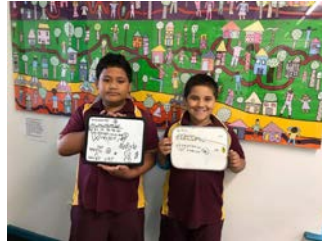


# Chullora Informer



Wednesday 31<sup>st</sup> October 2018

## Giving Back Australia

A huge thank you to all our families who have made our food drive a success. We have been overwhelmed by our community's generosity.



## Kindergarten 2019

If you have a child starting school next year or know of any friends or family members who will be starting school, please see our office staff as soon as possible. Our Kindergarten transition program is highly supportive for both children and parents and commences from this week on Wednesday 31<sup>st</sup> October. If you have any questions, please see our office staff or Mrs Derbas.

## School Uniforms

To avoid the new year rush and to buy uniforms at a discount rate, visit Saouma's our uniform supplier now. They are located at 2/200 The Boulevard, Punchbowl and you will receive a 15% discount if you make a purchase within the below dates.

# SALE

## 15% OFF

CHULLORA PUBLIC  
SCHOOL UNIFORM

FROM

28<sup>TH</sup> NOVEMBER TO  
14<sup>TH</sup> DECEMBER 2018

AT

SAOUMA'S SCHOOL  
WEAR

SHOP 2/200 THE BOULEVARDE  
PUNCBOWL, 2196 (97503276)

## Canteen

Just a reminder to all students and parents, our school canteen will be open Wednesdays, Thursdays and Fridays from 8.30am to 2pm. We are looking for volunteers so if you are able to spare a few hours each fortnight please come and see us at the canteen.



Education &  
Communities

Public Schools NSW

## Term 4 Dates

The end of the school year is always a busy time. Please see the following dates for your family calendar.

<b>Thursday 13 December</b>	Presentation Day
<b>Tuesday 4 December</b>	High School Orientation Day
<b>Thursday 6 December</b>	Community Morning Tea
<b>Monday 17 December</b>	School Fair
<b>Wednesday 12 December</b>	Year 6 Farewell

## P&C NEWS

### P&C Disco

The P&C will be hosting a Halloween Disco for students on Wednesday 7<sup>th</sup> November, the Disco will run from 4.30 to 6.00pm. Be dressed in white to glow or in something creepy.

### P&C Meeting

Our next P&C meeting will be held on Wednesday 21<sup>st</sup> November. The meeting begins at 2.00pm. All parents are welcome to attend. We look forward to seeing you there.

## Calendar

### Term 4 Week 3

Wednesday 31 October	Kinder Transition 1
Friday 2 November	Swim School

### Term 4 Week 4


Wednesday 7 November	Kinder Transition 2
	P&C Disco 4.30-6
Thursday 8 November	SU Transition 2-2.45
	High School Workshop 3.15-4
Friday 9 November	Swim School
	Remembrance Day

### Term 4 Week 5

Wednesday 14 November	Kinder Transition 3
Thursday 15 November	SU Transition
Friday 16 November	Swim School
	K Calmsley Farm Excursion

### Term 4 Week 6

Wednesday 21 November	Kinder Transition 4
Thursday 22 November	SU Transition
	ICT Parent Workshop 2-3
Friday 23 November	Swim School



Nutrition Snippet

## The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

**Oreo biscuit** – a “sticky sweet” food that will fall in to all the grooves of the teeth;

**Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;

**Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

*Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.*



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
 or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

**Eat It To Beat It** 