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Student Achievement

Brodie Olive is in Year 9 at Evans River K-12 School and is a rising Baseball star. He has been playing baseball for a number of years for the Timberjacks and also for Far North Coast Baseball. Brodie has successfully played U16’s, U20’s, Division 2 and Division 3 in Lismore, Casino and Ballina. Recently Brodie was invited to attend trials for the Queensland Academy of Sport and was successful in his attempts. Brodie will travel to Queensland in January and will have the opportunity of training with the Baseball Academy. Congratulations Brodie.

Jenny Hart – Deputy Principal

Evans River K-12 Success at the North Coast National Show

Our students can be extremely proud of their recent successes at the Agricultural Show in Lismore last week. Kindergarten students, shown here proudly displaying their art work, entered two murals in the Infant's Section, "How does your garden grow?" and were awarded $20 and a certificate for gaining 2nd place; Josh Wilson entered his dot painting of an echidna, winning 1st place in his section and finally Mikaela Bruggy won her section of the Miss Teen Showgirl 2014. Congratulations to all entrants and especially to these 'winners!' We hope that the spirit of competition will be continued and that even more competitors will display their talents at the NCN Show in 2015.

Karen Warwick - Science Teacher

Defence Force Opportunities

Defence Force Recruiting would like to advise all students that there will be an Australian Defence Force Academy Facebook chat on Thursday 23 October. Students can chat with ADFA cadets for 90 minutes between 6:30pm and 8pm on Thursday 23 October. Here is a link to the chat page https://www.facebook.com/events/1485699831716414/

Chris Hayward - Careers Adviser
Diary

This Week - Week 4 Term 4 - Week B

Oct 27-29 Year 8 Thunderbird Park Excursion  Mt Tamborine
Oct 27 Immunisations All Year 7 and Year 9 Boys  Library
    Kinder 2015 Transition 9:30 –11.00am  KIndy Room
Oct 28 Year 9/10 Wellbeing Day  Under 16’s RL Titans Nines  Ballina
Oct 30 Year 12 SCU Seniors Day  Lismore
    Year 9 Indonesian Cultural Day  Byron Bay
Oct 31 CHS Beach Volleyball  Evans Head
    Our Voice Environmental Seminar

Next Week - Week 5 Term 4 - Week A

Nov 3 Lockie Leonard Drama Production  Kindy Room
    Kinder 2015 Transition 9.30 –11.00am
Nov 4 CHS Cricket Trials  Lismore
Nov 4-5 Peer Support Training Year 10
Nov 6-7 Year 10 Oral Presentation
Nov 7 Year 12 Formal Woodburn/Evans RSL  7pm

Coming Events

Nov 10 Scholastic Year Rollover Years 7-12  Kindy Room
    Kinder 2015 Transition 9.30 –11.00am
Nov 17 P&C 9:00am and 4:30pm  Library
Nov 17-28 Year 2-4 Intensive Swimming  Evans Head
Nov 20 Junior Captains Speeches
Nov 24 RRISK Seminar  Lismore
    Mobile Dental Van  Evans Head

Active After School Activities Term 4

<table>
<thead>
<tr>
<th>Tues - Activities</th>
<th>Weds - Lawn Bowls</th>
<th>Thurs - Tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td>28-10-14</td>
<td>29-10-14</td>
<td>30-10-14</td>
</tr>
<tr>
<td>4-11-14</td>
<td>5-11-14</td>
<td>6-11-14</td>
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<tr>
<td>No Active 11-11-14</td>
<td>No Active 12-11-14</td>
<td>No Active 13-11-14</td>
</tr>
<tr>
<td>No Active 18-11-14</td>
<td>No Active 19-11-14</td>
<td>No Active 20-11-14</td>
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UNSW Minerals Summer School

This is a Unique opportunity to get inside the Minerals industry as part of the 4 day residential UNSW Minerals Summer School (UMSS). Learn about study, careers, lifestyles and opportunities in the Australian minerals industry from professionals, current students and recent graduates. Start at the UNSW campus in Sydney to experience university life including lectures, labs & the School’s 3D virtual reality simulator. Then travel for 3 nights to visit underground & surface mines, learn how coal and minerals are extracted and processed, view mine rehabilitation sites, dine with industry reps and Alumni and have fun with an awesome bunch of new friends with similar interests.

When: Monday 19 - Thursday 22 January, 2015
Eligibility: Students currently in Year 10 or 11, interested in Science or Engineering and studying/planning to study subjects such as physics, mathematics (advanced), engineering, earth & environmental studies
Cost: $200
Closing Date: 17 October, 2014
Penny Cooper - Head Teacher Science

Adolescent Vaccinations

The North Coast Public Health Unit will again be offering a vaccination service at our school. The schedule for this Vaccination is as follows:

Year 7 Students (Male and Female) & Year 9 Boys
Term 4—27th October
Parents with any questions can ring Bernadette on 6620 7503

Inadequate sleep may be linked to a sluggish metabolism!
Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!
The recommendations for sleep are:
Preschool (3 – 5 years) 11- 13 hours/ night
School (5 – 12 years) 9 – 11 hours/night
Teens (12 – 18 years) 8.5 – 9.5 hours/ night
Some hints for a healthy sleep:
Consistency: going to bed and rising at a regular time (be firm)
having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
No screens (TV, phones or game consoles) in the bedroom

Science Trivia!
This Week’s Question: Mice live for up to 10 years. True or False?
Last Week’s Question: The crocodile species is believed to have been around for 2 million or 200 million years?
Answer: 200 Million Years

RSA and RCG

Open for Year 11-12 Students
Venue: Evans River K-12 School
RSA – Wed 12th Nov
RCG – Thurs 13th Nov

Time: 1pm - 7:30pm
Cost: RSA $120
Cost: RCG $80
A copy of your school ID will be required

High Bouncing Handballs

High Bouncing handballs are now available for sale from the Office. They are $1.50 each and the funds raised will be donated to the Stewart House charity.
I hope you enjoy seeing the paintings & photography from the art competition each week at the top of this article. We have many talented students and I love showcasing their work for the community. In regards to some of these talented students I would like to congratulate Josh Wilson for his first place in Aboriginal Art Section at the Lismore Show Last week. Congratulations also to our Kinder class for their second prize in the ‘How Does Your Garden Grow’ competition also at Lismore show. The Coraki Art Prize is judged this coming Friday 24th and quite a few of our students have submitted entries; we wish them all good luck in the competition, which is open for public exhibition on Sat 25th and Sun 26th.

Day two of Kinder transition was another terrific day and how cute do the students look in their special Kinder T Shirts.

We have had a good response to the Dental visits on the 24th & 25th November. Our first day is nearly full, so if you want your child to attend the clinic for their checkup and have the cost bulk billed from the Medicare subsidy of $1000 that many families receive you can either pick up an application form from the school office, or complete the application that was emailed out to families you can also log onto Alstonville Family Dental to download a form at: www.alstonvillefamilydental.com.au The Dental van will return on the 9th & 10th December for any follow up treatments.

Primary has purchased a set of drums so that students can learn more about the rhythm of music. The primary choir will be incorporating the drums into some of their performances.

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**Canteen Specials**

<table>
<thead>
<tr>
<th>Special</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast Chicken</td>
<td>$4.50</td>
</tr>
<tr>
<td>Cous Cous Salad</td>
<td>$4.00</td>
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**Canteen Roster - Week B**

<table>
<thead>
<tr>
<th>Day</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>27 Oct</td>
</tr>
<tr>
<td>Tuesday</td>
<td>28 Oct</td>
</tr>
<tr>
<td>Wednesday</td>
<td>29 Oct</td>
</tr>
<tr>
<td>Thursday</td>
<td>30 Oct</td>
</tr>
<tr>
<td>Friday</td>
<td>31 Oct</td>
</tr>
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</table>

**K-6 AWARDS Term 4 Week 2**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Winner</th>
<th>Runner-up 1</th>
<th>Runner-up 2</th>
<th>Runner-up 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder</td>
<td>Luke Corbett</td>
<td>Ursell Barber</td>
<td>Jasmine Schmitt</td>
<td>Hudson Manning</td>
</tr>
<tr>
<td>Yr 1</td>
<td>Leah Turner</td>
<td>Jarvis Semple</td>
<td>Nayt Walker</td>
<td>Ella Pearson</td>
</tr>
<tr>
<td>Yr 1/2</td>
<td>Lily Pollack</td>
<td>Alex Redman</td>
<td>Jade Price</td>
<td>Willy Harris</td>
</tr>
<tr>
<td>Yr 2/3</td>
<td>Halle Fardy</td>
<td>Iris Hobbins</td>
<td>Ella Griffiths</td>
<td>Tyrone Collison-Laurie</td>
</tr>
<tr>
<td>Yr 3/4</td>
<td>Byran Horseman</td>
<td>Oska Hancock</td>
<td>Sophie Stewart</td>
<td>Angel Harvey-Conway</td>
</tr>
<tr>
<td>Yr 4/5</td>
<td>Lilli Gillespie</td>
<td>Tyson Horseman</td>
<td>Jeremy Clennett</td>
<td>Aaliyah Fawcett</td>
</tr>
<tr>
<td>Year 5/6</td>
<td>Jessica Roche</td>
<td>Josh Stothard</td>
<td>Jordyn Trott</td>
<td>Shami Fry</td>
</tr>
</tbody>
</table>
COMMUNITY ACCESS BUS

The Mid Richmond Neighbourhood Centre offers return bus trips to Ballina on Tuesdays.
Pick up in Evans Head starts at 10am and drop off back in Evans Head is around 3pm.
Cost is $10 Per Person for the return trip.
To book a seat or for more information, please phone Eileen at the Neighbourhood Centre on 66824334.

THE pitch presents
Healthy North Coast
Rap and Poetry Slam Party
When: 30th October 2014
Where: Headspace, 2A Carrington Street, Lismore
What: Rap and Poetry Slam winners announced
Cost: Free
All Ages
Free BBQ vegetarian options
Halloween Theme—wear a costume and enter the running to win the lucky door prize, a Samsung Soundbar
Bus Leaving from Youth Service @ 4:30pm
See Michelle or Wade to put your name down or Phone 6682 4334

BreastScreen NSW North Coast will be returning to Evans Head for our annual visit from 21st October to 30th October. The Unit will be conveniently located in Woodburn Street opposite the “Old” School. Please note that we also have a permanent clinic at 29 Uralba Street, Lismore that screens all year.

The service is free and women in the high risk age group of 50 to 74 years are encouraged to contact BreastScreen for their free two yearly mammogram. However, all women over the age of 40 are eligible to be screened.
A doctors referral is not necessary.
Make an appointment by phoning 132050.

Come on a Great Family Adventure in Nepal
Easter School Holidays: 2nd April – 18th April 2015
• Trek in stunning mountain scenery
• Enjoy as a family the simplicity of life in the Himalayas
• Experience our education projects first hand
• Have fun in the beautiful lakeside town of Pokhara
• Join the amazing activities on offer at an adventure resort close to the Tibetan border
• Relax in luxury hotels mixed with the authentic experience of off the beaten track Nepali villages
Join this incredible 15 day tour co-ordinated by the directors of the charity First Steps Himalaya
www.greatadventures-nepal.com
Email: greatadventures@firststepshimalaya.org
Ph: (03) 5451003

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