Dear Parents/Caregivers

Thank You
Thank you to the parents and carers of our students. There were very few cases of head lice identified from last Thursday’s check, this is great news. My advice is for parents to continue with regular checks of your child’s hair. Try tea tree oil as a preventative, I have heard that this oil helps reduce the severity of any attacks that may occur.

End Of Year School Uniform
I understand that many students may have grown out of uniforms, school shoes or have damaged their black shoes beyond repair. However, I am asking that students continue to come to school in full school uniform. This is particularly important for our Presentation Day to be held on Friday 12 December 2014.

Prefects 2015
Our six Prefects for 2015 will be announced at our Friday morning assembly on Friday 5 December.

Christmas Visit
All students in the Infants, Years 3-6 Choir, some dancers and the Recorder/Percussion group, will be performing on Tuesday 9 December at the Swansea Community Combined Pensioners and Community Care Centre. A note has been sent home outlining dress requirements.
K-2 Teachers, Mrs Rippon and Mrs Anderson

Due to enrolled children’s life threatening Anaphylactic allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, Nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts.

Quality Teaching … Excellent Facilities … Enriching Programs
Community Notices
Christmas Food Drive
In NSW, hunger affects around 680,000 people, half of whom are children.
Our family is collecting non-perishable food donations, which will be distributed to people in need by the New Hope Community Church at Caves Beach. Please donate foods you would like to eat (please check the use by date). Most needed items are: Canned meat, soup, stew, canned fish, Baked Beans, dry pasta, canned fruits and vegetables, canned juices, spaghetti sauce, jams and spreads and long-life milk.
Donations can be placed in the box at the school office.
In Appreciation, Bella and Hannah Clack

Dudley School Markets
Cnr Ocean & Boundary St. Dudley
3rd Saturday every month
9am-2pm
Live music – fresh produce – market stalls – yoga for kids
www.healinghavenmarkets.com
www.facebook.com/healinghavenmarketsdudley

Upcoming dates....
2014  Dec 20th
2015 Jan 17th – Feb 21st – Mar 21st

The simplest way
...to make healthy Santas.
This Christmas, get your kids eating strawberry Santas – they’re cute to look at, and delicious to eat!
Follow these instructions to keep your Christmas fun and healthy:
1. Wash your strawberries, dry, then slice off the tip
2. Spoon/pipe reduced-fat ricotta or cream cheese on the larger half, then put the ‘hat’ on top
3. Top hat with a little more of the cheese to make a pom pom
4. Cut a small amount of sultanas up for the eyes and place on gently.

Merry Christmas from all of us at Eat It To Beat It!

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

The simplest way
...make Christmas healthy
Christmas is full of temptation: from bowls of chocolate, to puddings to pavlovas.
It’s important you still aim for two serves of fruit + five serves of veg, every day.
Try and restrict your family’s treats until Christmas Day, and follow these three steps for healthier choices:
1. Serve vegie sticks with vegie dips as a starter, so you fill up on healthier food first.
2. Serve a large fruit salad or fruit kebabs alongside dessert.
3. Make sure half your plate is filled with vegies (think roasted or raw salads).

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