PRINCIPAL REPORT

It has been a super hectic last few weeks and everyone is starting to feel the need for a bit of a break. Luck we have the CAMP next week which will hopefully let us all settle and get ready for the final push to the end of the term.

Swimming

The students have really been pushing themselves this year in the pool and some students are surprising themselves. A few of the students have forgotten some of the safety aspects they were taught last year. As we only go to the pool for a very short time each year, this is to be expected, but it would be great if families could get to the pool or a local stream for a swim and get the kids to show off some of the talent they have.

Camp and Kuranda

Next week the upper class will be going on camp with Chillagoe. The students have been preparing for the camp by completing some pre-visit activities. They are all very excited. Can I please stress that they have all of the items on their equipment list with them as there are no spares at the centre.

The whole school will be leaving school on Monday at 8:30am. We will be dropping off the Lower class in Kuranda, taking the upper class to Holloways Beach and the bus will then be returning to Kuranda and then returning to Mutchilba around 1:30pm. On Wednesday the upper class will be returning around 1:30pm as well. If parents want to collect their child from school prior to the bus, that is fine.

Thank you all for everything you have done this year so far and remember that the amount of time and effort you put in at home really helps the learning journey of every student.

Luke Morris
Principal

Special points of interest:
Term 4 — 6th October to 11th December
School Holidays:
14th December 2015 — 22nd January 2016
Mutchilba Community Social Hall
First Friday of the Month — 6th November
Swimming — Wednesday 18,25th Nov, 2nd December
Camp — 9,10,11, November to Holloways Beach
Play Group — 6th, 20th November, 5th December (Christmas Party)

P & C Meeting — 19th November
Public Holidays — 25th, 28th of December, 1st, 26th January.
Well Women’s Clinics – Mareeba Hospital & Mulungu
(These clinics are available to Medicare eligible clients)

Mulungu – Mondays 9th & 30th November
Ph: 4092 3428
Mareeba Hospital - Thursday 26th November
Ph: 4092 9311

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Bowel Health, Domestic Violence, etc. All services are provided by a specially trained Women’s Health Nurse.

Tinaroo Sailing Club

Free Discover Sailing Morning at Lake Tinaroo – All welcome.

Tinaroo Sailing Club, in association with Yachting Australia, is conducting a free Discover Sailing morning at Lake Tinaroo on Sunday 8 November. The morning activities commence at 10.00 am and will conclude at noon. This introductory morning is open to people of all ages and abilities who would like to try sailing and have a look over our wonderful club. Anyone who is curious about sailing or has ever shown an interest in the sport will get the opportunity to go out and enjoy the best things about sailing in a safe and nurturing environment.

Over the course of the morning, the Tinaroo Sailing Club will have club members, as well as qualified and experienced Sailing instructors ready to take participants out onto the water to experience firsthand what sailing has to offer. Lake Tinaroo provides a safe and fun location for people of all ages. So if you have ever wondered about sailing, this event will be a perfect opportunity to come along and enjoy a morning of learning about sailing followed by a sausage sizzle for participants.

Come along to see how much fun and affordable sailing can be! Just bring clothes and shoes you don’t mind getting wet, sunscreen and a hat.

The Tinaroo Sailing Club, located at the end of Black Gully Road, is an excellent facility providing easy access to Lake Tinaroo. For additional information please refer to the Tinaroo Sailing Club website

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.

Please save tins and empty softdrink bottles all shapes and sizes
Mareeba Heritage Centre Inc. invites you to their 20th Anniversary Birthday Party on Saturday 28 November 2015 from 10am - 2pm at 345 Byrnes Street (next to Centenary Park).

- Best Heritage Costume Competition
- Opening of Jamieson House
- St Thomas’s School Choir
- North Queensland Miner’s Assoc. Gold Panning Competition
- Tobacco Stringing Competition
- Free Sausage Sizzle and Cash Bar
- Games and Competitions

Prizes to be Won! Mareeba Heritage Museum & Visitor Information Centre

Mareeba Shire Council
**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

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**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.

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**Mick’s Mission**

**LET’S UNITE AND FIGHT!**

6PM SATURDAY 14 NOVEMBER
Dimbulah Memorial Hall, Ralagh St, Dimbulah

$40
$20
$10
FREE

Featuring Band Madichi + Kids Entertainment

For further bookings contact Nevenka 0407 639 134

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**Dimbulah Limited Hours Child Care**

14-16 Ralagh Street, Dimbulah. Qld. 4872

Phone/Fax 4093 4090

Email: info@dimbulah.com

**Child Care**

Fully qualified, professional & friendly staff

Play provides opportunities for children to learn as they discover, create, improvise and imagine

Open 8:15am to 3:00pm

Thursdays and Fridays

Providing care for children 18mths to 5yrs

CALL IN AND COLLECT AN ENROLMENT PACKAGE TODAY

For further information contact Lorelle Carey on 40935450
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 …. That muscle tone and strength are important for learning. Encourage you child to run, jump, skip, climb, balance, swim and play with balls.
**WORLD TEACHERS’ DAY**

The staff presented Mr Morris and Mrs Mannion with a box of goodies each.

Staff and students really appreciate all the teaching, organising and help which we receive from these two very professional people.

**THANK YOU**

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NO HAT

NO SHOES

NO PLAY

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

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