Welcome back and we hope that you had a great break with your child/ren and that they are ready for another big term.

We have a lot happening this term. We have the upper school camp, a couple of excursions for the lower class, end of year break up, class parties and report cards. With all of this happening, the students will become really tired quickly this term. If parents could work with us in making sure students have a healthy, filling breakfast, a range of healthy foods in their lunchboxes, and an adequate amount to last both lunch times, it would be much appreciated.

On a sadder note, Mrs Mannion will be moving down to Melbourne at the end of the year to join her family who have all moved down there. She has taken some time this year to go and visit and has also just recently sold her house. It will be very sad to see her leave our school. We will also be saying goodbye to Mrs Westerman as she and her family will be moving back down to the Harvey Bay region. From everyone in the Mutchilba community we wish both ladies a safe journey and to come back and visit if they are ever up in Far North Queensland.

We will be commencing our swimming this year on the 28th October. All students are to wear their swimming clothes under their school clothes before they get to school. Parents are reminded to label all clothing so it is easier to identify if left at the pool. Also, can parents make sure students have a change of dry underwear as we had a few incidences last year where students forgot to bring a spare pair.

Finally, thank you to all who have been helping their child with their homework and home readers. This is an important part of learning for the students and allows parents to engage with their child in their learning journey. All students have homework and if there are any issues, please contact us.

Thank you all for your support this year. It is much appreciated.

Luke Morris
Principal
MANY CHILDREN ARE VERY TIRED WHEN THEY ARRIVE AT SCHOOL OR NOT LONG AFTER

Here are some eating ideas

Energy Foods

Your body runs off of what you feed it. And the best way to get the most out of your food is to make sure you’re giving yourself the best food possible.

Besides what you eat, when you eat can also impact your mood. Did you ever notice how you feel sluggish after a big lunch or dinner? That’s because your body is using its energy to digest that big meal instead of powering the rest of your body. The easiest way to avoid the post-meal coma is to eat smaller-portioned meals throughout the day. This will keep your body fueled regularly and may even help you lose weight.

Avoid Processed Foods

While a cheeseburger and fries might be comforting while you’re eating it, all that grease does nothing more than prevent hunger. Processed foods, such as canned foods high in sodium, candy, most packaged foods, boxed meals, and pre-cooked meats are typically full of preservatives, sodium, and other compounds that may slow you down.

Eat Fresh Foods

The fresher your food is, the more nutrients it will contain. Unlike processed foods that may be stripped of nutrients for a longer shelf life, fresh foods contain maximum nutrients. Eating in-season fruits and vegetables means they ripened naturally; Farmers’ markets are sometimes your best bet for finding fresh produce.

Avoid Caffeine

It may sound odd, but caffeine can make you tired. The first sips can give you a jolt, but you’ll soon crash. Cutting back on caffeine can stabilize your energy levels so you can feel better. If you must have your fix, opt for black coffee. Sodas and energy drinks are full of sugar and other substances.

Lean Proteins

Red meats marbled in fat adds saturated fat to your diet. Leaner meats, like chicken and fish, still provide quality protein, and contain less fat for your body. Fish high in omega-3 fatty acids, like salmon, can add fats that may be beneficial to your heart.

Sugars & Simple Starches

Just like processed foods, refined carbohydrates like sugars and white flour add little to your nutrition. Choosing whole grain foods and complex carbohydrates ensures that your body gets the full benefits of the hull of the grain that adds fiber to your diet.

Nuts

Nuts are some of the best foods to beat fatigue and fight hunger. Nuts that provide energy include almonds, Brazil nuts, cashews, hazelnuts, pecans, and walnuts. Eating raw, unsalted nuts provide the most energy because they contain the most nutrients. And they’re the perfect mid-afternoon snack.

Water

Drinking water is one of the easiest ways to hydrate your body. You don’t always have to have exactly eight glasses a day, but if you swap out sodas, coffee, and other drinks for a glass of water, you’ll feel better before you know it.
Ingredients

- 1 cauliflower (about 600g), cut into florets
- 3 eggs, separated
- 1 tsp sea salt
- Freshly ground black pepper
- 1 cup plain flour
- 200ml water
- 1 onion, finely grated
- 3 garlic cloves, crushed
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 cup flat-leaf parsley, chopped
- About 1 cup olive oil, for shallow-frying

To serve

- Sea salt
- Freshly ground black pepper
- Handful chopped flat-leaf parsley
- Lemon wedges (optional)

Method

Blanch the cauliflower florets in boiling salted water for 1-2 minutes, until just tender. Refresh under cold water.

To make the batter, whisk the egg yolks, add the salt and season with pepper. Add the flour, a little at a time, alternating with a little water, and whisk continually until all flour and water has been incorporated. Stir through the onion, garlic, cumin, coriander, turmeric and parsley and set aside.

In another bowl, whisk the egg whites until soft peaks form. Fold egg whites through the batter mixture in two batches with a metal spoon.

Heat olive oil in a pan over a medium-high heat until smoking. Coat cauliflower florets in batter, allow excess to drip off and carefully drop into hot oil, being careful not to overcrowd the pan. Turn until cauliflower florets are browned all over. This should take about 2-3 minutes in total. Remove and drain on a platter lined with paper towels.

To serve, arrange on a platter, season with salt and pepper and garnish with parsley and lemon wedges if desired.

Summer Pasta

Pasta is a perfect summer dish. It's satisfying and nourishing and doesn't involve firing up the oven.

Put in-season ingredients such as tomatoes, basil and zucchini to good use in these light pasta dishes.
Mareeba Heritage Centre Inc. invites you to their 20th Anniversary Birthday Party on Saturday 28 November 2015 at 10am - 2pm at 345 Byrnes Street (next to Centenary Park).

- **Gold Panning Competition**
- **North Queensland Miner's Assoc. 2015 Best Heritage Costume Competition**
- **Man, Woman & Child Panning Competition**
- **Competition Games**
- **Opening of Jamieson House**
- **St Thomas's School Choir**
- **FREE Sausage Sizzle and Cash Bar**
- **Prizes to be Won!**

Mareeba Heritage Museum & Visitor Information Centre. Mareeba Shire Council.

IT IS WITH REGRET THAT METALCORP STEEL WILL BE CLOSING ITS DOORS.
LAST DAY OF TRADING WILL BE FRIDAY 23RD OCTOBER.

FROM ALL THE STAFF, WE WOULD LIKE TO THANK YOU FOR YOUR SUPPORT & CUSTOM OVER THE YEARS & IT HAS BEEN A PLEASURE ASSISTING WITH YOUR STEEL NEEDS.

Dimbulah & District Museum Markets
Heritage Park, Dimbulah
1st Saturday of Each Month
9am to 3pm
Starting Saturday 3rd October 2015
Come and join the fun.
If you would like to have a stall contact Ian 0447 790 049.
Ride The Savannahlander from Dimbulah to Mutchilba $5.00 per person.
Tickets available at the Dimbulah Train Station.

Mick's Mission
LET'S UNITE AND FIGHT!
6PM SATURDAY 14 NOVEMBER
DIMBULAH MEMORIAL HALL, DIMBULAH, QUEENSLAND
$40 ADULT $20 6-16 YEARS KIDS UNDER 6 FREE

FEATURING BAND MADICHI
+ KIDS ENTERTAINMENT

PORTABLE BOOKINGS CONTACT NEVEMA 047 630 264

DONATE TO MICK'S MISSION
WESTPAC BANK MICK'S MISSION
888 1223 519
ACCOUNT 32029 06

IT ALL STARTS HERE, Mareeba
PH: 4092 4231

Cent Sale
Sat 15th August
Doors open 9am
Call starts 11am

Fundraising enables us to provide low cost and free programs for the youth and our community.
$2 Entry fee (包含 teas & coffees)
Raffles, sausage sizzle and Sides on sale.
Tickets can be purchased before the day from reception at PCYC Mareeba Main Hall
156 Which Dr, Mareeba QLD 4880
between Venus St. & Swan St.

PCYC is an Australian based, non-government, not-for-profit charitable organisation.
All donations over $2 are tax deductible.
The student learnt about the flags, rips, sun safety also saw some marine Stingers.
You are invited to come and see our Kindergarten

When: Monday, 19 October 2015
Time: 9 - 11 am
Bring: Your child, Birth Certificate, Health Care Card, Immunisation Record

Come and spend the morning with our friendly staff and see what is available for your child in 2016

ENROL NOW
Affordable Kindy · Discount on Fees for Health Care Card holders and ATSI children if your child turns 4 by 30 June 2016

For further information, contact Leanne Harrigan on 4093 5450

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Association
Trevisani nel Mondo
Dimbulah - Mareeba Inc.
Invites you to Celebrate

30 YEARS
1985 - 2015
Dinner and Entertainment

WHERE: Dimbulah Bowls Club
DATE: Saturday 17th October 2015
TIME: 6.30pm to 11.30pm
COST: $30 Adults $15 Children (10-15 years)
Payment with Booking

RSVP: 12-10-15
BOOK: Phone Lucia on 40936145 or Giuliana 40935931
Limited seats available

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Atherton BikeFest
Celebrating bike riding on the Atherton Tablelands!
Fun for the whole family

Kids' bike carnival
Guided MTB rides (suitable for beginners)
Family rail trail scavenger hunt ride
FREE Sausage sizzle breakfast (Monday)

Bling my bike & Kids bike fashion parade
"GRAN FOODO" Road ride & eat challenge
BMX Twilight regional carnival (spectators welcome)
Epic MTB ride (blue trails)

Hill climb comp
Outdoor bike cinema
Cycle-gaine
Jumping castle

MTB skills clinics
Bike themed market
Pump track race
Beer garden & BBQ dinner

TRAILHEAD, ATHERTON FOREST MTB PARK, RAILWAY LANE
17-18 OCTOBER 2015 www.AthertonBikeFest.com

Many of these events are FREE - see the website for program schedule & details
There are certain foods that we know we should not eat. Then there are those that cleverly parade as healthy - but are far from it. Here are six that you should never keep in your kitchen.

1. Energy drinks

Containing high amounts of sugar - among other nasties, energy drinks are never a good idea. Opt for some water that you flavour yourself. Think berries, citrus fruits, mint and so on.

Related link: 10 little diet tweaks that make a big impact

2. Muesli bars

A great on-the-run snack, don't be fooled by the these snacks parading as something healthy. Either make your own using peanut butter as a flavouring for a protein kick, or reaching for a piece of fruit and a few nuts instead.

3. Tomato sauce

Did you know that just one tablespoon contains of the red stuff can contain four grams of sugar? Consider making your own from tomatoes or skipping it altogether.

4. Microwave popcorn

Yes you would have heard of this being talked about as a healthy snack, however, when it comes to the microwave type, be warned as it has high levels of sodium, fat, butter and other flavourings.

5. Sugar-laden breakfast cereals

Most cereals in the breakfast aisle at the supermarket are, in fact, not good breakfast options at all. Full of sugar, that could classify as a sweet treat. Either make your own muesli from oats, nuts, seeds and more; or look for natural varieties that are low in dried fruit and have no added sugar.

6. Artificial sweeteners

This is a topic that divides many. Laden with chemicals, we say you should skip artificial sweeteners. Studies show they make you hungrier, which could lead to more eating.

THE WEEKLY TIP………

Did you know …. Researchers have found that Vitamin A, found in sweet potatoes and other orange vegetables, supports learning and memory.
CHALK AND PARENT DIRECT EDUCATED TOYS

CATALOGUES went out and orders are to be in by the 3rd of NOVEMBER.

OUR SCHOOL WILL RECEIVE 20% OFF THE SALES FOR OUR SCHOOL TO PURCHASE ITEMS PLEASE HELP

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Order Your Books Online.
Just Visit mareebanews.net.au

and locate

It’s that Easy
Nextra Mareeba News
at 125 Byrnes Street
Phone: 07 40921030
Fax: 07 40921035

Help your P&C earn some extra cash
All orders placed and paid for by 31/12/2015 via the online booklist ordering system will receive a 5% rebate paid to your schools P&C association
NO HAT

NO SHOES

NO PLAY

Principal's Award

Congratulations to all the students who received *Gotchas* for doing the right things around our school.

Prep—3 Years Class Award

4—6 Years Class Award
For Sale

5 Guinea pig
$10.00 each
All Money donated to the school.
Phone: 0429 779 074
**Play Group**

Play group is full of fun things to do, with fine and gross motor skills, Arts and crafts, social skills for both mums and children.

Playgroup is from 9:00am till 11:30am

Bring your own Morning Tea, Hat and water bottle.

Compulsory $3:00

Hope to see some more new faces

Ring 40931159