Corndale Public School

Week 8 Monday 24th November 2014

Dates to Remember:

Week 8
Wednesday 26th November  Richmond River Orientation Day
Friday 28th November  Tennis Gala Day

Week 9
Wednesday 3rd December  Richmond River Orientation Day
Thursday 4th December  Christmas Concert 7pm

Week 10
Tuesday 9th December  Combined Christmas Scripture
Wednesday 10th December  Year 6 Dinner
Friday 12th December  Wet and Wild Party Day

Week 11
Wednesday 17th December  Final Day for Students

End of Year Christmas Concert
The End of Year Concert and Presentation Ceremony is organised for Thursday 4th of December. The students will need to arrive at 6.30pm and the concert will commence at 7p.m.
All families are asked to bring a plate for the supper and Tea and Coffee will be supplied.

Concert Rehearsals
We will be travelling to the hall on Monday 1st and Thursday 4th of December for rehearsals. It would be appreciated if any parents are able to help with transport on the trip to the hall. We will organise the return trip between the teachers.

Christmas Raffle
This year’s raffle will be a Christmas Wheelbarrow Hamper. Raffle tickets were sent home last Friday. Please let us know if you require more tickets.

Wet and Wild
Thank you to all of the families who have already returned notes and money. Please note that all current students will be supervised by the class teachers and the parents. If siblings participate in the excursion they will be the responsibility of the accompanying adult.
**Tennis Gala Day**
This Friday the whole school will be travelling by bus to East Lismore Tennis Courts for an organised tennis session with Whian Whian and Wyrallah Public School. There will be no cost for the excursion. Please remember to bring your tennis racquet (clearly labelled), recess, lunch and a water bottle.

**Surveys**
All students will be bringing home a survey on Technology and general school satisfaction. This survey is similar to last years and will help with future planning and program implementation.

**School Books**
Please have a look at home for any home readers or library books and return as soon as possible.

**Canteen**
Please contact the school if you are able to help out with canteen in the last few weeks of school.

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<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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<tr>
<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>
<td>No Canteen</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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Which is healthier: Fresh, Frozen or Canned vegetables?
Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It’s important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease.
Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties. Whichever you use it’s great that you’re getting the important five serves a day for your family!

(A message from the Live Life Well Organisation)