A WORD FROM THE PRINCIPAL

We have had some very excited parents and children who have checked out the options for new school shirts for Metford Public School students. We will have the display set up at the front of the school this week and in the canteen area next week. Please have your say by completing the green slip. If you are unable to get to the school to have your say, we will have an electronic survey available on our school website and facebook page as soon as possible.

The plan is that the chosen shirt will be available to purchase by end of Term 1. Kindergarten 2015 shirts will be available from Lowes for next year. Year 6 shirts will be organized at the beginning of first term 2015.

Regards Cathy

THOUGHT OF THE WEEK

Be content with yourself just the way you are.
Teaching and Learning Team
During terms 3 and 4 our Teaching and Learning Team teachers have continuously provided support to students and staff across years 3 – 6.

Mrs Zoneff and Ms Derwent have worked with over 50 students each term in literacy and numeracy support groups. The support groups have concentrated on increasing students learning engagement and confidence in literacy areas of writing and reading, and in numeracy areas of place value, multiplication and division. They work closely with the class teacher and develop teaching programs to suit the different group learning levels; most groups require remedial support, however they also work with some extension groups as well.

The students work very hard during the term where their progress is closely monitored. Teaching and Learning report results will be sent home at the end of the school year along with students class reports.

Mrs Zoneff is very pleased to have seen learning growth with the majority of the students that she works with, and Ms Derwent, who has been relieving for Mrs Davis has thoroughly enjoyed engaging with students learning and has also experienced some wonderful learning outcomes with her student groups.

This term we have welcomed a new teacher to our Teaching and Learning team, Mrs Cassandra Allison who has accepted a 3 day position at Metford PS as Learning and Support Teacher to commence in 2015. Until her position officially commences Mrs Allison joins our team every Wednesday and has welcomed the opportunity to get to know students and staff before her 3 day a week position starts next year.

We celebrate our success of 2014, and look forward to working with our colleagues and our students next year to ensure that they continue to receive the best possible teaching and learning opportunities.

AP T&L
Christine Attard
SWIMMING SCHEME
Don’t forget to bring your forms and money into the office if you wish your child/children to participate in the Swimming Scheme this term.

**Cost:** $28.00 each  
**Who:** Year 2 to Year 6 can participate  
**When:** December 1st – 12th (Weeks 9 & 10)  
**Where:** Beresfield Pool  
**Teachers:** Ms King, Mrs Newell, Mr West  
**Closing date for notes and money:** Friday November 21st.

METFORD MUNCHIES NEWSLETTER  Canteen Roster Term 4 Week 7 & 8

<table>
<thead>
<tr>
<th>T4 Wk 7</th>
<th>17.11</th>
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<th>19.11</th>
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<tbody>
<tr>
<td>8.30-12pm</td>
<td>Kathy, Lisa, Kara</td>
<td>Kathy, Grant, Katrina, Lahra</td>
<td>Kathy, Lynette, Paul</td>
<td>Kathy, Mel, Katrina, Lahra/Tiana</td>
<td>Kathy, April, Hazel, Lisa</td>
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<td>1 Volunteer needed</td>
<td>1 Volunteer needed</td>
<td>*Principal’s Lunch</td>
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<td>1-2.30pm</td>
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<td>Kathy, Grant, Lahra</td>
<td>Kathy, Paul</td>
<td>Kathy, Mel, Lahra/Tiana</td>
<td>Kathy, April, Paul</td>
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<td>Wk 8</td>
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<td>26.11</td>
<td>27.11</td>
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<td>Kathy, Lynette, Hazel</td>
<td>Kathy, Mel, Tiana, Katrina, Lahra</td>
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<td>1 Volunteer needed</td>
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<td>Kathy, April, Paul</td>
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<td></td>
<td>1 Volunteer needed</td>
<td>1 Volunteer needed</td>
<td>Volunteers needed for HRCS Senior Formal</td>
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For Kids good for life

**Fresh Tastes @ School**
Our school is committed to implementing Fresh Tastes@School in our canteen. Fresh Tastes@School is a school-wide policy that determines the types of foods and drinks available for sale in school canteens.

All foods and drinks are grouped into one of three categories:
- **Green foods** – Fill the menu. These foods are full of nutrients and should dominate the menu. For example, vegetables, fruit, reduced fat milk, lean meat, bread and cereals.
- **Amber foods** – Select Carefully. These foods are mainly processed foods and have some sugar, fat and salt added to them. They should not dominate the menu. For example, full cream milk, fruit drinks, pizzas, chicken nuggets and pies.
- **Red foods** – Occasional foods. These foods can only be sold twice per term and should not appear regular items on the canteen menu. For example, soft drinks and deep-fried foods.

Our school is being supported by the Good for Kids team to help make some healthy sustainable changes to our canteen menu.

**Reference:**
- Good for Kids PICNIX resources

Healthy Drinks

Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?

Water has no added flavours, colours, sugar or energy so it’s the best way for kids to quench their thirst.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Tips to help children drink more water:
- Offer water when children are thirsty
- Have a jug of water on the table at mealtimes
- Keep water in the fridge so it’s cold
- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
- Send a water bottle to school for CrunchiSip®

Milk is also a nutritious drink that children should consume, as it’s important for strong bones and teeth.

**Reference:**
Hi Everyone. A reminder that Australian Mobile Dental Care (AMDC) is now visiting our school. If you would like your child to have an assessment with this service please return your consent form ASAP. Forms are available at the office.

SURVEY - As mentioned last week we have created an online survey which asks questions about what you think is important for the future direction of our school and what is important to you about your child’s learning. There are 10 questions all of which require a response. If you do not have a response please type in N/A otherwise the survey will not submit. Please type the link address into your browser then press enter. Thank you for your time to complete the survey. [http://bit.ly/mpssurvey](http://bit.ly/mpssurvey)

TAFE OUTREACH - This wonderful group of parents, grandparents and friends along with their teacher Donna Hall as well as TAFE Co-ordinator Patrick Murphy celebrated their final day last Friday - and there was cake! Congratulations to you all on your success! This course has been highly valued by the participants and our school community, and we sincerely thank Patrick Murphy from TAFE for giving us the opportunity to host the computer courses this year, and to Donna Hall for being an amazing teacher. We are hoping another opportunity may arise in 2015 for more courses.

Well done and all the best for the future to:
Carolyn, Anna, Angela, Brooke, David, Dearne, Dennis, Diana, Grant, Karin, Lynette, Paul, Punya, Tania, Tina and Wayne.
Enjoy the week!
Katherine Barr

UNIFORM UPDATE - Shirt samples have been on display and we are asking students and their families to give feedback on their preferred design. If you haven’t already done so please look out for the display up the front near the office. Feedback forms are available at the display.
P & C NEEDS YOU at CAROLS UNDER THE COLA!!

We are looking for sausage sizzle and steak specialists to cook the BBQ at the Carols Under the COLA.

We also need volunteers for serving and raffle sales etc on the night.

We don't expect to have you stuck at a table all night but we would really appreciate it if you could give us a hand for 1/2hour or so.

If this is you, please leave your name & contact details at the office or sms Anissa Tuatara on 0403407242. Thank you in advance for your support!

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SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>2014 Term 4</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td></td>
<td>Breakfast club volunteers needed to run Student banking</td>
<td>Breakfast club</td>
<td>Breakfast club 11.30-12pm Drumbeats Assembly 1.30pm</td>
<td>Principal’s Lunch</td>
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<td>Every week</td>
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<td>Week 7 Nov 17-21</td>
<td>NRL workshops</td>
<td>Mobile Dental Clinic</td>
<td>Mobile Dental Clinic 2015 Kinder Transition 9-11am</td>
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<td>Week 8 Nov 24-28</td>
<td>Presentation Assembly 2015 Kinder Transition 9-11am</td>
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<td>Week 9 Dec 1-Dec 5</td>
<td>Swimming Scheme</td>
<td>Swimming Scheme 2015 Kinder Transition 9-11am</td>
<td>Swimming Scheme Year 7 MHS Orientation Day</td>
<td>Swimming Scheme Carols Under the COLA</td>
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<td>Week 10 Dec 8-12</td>
<td>Swimming Scheme</td>
<td>Swimming Scheme Year 6 Farewell</td>
<td>2015 Kinder Transition 9-11am Swimming Scheme</td>
<td>Swimming Scheme</td>
<td>Swimming Scheme Volunteers morning tea</td>
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<td>Week 11 Dec 15-19</td>
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<td>Last day for students Students Y1-Y6 resume Wednesday 28.1.15</td>
<td>Staff Development Day</td>
<td>Staff Development Day</td>
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[Image of singing carols]