MUSIC TOUR A GREAT SUCCESS!

Congratulations to all those involved in the Music Tour featuring our Concert Band and Camerata Strings. From Thursday to Sunday last week the group visited the Bathurst/Orange area presenting concerts at three primary schools and participating in sessions at the Conservatorium of Music in Orange. A highlight was their performance in the Abercrombie Caves.

I’ve heard many compliments regarding the excellent behaviour of our Mowbray students including one from the Manager of their accommodation, Newhaven Park House, who was most enthusiastic in his praise of the group!

Many thanks to tour organisers Janet Pereira and Luana Sandrone; the accompanying parents (including “official tour photographer” Rodney Campbell); Conductors: Nicole Vieser and Mitchell Stains and teachers Sarah Kay and Belinda Bull and, of course, to the children!

MORE MUSIC and PERFORMING ARTS

• Today our Stage 2 Choir and Schools Spectacular Dance Group are performing in the Festival of Children’s Music at the Concert Hall in the Chatswood Concourse.

• On Friday this week, the children from Kindergarten to Year 2 will be attending a special session introducing them to the Mowbray Strings Program. Don’t be surprised if your child asks you if they can learn the violin next year!

• Next Tuesday, the Army Band will come to Mowbray and give a performance for the whole school. Their last visit was highly successful and enjoyed by all the children (and teachers!)

• Performing Arts Night (PAN) this year is on Friday, 30th October (which also happens to be World Teachers’ Day). All our Performing Arts will be represented: Bands, Strings, Dance and Choirs. All members of the Mowbray community are most welcome to come to this special event.

ORIENTATION FOR THE KINDERGARTEN OF 2016

The first Orientation Session will be held tomorrow (Thursday 22nd) from 9.30am to 11am. The incoming Kindergarten of over 80 students is the largest group ever for Mowbray – and it’s still growing!

Reminder: If you have a child starting Kindergarten in 2016 and haven’t put in your enrolment form – come tomorrow, anyway!

CLASS PLACEMENTS FOR 2016

Every year at this time in Term 4 an invitation is offered to parents who have particular concerns about the placement of their child for the following year to discuss the matter with me.

I should make it clear that this information is added to a number of criteria considered by the teachers and Stage Co-ordinators when making placement decisions. There are no guarantees, but the requests and information will certainly be considered in the placement process.

The timeframe for these visits is Weeks 6 and 7 (9th November to 20th November). Please note that any such requests need to be made in person and not by email or letter. Please contact the school office (9428 3200) to make an appointment. I will be on leave during this time and Jodie Barton as Relieving Principal will be the person handling this matter.
ICAS ENGLISH COMPETITION RESULTS

Congratulations to the following students who have achieved awards. High Distinction, Distinction and Credit Certificates will be presented at the next K-6 Assembly (Tuesday, 27th October) and Merit Certificates at the K-2 and 3-6 Assemblies the following week.

<table>
<thead>
<tr>
<th>Year</th>
<th>High Distinction</th>
<th>Distinction</th>
<th>Credit</th>
<th>Merit</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Ashlee C.</td>
<td>Elin L.</td>
<td>Monique A.</td>
<td>Jessica D.</td>
</tr>
<tr>
<td></td>
<td>Jay P.</td>
<td>Jay P.</td>
<td>Shunsuke I.</td>
<td>Amy T.</td>
</tr>
<tr>
<td></td>
<td>Felix X.</td>
<td></td>
<td>Natasha L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Asher M.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dylan S.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sota K.</td>
<td></td>
<td>Lilliana J.</td>
<td>Jade K.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ameiya K.</td>
<td>Lily N.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Imogen M.</td>
<td>Sienna T.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jack P.</td>
<td>Daniel W.D.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Audrey S-L</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Kota T.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Anna L.</td>
<td>Ella A.</td>
<td>Ben G.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Charlotte D.</td>
<td></td>
<td>Jessie J.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tara McN.</td>
<td></td>
<td>Samuel K.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Alannah P.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sahar T.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mia S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Erik W.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Anastasia D.</td>
<td></td>
<td>Tahel A.</td>
<td>Yuval A.</td>
</tr>
<tr>
<td></td>
<td>Hannah W.D.</td>
<td></td>
<td>Ty A.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Liam G.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Imogen L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Susannah P.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lachlan P.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jack P.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Rosalie M.</td>
<td></td>
<td>Nia K.</td>
<td>Ethan H.</td>
</tr>
<tr>
<td></td>
<td>Kaoruko T.</td>
<td></td>
<td>Krystal L.</td>
<td></td>
</tr>
</tbody>
</table>

UNIFORM NEWS

The new Sport Polo Shirts, Boys Microfibre Shorts and Girls Skorts are now available at the Uniform Shop.

Please note that the items pictured above will be the official sport uniform as of the start of term 1 2016.

ANNA BLAKENEY
PRINCIPAL
Calendar – Dates to Remember……..

Term 4

Week 3

| Thursday 22 | Kinder Orientation, hall, 9.30am (Chamber Strings perform) |

Week 4

| Tuesday 27  | K-6 Assembly, hall, 2.15pm |
| Wednesday 28 | School Council, staffroom, 6.30pm |
|             | P&C meeting, library, 7.30pm |
| Thursday 29 | Kinder Orientation, hall, 9.30am (Training Band perform) |
| Friday 30   | World Teachers Day Lunch |
|             | Performing Arts Night, hall, 7pm (Sausage Sizzle from 5.30pm) |

Week 5

| Mo 2 – Fri 6 | Swim School, K-2 |
| Tuesday 3    | Army Band |
| Thursday 5   | Kinder Orientation, hall, 9.30am (School Spec Dance Group perform) |

CONGRATULATIONS to the following students who will receive awards at the Assembly next Tuesday.

Gold Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KC</td>
<td>Samantha, Cecilia</td>
</tr>
<tr>
<td>KF</td>
<td>Andrew</td>
</tr>
<tr>
<td>KH</td>
<td>Ashill, Karina, Maya</td>
</tr>
<tr>
<td>1A</td>
<td>Jett, Ryan</td>
</tr>
<tr>
<td>1S</td>
<td>Jude</td>
</tr>
<tr>
<td>2M</td>
<td>Amelie, Olivia, Nancy, Eliza</td>
</tr>
<tr>
<td>2T</td>
<td>Eleanor</td>
</tr>
<tr>
<td>3S</td>
<td>Victoria, Nellie</td>
</tr>
<tr>
<td>3/4P</td>
<td>Sota</td>
</tr>
</tbody>
</table>

Banners

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>3S</td>
<td>Melodie</td>
</tr>
<tr>
<td>6L</td>
<td>Rosalie</td>
</tr>
</tbody>
</table>

Toys N’ Tucker

This year we will again participating in the Toys N’ Tucker program run by Anglicare. This program is designed to bring gifts and festive meals to those children from families who less fortunate. Our Mowbray community has been most generous with their donations over the past years. Details of appropriate donations can be found on the information card which will be given to the children tomorrow. (A.B.)

FROM THE OFFICE……..

Term Accounts have been sent out last week. Thank you to those who have already paid. Please pay by the due date. Partial or full payment needs to be made prior to Swim School.

Payments: When making payments by direct deposit please ensure that you give your child’s name and reason for payment.

Lost Property: There is pile of lost property in the Hall. Please remember to clearly label ALL items.

SUE PSALTIS
ADMIN OFFICER
2015 Performing Arts Night BBQ
Friday 30 October 5.30pm - 6.30pm

The Music Committee will be holding a **fundraising BBQ** on Performing Arts Night. Please get your orders in as soon as possible!

- Sausages $3.00 each
- Chicken Wraps $4.50 each
- Drinks can be purchased on the night

Please order online at Flexischools [www.flexischools.com.au](http://www.flexischools.com.au) OR complete this form and return to the office with correct money by **Tuesday 27th October**.

Please note food will not be available to purchase on the night. **All Sausages and Chicken Wraps must be pre-ordered.**

Performing Arts Night BBQ Order form

Eldest child's name_______________________________

Sausages _____ X $3.00 = _____

Chicken wraps _____ X $4.50 = _____

Total enclosed = ______________________
On Sunday the 11th October 2015, our three competition dance groups performed at the Leukaemia Foundation’s annual charity event “LIGHT THE NIGHT”.

Our students were amazing and performed not only in the rain but also on grass and on a hill. You are all such professionals and adapted to these changes with no problems even when the rain began to pour down mid performance.

Thank you to the amazing dance parents for your endless support, I am sure you will agree with me, this event is fantastic and allows for our student’s to give back to our local community and support a fabulous cause. Hopefully we will be back dancing again next year and we look forward to more Mowbray families coming along and joining in such a worthy night.

Miss Holmes
Dance Coordinator

State Athletics Carnival

On the 14th & 15th October, Georgia and Alissa went to Sydney Olympic Park Athletics Stadium to compete at the PSSA NSW State Athletics Carnival. It is a huge achievement to make it to a State Carnival and both girls did tremendously well. Georgia was an outstanding competitor as she made her jumps during the 12 Year Old girls High Jump. Alissa competed in the Senior Girls Para-Athlete Long Jump and made an impressive jump to come third place. Alissa will now be going on to the National Athletics Carnival and we wish her all the best.

Fantastic effort and results by both girls.

Brigette Morrow
PDHPE Teacher
Last week Mowbray Public School’s most experienced musicians went on a four day Music Tour to Bathurst and Orange themed ‘Mowbray at the Movies.’

The group consisted of 46 students from Years 4, 5 and 6 who are members of our senior music ensembles – Concert Band and Camerata Strings.

It was an eventful and fun week for all the students and adults on tour. The children performed for three schools along the way: Blackheath, South Bathurst and Perthville Public Schools. The performances were received with much enthusiasm and it was very encouraging for the children to see the students from our host schools clapping and dancing along to the music. Our audiences loved trying to guess which Movie Theme our groups were playing – and consistent favourites were Pirates of The Caribbean, Theme from James Bond, Happy, and The Incredibles.

Our accommodation was situated on a beautiful property outside Bathurst called Newhaven Park. The kids (and adults) made great use of the space with a lot of soccer, football and tip going on during free time. Our host Chris treated everyone to a Bonfire and toasted marshmallows on the first night.

After our performances on Day 2 the children were treated to an afternoon of Ten Pin Bowling, and after dinner had fun playing some outdoor games organised by our teachers on tour – Miss Bull and Miss Kay.

Orange Conservatorium

On Day 3 the bus headed into Orange for our workshop at the Orange Regional Conservatorium of Music. Here both groups worked with conductors from the Conservatorium to learn a whole new piece and perform it to the audience during the morning.
After some lunch and a well-deserved run around, went to Bathurst Goldfields where we learned some of the history about gold mining in the area and had our own opportunity to pan for Gold! Some were luckier than others, but it was a fun experience for everyone.

Saturday night was Music Trivia night, with games organised by our fabulous conductors – Mitchell Staines and Nicole Vieser followed by a disco (and lots of enthusiastic singing).

Abercrombie Caves Finale
Sunday came and we packed up our things for an early start on what was our last day on Tour. We drove out to nearby Abercrombie Caves where we had planned a special music performance inside the caves, making the most of the natural acoustics. The sound from both Camerata Strings and Concert Band was truly amazing, and hearing the combined Mowbray Orchestra play The Incredibles as the Tour finale was a very special and unforgettable experience in inside the caves.

Afterwards we had a tour through the caves which was absolutely beautiful, and a few kids and adults had to face their fears negotiating some steep step ladders and a wobbly cable bridge, but the experience was well worth it as we were treated to the beautiful formations inside.

After lunch it was back on the bus for the journey home where we arrived on Sunday evening. It was a very busy four days and there were some tired children and adults at the end. However from the smiles from the children at the end and the fun they had along the way, no doubt it is an experience that they will never forget.

Recognition
Huge thanks go to Janet Pereira and Luana Sandrone for all their organisation of our Music Tour, ensuring it was a huge success. Also, our wonderful conductors – Mitchell Staines, Nicole Vieser and Dan Williams for preparing the music and the children so brilliantly both before and on tour.

Thank you also to our Principal Miss Blakeney for her tremendous support, through the year-long planning process. And to our fantastic teachers on tour – Miss Bull and Miss Kay. Other parents involved were: Matt McKay, Rodney Campbell, Linda Whittaker, Sheyne Ladmore, Claire Turner, Adam Burke, Arlet Shahinian, Cathy Belousoff and Michaeli Gotley – and many more helpers along the way.

Finally, congratulations Mowbray Music Students who represented their school so brilliantly through their excellent behaviour and respect for others, on top of the fantastic musical performances.

Mowbray Music Committee
It's time for the annual Mowbray strings recital night. Let's have some end-of-year fun and celebrate Mowbray's fabulous string players.

*All string players are invited, from Year 1 up to Year 6!*

Grab your instrument and come and play your favourite piece for your friends and family. Piano accompaniment can be provided on the night. The evening will be divided up into 2 sessions.

**WHEN:** WEDNESDAY 18TH NOVEMBER

**WHERE:** TBA

**TIME:**
- Session 1: 5.00pm - 6.00pm
- Session 2: 6.30pm - 7.30pm

**BRING:** A plate to share, please

Please tear off & return the form below to the school office or your Strings teacher by Friday 7th Nov.

☐ Yes, I would like to participate in the strings recital

☐ No, I will not be participating in the strings recital

Child's Name: _______________________________________________________

Child's Class: _______________________________________________________

Parent/Guardian Signature: ____________________________________________

Name of piece to be performed: _______________________________________

Piano Accompaniment Required:  ☐ Yes  ☐ No

Session Preference:  ☐ Either  ☐ Session 1  ☐ Session 2

This is also a wonderful opportunity to thank our tutors for their hard work this year so we will be presenting our tutors with some gifts on the night. Contributions would be greatly appreciated. Please see Maryann Mak or leave an envelope at the school office. Thank you.
MEET THE STRINGS
Friday 23 October 2pm in the hall

MOWBRAY STRINGS PROGRAM
Learn to play a violin, viola or cello in 2016

Mowbray offers your child the exciting opportunity of learning to play a stringed instrument and joining a performing Strings Ensemble at school. Students are also welcome to learn outside the school and join one of the ensemble groups, Camerata, Chamber Strings or Super Strings (Beginners).

In 2016, all students in Years 1 - 6 are warmly invited to join the Strings program. Older students may like to think about the benefits of learning an instrument before starting high school. Often, older students progress quickly because their ability to learn is more mature. It’s never too late!!!

All K-2 students and any older interested students will attend one of two short introductory sessions to be held in the hall from 2pm.

Parents are invited to attend this session to meet the teachers, students and parents. A demonstration of each instrument by the teachers and a short performance by some students and teachers will be given.

If you have any questions then please contact mowbraystrings@gmail.com

Many thanks

Anna Sheppard, Parent Coordinator, Strings
mowbraystrings@gmail.com
**Hydration**

Water is vital to your wellbeing as staying adequately hydrated is important for both health and body. About two-thirds of the human body is made up of water. Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.

Water is lost from the body through sweating, breathing and going to the toilet. Dehydration – or not having enough fluid in your body – can cause headaches, sensitivity, crankiness and poor concentration.

Drinking water is the best way to quench your thirst. Water doesn’t have the extra sugar found in fruit drinks and juices, so it’s drinks, sports drinks and flavoured mineral waters. It’s okay to have sweetened drinks some times – but not every day.

**How much should I drink each day?**

**All children 4—8 years**

1.2 litres per day or about 5 glasses

**Boys 9—13 years**

1.6 litres per day or about 6 glasses

**Girls 9—13 years**

1.4 litres per day or about 5—6 glasses

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.

For more information — www.healthykids.nsw.gov.au

---

**Sugar Sweetened Drink Ban for NSW Government Schools**

On 24 May 2006 the Minister for Education and Training announced a ban on the sale of sugar sweetened drinks in NSW government schools from the beginning of Term 1, 2007. The sugar sweetened drink ban is an extension of the NSW Healthy School Canteen Strategy and acknowledges the vital role of schools in promoting good nutrition and physical activity. The announcement coincided with the launch of the 2004 Schools and Physical Activity and Nutrition Survey (SPANS) which reported the excessive consumption of sugar laden drinks by children and young people. Such drinks are high in kilojoules and contribute few, if any, nutrients to a child’s diet.

Under the ban, all sugar sweetened drinks categorised as RED (that is, drinks that contain more than 300kJ per serve or more than 100mg of sodium per serve) may no longer be sold from school canteens and vending machines at any time. These drinks include soft drinks, energy drinks, fruit drinks, flavoured mineral waters, sports drinks, cordials, iced teas, sweetened waters, sports waters and flavoured crushed ice drinks. A serve is the container as sold in the school canteen.

Schools and their communities are asked to adopt a whole-of-school approach and use the aims of the Strategy to guide decisions regarding special events, fundraising and classroom rewards. In this way, together, they can make and support decisions that enhance the wellbeing of students.

Visit www.schools.nsw.edu.au for more information.

---

**Did you know that 600ml of cola or lemon squash contains 16 teaspoons of sugar per bottle?**

---

**TOP 10 HYDRATING FOODS**

When you consume water through fruits and vegetables you also get antioxidants, anti-inflammatory agents and fibre. Here are our top ten!

- Coconut water 99% water
- Cucumber 96% water
- Watermelon 96% water
- Lettuce 95% water
- Celery 95% water
- Tomatoes 95% water
- Star fruit 92% water
- Lime 90% + water
- Lemon 90% + water
- Grapefruit 90% water

---

**What’s In Season?**

<table>
<thead>
<tr>
<th>Asian greens</th>
<th>Chillies</th>
<th>Pawpaw</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Garlic</td>
<td>Passionfruit</td>
</tr>
<tr>
<td>Avocados</td>
<td>Grapefruit</td>
<td>Peas</td>
</tr>
<tr>
<td>Bananas</td>
<td>Lettuce</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Beans</td>
<td>Mangoes</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Beetroot</td>
<td>Melons</td>
<td>Silverbeet</td>
</tr>
<tr>
<td>Berries</td>
<td>Onions</td>
<td>Spinach</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Oranges</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

Source: www.organic-schools.com.au
Lane Cove’s Christmas Nativity Art Competition

Create an A4 art piece based upon the true meaning of Christmas, as if it was happening in Lane Cove this year! Creative interpretations of setting, animals present and culture are welcome changes to the first Christmas story. A fun video about it here: http://whychristmas.com/story/video_christmas_story.shtml

Selected entries will be displayed in the Lane Cove Library and on the big screen at ‘Carols in the Plaza’. Winners will also be announced and presented with prizes donated by Crayons and Lane Cove Community Chaplaincy at ‘Carols in the Plaza’ on Sunday 13 December at 7.30-8.30 pm. Entries will be judged on adherence to the original story and creative merit. Age will be taken into consideration.

Entries are open to all Primary School children attending school in the Lane Cove Municipality.

Submission of entries: Photograph your artwork and email to lanevovechaplain@gmail.com with your name, age and school details. Retain the original piece as it may be needed for display in the library! All entries must be received by November 15, 2015.