Our Value this fortnight is

<table>
<thead>
<tr>
<th>Dates to Remember</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 23 October</td>
</tr>
<tr>
<td>Friday 24 October</td>
</tr>
<tr>
<td>Friday 31 October</td>
</tr>
<tr>
<td>Friday 7 November</td>
</tr>
<tr>
<td>Thurs 13 – Fri 14 November</td>
</tr>
<tr>
<td>Tuesday 18 November</td>
</tr>
<tr>
<td>Friday 21 November</td>
</tr>
<tr>
<td>Sunday 30 November</td>
</tr>
<tr>
<td>Judy Richards Farewell Preschool 5pm – 7pm</td>
</tr>
<tr>
<td>Yellow Unit Assembly 11.30am</td>
</tr>
<tr>
<td>Junior Campus Mini Fair</td>
</tr>
<tr>
<td>Orange Unit Assembly 11.30am</td>
</tr>
<tr>
<td>Birrigai Camp Year 4 <em>Return all notes/money by Thursday 30th Oct</em></td>
</tr>
<tr>
<td>2015 Pre School Information Evening 7pm</td>
</tr>
<tr>
<td>Blue Unit Assembly 11.30am</td>
</tr>
<tr>
<td>Wanniassa School Fair</td>
</tr>
</tbody>
</table>

Birrigai Camp Year 4
*Thursday 13th - Friday 14th November, 2014*
*Return all notes and money by Thursday 30th Oct*

2015 Year 6 Shirts
2015 Year 6 shirts will be the same style/design as 2014 shirts and reasonably priced at $20 each. Shirt sizes for our current Year 5 students have been taken, please return your order forms no later than Friday 7th November. Shirts will be available for payment and collection before the end of term 4.

2014 Yearbook – Pre-order and Save 50%  ** New Discounted Price $20 **
The pre-order date for ordering the 2014 yearbook is Friday 14th November. The new discounted cost is $20, any orders taken after that will be $40. There will be no extra copies for sale at the end of the year. Order forms are available from the front office.

Wanniassa School Hats  ** No Hat No Play**
Students are required to wear a hat during outdoor class activities and during recess and lunch. Whilst most students do a fabulous job at remembering to wear their hat each day, unfortunately a few do not. This means they play under cover during recess and lunch. Due to health regulations, spare hats cannot be issued. Hats are available to buy from the front office. Wanniassa School hats are navy bucket style hats with our school logo on the front.

2015 School Year
We are beginning to explore possible class structures as well as staff selection for 2015. For K – 5 students only, if you know you will not be returning to Wanniassa School Junior Campus next year, your earliest notification would be greatly appreciated by returning the slip below and handing it into the front office as soon as possible.

2015 Classes
Please note that my child/children will not be returning to Wanniassa School in 2015.

Name: _______________________________________
Class: ________

Name: _______________________________________
Class: ________
Canteen News
Thank you for your ongoing support and commitment to keeping our canteen open. Please continue to donate ingredients and groceries. Parents, grandparents or friends from the community are always welcome to assist in the canteen. If you have time to spare occasionally, please drop in or call Jody on 6231 2717. Also, be reminded that the canteen is closed on Mondays.

Junior Campus Mini Fair
The JC mini fair will be held on Friday 31st October, 2014. Do you have any books and toys in good condition that the family has grown out of? The White Elephant stall at the JC Mini Fair requires donations of clean, unwanted books, CD’s, DVD’s, toys, puzzles etc. The maximum amount of money students are allowed to bring is $10.

Canberra Physical Culture Club
Physie is for girls and ladies of all ages. Exercises and dance routines are all choreographed to music and are designed to enhance flexibility, strength, agility, poise and deportment. Children especially benefit by improving their stamina, concentration, co-ordination and balance. We are an incorporated club and we try to keep costs low and offer 2 free lessons. New members are always welcome to come along and see if they would like to join our club. Classes are held here at Wanniassa School Junior Campus. Please call Maree 0411600658 or visit www.canberraphysicalculture.com

Action Tae Kwon Do
Wanniassa School Junior Campus Hall Every Thursday Afternoon 3.15pm – 4.00pm
Children Only Classes. For more information call Ben on 0498 638274 or visit www.actiontaekwondo.com.au
Sleep strategies for the whole family

These expert tips from Associate Professor Harriet Hiscock, paediatrician and sleep researcher, are great for managing common sleeping speed bumps or simply getting the family into the swing of a great night’s sleep.

Golden rules for kids’ sleep
• Establish a bedtime routine - so they know what to expect and have time to wind down.
• Keep bedtime consistent (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.
• Make sure they fall asleep in their bed - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.
• Remove all TVs, computers and mobile devices from their bedroom - the light stimulation alone will make it harder for them to settle down.
• Avoid caffeinated foods and drinks after 3pm - caffeine is a stimulant which is likely to keep young bodies awake.
• Have a wind-down period yourself - show kids that a bedtime routine is important for the whole family.

When your child won’t stay in bed
• Limit the number of times they can come out of the bedroom (one or two times works well).
• Reward them for complying with the rules (eg a stamp or sticker in the morning).
• If they keep coming out, take them back to their room with minimal fuss or arguments.

When your child won’t fall asleep alone
• Identify who (eg mum or dad) or what (eg music) they need in order to fall asleep and return to sleep if they wake in the night.
• If it’s you, slowly withdraw from the bedroom in stages (also known as ‘camping out’).
• If it’s something else (such as music), gradually reduce the amount of time the child spends with it before going to sleep.

Looking after yourself
• Go to bed soon after your child - if your child wakes often in the night, you may be up again shortly after you turn in.
• Follow good sleep hygiene rules - ie limit media use in the bedroom and have time to wind down.
• Limit your consumption of caffeine and alcohol before bedtime - they can lead to poor sleep.
• Do some stress-busting - try things like relaxation, yoga, and mindfulness meditation as often as you can.

For more information visit the Kidsmatter website at www.kidsmatter.edu.au
Other parent material and handy resources are also available from the parent link.

Jenny Tatham /Sonya O’Hara
Our annual pre-Christmas Book Fair is almost here!

- We will be open for purchases all day on Tuesday, Wednesday & Thursday (8am until 4pm) & Friday till 10am only.
- Till 6pm on Wednesday 12th. Tea & coffee available
- There will be Lucky Door prizes and you could win $50 worth of free books!
- EFTPOS facilities will be available.
- Credit card purchases can also be made online or by phone

There are hundreds of books, as well as posters, craft packs, diaries and many other novelty items at our Book Fair.

If you are unable to attend the Book Fair with your child, you can send your child with the **money in an envelope** or a **cheque** (payable to Wanniassa School Junior Campus) or **Credit Card Payment Option**

**THE BOOK FAIR IS AN IDEAL WAY TO GRAB SOME GREAT BOOKS AS WELL AS STOCKING FILLERS FOR CHRISTMAS!**

**EVERY SALE BENEFITS YOUR CHILD’S SCHOOL SO JOIN US IN MAKING OUR BOOK FAIR A BIG SUCCESS.**