Welcome back to our last term for 2015. I hope everyone had a restful break and was able to enjoy some quality family time. It is great to see the students return ready and eager for the day ahead.

I was fortunate enough to be involved in a principal exchange program in Scotland, during the holidays as part of the Leading Educators Around the Planet (LEAP) program. It is the second time I have undertaken this program since coming to Sturt. My last exchange was with a principal from Canada who subsequently came to visit Sturt P.S. for two weeks in 2011. The program enables both principals to shadow the other in their setting, giving them the opportunity to learn about each other’s education system. It also gives the students of each school the opportunity to learn about another country and I was thrilled to take with me an A-Z on Australia book which had been put together by our Stage 3 students. My host, Mrs Gill Whitford, Head Teacher of West Barns Primary, East Lothian, will be joining us next July at the beginning of Term 3 for her reciprocal visit.

During Term 4 there will be a great deal of consolidation of learning programs as well as a number of surveys and reviews to evaluate the current programs and priorities in our School Plan in order to prepare for 2016. This will include parents surveys which will take a number of formats. The first survey is on the school newsletter and is included this week. I would ask that parents and carers take the time to fill in this survey and return to school the results of which will be shared later this term.

Our girls and boys softball team continue to succeed with both teams competing next week to be eligible to play at state level. Thank you to Mrs Gooden and Miss Brasier for the training and co-ordination of these teams, and thank you to parents who have continued to support the students by taking them to both training and matches. We wish all these students the best of luck.

As part of our Live Life Well @ School program, we continue our extensive sporting program this term with K-2 students doing rugby league workshops, Stage 1 doing tennis, Stage 2 doing cricket and Stage 2/3 doing backyard league. This is a wonderful opportunity to further develop a fitness regime which will keep them happy and healthy.

Today a number of our Indigenous students were recognised at the Proud and Deadly Awards, held at the Wagga Commercial Club. These awards were in a number of categories including academic achievement, encouragement, sporting and citizenship. We congratulate all of the students on this worthy achievement. Thank you to Mrs Imrie for her co-ordination of this event.

Kerry Barker
Principal
Kittens
Kittens drink milk out of their mums tummy and are very small and sometimes have green eyes. Mummy cats carry baby kittens in their mouths. Mummy cats lick kittens to give them a bath.

Fish
A fish eats fish food. It eats in the morning. Fish are in a fish tank, they swim around in the tank. Fish are really good pets. Fish are an easy pet.

Pigs
Pigs like to eat grass and left overs. They roll in mud and they like to snort. Pigs are very fat. By Toni

Black Labradors
Black Labradors can bite and some dogs can pounce apparently. They get babies when they're usually older. Black Labradors always sprint around the house. They look like puppies that are very young. They live in a habitat called a kennel and it's a special place dogs live. Black Labradors die if they get injured and it is kind of like virtual families and it's quite similar.
Breakfast Club

Breakfast means ‘break the fast’, as the previous meal is typically 8–10 hours before waking up in the morning. Breakfast is important in re-fuelling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behaviour difficulties in the school environment.

Eating breakfast can also reduce the risk of overweight and/or obesity, as breakfast is often replaced by mid-morning snacks that tend to be high in fat, sugar and salt.

Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn and study better. They can also perform better physically after eating breakfast as there is more energy available to their muscles. Breakfast can improve behaviour and mood, as children have better concentration and aren’t tired or hungry.

In conjunction with the Rules Club Wagga Wagga, Mission Australia, Knights Meats and Deli and Sturt Public School, we are fortunate enough to be able to increase our breakfast program by a day. We aim to have:

- Better health and learning outcomes
- Socialisation
- Increase participation and engagement at school

The Breakfast Club will run on Tuesdays and Thursdays each week in the Hall from 8.45am – 9.10am. Food items available include toast, milo, fruit juice, fresh fruit and yoghurt.

Please note that the Breakfast Club is open to ALL students.

References
Dietitians Association of Australia, (2009), Breakfast, viewed 29 November 2010,
SA Health (2009), SA Community Foodies Training Manual, internal document
Start Right Eat Right, (2009), Children’s health, mood and behaviour - the important role of breakfast, viewed 17 Jan 2011,
**P & C NEWS**

I hope you all enjoyed the holidays… can you believe that we are in term 4 already, with Christmas fast approaching.

The Twilight Community Market will be held on Friday 6th November, please mark it in your diary and invite your family and friends to join us on the night. There are over 60 stalls booked from jewellery, toys, candles, local community services and of course lots of yummy food.

Have you ever thought you would like to be more involved, now is the time to come and have a look at the meetings (as all the jobs have been taken). Next year all positions for the committee will become vacant, it’s time to think if you would like to help out. Next meeting Tuesday 20th October

For more information look at our Facebook page Sturt P&C and canteen or email sturtpublicpandc@gmail.com

Kristen Whiticker - P & C President
0405 092 755
sturtpublicpandc@gmail.com

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**CLOTHING POOL**

**Term 4: hats are compulsory** - School hats can be purchased from the canteen each day for $10 or the clothing pool on Fridays 9.00-9.30am.

Our next order cut off date is the 16th of Oct (end of week two) You can now order and pay online anytime by going to http://www.school24.com.au/register

School Id is 2530963 and please add your child as a reference. Orders will take up to two weeks to arrive after this date.

Marianne Doyle

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**SPORTS REPORT**

- Good luck to the Sturt boys Softball team who are travelling to Jerrabomberra to play the next round of the NSW PSSA Softball knockout.
- Back yard league starts for all of Stage 2 and 3 this Friday. Please make sure all students have a hat and sports uniform on.

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**MONDAY MEAL DEAL**

Chicken Caesar Salad (GF) & Calippo Ice Block

$5.00

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**MONDAY MEAL DEAL**

A couple of items have been added to the online only menu. The reason for this is to promote the use of online, as this is the preferred order method to help with time to run the canteen.

These online only specials are milkshakes, chicken Caesar salads and a create-a-pizza where you can choose from your topping from a limited selection.

A flyer for online orders will go out next week or please look on the canteen menu for all details.

Tuesday canteen is closing early, we are only offering cold sandwiches and will be closed for lunch counter sales. Any hot food orders will be changed to sandwiches. Thank you for your help.

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**CANTEEN CLOSED—TUESDAY LUNCH**

Joanne Klimpsch Canteen Supervisor
P: 0400 840 223