DIARY DATES

November
8th Finance Committee Meeting (Staff Room) 6pm
Governing Council Meeting (Staff Room) 7pm
9th R-7 Assembly: Remembrance 10:30-11:05am
11th Remembrance Day
12-14th Lab on Legs: Energy Systems (Yr 6/7)
14th Reception Transition Visit 9:30am
Extension & Enrichment Program Zoo Trip 2 All day
Early Years Assembly (MP Rm) 12:20pm
15th Litter Free Lunch Day
16th Canteen Committee Meeting (Staff Room) 2pm
18th Car Boot Sale fundraiser (Hard Court Area) 9am-1pm
19th OSHC Committee Meeting (Staff Room) 7pm
20th Hub Community Coffee Morning (U1 Wet Area) 9am
21st Reception Transition Visit 9:30am
Rms 9 & 15 Zoo Excursion All day
23rd Christmas Raffle (fundraiser) tickets due back
25th Flames to Glenelg Christmas Pageant
26th Rms 13 & 21 Migration Museum Excursion All day
Christmas Raffle Draw 11:25am
Footsteps Dance Lesson: Yr 7 (Hall) 11:25-12:25
Instrumental Music Night (MP Room) 7pm
27th Yr 7 Transition Day at APHS
28th Reception Transition Visit 9:30am
SRC R-7 Celebration 12:30pm
Flames Presentation Night (Hall) 7pm

NOTICES THIS TERM
- Term 4, 2007 Planner - 15/10/07
- Beanie Kids Fundraiser Order Forms - 16/10/07
- Notice to Year 5 Students re 2008 Classes - 16/10/07
- SRC ‘Birthday Boxes’ donation request - 19/10/07
- Seacliff Life Saving Club flyer (Yrs R-4) - 19/10/07
- Head Lice Notice (Rm 22 only) - 22/10/07
- Head Lice Notice (Rm 2 only) - 30/10/07

CALENDAR
Our talented artists are once again putting together a gorgeous calendar. The theme this year will reflect special aspects of our school programs. The $10 price covers the cost of printing. If interested, please see Wendy Lithgow in Room 5 to place your order.

PRINCIPAL AWARDS
EARLY YEARS
Getting Along: Hayley L & Mrs Starkey’s Class
Persistence: Brodie B, Daniel B, Daniel P, Kasey D & Kirralea D

PRIMARY YEARS
Getting Along: Alex H, Danny B, Liam D, Rhiannon G & Sam B
Persistence: Abbey J, Emily H & Zac F

MIDDLE SCHOOL
Confidence: Dimphia V, Gemma H, Katherine M, Nissa H & Taryn H
Getting Along: Alex H, Chad S, Courtney M, Joanna L, Jordon M, & Matthew T
Organization: Brad L, Bradley P, Courtney S, Jee S & Morgan W
Persistence: Alana M, Leigh H, Liam A & Tessa L
Resilience: Chloe J, Jade E, Jasmine W & Kai O
Health Hustle: Alex H & Sophie M

REMINDER: LONE PINE TREE PLANTING
This special ceremony will be held on Friday (November 9th) to plant a lone pine tree (honouring local servicemen and women) in the school grounds. Mr Geoff Lock is coordinating the ceremony, to which official guests have been invited. The ceremony begins at 10:30am and concludes at 11:05am. Parents are invited to attend (please bring a fold-away chair).

2008 STUDENT EXCHANGE
In February 2008, students aged 15-18 years from over 15 countries will arrive in Australia to study at local schools for 5-11 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity on a temporary, short or long term basis. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country or contribute to international goodwill. For more information call Student Exchange Australia on 1300 135 331 or visit www.studendechange.org.au
CLASS PLACEMENT
Thank you for the information you provided to the Principal as part of the Class Placement process. A first draft of classes was completed on Tuesday. We will announce classes, as planned, on the Friday of Week 8 (December 7th).

GRANDPARENTS & SPECIAL FRIENDS DAY
It was wonderful to see the children so enthusiastic about having their special visitors share their day. Thank you to all of the grandparents and special friends who came along to join in the fun. We hope you enjoyed the day, because we loved having you here.

A CHEER FOR THE DEDICATION OF OUR TEACHERS
Chairperson of the Teachers Registration Board of SA, Ms Carmel Kerin, said World Teachers Day, celebrated on October 26th, provided an opportunity for all South Australians to recognise the importance of the teaching profession.

"On World Teachers' Day, the community in general joined our children and students, parents and staff to show their appreciation for the dedication of our teachers. Teachers are always learning - not only are they committed to encouraging and guiding our children and students, but they are also dedicated to maintaining and updating their own skill bases," Ms Kerin said.

This year, World Teachers' Day focussed on celebrating our teachers’ own commitment to learning. A recent national survey of teachers has shown that 94% of South Australian teachers surveyed have participated in professional development activities outside the school setting in the last year, compared with a national average of 83%. Surveyed SA teachers indicated that they engage in an average of 5.5 professional development activities outside the school setting each year, such as programs, courses and conferences, with additional activities including educational research, professional reading and school visits or exchanges. This compares with a national average of 3.7 activities per year.

DI’s DIALOGUE
All through life we face change. Granted there are big changes and small ones, but nevertheless we are facing them often. Given this, some changes make lasting impressions while others seem daunting at the time, but down the track we may wonder what the fuss was all about. Childhood is full of changes and challenges - changes to our body, our minds, our behaviour, the expectations placed upon us and sometimes, outside changes such as schools, homes, and families. These changes can be times of great stress. They may be full of confusing and scary times or even looked upon with anticipation and excitement. Even when a child doesn’t have to move schools the changing of year levels can be an anxious time for some. Parenting SA has some tips for handling these stresses. (www.parenting.sa.gov.au)

One of the greatest stresses for children (and parents) that I come across is that of making friends. Some find this task difficult for a number of reasons. One great piece of advice you can give your child is to remind them that this task takes time. Encourage them to keep trying to be friendly and listen to their feelings. Remember this is a task that I can help with and at our school we have a resource called ‘The Friendship Bench’. Students are encouraged to ask a child sitting on ‘The Bench’ if they would like to play, thereby starting the process of friendship.

Your Friend, Di Brinkworth
Christian Pastoral Support Worker
HUB GRUB NEWS

‘Right Bite’ is the next phase of the implementation of the Eat Well SA Food and Drink Supply Strategy for SA Schools, launched in 2004. Food and drink have been classified according to their nutritional value into 3 categories - Green, Amber and Red.

Choose Plenty - the Green category
- Breads, cereals, legumes and fruit
- Dairy foods – reduced or low fat milk, yoghurt and cheese
- Lean meat, poultry, fish, eggs and nuts
- Water

Select Carefully - the Amber category
- This means reducing the number of Amber foods supplied and selecting healthier choices from this category.
- Avoid large serving sizes
- Offering some of these foods only on certain days of the week
- Serving Amber foods with extra vegetables and fruits

Occasionally - the Red category
Food and drinks in this category are not essential for a healthy diet and banned from sale at school canteens. These include:
- Soft drinks, energy drinks, drinks containing caffeine
- Snack foods, savoury pastries, confectionery, cakes and slices
- Deep fried foods
- Ice creams, icy Poles

We are currently reviewing all items for sale over-the-counter and on our menu to determine the category to which they belong. A new menu/price list will be distributed at the end of Term 4, depicting either the ‘Green’ or the ‘Amber’ category. Canteens are not the problem, but part of the solution.

**Please note: Dodstars are unavailable for the rest of the term.**
Janet Matthews
Canteen Manager

OSHC NEWS

As part of the DECS Eat Well SA Food and Drink Supply Strategy for SA Schools, OSHC will be removing some foods and cooking activities from the program. Our focus will be to provide foods from the Green and Amber categories and to avoid foods in the Red category. Basically, we will use mainly breads, cereals, rice, pasta, vegetables, fruits, legumes, reduced fat dairy products, lean meats (occasionally) and water and also foods like margarine, spreads, savoury biscuits, fruit muffins, ice cream, iceblocks and cereals using a nutrient criteria designed to reduce fats, sugars and artificial flavourings. Vacation Care bookings will be taken from Monday, November 26th for the Christmas holidays. Exciting activities and excursions are planned, so book in early to avoid missing out! We found a purse at Thalassa Park which can be collected from OSHC.

FUND RAISING REMINDER: CAR BOOT SALE
Sunday, November 18th (9am-1pm) – on the school’s Hard Play Area.
There is a cost of $15 per car to sell goods. Sellers must be in by 8am and can’t leave until 1pm. The school will be open at 9am for purchasers.
There will be a plant and book stall and a stall with items that were originally Fair donations, along with face painting for the children.
A sausage sizzle with egg and bacon sandwiches costing $3.50 will be also available.

HURRY AND BOOK NOW by phoning Debbie Lamps on 8381 7476.

CHRISTMAS RAFFLE
The raffle will be drawn on Monday, November 26th.
LITTER FREE LUNCH DAY: THURSDAY, NOVEMBER 15TH

Next Thursday we plan to have a Litter-Free Lunch day. Some classes have been encouraging this all year and we thought it would be a fun thing to do across the school. We hope that you will join in the spirit of the day and help us to reduce litter.

Here are some suggestions as to how you can pack a lunch that minimises the amount of throw away litter.

• Send fruit in its skin – why package an apple or banana?
• Use lunch-wrap rather than plastic wrap – the lunch-wrap, being a paper product, will break down easily
• Use reusable containers – if you normally pack an individual small custard or yoghurt, try using a small plastic container instead.
• A plastic container is also preferable if you send grapes or diced fruit.

FLAMES HOT, 36ERS STOP THE ROT

Last Saturday night, the Flames provided the half-time entertainment for 4,443 people at the 36ers vs NZ basketball game. In their last official duty for the year, our jumpers got the crowd’s attention and had them giving big ‘Ooohs’ and cheering and applauding like only basketball fans can do. The noise was just fantastic to hear from down on the court. It was a fantastic show put on by our students who looked like true professionals, as one parent commented. Evidently, all the 36ers needed to break their losing streak was a motivating visit from the Flames!

The Heart Foundation can be truly proud of their young ambassadors. I certainly am, along with their parents, all of whom left Distinctive Homes Dome delighted with the thrills and excitement the Flames generated. Sensational work, Hub Flames!

Peter Murphy
Hub Flames Coach

SPORTS RESULTS

BASKETBALL

Yr 2/3 Boys: 23/10/07 Hub Tigers (54) def Rippers (9) An excellent game by all players.
30/10/07 Hub Tigers (44) def HV Hornets (16) A great game with good passing.
16/10/07 Hub Eagles (35) def Rippers (10) Well played boys.
30/10/07 Hub Eagles (44) def Monkeys (26) Great Sportsmanship, guys!

CRICKET

Senior Div 1: 27/10/07 Hub 7/84 def by Reynella 7/118
Best Batters: Tristan C 23, Hayden J 17
Best Bowlers: Tristan C 3/16, Adrian S 2/10
Very good bowling & fielding. Better effort needed with bat next week.

Senior Div 2: 27/10/07 Hub 3/68 def by Aberfoyle Campus 3/98
All played well.

SAPSASA NEWS

CRICKET

Congratulations to Samuel V and Lachlan C who have been selected to play Southern Valley District Cricket. The team of 13 players competes at various grounds including Flinders University this week. Good luck to the boys and the Southern Valley team.

TENNIS

Congratulations to Kelly S and Sophie M who have been selected to be part of the Southern Valley Tennis team. The state carnival is this week. Good luck to the girls and the rest of the team.
INDOOR SOCCER CLINICS: TERM 4
For Boys & Girls 5-12 yrs
Weekly Soccer clinics are being offered, as part of Junior Sports Programs at the Hub Recreation Centre, from Week 2 of Term 4. The fully supervised clinics are led by qualified and experienced coaches, with a focus on basic skills, fitness and overall, FUN.

WHERE: The Hub Recreation Centre 100 Taylors Road, ABERFOYLE PARK
WHEN: 4-5pm every Thursday of term (from October 25th)
COST: $35 per school term (cash/cheque/credit card) OR $5 Casual
CALL: 8270 3900 (James) to register your child

City of Onkaparinga
CAROLS IN THE PARK
CHILDREN’S CHOIR
This year, the Carols in the Park Children’s Choir will stage a musical nativity play. Would you like to be an angel, or a shepherd, or do you just love to sing? If yes, then please come along and join in! You can even bring a friend from school. Everyone is invited!

Rehearsals will be at Aberfoyle Park Baptist Church at 3pm on Sunday, November 18th & 25th and on Sunday, December 2nd & 9th. Parents are invited to attend a special dress rehearsal and sing-along on December 16th and the final performance will be at Carols in the Park (Mandilla Reserve) on Wednesday, December 19th.

For more details:
Phone Ellen: 8270 5809 or 0434 622 456
Students can also get a flyer from Ms Dent

A Showcase Concert
Wednesday, 5th December, 2007
Elder Hall (North Terrace, Adelaide)
Showcasing the achievements of:
- Secondary Schools’ Jazz/Rock Band
- Secondary Students’ Singers
- SASPE - SA Schools’ Percussion Ensemble
- PSRE - Primary Schools’ Recorder Ensemble
- PSGE - Primary Schools’ Guitar Ensemble
- PSSO - Primary Schools’ String Orchestra
- PSWE – Primary Schools’ Wind Ensemble

Tickets available from Instrumental Music Service – North
Phone: 8261 8988 (9am-4pm) – Monday to Thursday
Adults: $12  Children / Concession: $8

FLAGSTAFF HILL SCHOOL
30th BIRTHDAY FAIR
Flagstaff Hill School invites old scholars, past and present staff from Flagstaff Hill School and community members to a 30th Birthday Fair.

WHEN: Friday, November 16th (4-8pm)
WHERE: Flagstaff Hill School’s Oval

Personally engraved pavers for the building of the commemorative paved area can be ordered through Flagstaff Hill School.

For more details contact Flagstaff Hill School:
Phone: 8270 1744 or email: info@flagstaff.sa.edu.au

CHRISTMAS CHEER DONATIONS
Once again SRC will be asking families to assist the Aberfoyle Park Salvation Army’s Christmas Cheer program which provides donations of food or gifts for needy families in our local community. The Aberfoyle Park Salvation Army Church will collect the donations and distribute these from December 19th.

Donations of non-perishable food items could include:
- Christmas puddings, cakes or confectionery
- Chocolates, sweets, savoury snack foods or sweet biscuits
- Jellies, long-life custard, rice or cereal
- Tinned goods - hams, fish, vegetables, salads or fruit
- Juice, soft drinks or soups
- Vegetarian foods

Christmas Cheer (Santa Sacks) particularly needs gifts for children of all ages.

Last year, through the generosity of local people and groups, the Salvation Army was able to assist local families in need to the value of approximately $30,000 with food and/or gifts.

Please place your donations in the box just outside the Finance Office by December 7th. Thank you for your generosity.

David Rusk
PRINCIPAL
Sarah Magnusson
DEPUTY PRINCIPAL
Zoe Farquhar
ASSISTANT PRINCIPAL

Aberfoyle Hub School
Jeanette Crescent ABERFOYLE PARK SA 5159
Phone: 8270 5055  Fax: 8370 5763
Email: info@ahs.sa.edu.au
EXCURSIONS

WATERWATCH - Rooms 17 & 19

ZOO - Extension & Enrichment (SHIP)

Aberfoyle Hub School
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