Early Childhood Athletic Carnival
Last Tuesday, in glorious sunshine, we held a very successful Early Childhood Athletic Carnival. The children were active, enthusiastic and happy. Events included a 50 metre sprint, egg and spoon race, sack race, skipping race, horse and rider race, rock race, teddy bear race and an obstacle course. Thank you very much to Miss Parsons for her leadership of this event and to our senior students for their excellent assistance on the day.
It was wonderful to have so many families come along to cheer for their children.
PS The shade tents looked amazing!
Diary

Thurs 17th Nov  Community Concert 1.00 pm - 2.45 pm
Thurs 17th Nov  No Early Childhood Assembly
Mon 21st Nov    P&C Book Fair 3.00 pm in the PAC
Wed 23rd Nov    P&C Book Fair 3.00 pm in the PAC
Thurs 24th Nov  Schools Triathlon - Devonport
Thurs 24th Nov  Whole School Assembly 2.05 pm
Thurs 24th Nov  School Association AGM 7.00 pm
Fri 25th Nov    P&C Book Fair 3.00 pm in the PAC
Fri 25th Nov    'The Sound' on Tour - Sidefest (RHS)
Tues 29th Nov   Kindergarten A, B & C Excursion to Hagley Farm
Wed 30th Nov    Orientation Day for Year 6's - Brooks High School
Wed 30th Nov    Baby Playgroup Christmas Party
                9.30 am - 10.30 am
Wed 30th Nov    Pre-Kinder A & B Christmas Party
                1.30 pm - 3.00 pm
Thurs 1st Dec   Early Childhood Assembly 2.05 pm
Fri 2nd Dec     Pre-Kinder C & D Christmas Party
                9.00 am - 10.30 am
Fri 2nd Dec     2/3, 3/4 and 5/6 classes to Dance Fever
                10.15 am
Fri 2nd Dec     Playgroup Christmas Party
                1.30 pm - 3.00 pm
Mon 5th Dec     Volunteers Morning Tea 10.00 am

Student Awards

Latest EC winners were - Irin Voer, Aahritik Gautam, Ada Haarmann, Zarhila Reynolds, Jake Wager, Ester Wani, Ebony Thompson, Hannah Rhodes and Chloe Collins.

Volunteers Morning Tea

We are holding a Morning Tea on Monday 5th December at 10.00 am in the Staffroom, for our wonderful volunteers who help out in the school in so many ways.

We would love to see as many of you as possible attend this morning tea so that we can thank you in person for your contribution to the school.

Please rsvp as soon as possible.

Friday Sport

Roster for Friday 18th Nov
Basketball      MHPS v Norwood
Dev Basketball  Summerdale v MHPS
T Ball          MHPS v Trevallyn
Speedball       Youngtown v MHPS
Girls Football  MHPS v Trevallyn

Dollarmite Award

Last week’s winner was - Chase Mijts from Grade 2/3 Towns/Pridmore.

Dance Fever

On December 2nd, all Year 3 to 6 classes, and 2/3 Towns Pridmore, will travel to the Door of Hope to see our Dance Fever team perform along with other schools.

We will leave school at 10.15 am and return at 1.15 pm. The children will not have access to the canteen for recess or lunch on this day.

As always, full school uniform is required.

Please note: Performance dates and times, and information regarding tickets for families and the general public, are advertised below.

Best Wishes to our Triathletes

Nine students and Mr Geale are heading to Devonport on Thursday 24th November to compete in the 25th All Schools Triathlon. Team members are reminded to drop their bikes at school early next week. Good luck team!
Raffle Prize Winners

Thank you very much to everyone who supported our Monster Raffle. Special thanks to all who donated prizes and truly helped make this a MONSTER Raffle. We have raised approximately $4000 Congratulations to all!

1st Cradle Mountain Accommodation  B Maher
2nd Bluetooth Speaker  Montana
3rd Necklaces  E Ryan
4th Mirror Light  L Chamin
5th Office Chair  L Vandermolen
6th Office Chair  W Seen
7th Hawthorn Jersey  T Dunn
8th Gift Packs  C Fahey
9th Scentsy Pack  C Ashman
10th Hamper  R Barnes
11th Necklaces  H Close
12th Photography Voucher  C Thompson
13th Lamp  T Bond
14th Jewellery Box  C Thompson
15th Earrings  B Harvey
16th Iron  B Kiely
17th Tasmazia Pass  S Pitt
18th Tamar River Cruise Pass  F Hunt
19th Tamar River Cruise Pass  J Digney
20th Bag & Purse  L Davidson
21st Sports Pack  E Leedham
22nd Earrings & Necklaces  Phone No. provided
23rd Earrings & Necklaces  I Hunt
24th Earrings & Necklaces  Jodi Viner
25th Earrings & Necklaces  L Saunders
26th Choc Basket  C Ashman
27th Bunnings Voucher  M Shipp
28th Petrels Voucher  E James
29th Cleaning Products  S Brown
30th Black Wallet  Tayte Kearnes
31st Butcher Voucher  G Currant
32nd Capri Voucher  C Smith
33rd Priceline Items  Mrs Seen
34th Tahune Airwalk Pass  Phone No. provided
35th Lehigh Games Meats Voucher  S Szyrka
36th Car Cleaning Products  Montana
37th Gunns Plains Caves Voucher  T Stacey
38th Bottle Wine  J Medcraft
39th Puzzle Game  T Szyrka
40th Don River Railway Pass  A Howel
41st Don River Railway Pass  Di Sturzaker
42nd Ukulele  C Ashman
43rd Wiseguise Voucher  Courtney
44th Wiseguise Voucher  D Martin
45th Wiseguise Voucher  M Heatley
46th Wiseguise Voucher  B Jones
47th Candle Pack  A Kay
48th Lazer Tag Pass x 4  D Denman
49th Lazer Tag Pass x 4  T Bond
50th Putt-it Golf Pass  N Rai
51st Cheesecake Voucher  D Denman
52nd Clutch bag  E Potter
53rd Children’s books  K Littlejohn
54th Hair Products  E Airey
55th I x Gel Nails  C Digney
56th Mowbray Hotel Voucher  S Subedi
57th Mowbray Hotel Voucher  S Latham
58th Commercial Hotel Voucher  L Chamling
59th Commercial Hotel Voucher  M Moore
60th Girls Toy Pack  Jeanette
61st Boys Toy Pack  G Currant
62nd Hair Cut  N Hurst
63rd Mowbray Capital Chemist Basket  T Bond
64th Wine  Christian
65th Chocolate Basket  T Phillips
66th The Caf Voucher  B Woodiwiss
67th Ravenswood Takeaway Voucher  S Holloway
68th Allgoods Voucher  N Guy
69th Puzzle Pack  Maher
70th Birchalls Voucher  H Kearns
71st Birchalls Voucher  J Coker-Williams
72nd Candle Voucher  D Donohue
73rd Purse Pack  Grandma Laura
74th Just Cuts Voucher  E Moore
75th Just Cuts Voucher  Mohamed Mohamed
76th Just Cuts Voucher  R Stone
77th Bath Pack  K Sharman
78th Paper Weight  A McLean
79th Choc Pack  B Reynolds
80th Choc Pack  Priya Dhungana
81st Choc Pack  Priya Diwali

2017 Swimming and Water Safety Program

Our Swimming and Water Safety Program for all Year 3, 4 and 5 students and identified Year 6 students in 2017 begins on February 15th. This program is an integral part of the Health and Physical Education curriculum requiring compulsory attendance.

To support a smooth administration process, due to the program commencing in Week 2, we are requesting consent forms to be completed and returned to school by Friday 25th November 2016.

The forms are coming home with this newsletter.

Book Fair

The P&C Sub-committee would like to offer the opportunity for families to purchase books from our upcoming Book Fair. The exciting theme for this Book Fair is Australia! Story Country.

The Scholastic Book Fair will be at our school on Monday 21st, Wednesday 23rd and Friday 25th of November in the PAC from 3.00 pm to 4.00 pm.

Books can be purchased on the day with either Cash or Credit card. The catalogue is coming home with the newsletter. Hope to see you there!

P & C Sub Committee
The importance of drinking water to prevent dehydration
The human body is dependent on water for healthy functioning. Normal daily activities such as breathing, sweating and going to the toilet can cause the loss of about 1 ½ to 2 litres of fluid from the body every day! This amount increases in warmer weather and with more strenuous exercise. The human body is approximately 70% water so our water levels need topping up regularly throughout the day so we don’t become dehydrated.

Good hydration helps our body to digest food, use nutrients, take waste away and maintain a healthy body temperature. It also increases energy and focus. It also helps to lubricate joints and cushion the body’s organs. It keeps blood from thickening and aids in the control of blood pressure.

When we feel thirsty we are already in the process of dehydrating and this can cause both physical and mental effects. Some early signs of dehydration are daytime fatigue, muscle weakness, poor concentration, headaches, fogginess and joint stiffness. Further dehydration may lead to anxiety, tension, hypertension, overeating, constipation and kidney stones.

So have a good drink at breakfast, morning tea, lunch, afternoon tea and tea time. Throw in an extra 2-3 drinks elsewhere over the day and your hydration levels will be well maintained.

Jenna Bayes
Primary School Health Nurse

Class Placements for 2017
In the last two weeks of November we will begin working on class placements for next year. Placing children in classes is always carefully considered and many things are taken into account, including the educational needs of students, behaviour, gender, friendships and work habits. We also consider parent knowledge, as parents often have important information to share with us about their child, in addition to what we are already aware of, which can be very helpful. Information about the way your child learns, their work habits, strengths and challenges are significant considerations for you to share.

If you would like to communicate information that will support your child’s placement in 2017 you are welcome to write a note, phone or make a time to meet. It is important that you either write or speak to me and not discuss individual needs with class teachers. In a school as big as ours, it is important to keep track of the information.

The information you give us will be taken into account, along with the knowledge our staff has of your child. We commit a great deal of thought and time into arranging classes. Once we start placing over 500 students in classes, it is difficult to make changes, as so many factors have been considered which affect not only your child, but also the other students in their new class.

It is essential to know that requests for a particular teacher will not be considered. The opportunity to provide information supporting class placements closes on Friday 18th November.

Sharon

AGM for Mowbray Heights Primary School - School Association Inc.
When: Thursday 24th November at 7.00 pm
Where: Boardroom

Christmas Celebration with our Chaplain Silja
On 28th November, 2nd December, 6th December and 9th December, Year 3 - 6 students are invited to join Silja during their lunchtime to hear about the story and traditions of Christmas. They will also have the opportunity to make some Christmas craft. If you would like your child to participate in this experience please return the form below to the Office by Tuesday 22nd November.

Christmas Celebration with our Chaplain Silja
I ___________________________________ give permission for my child _____________________________________

to participate in the lunchtime Christmas experiences with Silja.

Signed ___________________________________________ Date ___________________________

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