportive and active parent community whose canteen contributions have helped subsidise many important student programs and excursions. The school canteen not only ensures a nutritious and balanced meal for our children, but also raises a small amount of money each week for our end of year excursion. This week's canteen will be on Thursday 13th November and it will be Butter Chicken with Coconut Rice.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Parent</th>
<th>Menu</th>
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<tbody>
<tr>
<td>1</td>
<td>Friday 10th October</td>
<td>Natalie Havilah</td>
<td>Sausage Sizzle</td>
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<td>2</td>
<td>Monday 13th October</td>
<td>Natalie Havilah</td>
<td>Chilli Con Carne</td>
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<td>2</td>
<td>Friday 17th October</td>
<td>Liz Anderson</td>
<td>Chicken Nuggets and Chips</td>
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<td>3</td>
<td>Monday 27th October</td>
<td>Nikki Bebbington</td>
<td>Kebab Style Chicken Wraps</td>
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<td>4</td>
<td>Friday 31st October</td>
<td>No Canteen</td>
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<tr>
<td>5</td>
<td>Friday 7th November</td>
<td>No Canteen</td>
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<tr>
<td>6</td>
<td>Thursday 13th November</td>
<td>Sana and Jed Henderson</td>
<td>Butter Chicken with Rice</td>
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<td>7</td>
<td>Friday 21st November</td>
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<td>8</td>
<td>Friday 28th November</td>
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<td>9</td>
<td>Friday 5th December</td>
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<tr>
<td>10</td>
<td>Friday 12th December</td>
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