CROMER COURTESIES: “Thank you” and showing appreciation for things.

NOTES HOME: Year 3 and Year 5: Collecting NAPLAN results; Year 5: Selective High School information; Year 5 and Year 6: Home Sport;

<table>
<thead>
<tr>
<th>W3</th>
<th>Mon 21st October</th>
<th>Tues 22nd October</th>
<th>Wed 23rd October</th>
<th>Thurs 24th October</th>
<th>Fri 25th October</th>
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<tbody>
<tr>
<td></td>
<td>• CAPA Rehearsal</td>
<td>• CAPA Evening 6pm</td>
<td></td>
<td>• Kinder 2014 Orientation 3</td>
<td>• PSSA Summer 8</td>
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|     |                  |                   |                  | • CAPA Evening 6pm  | • School Council Meeting 7:30am (meeting room) |}

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<th>Mon 28th October</th>
<th>Tues 29th October</th>
<th>Wed 30th October</th>
<th>Thurs 31st October</th>
<th>Fri 1st November</th>
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<tr>
<td></td>
<td>• Year 4 CSIRO</td>
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<td>• Year 4 CSIRO</td>
<td>• Adidas Fun Fitness Day</td>
<td>• PSSA Summer 9</td>
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<td></td>
<td>• Kinder 2014 Orientation 4</td>
<td>• Band Recruitment</td>
<td>• Band Recruitment</td>
<td>• Instrumental Meeting 9am Staff Room</td>
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<td></td>
<td>• School Spec Dance Rehearsal</td>
<td>• K-2 Awards Assembly (last one this term)</td>
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<tr>
<td></td>
<td>• School Spec Dance Rehearsal</td>
<td>• 3 - 6 Awards Assembly</td>
<td>• School Spec Choir Rehearsal</td>
<td>• Eagle Tag Gala Day</td>
<td>• PSSA Summer Semi Final</td>
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<td>• Class Parent Meeting 9am, staff room</td>
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<table>
<thead>
<tr>
<th>W5</th>
<th>Mon 11th November</th>
<th>Tues 12th November</th>
<th>Wed 13th November</th>
<th>Thurs 14th November</th>
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<tr>
<td></td>
<td>• Year 5 to NBSC Cromer Campus</td>
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<td>• School Spec Choir Rehearsal</td>
<td>• School Spec Choir Rehearsal</td>
<td>• PSSA Summer Finals</td>
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<td></td>
<td>• Year 1 Pittwater Coastal Ctr Excursion</td>
<td>• Year 1 Pittwater Coastal Ctr Excursion</td>
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</tbody>
</table>

**Contact Details:**

Email: cromer-p.school@det.nsw.edu.au
Principal's Email: maureen.t.gray@det.nsw.edu.au
Web: www.cromer-p.schools.nsw.edu.au
Ph: 9971 0499       Fax: 9971 4635
Cromer Kids Club: 9971 2332
PRINCIPAL’S REPORT

Congratulations must go to our very talented twenty five Senior Choir members who performed in the Australis Concert of the NSW Public Schools Choral Concert Series on Tuesday evening. It was wonderful to see and listen to our students on the stage of the Sydney Opera House Concert Hall.

Cromer students were part of the 700 strong Combined Choir with participants from a range of public schools throughout NSW. Mrs Jillian Bradford’s love of choral performance is obvious to anyone who has the privilege of seeing her train and support choir members to attain a very high standard. We are very fortunate to have Mrs Bradford share her love of music in its many forms with all of our students K-6.

I was impressed when Mrs Bradford told me she considered this year’s Choral Concert was the very best concert she has ever been involved in at the Opera House. Mrs Lee Carr has also given up a great deal of time to support Choir members throughout rehearsals and at performance which is greatly appreciated. Together Mrs Bradford and Mrs Carr were very proud of our choir members and told me they were a delight as all the girls truly love to sing and were wonderful representatives of Cromer PS. I know choir members’ parents were also extremely proud of their children and appreciated the girls’ ability to master a very demanding program. Well done, Senior Choir!

As you are aware many parts of NSW are experiencing the worst bushfires of the last decade. Our thoughts and prayers are with all those dedicated men and women in essential services and the many volunteers who are diligently fighting the fires. Also, we take time to think of the many families who have lost their homes and all their possessions. It is a miracle that there has been no loss of life. This is an anxious time for everyone as many of us have family, friends or acquaintances in affected areas. Let’s continue to hope that things improve in the days ahead.

Don’t forget Cromer’s CAPA Nights will take place next week on Tuesday 22nd October and Thursday 24th October. Both performances will commence at 6:00pm in the Hall. Last year I came to the 2012 CAPA Night and it was my first introduction to our talented students’ performance skills, so I am really looking forward to it this year as they will be a wonderful celebration of drama, dance, music, choral and public speaking at Cromer PS. My very real thanks to our talented staff who train various groups and give so much of their time in support of students. The CA-PA Organising Committee are hardworking and dedicated and deserve a huge vote of thanks for their behind the scenes organisation to ensure these nights will be truly memorable. Good luck, performers!

Maureen Gray
Principal

URGENT FINANCIAL MESSAGE

Dear Parents/Carers,

As mentioned in previous newsletters, our school is one of 229 in NSW implementing new/more efficient computer programs across all areas (e.g. Finance, Administration) as part of LMBR (Learning Management Business Reform). The school’s bank account which many of you have been using for EFT payments will no longer be in operation after 31st October, 2013.

There are other changes also coming through in the next few weeks, to make this changeover as seamless as possible for everyone concerned, we ask for your assistance with the following :-

1/ Please **DO NOT make any EFT payments into the school account after the 31st of October 2013** - we may not be able to track your monies

2/ **Please finalise all outstanding payments (including cash, cheque and EFTPOS) by Thursday 31st October, where possible.**

Thank you to all parents who have paid promptly.

A new bank account will be opened on 18th November, however the facility for direct credits will not be available until sometime in 2014.

We will keep you updated when more information is available on payment methods moving forward ie. EFT, Credit Cards etc.

If you have any questions regarding payments please contact me on 9971 0499.

Jodie Sly
Relieving School Administration Manager
DEPUTY PRINCIPAL’S REPORT

CAPA PERFORMANCE EVENING: Shine like a Diamond!
Just a reminder that our annual Creative and Performing Arts Evenings will take place on Tuesday and Thursday next week from 6pm. This year there are close to 480 children taking part in this prestigious event. Unfortunately, both concerts have completely sold out and some families have missed out on a single audience ticket to see their child perform on stage.

If you have spare or now unwanted tickets to either the Tuesday or Thursday evening performance could you please hand them to the front office ASAP! We have a waiting list for those without a ticket who would greatly appreciate a seat. Many thanks for your support!

KINDERGARTEN ORIENTATION
We are half way through our 2014 Transition to School Program with our 103 Pre School visitors. Each group has been very settled and have willingly participated in all the activities so far. Thursday 24th and Tuesday 29th October 2013 will be our final two sessions.

We’d like to thank Mrs Denise Jeffery for presenting a Literacy in the classroom workshop to the new groups of parents. Next week Mrs Leah Wood will present a Numeracy workshop for interested parents.

STUDENT AND STAFF SUCCESS
Congratulations to Mrs Jill Bradford and the Senior Choir for their outstanding performance on Tuesday night at the Australis Choral Concert held at the Opera House. We were thrilled by the excitement and enthusiasm of all the girls as they left school at recess for their rehearsal and then evening performance!

We have received lovely emails from the general public congratulating the Senior Choir and Mrs Bradford on the way in which they represented the school community and their angelic choral performance! We look forward to hearing your beautiful pieces at the CAPA Evening next week.

Well done to Felix C (5L) who has been awarded a national Art prize for his amazing painting of a cat stealing lollies from a jar! He competed against hundreds of children from all around Australia to win the Judge’s Fancy Prize (age 9 -11yrs) in the Cat Art Competition at the 2013 Perth Royal Show. We are all very proud of your achievements Felix!

‘SCHOOL SORES’
For hygiene reasons, please cover any ‘school sores’ that your child may have on exposed areas - especially if the sores are open or weeping.

2014 PLANNING AND CLASS ORGANISATION
Just a reminder that Mrs Julie Johnson and Ms Nicole Herrmann are now accepting parent information relating to their family for our 2014 school planning. This may include not returning to Cromer next year or significant student friendships that we should be aware of.

YEAR TWO SWIM SCHOOL
Congratulations Year Two teachers and students as this year’s Swimming Scheme comes to a close. We have heard so many great and positive stories about the swim school over the past two weeks! We are sure that both teachers and students will sleep well over the weekend as they get ready to return to ‘normal’ class work next week.

DEC PARENT INFORMATION
Choosing the right shoes
School shoes may all look the same but the cost can vary from about $30 to $120 and beyond. Does a more expensive shoe mean a better shoe? Find out more at: http://www.schoolotoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes.

NSW public school terms and holidays
Here’s a snapshot of NSW public school terms and holidays for 2013 to 2015. Find out more at: http://www.boardofstudies.nsw.edu.au/events/vacations.html

Jargon explained
If your child’s teacher mentions G&T in the COLA, she’s actually talking about gifted and talented classes being held in the covered outdoor learning area. More school jargon explained at: http://www.schoolotoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters.

Have a fabulous weekend!
Kindest regards,

Julie Johnson and Nicole Herrmann (rel)
Deputy Principals
PRINCIPAL’S AWARDS: Years K - 1

Amelia L KB  Scarlett B KJ  Amy S 1S  Hannah M 1W  Riley N 1P
Hunter C KW  Will B KJ  Aysha I 1W  Levi C 1B  Ruby T 1B
Natas’a D KW  Yasmim R KB  Cooper N K-1J  Michael L 1S  Christos M K-6B
Oliver W K-1J  Amr M 1HL  Emelia K 1HL  Millie E 1P

BAND RECRUITMENT

Please note that the Band Recruitment Evening will now be on Wednesday 30th October. It has previously been advertised in the Weekly as on Thursday (Halloween night). A note will be emailed about this event next week.

PARLIAMENTARY PATTER

Hi Cromer,

Sadly this is the last term for all Year 6 students which means that there is a lot of fun to be had! During Term 4, Year 6 will do a study on Biodiversity where they will go out with a group of other children into a section of our school to search and record the area for bugs, birds, animals, invertebrates and to examine the plant life. Then we will make a PowerPoint presentation on what we did and what we found.

The Year 6 students will also be going to the beach where we will learn about surf safety and have a go at a few things in and out of the water. The third last day of term will be the Year 6 dinner dance which is being organised by the Year 6 mums. On the second last day there is the Year 6 graduation assembly. Finally, on the last day of our primary schooling, all Year 6 go to Manly Waterworks.

Let's hope that our last term of primary school will be fantastic, where we all have fun together and where we celebrate the end of primary school.

By Lauren D (School Vice-Captain) and Ella C (School Captain)

YEAR 6 YEARBOOK SPONSORSHIP

The Year 6 Yearbook is produced each year as a memento for our wonderful Year 6 students. It showcases all the wonderful activities they participate in throughout the year and includes photos from their time at Cromer. In order to reduce the cost to students we would like to offer local businesses and families the opportunity to sponsor the Yearbook. For a donation of $100 your logo (or family name) will appear in our weekly newsletter in Term 4 and be included on the first page of our Year 6 Yearbook. If you are interested please contact Sigrid M (Year 6 Yearbook coordinator) at sigi@mmconsult.com.au or 0413 451 451. Thank you.

SCHOOL BANKING

All students who make two or more deposits through the school from 21 October to 30 November will automatically be entered into the competition, see below.

Happy saving, everyone!

WORLD BOOK WEB

Looking for something? Find it on the World Book Web

GO TO: www.worldbookonline.com
LOG-IN ID: cromer
PASSWORD: library
<table>
<thead>
<tr>
<th>TEAM</th>
<th>PLAYED</th>
<th>RESULT</th>
<th>PLAYER OF THE DAY</th>
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</thead>
<tbody>
<tr>
<td>Jnr Girls Eagle Tag Team A</td>
<td>Balgowlah Heights</td>
<td>Won 9-6</td>
<td>Hannah T</td>
</tr>
<tr>
<td>Snr Girls Eagle Tag Team A</td>
<td>Balgowlah Heights</td>
<td>Won 7-3</td>
<td>Georgie H</td>
</tr>
<tr>
<td>Jnr Girls Eagle Tag Team B</td>
<td>Beacon Hill</td>
<td>Won 10-4</td>
<td>Rose D</td>
</tr>
<tr>
<td>Snr Girls Eagle Tag Team B</td>
<td>Balgowlah Heights</td>
<td>Won 8-4</td>
<td>Isabella A</td>
</tr>
<tr>
<td>Jnr Boys Eagle Tag Team A</td>
<td>Balgowlah North</td>
<td>Won 10-3</td>
<td>Luke M</td>
</tr>
<tr>
<td>Snr Boys Eagle Tag Team A</td>
<td>Balgowlah North</td>
<td>Won</td>
<td>Reuben S</td>
</tr>
<tr>
<td>Jnr Boys Eagle Tag Team B</td>
<td>Balgowlah North</td>
<td>Won 10-6</td>
<td>Cooper K</td>
</tr>
<tr>
<td>Snr Boys Eagle Tag Team B</td>
<td>Balgowlah North</td>
<td>Won</td>
<td>Ben A</td>
</tr>
<tr>
<td>Jnr Girls Tee Ball Team</td>
<td>Harbord B</td>
<td>Won 14-0</td>
<td>Maddy B</td>
</tr>
<tr>
<td>Snr Girls Softball Team</td>
<td>Manly West B</td>
<td>Won 28-9</td>
<td>Hannah R</td>
</tr>
<tr>
<td>Jnr Cricket Team</td>
<td>Seaforth</td>
<td>Lost 0/61 to 4/40</td>
<td>Charlie R &amp; Perry M</td>
</tr>
<tr>
<td>Snr Cricket Team</td>
<td>Seaforth</td>
<td>Lost 0/61 to 4/40</td>
<td>Nathan H</td>
</tr>
<tr>
<td>Snr Girls Volleyball Team</td>
<td>Seaforth</td>
<td>Lost 0/61 to 4/40</td>
<td>Ella C</td>
</tr>
<tr>
<td>Snr Boys Volleyball Team</td>
<td></td>
<td>Won 2 games</td>
<td>Nick J</td>
</tr>
<tr>
<td>Jnr Newcombe Ball Team A</td>
<td></td>
<td>Won 2 games</td>
<td>Marcus C</td>
</tr>
<tr>
<td>Jnr Newcombe Ball Team B</td>
<td></td>
<td>Won 1 game, lost 2</td>
<td>Fin-Ox H</td>
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**Cromer Chess Club** with Miro (Professional Coach)  
**Dissection Code:** 055 003

**MEMBERSHIP FORM – 2013 - TERM 4**

Every Tuesday lunchtime from 12.40 – 1.40pm. **Starts Tuesday 22 October 2013.**

**Term 4 Fee:** $55 **(NB: There is a discount for siblings: siblings pay just $25)**

My child would like to participate in the Cromer Chess Club in Term 4.

Name of Student: __________________________________________ Class: ________________

My child knows how the chessmen move and capture? Yes □ No □

Signed: ____________________________________________(Parent/Caregiver) Date:_______

Your contact details:

Parent/Caregiver Name: ________________________________

Phone: ________________________________

Email Address: ________________________________

Do you agree for your details to be included on a Chess Club contact list? Yes □ No □
KIDS CLUB NEWS

This week at Kids Club we had our “Healthy Brain” week fundraiser. We have been collecting Gold Coin donations to raise awareness about our lifestyle choices and the impacts on our brain health. The children have been involved with healthy cooking including fruit slice, corn fritters and an apple and blueberry yoghurt bar. We have added some yummy fruit and vegetables to our afternoon tea including pineapple, kiwi fruit, watermelon, mandarin and even capsicum!

Ali (from our OOSH office) who is the Head Trainer of Fit Fantastic came to the centre on Tuesday afternoon and did a fitness program with the children. On Thursday we had a guest speaker, Dr Karen Mather, a Geneticist, who spoke with the children about the brain which was really interesting!

We are continuing to collect donations, so you can donate at the centre. Thank you. Have a great weekend.

The Team at Cromer Kids Club!
www.ooshnb.com.au

CANTEEN NEWS

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<thead>
<tr>
<th>MON 21 OCT</th>
<th>TUES 22 OCT</th>
<th>WED 23 OCT</th>
<th>THUR 24 OCT</th>
<th>FRI 25 OCT</th>
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<tr>
<td>WEEK 3</td>
<td>JULIE M.</td>
<td>HELP NEEDED</td>
<td>KATHIE P</td>
<td>VIRGINIA S</td>
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<tr>
<td>TROLLEY:</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>TINA/LISA/LEE-ANN</td>
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Laura & The Canteen Team

LUNCH BOX IDEAS

The simplest way

... to increase your vegies

50% of adults in your area don’t eat enough vegies! We should aim for 5 serves each and every day!

Here’s some easy tips to help you out...

Eat vegetables as a snack throughout the day
- Try vegie sticks with low fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.

Decrease the meat in your meals + add more vegies
- For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with extra veg. Hint: chickpeas, lentils + beans are great fillers!

Add vegies to all your meals
- Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
ADVERTISING IN COMMUNITY NEWS

We are now accepting business card sized advertisements in our Community News section for Term 4. Cost is $55 per term and must be pre-paid by cash, cheque or credit card.

Breakie, Browse and Bargains
1st Collaroy Plateau Scout Garage Sale

Sunday 20th October
8am-2pm

Come down to our lake side hut and enjoy our delicious bacon, sausage and egg rolls, cakes and other goodies whilst you browse our good quality furniture, toys, clothes, books and bric-a-brac.

1st Collaroy Plateau Scout Group
Corner of Lakeside St. and Goodwin St
Narrabeen Lake.

Email for more information: 1stcollaroyscouts@gmail.com
This season Collaroy Turtles Water Safety Swim Program are holding their registration day on Sunday 24th November at the rockpool from 8am to 9:30am. Their first priority is to register children and adults who can't swim or are unable to afford swim lessons and then open it to everyone else.

Cost for the program this year is $25 which will cover for insurance while participating in the program. Payment must be made on the registration day.

The program will commence on Sunday 1 December at 8am.


Research opportunity for parents of children in Pre-Primary and Year One:
Do you think your child is ready for school?

Curtin University School of Psychology and Speech Pathology are conducting research into whether parents think that their child is ready to start primary school. They are seeking parents of children in pre-primary, Kindergarten or Year One to complete a 15 minute online questionnaire about factors that may influence parent's perceptions of school readiness. To participate, please follow the link https://qtrial.qualtrics.com/SE/?SID=SV_5asTDTnLxWEnqGF

For more information, contact Beverley at beverley.stacey@student.curtin.edu.au

Your valued participation in this research is greatly appreciated.
(This research has been approved by the Curtin University Human Research Ethics Committee, Approval No. PSYCH & SP 55).
Parenting Programs
Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Kids Course (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (7/11 - 5/12, 7.00-9.30pm)

Tuning in to Teens Course
Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.
Chatswood 5 wks/2.5hrs  (29/10 - 26/11, 7.00-9.30pm)

Resilient Kids Workshop
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (13/11, 7.00-9.30pm)