This week we will be focussing on the value of RESPONSIBILITY.
The focus statement is *Do what you know is right.*

This week PBS lessons will be about responsibility before and after school. Be on time. Play safely. Walk promptly to pick up areas. Wait quietly. Use pathways.
Assembly Items
Congratulations to 3C for their outstanding assembly item last week! Unfortunately I was at a Figtree Community of Schools meeting and could not attend; however, my sources tell me that the item was most entertaining! Who would have thought the systems of the body could be transformed into lyrics for a song! Congratulations Mrs Cusack and 3C.

Newsletters
Newsletters will be sent home on Fridays beginning Term 4.

Figtree High School Scholarship – Year 7 students 2014
Applications for the Figtree High School Community of Schools Scholarship close Thursday 17 September. Thank you to the students who have already submitted applications.

Staff News
Mrs Rickersey is on long service leave for the rest of the term. She will be replaced this week by Ms Carissa Phillips (Monday), Mrs Relf (Wednesday) and Mrs McIlquham (Tuesday and Thursday).

Giselle Coltman
Principal

Parent Action Symbol!
If you see this symbol next to an item, then it is something that you may either have to action or note in your diary.

UPCOMING PAYMENTS

Stage 3 - Canberra Excursion
When: Thursday 11 & Friday 12 September
Where: Canberra
Who: Participating Stage 3 students
Cost: $200 Payment by 4 September

Stage 1 - Taronga Zoo Excursion
When: Friday 24 October
Where: Taronga Zoo
Who: participating Stage 1 students
Cost: $45, non-refundable deposit $28 by Tuesday and balance of $17 due by Thursday 16 October

SCHOOL ASSEMBLIES

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Tremendous Awards</th>
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<tbody>
<tr>
<td>Week 10</td>
<td>Intermediate Awards</td>
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This week’s assembly commences at 2.15pm

NOTES THAT WENT HOME LAST WEEK

<table>
<thead>
<tr>
<th>Note</th>
<th>Date</th>
<th>Students</th>
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<tbody>
<tr>
<td>Stage 1 Taronga Zoo Excursion</td>
<td>Friday 24 October</td>
<td>Participating students</td>
</tr>
<tr>
<td>PSSA Football Knockout Competition</td>
<td>Thursday 23 October</td>
<td>Participating students</td>
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</table>
Stage Three Canberra Excursion
On Thursday morning 11 September Stage 3 will be travelling to Canberra. Students are to assemble in the hall at 7.00am as the coaches are scheduled to depart at 7.15am. Students do not need to bring linen or towels as they are provided.

On Thursday we travel to Old Parliament House before lunch and Parliament House after lunch. Students are reminded to pack their morning tea and lunch. In the afternoon we have a National Film and Sound Archive Presentation. We then head to our accommodation at Gold Creek Tourist Resort. In the evening we will rug up and head out to the Australian Institute of Sport.

Day 2 will see us exploring Questacon and the War Memorial before heading back home. We estimate we will arrive back at school at 6.00pm. Parents will be contacted via text message on the mobile number they have provided if the arrival time changes.

We are looking forward to a great trip and I thank Mrs Cope, Mr Kerin and Miss Gibson for their enthusiasm and commitment to our students.

Kindergarten Orientation
Tonight we will hold our Kindergarten Parent Information Evening beginning at 6:15pm in the school hall. Parents who have children starting Kindergarten in 2015 are invited to attend. We look forward to seeing existing and new families at the session.

Summer Uniform
Hopefully Term 4 will see the start of some warmer weather! Students are to wear their summer uniform during Term 4, including appropriate all black footwear.

PSSA NSW Football Knockout
We would like to wish our boys luck as they travel to Shoalhaven heads on Tuesday to play Kiama. Miss Gibson has been busy scheduling games and booking grounds. I know that she is feeling confident and hopes to meet Merimbula in the following round. A special thanks to Mr Grbevski for having a training run with the boys on Saturday morning.
NOTICEBOARD

StarFest 3 - 5 October – for more details visit www.starfest.org.au or www.facebook.com/StarfestSidingSpring

PCYC Lake Illawarra will be running their KidzCare school holiday program each day (excluding public holidays) from 8.30am – 5.30pm. Places are limited to 30 children for club based activities - with the government rebate. For further information call 4296 - 4448.

AST Surf School presents Vegemite Surf Groms – spring holiday program available online now WWW.SURFGROMS.COM.AU or call 1800 711 189.

PCYC Lake Illawarra

P & C NEWS

The next meeting is on: Wednesday 17 September
Meetings are held in the school staffroom and begin at 7pm.
New members are always welcome.

Julijana Stanojevic
P & C President

PCYC Lake Illawarra

CANTEEN NEWS

In Term 4 we will be phasing out the following RED items: Muffins, Pizza Slabs, Ovaltines & Jelly Cups. In Term 4 Fresh Pop Corn will be added to the menu.

Thanks
Sarah Allen

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<tr>
<th>Wednesdays 9.00 - 1.30pm</th>
<th>Thursday 9.00 - 1.30pm</th>
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<tbody>
<tr>
<td><strong>Week 9</strong></td>
<td><strong>Week 1</strong></td>
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<tr>
<td>10 Sept</td>
<td>11 Sept</td>
</tr>
<tr>
<td>Patsy Moate, Debra</td>
<td>Vanessa Sturman, Terrina</td>
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<tr>
<td>Tagliapietria, Hana Saddi</td>
<td>Hartley, Fiona Morton,</td>
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<td></td>
<td>Jayne Rixon-Moon</td>
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<td><strong>Week 10</strong></td>
<td><strong>Week 10</strong></td>
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<tr>
<td>17 Sept</td>
<td>18 Sept</td>
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<tr>
<td>Natalie Nicastrì, Christine</td>
<td>Kelly Lazić, Cindy Churchin, Maree Muller, Alannah Tagliapietra</td>
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<td>Gregory, Amanda Schipp,</td>
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<td>Chris Finley</td>
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<tr>
<td><strong>Week 1</strong></td>
<td><strong>Week 1</strong></td>
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<tr>
<td>8 Oct</td>
<td>9 Oct</td>
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<tr>
<td>Paula Moss, Renae Hancock, Danielle Pierce, Leone Paiola</td>
<td>Sarah Allen, Kate Johnson, Catherine Robinson</td>
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<td><strong>Week 2</strong></td>
<td><strong>Week 2</strong></td>
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<td>15 Oct</td>
<td>16 Oct</td>
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<tr>
<td>Rachel Kendon, Tammy Montgomery, Juliana Stanojevic, Louise Coleman</td>
<td>Karmen Bond, Alison Darlow, Bridget Newman, Cheree Beattie</td>
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Wollongong City Junior Surf Club registration - Boys and girls aged from 5 to 13 (age at 1st October, 2014) are eligible to join. The nippers season runs from mid October through to March. Attend the Registration Days at the Wollongong City Beach Clubhouse (lower level, City Beach function centre) on:

- September 14, 10am-1pm
- September 28, 10am-1pm

More details can be found on our web site at www.wollongongcityslsc.com.au/juniors
FOODS THAT FIGHT THE HUNGER DEMON

Do your kids claim to be starving soon after eating? Growth spurts and intense physical activity with sport and play may explain the bottomless pit. Another explanation may be that the foods your kids typically eat are not very good at promoting ‘satiety’ – that feeling of fullness and satisfaction after eating.

Here are my top tips to help tame the appetite beast and keep those “I’m still hungry” whines to a minimum:

- Stock up on foods rich in protein, fibre and water, as research shows these are the components in food that help to fill us up and keep us feeling satisfied.

  - PROTEIN: This nutrient triggers the release of certain hormones that let the brain know the stomach is satisfied. Dairy foods (e.g. milk, cheese, yoghurt & custard), eggs, nuts, lean red meats, poultry, fish, seafood and legumes (e.g. baked beans, kidney beans, lentils, chickpeas) are superb protein heroes to slot into your kids’ main meals and mid-meal snacks.

  - SOLUBLE FIBRE: This type of fibre, found in oats, barley, legumes and vegetables, is another hunger pang beater. It forms a thick gel in the stomach, which slows the rate that food leaves the stomach, thereby enhancing fullness. So porridge, baked beans, salads with 4-bean mix, stews and casserole with kidney beans, barley bread, barley wraps and minestrone soup are all filling choices.

  - INSOLUBLE FIBRE: This fibre is found in wholegrain breads and cereals, legumes, wheat bran, rice bran, fruit and vegetable skins, nuts and seeds. It has a bulking effect to make you feel satisfied. So opt for wholemeal or wholegrain bread over white bread for school sandwiches and offer a tempting platter of chopped fruit, vegetable sticks, wholegrain crackers and mixed nuts when the kids come home from school. Baked bean jaffles are great tummy fillers too.

  - WATER: Encourage your children to drink a glass of water before each snack and main meal, as ‘thirst signals’ can easily be mistaken for ‘hunger signals’. Include plenty of water-dense foods as part of their everyday diet too (e.g. soups, vegetables and juicy fruits like melons, berries, citrus). Water-dense foods extend the stomach and bring on a feeling of fullness.

By Vanessa Schuldt
Dietitian, Nutrition Consultant and Nutrition Writer