Dear Parents/Guardians

Inter-House Swimming Carnival:
Yesterday we gathered for another highlight in our school calendar – the annual Inter-House Swimming Carnival. The day started with our Junior Carnival followed by our Senior Carnival. Despite it being quite a warm day the students put in 100% effort and showed fantastic team spirit. The winning house for 2019 was the victorious Griffith House. The Lionheart award went to Lilley House. A big thank you must go to Ms Desbois for organising the carnival and to Mr Oats for the setting up of the pool. At the completion of the carnival I had the pleasure of announcing the 2 house captains that will lead our sports houses in 2020. They are:

House Captains for 2020:
Griffith: Isla Wilkie and Ericah Solomon
Lilley: Sarah Samwell-Mainwaring and Leo Olditch
Herbert: Chloe Harmsworth and Wil Michielin
Kendall: Milly Berryman and Logan McLean

Term 1 2020:
Mrs Katie Cannell from Ayr State Primary School will again visit our school next week to familiarise herself and meet staff and students. Mrs Cannell will be Acting Principal for Term 1, 2020 while I am on Long Service Leave.

Enrolments for 2020:
The administration team are currently finalising classes for 2020. If you need enrolment forms please contact administration (47905555) or call in to the office. If your child/ren are not intending to return, please advise us as soon as possible. We thank you for your support.

Regards
Brad Keioskie
Principal

Year 6 families: Please see Mrs Mottin at the Office if you’d like to order any 2019 ‘SENIOR’ photos

Coming events:
Parade: each Monday at 2:30pm
Brekky Club: each Tuesday morning – 8:00am to 8:45am
- Tuesday 10th December – Red Carpet night
- Friday 13th December - last day of Term 4

We would like to take this opportunity to wish everyone a Merry Christmas and safe and happy holidays. See you in 2020!

School resumes again on Tuesday 28th January 2020

Please be vigilant with checking for and treatment of Head Lice. Your assistance with this problem is very much appreciated.

Please ensure to call in early with student absences and that your contact details are always up to date. Thank you.
Anyone wishing to join the 'Bendigo Bank School Banking programme’, please come by the school Office and collect a package.
Banking packages will be sent out to all the new Prep students next year. Every new account opened through School Banking will receive a Piggy Bank 😊
Banking needs to be returned to School each Tuesday.

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Just a reminder: when coming to and leaving School each day, you MUST listen to and follow directions from the Lollipop Ladies and Men. They are there to keep you safe! Please treat them with RESPECT!

Congratulations to all our elected School Leadership team and Sports Captains representatives for 2020. We look forward to the leadership of the Year 6 cohort being great role models for the younger students of our school.
Next Tuesday the 10th of December is the exciting “Premier Screening of Godvert’s” for our Year 6 students of 2019. The Red Carpet is rolling out on Tuesday evening the 10th of December. HHSS is the only School in our district that celebrates our Senior Students with such a memorable culminating event. Editing is still happening!
Congratulations HHSS on a fantastic swimming Carnival on Thursday the 5th of December. Thank you to Ms Desbois for organising this great event. The high level of preparation of the students for such a day means that students and staff are confident and keen for the day. Thank you to Mr Oates for his preparation of the pool and surrounds. Thank you to all our staff of HHSS who do a great job, applying themselves to the designated tasks and ensuring a smooth running day. Thank you to our hard working P&C team who provided food, drinks and a money board and raffle for the day. Close to $1000 was raised for the support of our School.
It has been a great week, but a wearing week with the heat.
Take Care and See you about our Great School
Kindest Regards, Chappie Gwen
Packing a school lunchbox

When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.

Steps to planning a healthy lunchbox
1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

What makes a healthy lunchbox?

<table>
<thead>
<tr>
<th>Food group</th>
<th>Nutrients</th>
<th>Suitable examples to include in a lunchbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain foods</td>
<td>Source of carbohydrate which is a major energy source for the brain and body.</td>
<td>All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf. Rice, pasta, crispbreads, rice crackers.</td>
</tr>
<tr>
<td>Fruit</td>
<td>Contains lots of vitamins and fibre. Aim to include 1–2 serves of fruit per day.</td>
<td>Fresh whole fruits or cut up and placed in a container. Dried fruit mix, canned fruit.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Good source of fibre and vitamins.</td>
<td>Vegetable pieces as a snack such as cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears. Carrot, celery and cucumber sticks. Salad vegetables or coleslaw in a sandwich.</td>
</tr>
<tr>
<td>Milk, yoghurt &amp; cheese</td>
<td>Major source of calcium.</td>
<td>Milk poppers, cheese sticks or a tub of yogurt.</td>
</tr>
<tr>
<td>Lean meats, fish, poultry, egg, nuts and legumes</td>
<td>Protein for growing bodies.</td>
<td>Cold meats or chicken. Tinned fish such as salmon, tuna or sardines. Boiled eggs, baked beans, hommus.</td>
</tr>
</tbody>
</table>

Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.

Healthy Lunchbox Week is an initiative of Nutrition Australia
www.nutritionaustralia.org
Congratulations to all competing students for trying hard at the Swimming Carnival yesterday!

Congratulations to Griffith for being the winning House of the day with 1232 points, followed by Herbert with 892, Kendall with 757 points and Lilley 755 points.

The Lion Heart Award went to Lilley for cheering the loudest & showing great Sportsmanship.

The following students achieved Age Champion:

- 9yrs Girls - Amayah Lampton
- 9yrs Boys - Drew Liotis
- 10yrs Girls - Isla Chapman
- 10yrs Boys - Nate Weston
- 11yrs Girls - Sarah Mainwaring-Samwell and Kayli Betteridge
- 11yrs Boys - Cruz Torkington
- 12yrs Girls - Madison Arthur
- 12yrs Boys - Chekaharne Taiters

Congratulations to George for winning the good behaviour award.
Well Done George!!

A huge thank you to Leonie Archibald for assisting us with swimming club! Your time is greatly appreciated.

A big thank-you to Ms Desbois for organising such a wonderful event and our staff for all their help with the carnival. Thank-you to Mr Oats for keeping our pool in tip top condition.

Congratulations to our House Captains for 2020!
We look forward to you leading the way with showing GREAT Sportsmanship!
Congratulations to everyone who received awards on Parade this week! Keep up the good work!
Please note that Library borrowing has now closed for 2019. Thank you to all who have already returned their Library books. Library books now **NEED** to be returned to allow time for re-shelving and to chase up non-returns. If your book has definitely gone to never-never land (never to be returned) please pay a ‘recovery cost’ of **$5 per book** to Mrs Fabbro in the Library.

All children need to have a ‘Library Bag’ of some sort. This doesn’t need to be a special Library Bag, it can be a folder, shopping bag or even a pillow case, and even though something water-proof would be preferable, they simply need a bag of some sort to keep books protected.

Speaking of bags, if you have a surplus of clean 15c shopping bags at home, or ANY spare bags for that matter, and you would like to donate them to the Library, we would GREATLY appreciate any contributions as we **OFTEN** have children with no bag at all.

**Scholastic Book Fair** is coming in Term 4, beginning on Wednesday 23rd October. Invites will be sent home in the first week of Term 4.

**P & C** would like to take this opportunity to thank everyone for their support throughout the year! We are **ALWAYS** looking for volunteers to help us with this huge job of supporting the School and our children. Please feel free to come along to our meetings, which is usually only for about 1 hour once a month. We would like to take this opportunity to thank our current committee members for their invaluable support. A **BIG** thank you to Mrs Kathy Grabbi, our Tuckshop convener, who has worked tirelessly looking after us all!

We wish everybody a happy and safe Christmas! See you in