Term 4 Calendar 2015

16 Oct  School Assembly 2pm
21 Oct  P & C Meeting 6pm
22 Oct  Engineering Challenge 6pm
        Gallipoli Club
27 Oct  Kinder Orientation
        Parent Evening 6pm-7pm
28 Oct  Kinder Orientation 9.30-11am
27 to  Sydney Excursion
29 Oct  Years 3 to 6
30 Oct  School Assembly 2pm
4 Nov   Kinder Orientation 9.30-11am
        Sushi Day
6 Nov   Yakka Day
9 to   School Swimming Scheme
20 Nov
11 Nov  Kinder Orientation 9.30-11am
11 Nov  CEP Film Festival
13 Nov  School Assembly 2pm
16 Nov  P & C Pie Drive
        Orders Close
18 Nov  P & C Meeting 6pm
18 Nov  Kinder Orientation 9.30-11am
21 Nov  Carrington Village Markets
25 Nov  P & C Pie Drive
        Pick up Orders Day
27 Nov  School Assembly 2pm
9 Dec   Presentation Day
16 Dec  Last Day Term 4

New Jackets can be ordered from the office. Cost $60.

P & C Christmas Raffle
Donation may be left at office. All proceeds used for Year 6
Farewell & Student Christmas Lunch.

Children’s University Open Day was very successful with a lot of
students enjoying the day.
Cookbook

Our P&C are organising the publication of a cookbook consisting of the Islington school community’s favourite recipes. The cookbook is anticipated to be ready for sale as a school fundraiser by the end of Term 4 and would make a lovely Christmas gift.

If you would like to contribute a recipe (plus a story and/or photos) for the cookbook, please email them to the following address:

islingtonpscookbook@gmail.com
ARE YOU A DAD? ARE YOUR KIDS IN PRIMARY SCHOOL?

Register your interest now to be involved in an international award winning healthy lifestyle program in 2016!

“I cannot recommend this program enough.”

“What’s a Healthy Dads, Healthy Kids made me a better father.”

“The four of my kids and I had smiles and sore abs. The abs were from laughing so much!”

What does ‘Healthy Dads, Healthy Kids’ involve?

- 9 x 90 minute face-to-face weekly sessions delivered by expert facilitators for dads and kids consisting of:
  - 5 x dads and kids information sessions (30 mins) and physical activity sessions (60 mins)
  - 2 x weight maintenance, healthy eating and physical activity information sessions for dads-only (90 mins)
  - 2 x dads, mums and kids information sessions (60 mins) and physical activity sessions (30 mins)

What will you get out of ‘Healthy Dads, Healthy Kids’?

- Dads learn how to manage their weight without having to give up the foods and drinks they love
- HDHI will provide dads with parenting secrets to getting kids physically active, reducing kids screen time and improving their self-esteem and confidence
- Dads and kids will spend quality time together participating in fun rough and tumble games, health-related fitness and sports skills activities

What our research has shown the program improves:


Dads have achieved:

- health improvements of weight loss, reduced waist circumference and blood pressure
- increased physical activity
- improved parenting skills
- improved diet
- improved relationships with their children and family quality of life

Kids have achieved:

- a healthier weight
- increased physical activity and fitness
- improved educational outcomes
- improved sports skills
- improved social and emotional well-being

DADS OR ANY MALE ROLE MODEL OF PRIMARY SCHOOL KIDS
REGISTER YOUR INTEREST NOW
Email: healthydads@newcastle.edu.au

or call The University of Newcastle team on (02) 4913 8759 if you have any questions.
There is no cost to families who participate in the ‘Healthy Dads, Healthy Kids’ program.
**CHRISTMAS at Stockton Centre**

**CAROLS BY TORCHLIGHT**
Wednesday 9th December 2015

- Live music followed by spectacular fireworks display!
- Bring the family and picnic
- Fun starts at 6:00pm

**SANTA ON THE OVAL**
Wednesday 2nd December 2015

- Come along to see Santa arrive by helicopter!
- An experience not to be missed!
- Fun starts at 10:30am

**All Welcome!**

Norfolk Drive, Stockton, use the visitor's carpark on your left.

Catch 136 from Stktn Ferry Wharf

StocktonFete

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**57th annual STOCKTON FETE**

Proudly presented by Stockton Hospital Welfare Association

**Saturday 24th October 9:30 - 2:30**

- Hot & cold drinks
- Pirate Pete
- Market stalls
- Chocolate wheel
- Jumping castles
- Face painting

Catch 136 from Stktn Ferry Wharf

Norfolk Drive, Stockton Centre FREE PARKING

StocktonFete

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**Children’s University**

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