Dear Parents and Caregivers

One of the things I forgot to mention in my last newsletter was the Woolworths’ Earn and Learn points and what we ‘spent’ them on. Our total was 3720 points this year, up on last time!

Thankyou to everyone who collected stickers for us, your efforts are much appreciated and allowed us to purchase art materials, netballs and a construction kit for use by all of the students within the school. The decision about what to purchase was made in consultation with the students, with the final decision coming down to what was available to purchase (there were no cricket bats or hockey sticks on offer, for example) and what we could afford. Bee-bots (little programmable robots) were a bit out of our league! The next step it to wait for our parcel to arrive!

The school’s Presentation Night – can you believe – is four weeks away and students’ preparations for the evening are well underway as you might expect at this stage of the year. On the night the following school awards will be presented:

1. ‘Learner of the Year’ (one in each class) and
2. School Citizenship Award (also one award in each class).

To assist staff in their decision making, we have developed criteria for each of the awards and I have provided this below for your information.

The ‘Learner of the Year’ in each class
- can talk about and explain their learning to their teachers and peers
- demonstrates persistence when faced with a difficult task
- demonstrates commitment to a task, ie sees it through
- shows resilience by overcoming difficulties and facing and embracing challenges
- shows self-belief (an ‘I can do it’ attitude) and self-confidence
- demonstrates sound organisational skills
- is a good learner who willingly pushes themselves to progress their learning
- shows initiative
- is prepared to learn from mistakes
- acts as a role model with regard to being an effective learner
- demonstrates a range of effective learning strategies.

This award is not so much about high academic achievement as it is about progress and effort with learning, something we have been working on as part of our site learning plan throughout the year. Thus the student with the highest level of academic achievement may not necessarily be the recipient of this award.

The School Citizenship Award is presented to the student in each class who
- is a responsible and reliable member of the class and wider school community
- willingly contributes to school activities and school life and demonstrates leadership in these activities
- puts in a consistent effort to do the best that they can in all areas of school life regardless of their own academic ability
- takes up responsibility voluntarily and shows initiative
- always shows respect and care toward others, without judgement
- has a cheery, positive, ‘can do’ attitude and demeanour
- gets along with others, is a friend to all and a problem solver who helps resolve issues
- can act as a positive mentor to others.

Staff have some difficult decisions ahead of them and hopefully our criteria for each of these awards can help with this process.
Now to a couple of things I would like some help with, please! One is the proposed Aquatics Camp early next year. For those people not in the know, the Aquatics Camp is traditionally offered every second year to students in Years 4 – 7, while the younger students are also offered a camp, sleep-over or similar activity every second year as well. My question to you is, is this how you would like to continue in 2016? What ideas do you have to ‘charge it up’ or change how we might do things? I would love to hear from you! There is a reply slip with this newsletter for you to scribble all over on and no idea is too wild at this stage. Students and staff will also have the opportunity to give their opinions and I hope to make it a topic for discussion at the next Governing Council meeting (next week) and Parent Club in Week 7, so it will be interesting to see what happens. Please put your thinking caps on!

And while those cogs are turning, please give some attention to our parent opinion survey about how the year has gone from your perspective. Feedback about what has gone well is always appreciated, as it means we have got it right and should continue along similar lines, but feedback about what we can do differently means we can do things better, that we can improve things for our students. Making a difference for your child is important to us, or I wouldn’t be asking! Your time in filling out the survey would be greatly appreciated and assist us in our work together next year.

Thanks again.

Tracy Griffin

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**Manoora “KFC” (Kids for Christ)**

*Change of date*

The final Kids for Christ (KFC) for the year has been changed to **Friday the 27th November** so that everyone can attend. We will be having a Christmas celebration. There are 6 vacant positions for KFC. If you would like more information or need a consent form please either speak to me at the school or email me: kristy.adams874@schools.sa.edu.au

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**Christmas Cards for Sale $8 for 10**

from Front Office
**ADMINISTRATION OF MEDICINE AT SCHOOL**

We are not required to administer medication to students at any time. We are trained to give emergency first aid and this includes emergency Asthma and allergy reaction first aid if required, to contact parents/carers, and to seek medical assistance (if required).

Medication should be administered at home, before or after school where possible, or by the parent at school. As a staff, we realise this is not always practical for parents to come into the school to administer medication to their children, therefore, we will provide this service under strict conditions.

- It is clearly understood we are not trained medical practitioners or nurses.
- NO documentation, NO medication will be administered. We will only follow the clear and detailed instructions as given in writing by the student’s parent, carer or medical practitioner.
- All medication (prescription and non-prescription) must be in the original packaging, and accompanied by a signed note with name of the student, the name of medication, the dose and times clearly written. With any prescription medicine, the name on the medication MUST match the intended student.
- All medications must be given to office staff. NO medication should remain in a child’s bag. This includes cold and throat lozenges eg. Butter Menthol, soothers etc.
- Administration of all medication is recorded in the Drug Administration Folder and signed by the person administering the medication. A note will also be sent home for your information.

Any medicine, prescription or non-prescription, not covered by an agreement will be confiscated and kept at the office for safety and returned to the parent/carer.

**Materials & Services Fees for 2016**

Governing Council has recommended an increase in 2016 Materials and Services (School) Fees to $170. The DECD standard sum for these charges is $229.

If you wish to discuss the proposed change, you are welcome to attend the next Governing Council meeting on Tuesday, 10 November 2015, where the fees for 2016 will be set.

**I would like to thank all the students and staff at Manoora Primary School for their wonderful thoughts and cards, and especially the beautiful photo of them all. My time as bus driver was the most enjoyable time ever. Please pass on my thanks to all concerned.**

Thanyou, ROY GLOSSOP
UP News

Food technologies - making Sauerkraut

We have been learning about food preservation. So far we have frozen vegetables to use later in cooking and pickled our beetroot. We used a cabbage fresh for a coleslaw one Friday, but then had two left. Mrs Nichols suggested we make sauerkraut. Our challenge was to find out all there was to know about this process and product because none of us knew anything about it - we actually thought it would involve pickling in vinegar. We discovered lots of interesting things …

Sauerkraut is made by a process called fermentation. Lots of the foods we eat have been fermented eg. yoghurt, cheese, pepperoni ... and beer and wine! Fermentation converts sugar into acids, gases or alcohol. It happens because of good bacteria. Fermentation increases the nutrients in the cabbage so sauerkraut is more nutritious than the original cabbage. It helps digestion in the same way as yoghurt. Bought sauerkraut has probably been cooked, so won’t be as good for you. Captain Cook always took sauerkraut on journeys for his sailors. In history, many people kept sauerkraut because they could not grow anything fresh during snowy winters.

Preserving food means that you can keep on eating foods long after they were in season. When you preserve your own food, you know exactly what ingredients you are eating and how it was produced.

Method: We harvested the cabbages, cut them up finely and put them into two large bowls. We then massaged the cabbage with a tablespoon of sea salt. This made the cabbage limp but also made liquid start to gather in the bottom of the bowl. This liquid is what starts the fermentation process – the brine. The cabbage mixtures then went into a glass jar and sat at room temperature. We tasted our sauerkraut after a week and it still had quite a fresh, crunchy taste. We will keep on tasting it as it matures. It is now in the fridge to slow down the fermentation process. It will keep for months.
We have just started learning about Length and Area. Today we got a trundle wheel and three metre rulers to find out how big an orca is. Zoe pushed the trundle wheel and every time it clicked at a metre we put a line next to it. An orca is 7 to 9.7 metres long. We had to lay down head to foot to find out how many of us are as long as an orca. It took Cooper, Hayden, Jed, Lucy and Milly to reach the length of a small orca. With Zoe we almost made a large orca! Then we partnered up to measure how tall our partners are. Lucy and Milly found out that Lucy is 5cm taller than Milly.
**Credit Union Christmas Pageant**

We have been successful in gaining an allocation of 30 wristbands for access to the Credit Union Community Site in Wakefield Street for this Saturday’s Christmas Pageant. If you would like to attend, please come in to the front office to receive your wristbands. Everyone must wear a wristband except children aged 3 and below. Preference will be given to school families.

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**Update**

**Manoora Soldiers Memorial Supper Room Remembrance Day Service**

Wednesday 11 November at 10-30 am

Unveiling of Commemorative Plaques by Mr. Steve Larkins RSL-SA Deputy State President & Bob Kearney to follow service

**Commemorative Poppies & White crosses available**

**Morning Tea to follow unveiling**

**All Welcome**

**Gold coin donation**
Keep your kids smiling

Dental care is FREE for most school-aged children and ALL preschool children at the School Dental Service. All babies, children and young people 0-17 years are welcome to attend.

School Dental Service clinics are open during the Christmas school holiday break. Phone your local School Dental Service clinic now for an appointment. For clinic details visit www.sadental.sa.gov.au.

PARENTING SA VIDEOS FOR PARENTS OF TEENS AND PRE-TEENS

Parenting SA has recently developed four short videos containing advice and support for parents of teens and pre-teens.

The video topics include: Helping teenagers stay safe online; Teenagers and feelings; Managing conflict with teenagers; Living with teenagers. Each video is complemented by a link to a relevant Parent Easy Guide. We encourage you to promote these resources in your newsletters using the paragraph below:

“Parenting SA has recently developed four short videos to give parents and carers tips and strategies for living with teens and pre-teens. Topics include: helping teenagers stay safe online; teenagers and feelings; managing conflict with teenagers; and living with teenagers. To watch the videos, go to the Parenting SA website www.parenting.sa.gov.au/videos.htm”

Contact: Manager, Parenting SA, Diana Skott, telephone 8161 7150

Friends of the Women’s & Children’s Hospital
Auxiliaries Division

STREET STALL

FRIDAY 13 NOVEMBER
9.00 AM
SADDLEWORTH MAIN STREET

HOME MADE GOODIES,
CHRISTMAS PUDDINGS,
PLANTS
BRIC-A-BRAC

All money raised goes to the Women’s and Children’s Hospital for the purchase of much needed equipment!

Any queries contact Jill Behn on 88474086