Dear Parents,

It was immensely pleasing to see our Yr 6 Rottnest campers return on Friday afternoon. They all seemed very happy to be home and by all accounts had a terrific time. The camp was an educational excursion with a full suite of learning activities taking place across multiple learning areas within the curriculum. Camps are, of course, also an opportunity to develop in individuals, those areas that can be described as the ‘hidden curriculum’. This can cover the skills around decision making, resilience, independence, leadership, teamwork, self-management and interpersonal skills. They contribute to the highly transferrable and useful skills of life.

I value the contribution school camps and excursions make to a well-rounded education. I acknowledge all those who positively contributed to this year’s Rottnest Camp but especially the parents and staff who were expertly lead by our Rotto Guru, Mrs Mercer.

This Friday our Athletics program gets underway with the lunchtime running of the Yr 4 Boys and Girls High Jump. The main Jumps & Throws events are on Tuesday the 2 November at APS. The main carnival for track and team games is scheduled for Friday 6 November at the ASHS oval. I remind parents and friends to use the parking at APS and walk up to the ASHS oval via the Suffolk Street footpath. There will be limited street parking for near the oval for those with mobility issues. We also ask parents to spectate from the allocated spectator areas as the competitor bays and marshalling/finish areas need no further congestion. Copies of the program should be arriving home prior to the events.

With all this physical activity taking place it was timely to receive a publication from the Dept of Sport and Recreation titled ‘Brain Boost’ which refers to all the latest research that links the benefits of physical activity to effective learning. If you need convincing you can find the links on the DSR website.

The Sporting Schools program ran well in its first term of operation however we have come up against significant administrative obstacles to the ambitious programs we wanted to run this term. It is therefore, with regret, that those programs for term 4 have been withdrawn. We apologise for any inconvenience.

We look forward to seeing many of you around school next week as you support your children in their athletic events.

Peter Bolt
Acting Principal

Smoke Free Zone

All schools are cigarette smoke free zones. The modelling of adults smoking cigarettes as well as the health issues associated with bystanders inhaling cigarette smoke are the obvious reasons for this ban. I am sure this is a ‘no brainer’ however it seems contradictory for parents to then light up just outside the school grounds. We encourage all to adopt healthy active lifestyles.

P&C NEWS

Canteen Roster:

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tr>
<td>2.11.15</td>
<td>Sarah Johnson</td>
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<td>3.11.15</td>
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<tr>
<td>4.11.15</td>
<td>Amber Walker</td>
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<tr>
<td>5.11.15</td>
<td>Help Needed</td>
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<tr>
<td>6.11.15</td>
<td>Sports Carnival</td>
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</tbody>
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FACTION ATHLETICS CARNIVAL LUNCH ORDERS

The canteen is asking parents and students to pre-order their lunches for Friday 6 November 2015.

If you wish to order lunch for Carnival Day please return the lunch order slip with the correct money, to the canteen by Monday 2 November.

NO LATE ORDERS WILL BE ACCEPTED
Uniform Shop
The sports shirts have arrived and are available in all sizes. We have moved to a new cotton/polyester material for longevity but with this move comes an increase in price. The shirts in the new material will be $30 each. Old stock is still $25. Also a reminder that the minimum EFTPOS transaction is $40 and there is a $2 surcharge for credit card transactions.

Thank you to Vidhya Guruparan for her help in the uniform shop starting this week and a huge thanks to Sarah Hilder who will be leaving us this term. Sarah has spent many years in the uniform shop and we wish her all the best for the future.

Also we would like to put out a call for a new coordinator for 2016 as it will be my last year at APS and I would like to be able to help with any questions in the running of the shop if needed. It is not a difficult job by any means and would only take an average of 1 - 2 hours per week. Please come and chat to me (Cheryl Ward) or send me an email if you are interested - cherylward30@gmail.com

Albany Senior High School Uniform Shop
Parents of new year 7 students, the uniform shop is open every Tuesday and Wednesday 1:00 - 4:00 until the end of term.

Please take the opportunity to come in on these days and beat the January back to school rush.

Community Notices
Weetbix SurfGroms
Weetbix SurfGroms the exciting kids surfing program starts again in Term 4. This term we are offering MINIGroms 5 – 8 year olds and SUPERGroms 9 – 12 year olds. This national surfing development program encourages kids to get involved in surfing all around Australia, and its available exclusively through licensed Surfing Australia Surf Schools. Lessons that are dynamic and fun, teaching water safety, building confidence and making new friends. Tuesday’s 3.30 – 5pm is available on line now at www.surfgroms.com

Taking expressions of interest for Wednesday’s after school.

For extra lesson options and further information, call Roz 0427 413 627
Little Seeds Surf Coaching
www.littleseedssurf.com

Backpacks
Carrying a backpack can injure your child’s back if care is not taken. Here are some helpful tips for protecting young backs:

- Make sure that your child’s backpack does not weigh more than 10% of his/her bodyweight.
- Choose a backpack with broad shoulder straps that are well padded and adjustable so it sits comfortably on the shoulders. It should have waist and chest straps to keep the load in place and help evenly transfer the load to the hips and pelvis.
- Encourage your child to wear both straps at all times to distribute the weight.
- Choose a padded back-support that allows the pack to fit ‘snugly’ on the back.
- Adjust the straps so that the backpack fits close against the child’s back.
- Choose a backpack which fits the child. The size should be in proportion to his/her body.
- Pack the heaviest items closest to the body and the lighter items further out.
- Make sure that your child is carrying only what she/he really needs to carry.
- Take notice of how your child is carrying the backpack – if your child is leaning forward to carry the backpack, tighten the straps or lighten the load.
- When packed, ensure the backpack doesn’t sag or pull backwards.
- Clip on the waist straps to keep the load in place when walking or cycling.
- Do not carry the backpack for long amounts of time, take regular breaks.

For more information visit:
http://allsportsphysio.com.au

Sleep
School-aged children need 10 -11 hours sleep a night. Getting a good night’s sleep will help your child to be more settled, happy and ready for school, and will strengthen his/her immune system.

Here are some sleep tips:
- Have a bedtime routine – this will help your child wind down from the day.
- Keep the bedroom dark, cool and quiet - this will help your child drift off easily.
- If your child has a restless night or bad dreams, it may be because the day’s events and worries are still rattling around in his/her head. Help your child to settle and relax for sleep by promoting good sleep habits.
- Remember, medication is not the answer to children’s sleep problems.

Contact your local Community Health Nurse)
Lesley Glorie on 98427565, or go to www.raisingchildren.net.au for more information