

Weekly Bulletin

Oct 13th - Oct 17th

Locker Bell: 8.50am

Recess: 10.40-11.00am

Lunch: 12.45- 1.30pm

Period 5: 1.35 – 2.25pm

Period 1: 8.55 – 9.45am

Period 3: 11.00 – 11.50am

Sports Music: 1.25pm

Period 6: 2.30 – 3.20pm

Period 2: 9.50– 10.40am

Period 4: 11.55 – 12.45pm

Locker Bell: 1.30pm

A student who is half an hour late each day, misses the equivalent of 16.6 days of learning each year= to over 4 weeks per year = 1.5 years (P-12!)

1. **PHONES-** just a reminder phones are to be kept in your locker between 8.55am and 3.20pm every day, with an exception for classes with a green card approval from a teacher.
2. **UNIFORM-**Thank you to all who are turning up in full correct uniform. Everyone looks amazing. Keep up the great work.
3. **EXCURSION FORMS-**can students please get their forms and money in at the same time for their upcoming excursions and camps. Forms will NOT be accepted without money or a guarantee of funding on your account.
4. **DAILY LUNCHTIME CLUBS-** Check out the different clubs that run every lunchtime, from health and wellbeing to anime to music appreciation and Lego. There is something for everyone. There may be a few small changes from last term.
5. **EATING HEALTHILY-** We have students from time to time come to the office, feeling tired, sick etc, only to find out they haven't eaten, or they have eaten foods high in sugar and low in nutritional value. It is really important that for children to get through the day, they need to have had a wholesome breakfast, and a nutritional lunch, with plenty of fruit and nuts for snacks. Students should also be drinking plenty of water throughout the day, not just, if it's hot.
6. **LUNCH FROM WELLBEING REMINDERS-**The wellbeing food is provided for emergencies and should not be used as an ongoing source of food (unless approved by a staff member). Anyone who has forgotten their lunch or requires additional food, needs to come to wellbeing **before 1st period or at recess** and put their name on the list for that day. No food will be given after 1pm but free fruit is available at the canteen **Wellbeing is closed from 1pm** (except for emergencies or student approved wellbeing time). Students are not to come during class or between classes for food or water (except for emergencies or student approved wellbeing time)
7. **HYDRATION-** Just a reminder to bring a drink bottle to school. Students become dehydrated during the day. Symptoms include feeling thirsty, feeling dizzy, tired, dry mouth, yellow or strong smelling urine or urinating less than 4 times a day. Students are allowed to take drink bottles with water into class.
8. **WORD WORKS** Every Tuesday at lunchtime
9. **UNIFORM SHOP** -The uniform shop is open every Tuesday from 12.30pm-2.00pm.

1. **SCHOOL IN THE MORNINGS-** Please note, students should not be on the school grounds prior to 8.30am
2. **STUDENT ILLNESS-**With flu season still around we are still seeing students at school who are experiencing coughs, runny noses and general unwellness.
This is a timely reminder that if your child is experiencing any sign of illness they should remain at home until symptoms improve. A PCR test can be performed by your local health provider and this test helps identify what virus or bacterial infection may be in circulation enabling further treatment as necessary. There are people in our community who have lower immune systems and do not easily recover from some of these infections (young children, the elderly, people on specific medications that compromise their immunity) If you are at school and unwell, go to the office to get a **face mask** to avoid spreading germs. Carers will also be notified as needed.
3. **CASUAL BUS PASSES-** Students needing to travel on buses that aren't their usual bus, or to a stop they do not usually access, **will require a casual bus pass. A casual bus form** needs to be filled out and handed in **the day before the first day of travel,** to get a pass. Casual bus pass forms are available from the front office.
4. **PANADOL/ANTIHISTERMINEs-** The school is not allowed to supply/administer paracetamol/ibuprofen or any hay fever medications Students should keep some in their lockers/bags and only take when necessary. Students are not permitted to supply these to anyone else.
- 5.
6. **STAFF OFFICES-** Please note **NO** student is to go into any staff office without permission.
- 7.
8. **LIBRARY EQUIPMENT** (computer and chargers) must be returned to the library at the end of each day, thank you.
9. **CADETS-**Please come to the office at **11.25 am no earlier.** If interested please see Mrs Bass in the office Monday or Tuesday.
10. **LOCKS FOR LOCKERS-** There are combination locks available from Mrs Darvill if you would like to secure your belongings in your locker
- 11.

Absence Hotline- 51825522 and push 1 If you are absent due to a medical appointment ie: doctor, optometrist, podiatrist, physio, osteo, psychiatrist, dentist or illness, you must notify us and provide a medical certificate.