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Newsletter

A certificate titled "Star of the Week" for Marley Graham. The background is a blue and white checkered pattern. The title is in a large, black, cursive font. Below the title is a list of six bullet points describing Marley's achievements. To the right of the list is a small photograph of Marley, a young boy with blonde hair, wearing a yellow and black sports jersey. The certificate is decorated with yellow stars along the top and bottom edges and two large yellow stars on the left and right sides.

Weekly Awards!

Congratulations to the following students this week:-

Ruby Stafford for excellent inventive spelling and sight word recall.
Tabitha Leonard for working independently

P & C NEWS



P & C meeting on Wednesday 29th October. Peter Campbell, School Education Director, to attend. All welcome, please come along. Meeting starts 6pm in the school library.



Which is healthier: Fresh, Frozen or Canned vegetables?

Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It's important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease. Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties.

Whichever you use it's great that you're getting the important five serves a day for your family.



Term 4 at a glance

Wednesday 29th October - P&C meeting
 Friday 31st October - Tuckshop
 Monday 10th November - KEEP
 Monday 17th November - Lake Ainsworth
 Tuesday 18th November - K-4 excursion, more details to follow
 Monday 24th November - Intensive Swimming starts
 Monday 27th November - Kinder Orientation
 Wednesday 3rd December - Kyogle High School Year 6 to Year 7 Orientation Day
 Monday 8th December - KEEP

Community News

Kyogle High 70s Christmas Trivia Night

When: Saturday 6th December @6pm

Where: KHS School Hall

Cost: \$20 pp, tables of 8

RULES!

No under 18s or school students

Dress in your best 70s xmas gear

BVO food and beverages!

Hosted By
 Mandy Nolan



Tickets can be purchased at: KHS office and Gateway Office Supplies

