CROMER COURTESIES: Say good morning to adults when you meet them each day in the classroom or playground.

NOTES HOME: School Spec Dance Rehearsals; School Spec Choir Rehearsals.

<table>
<thead>
<tr>
<th>W8</th>
<th>Mon 25th November</th>
<th>Tues 26th November</th>
<th>Wed 27th November</th>
<th>Thurs 28th November</th>
<th>Fri 29th November</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>School Spec rehearsal: Dance, Choir, K6B</td>
<td>School Spec Rehearsal: Dance, Choir, K6B</td>
<td>School Spectacular: Dance, Choir, K6B</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Scripture Christmas Assembly</td>
<td>Instrumental Music Meeting, 9am, staff room</td>
<td>Saturday 30th: School Spectacular</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>W9</th>
<th>Mon 2nd December</th>
<th>Tues 3rd December</th>
<th>Wed 4th December</th>
<th>Thurs 5th December</th>
<th>Fri 6th December</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sydney FC visit</td>
<td>3 - 6 Awards Assembly</td>
<td>Year 7 (2014) Public High School's Orientation Day</td>
<td>Kinder Graduation Assembly, 9:30-10:30am, hall</td>
<td>Year 1 Graduation Assembly, 9:30-10:30am, hall</td>
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<td></td>
<td></td>
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<td></td>
<td>Instrumental Social Evening, 3-5pm</td>
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<tr>
<th>W10</th>
<th>Mon 9th December</th>
<th>Tues 10th December</th>
<th>Wed 11th December</th>
<th>Thurs 12th December</th>
<th>Fri 13th December</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Parent Helpers Morning Tea, 10:30am, staff room</td>
<td>Year 2 Graduation Assembly, 9:30-10:30am, hall</td>
<td>Year 3 Graduation Assembly, 9:15-10:00am, hall</td>
<td>Year 4 Graduation Assembly, 9:15-10:00am, hall</td>
<td>Year 5 Graduation Assembly, 9:30-10:30am, hall</td>
</tr>
<tr>
<td></td>
<td>Crazy Cromer Circus</td>
<td></td>
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<td>Reports and Fold- ers sent home</td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>W11</th>
<th>Mon 16th December</th>
<th>Tues 17th December</th>
<th>Wed 18th December</th>
<th>Thurs 19th December</th>
<th>Fri 20th December</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Year 6 Dinner Dance</td>
<td>Year 6 Graduation, 9:30am, hall</td>
<td>Year 6 at Water- works</td>
<td>Staff Development Day</td>
<td>Staff Development Day</td>
</tr>
<tr>
<td></td>
<td>Kinder Picnic Day</td>
<td></td>
<td>Last day school</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
DEPUTY PRINCIPAL’S REPORT

PSSA SPORT – Primary School Sports Association
We would like to thank Mr Phil Mason, the school’s Sports Co-ordinator who has worked tirelessly across the year organising the PSSA teams. We would also like to take this opportunity to thank the many teachers/coaches who have also worked extremely hard in training teams both before and after school and participating in PSSA competitions throughout the year. Your expertise, dedication and commitment have been truly remarkable. The school community appreciates your time and effort in enabling the students to have this wonderful opportunity to participate in the many sports offered.

Home Sport Program
A huge thank you must also go to Mrs Sarah Riddington, the school’s Home Sport Co-ordinator who has worked tirelessly across the year organising the home sport program at school each Friday. Thank you also to the many teachers and School Support Learning Officers who have also worked extremely hard in up skilling the students in the home sports program throughout the year. Your dedication, commitment, enthusiasm and support to the weekly activities have been outstanding. The school community also appreciates your time and effort in enabling the students to have this wonderful opportunity to assist in further developing the students’ skills.

School Strings Recruitment
An information evening for the new Strings Parents was conducted this week. The parents met the conductor and learnt about the strings program. A huge thank you to Ms Nicole Herrmann and Mrs Crossing for their tireless efforts in organising this evening. It was wonderful to see so many students interested in joining this valued program.

FINAL P&C Meeting for the year
A reminder that the next and final P&C meeting for 2013 is being held on Tuesday evening.

Date: 26th November
Time: 7:30pm
Venue: School Staffroom
Agenda Items:
- School report
- Canteen refurbishment update
- Farewell to outgoing parent volunteers

We hope to see you on Tuesday night.

School A to Z Website
Previous newsletters have recommended the Department of Education and Communities’ website www.schoolatoz.com.au. It is a great place for parents to find information on preparing your child for school (both Kindergarten and moving into High School); on building resilience and assisting your child/ren with building friendship skills; and information about all of the Key Learning Areas, from Kindergarten to Year 12.

Preparing for high school
Sometimes parents think that when their child goes to high school they need to take a step back but teachers involved in the transition say it is more about a change of focus.

Here are some tips:

- In Year 5 start thinking about which high school your child should attend.
- Help them become more responsible by encouraging independence and responsibility.
- Get into a homework and study routine.
- Put their school timetable somewhere obvious – like the fridge door.
- Meet your child’s high school Year 7 advisor and tell them if you have any concerns.
- Stay interested and involved in your child’s high school life – they still need you.

There is a wonderful video from the School A to Z website featuring advice from teachers about how to make the move into high school less daunting. Click on the WELLBEING page and then the Development title on the left hand side of the page.

Parent Helpers Morning Tea

With the year coming to an end, we'd like to thank all the parents who have assisted in supporting all the different programs across the school this year: whether it be in the classroom, uniform shop, canteen, at sporting events, the P&C, fundraising, banking, school council, working bee, etcetera, with a thank you morning tea on MONDAY 9TH DECEMBER at 10:30am in the staffroom. Invitations will be sent home next week.

Thank you to all the parents who have turned up week in and week out to support their child's classroom Literacy and Numeracy programs. The success of these quality programs often depends upon parent assistance. We greatly appreciate your assistance, as do the students.

Julie Johnson and Nicole Herrmann (rel)
Deputy Principals

PRINCIPAL’S AWARDS: 3 - 6

<table>
<thead>
<tr>
<th>Charlize I 3W</th>
<th>Tai W 3W</th>
<th>Liam M 4G</th>
<th>Jack H 5Q</th>
<th>Ashleigh H 6K</th>
</tr>
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<tbody>
<tr>
<td>Frankie W 3W</td>
<td>Zenab P 3T</td>
<td>Lucie S 4G</td>
<td>Joel E 5Q</td>
<td>Julia Z 6K</td>
</tr>
<tr>
<td>Gordon M 3N</td>
<td>Bailey V 4P</td>
<td>Max G 4M</td>
<td>Julia H 5F</td>
<td>Kyle I 6G</td>
</tr>
<tr>
<td>Jack G 3O</td>
<td>BillieJane A 4W</td>
<td>Max L 4P</td>
<td>Michelle W 5L</td>
<td>Ryan D 6M</td>
</tr>
<tr>
<td>Jake B 3O</td>
<td>Ethan F 4M</td>
<td>Rose D 4T</td>
<td>Zoe S 5F</td>
<td></td>
</tr>
<tr>
<td>James M 3T</td>
<td>Jason S 4T</td>
<td>Callum B 5L</td>
<td>Anna C 6G</td>
<td></td>
</tr>
<tr>
<td>Stella M 3N</td>
<td>Kai H 4W</td>
<td>Ella S 5Q</td>
<td>April L 6M</td>
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UNIFORM SHOP NEWS

I lent my overlocker machine to a mum last year but cannot remember who! If you have my machine, can you please return it to me at the Uniform Shop. Thank you.

Mrs McPherson
Uniform Shop Manager

KIDS CLUB NEWS

This week at Kids Club we cooked choc fudge in the microwave, dairy free cupcakes and mango rice pudding. The children love the cooking experiences that we have during the week and they like coming up with ideas for the next week.

VACATION CARE

Term 4 and 2013 is nearly over and it's time to book into our fantastic vacation care. We have a jam packed program these holidays including visits from The Crazy Scientist with his radical rockets and slime fest program, Wheelchair Sports Roadshow that will teach the children how to use a wheelchair as well as have races and a game of wheelchair basketball, Zumba with Miss Kylie from our local dance company Plie Groove n Shuffle. We will also have excursions to the Movies, AMF Bowling and a tour at ANZ Stadium. Mr Whippy may also visit us one day in centre!


A reminder that we will be open for the Staff Development Days on the 19th and 20th December as well as the 23rd and 24th December. We will also be open on the 28th January, before we are back at School on the 29th.

Spaces will fill up fast so get in early to secure a spot.

Have a great weekend.

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

Towards the end of Home Sport, for two weeks, a few Home Sport kids had to make sure they didn’t fall in. Why? Because some of us got to go kayaking and stand-up paddle boarding! Enjoying the lovely sunshine was great while we were out on the lake having so much fun. When we went kayaking, we even got to go under the bridge and go to a little island, where we parked our kayaks and had a pleasant swim. Stand-up paddle boarding was also a fantastic experience because we had a great time with our friends, as well as learning how to stand-up paddle board. We would like to thank Mrs Riddington and Mrs Lawler for giving all of us this amazing opportunity to spend a couple of days having watertastic fun! It was such a great activity for us all to participate in and I’m sure we all worked our muscles hard!

By Sophie B and Victoria K

CANTEEN NEWS

<table>
<thead>
<tr>
<th>Mon 25 Nov</th>
<th>Tues 26 Nov</th>
<th>Wed 27 Nov</th>
<th>Thurs 28 Nov</th>
<th>Fri 29 Nov</th>
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<tbody>
<tr>
<td>WEEK 8</td>
<td>TROLLEY: Lesley/Wanita</td>
<td>Kathie P</td>
<td>VirginiaS/ Kylie</td>
<td></td>
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<tr>
<td>Mon 2 Dec</td>
<td>Tues 3 Dec</td>
<td>Wed 4 Dec</td>
<td>Thurs 5 Dec</td>
<td>Fri 6 Dec</td>
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<tr>
<td>WEEK 9</td>
<td>TROLLEY: Tina/Lisa/Lee-Anne</td>
<td>Yumi D / Miwa</td>
<td>Cherie L / Lesley</td>
<td></td>
</tr>
<tr>
<td>Mon 9 Dec</td>
<td>Tues 10 Dec</td>
<td>Wed 11 Dec</td>
<td>Thurs 12 Dec</td>
<td>Fri 13 Dec</td>
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<tr>
<td>WEEK 10</td>
<td>Julie McM</td>
<td>Leah S</td>
<td>Louise S</td>
<td>Fiona A / Tina</td>
</tr>
<tr>
<td></td>
<td>TROLLEY: Lesley/Wanita</td>
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Laura & The Canteen Team

HEALTHY LIVING TIP

The simplest way

to increase your fruit and veg intake

Myth: Frozen and canned fruit and vegetables don’t count towards your recommended daily intake of fruit and vegetables.

The facts:
- Frozen and canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you’re making the best choice!

Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Cromer Community News

ADVERTISING IN COMMUNITY NEWS
We are now accepting business card sized advertisements in our Community News section for Term 1. Cost is $55 per term and must be pre-paid by cash, cheque or credit card.

Holiday Sports Camps
Multi Sport Holiday Camps
Forestville Memorial Hall
4-9yrs 9am-3pm
Weekly Multi Sports Programs:
Forestville & Worrigee
for ages 2.5-5yrs
Kareenahpodylittlemunchkins.com.au
0409 230 477
Bookings are essential
www.sportylittlemunchkins.com.au

Warringah Recreation Centre
Term 4: Tennis Programs
School Bus Pick-up Service
- After school Junior Coaching
- Adult clinics & Social Tennis
- Private lessons
- School Holiday Camps
Enrol online now!
P: 9938 1831
E: warringah@sydneytennisgroup.com
www.sydneytennisgroup.com.au

WWW.TRIFUDOJO.COM.AU
Are you a black belt waiting to happen?
Martial Arts for boys and girls.
Learn new skills in a fun environment!
New Narrabeen location
"THE TRASHED"
1396 Pittwater Rd,
Narrabeen NSW 2101
Special Rates
Thursdays 4pm & 5.15pm
Call
Daniel: 0410 794 816 or Lynne: 0418 452 262

FIVE SENSES
FACE & BODY REJUVENATION
SPECIAL OFFERS
Simply mention Cromer Primary to receive 50% OFF all facial treatments
Purchase any Pelactiv Product and receive a 2nd one HALF PRICE!
“HOT SHOTS” MLC

HOLIDAY TENNIS & SPORTS CAMP
BEVERLEY JOB PARK
MCINTOSH ROAD NARRAWEENA

Camp 1 - Thurs 19th Fri 20th, Mon 23rd Dec (3 day camp)
Camp 2 - Mon 6th Jan - Fri 10th Jan
Camp 3 - Mon 13th Jan - Fri 17th Jan
Camp 4 - Mon 20th Jan - Fri 24th Jan

Time: 9.00 -12.30 pm OR 9.00 - 3.00 pm
Cost: $150 for 5 full days $110 - 5 half days
     $110 for 3 full days $80 - 3 half days
Casual rates - $40 per full day OR $30 per half day
Discounts for family members

All camps subject to numbers.

FOR ENQUIRIES OR BOOKINGS CALL
THERESA STAPP on 9981 2592 or (Mob) 0405 424 413
or Email: tmsstapp@optusnet.com.au

Junior Development Coach and Hot Shot Mentor for Tennis Australia
Finalist in the NEWCOMBE Medal 2010

50th ANNIVERSARY COMMEMORATIVE BOOK:  Dissection No.: 090 505 - $23

Only a small number of the 50th Anniversary Committee Commemorative Book are still available.

Student Name: ________________________________  Class: ____________

Contact Number: _________________________________________________

Number of Books: ______________ @ $23.00 each Total Cost: ____________
Children’s Christmas Party 2013

Single with children invites single parents and their children to join us for a fun day of activities for all the kids.

The kids will have fun with all the animals and farm demonstrations. There is Laser skirmish for the older kids. Then join us for a yummy Christmas lunch

Where: Golden ridge animal farm, Dural
When: Saturday 7th December at 10:45 am
Cost: $35 per adult (non members) $22 for kids
Join SWC and the cost is only $10 per family

For more information on this event contact Leanne on 0410654590

SWC - it’s a great way to meet people in your area

Call us today on 1300 300 496 or check out our web site: www.singlewithchildren.com.au

JOIN ME TO CELEBRATE GIRL RISING!

Let’s get together to learn more about the issues that girls face around the world and come up with ways that we can make a difference. We just might change the world.

When: Tuesday December 10th
Where: Harbord Public School
Time: 8pm
Tickets $20 at: www.stickytickets.com.au/14180 or at the door on the night

All proceeds go to Room to Read
World Change Starts With Educated Children

Girl Rising is a groundbreaking film that has already been seen by millions. It’s also a movement for girls’ education that I am proud to support.