Today was the last day of our transition to school program for Kindergarten 2016. It has been wonderful to meet our new students and see them in action with their buddies. The relationship between Kindergarten and their buddies is a really special one, and one that endures. Our current Year 6 are all able to remember their buddies and things they did together. For many of the parents having a child begin school, it is the start of a new friendship group. Hopefully we’ve been able to reassure the parents that they will survive the first day of school.

Congratulation must go to some of our ex-students who have been elected as leaders of Toronto High. Dayle Beazley (School Captain), Tim Sutcliffe (Prefect) and Erin McKenna (Senior Student Leader). We are all proud of you and are looking forward to working with you.

I must apologise to all the students who are going on the “Schools Spectacular” excursion. In last week’s newsletter I put the incorrect date for the payment due date. The payment deadline is actually this Friday (13th) and any seats not taken by Friday will then be offered to children whose name is on the reserve list.

On page 4 of the newsletter we have included some information about learn to swim programs at First Splashes (Toronto Pool). The lessons are in the January school holidays and would be an ideal follow on to our recent intensive swimming and swimming for sport programs.

Preparations for our concert are well underway. Don’t forget to get your tickets when they go on sale. There is only one concert evening this year.

Merrita Jeffrey (Principal)

What’s on at B.P.P.S.

Friday 13th November
- Big Band 8:15am

Tuesday 17th November
- Dance lessons

Thursday 19th November
- Rehearsal at THS for end of year concert “Power”

Friday 20th November
- Big Band 8:15am

Tuesday 24th November
- Dance lessons
- Rehearsal at THS for end of year concert “Power”

Wednesday 25th November
- THS 2016 Year 7 Parent information night…..pm

Thursday 26th November
- “Power” concert at THS 7:00pm

Friday 27th November
- School Spectacular

End of year early notices……..

Wednesday 9th December
- Presentation day
  10:00am to 11:30am

Monday 14th December
- Year 6 Farewell

PERMISSION NOTES & PAYMENTS DUE

Dancers
All dancers need their concert costumes to school by 16th November. If there is any problem with the costumes please see Mrs Blatchford.

Band
$12.50 x 10 weeks for Mr Saunders, Mr Lock & Miss Jessica
$12.50 x 9 weeks for Mr Connolly
Please keep practising!

Congratulations to Amelia C, Ashtyn & Josie B who won last week’s Olly Owl competition.

Answers:

“Power” is our end of year concert and it will be held at Toronto High in the Multi-purpose hall.

The ninth word of our school song is proud.

Thank you for reading my newsletter.
**Awards for Term 4 - Week 5**

<table>
<thead>
<tr>
<th>Merit Certificates</th>
<th>You Can Do It!</th>
<th>Student of the Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>KN</td>
<td>Ayden H</td>
<td>Lahni M</td>
</tr>
<tr>
<td></td>
<td>Josh F</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nyah EC</td>
<td>Liam C</td>
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<tr>
<td>KH</td>
<td>Ethan F</td>
<td>Hayden S</td>
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<tr>
<td></td>
<td>Clayton T</td>
<td>Kayden M</td>
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<tr>
<td></td>
<td></td>
<td>Kaysha G</td>
</tr>
<tr>
<td>1C</td>
<td>Ben F</td>
<td>Beau G</td>
</tr>
<tr>
<td></td>
<td>Allanah S</td>
<td>Rilley L</td>
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<tr>
<td></td>
<td>Darcy G</td>
<td></td>
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<tr>
<td>1-2A</td>
<td>Jaidon T</td>
<td>Hannah M</td>
</tr>
<tr>
<td></td>
<td>Josie B</td>
<td>Caide B</td>
</tr>
<tr>
<td></td>
<td>Reni R</td>
<td></td>
</tr>
<tr>
<td>2-3C</td>
<td>Natalie S</td>
<td>Skye B</td>
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<tr>
<td></td>
<td>Mia A</td>
<td>Flynn G</td>
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<td></td>
<td>Jacklen M</td>
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<tr>
<td>3-4H</td>
<td>Harry S</td>
<td>Tegan W</td>
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<td></td>
<td>Olivia H</td>
<td>Jada ET</td>
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<td></td>
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<tr>
<td>4-5N</td>
<td>Amy S</td>
<td>Evelyn A</td>
</tr>
<tr>
<td></td>
<td>Ruby G</td>
<td></td>
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<tr>
<td></td>
<td>Dakota F</td>
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<tr>
<td>4-5F</td>
<td>Annaliiese A</td>
<td>Jeremy C</td>
</tr>
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<td></td>
<td>Jackson C</td>
<td></td>
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<td></td>
<td>Charlotte J</td>
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<tr>
<td>6WB</td>
<td>Eavie C</td>
<td>Destiny F</td>
</tr>
<tr>
<td></td>
<td>Dillon S</td>
<td>Lachlan M</td>
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<td></td>
<td>Anika W</td>
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**PRINCIPAL’S AWARD**

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<tr>
<th>BAND</th>
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<tbody>
<tr>
<td></td>
<td>Patrick K</td>
<td>Mitchell B</td>
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<tr>
<td>DANCE</td>
<td>Zahli B</td>
<td>Dillon S</td>
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<td></td>
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<td>Zac W</td>
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<td></td>
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<td>Lochlan B</td>
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**NOVEMBER BIRTHDAYS**

1st Emmi A  
3rd Rhys B  
3rd Reid C  
4th Lila C  
5th Ayden H  
8th Blaide L  
8th Deklyn L  
8th Jeremy C  
9th Skye B  
9th Callan G  
10th Hunter B  
10th Gizelle W  
10th Ava M  
12th Lachlan B  
13th Pandora G  
15th Zahli B  
15th Annaliiese A  
18th Blaze V  
20th Flynn G  
21st Tamika S  
24th Allanah S  
25th Molly W

**The Act of Kindness Awards**

Term 4 Week 5 went to Ayden H for being a helpful friend.

1. Name the horse who came 2nd in this year’s Melbourne Cup.

2. What was the score in the Jets v Wanderers game last Saturday?

Return this slip to the office by 9am this Friday 13th November to enter the draw for a small surprise. Olly wants to know if you are reading his newsletter.

NAME: ____________________________ Parents signature _________________

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**Can you answer my questions?**

Olly Owl

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Our concert tickets will go on sale at the office next Monday 16th November. The cost of the tickets will be $4.00. Seats will not be allocated this year as our hall is being repaired. We will be holding our concert at Toronto High School Multi-Purpose hall. Costumes need to be at school by Monday 16th November. Photographs for concert acts will be on Tuesday 17th November. Students may wear make-up and have “special” hair. If you are having problems with costumes please see Mrs Blatchford ASAP.

The primary classes have finished their free lessons for the term and we have been impressed with the improvement of our students. Special thanks to Mrs Wotherspoon-Brown for organising this fantastic program.

It is important that parents follow up these lessons in the summer holidays if possible. First Splashes are holding a swimming program in the holidays. Week 1. - 4th Jan to 8th Jan (Stroke clinic – freestyle & butterfly) Week 2. - 11th Jan to 15th Jan (Stroke clinic – freestyle & backstroke) Week 3. - 18th Jan to 22nd Jan (Stroke clinic – freestyle & breaststroke) plus Learn to swim classes and stroke correction classes are available. For more information phone Splashes on 4959 9229.

Borrowing has now finished for the year. Please make sure your child has returned their library books. Thank you for being great borrowers in 2015 Mrs A Blatchford

P&C NEWS

Thank you to everyone for getting the lunch orders in on time. Remember if they are after the 8:55am bell, sandwiches are your only option.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
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<td>November 16</td>
<td>November 17</td>
<td>November 18</td>
<td>November 19</td>
<td>November 20</td>
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<tr>
<td>Kylie M</td>
<td>Jane M</td>
<td>Mel F</td>
<td>CLOSED</td>
<td>Mel F, Sheree R</td>
</tr>
<tr>
<td>Mel F</td>
<td>Jo G</td>
<td>Caz D</td>
<td></td>
<td>Keely D, Chris M</td>
</tr>
</tbody>
</table>

UNIFORM ROOM

Monday mornings 8.45-9.15am
Thursday mornings 8.45-9.15am
Thursday afternoons 2.30-3.00pm
Co-ordinator – Mrs Jane Mifsud

P&C Information

We will be running a Christmas raffle this year and are asking for donations of non-perishable hamper items. All donations can be left at the office anytime.

CHRISTMAS RAFFLE TICKETS will be going home this week. Tickets are $1.00 each. Please return all sold or unsold tickets by Tuesday 8th December. Extra books are available from the office.
Patrick C is very excited to show the dragon that 1-2A have created. They made beautiful coloured scales and glued them all down the body. The dragon is on display in the entrance of their classroom.

Class 1-2A is working very hard. We have only 5 weeks left of this year to work hard and prepare ourselves to move to a higher grade next year. I think our parents would be very proud of us. Mrs Adam is very happy too.
The simplest way
...to be SunSmart in spring.

Did you know that during spring you need to protect your skin from the sun every day?

In most parts of NSW, the UV level is 3 or above during spring. This means that even on cooler days, you need to protect your skin in five ways: slip on sun-safe clothing; slap on SPF30+ or higher, broad-spectrum, water-resistant sunscreen; slap on a broad-brim hat; seek shade; and slide on sunglasses.

How do you know if the UV level is 3 or above in your area?

Download the SunSmart app. The app provides recommended sun protection times, a calculator to check if you’re using enough sunscreen, and a tracker to find out if you’re getting enough UV exposure to help with your vitamin D levels.

To help keep your kids safe in the sun, check your school’s SunSmart status by heading to www.sunsmartnow.com.au

The simplest way
...to get your vitamin D!

Did you know:

- Our bodies make vitamin D when skin is exposed to sunlight?
- We need vitamin D as well as calcium to maintain good health, in particular to keep our bones and muscles fit and strong?
- Sun protection is required when UV levels are 3 and above?

Does sunscreen stop vitamin D?

- Sunscreen filters out most, but not all UV radiation.
- People who use sunscreen regularly (when UV levels are 3 and above) don’t have lower vitamin D levels than people who do not use sunscreen.

To help keep your kids safe in the sun, check your school’s SunSmart status by heading to www.sunsmartnow.com.au

The simplest way
...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids’ lunch boxes!

Ingredients (serves 4)

- 1/2 cup pasta (penne/bow ties/rotini)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tbsp parsley

Method

- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

Serve with a side salad.

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

The simplest way
...to disguise vegetables.

Can’t get the kids to go near the greens? Disguise is a great way to get them eating veg, without the protests!

Here’s how:

Grate vegies into meat dishes: carrot, zucchini, capsicum and celery work well in bolognaise sauce, meat patties, meatballs, shepherd’s pie and tacos.

Add chopped vegies: to quiches or omelettes – try mushroom, tomato, capsicum or zucchini.

Blend vegies in to sauces: puree sweet potato, pumpkin or cauliflower.

Add extra vegies: mushrooms, capsicum and pineapple are great on pizzas.

Add in other root veg to mashed potato: pumpkin and sweet potato are favourites.

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

Eat It To Beat It