Who’s Retiring

As I head into my last week as Principal of Bullimbal School my thoughts are very much of my future retirement. I am trying to remind myself to stay in the present and not get too ahead of myself. I am excited about moving on to the next part of my working life. Shar and I try to live a self sufficient life but it’s hard to do when you’re working a full time job. Travelling to our son’s wedding next year in Latvia, then to Spain and Britain will be a highlight, but what I am looking forward to in retirement is a slower pace with some time to look at things and take in what’s happening around me.

I leave Bullimbal School with Brett, Trish and our Relieving Assistant Principal, Martin Courtney, ready to really move the school in an exciting direction into the future. I know they will have great support from staff and parents.

I have been so lucky to work with such a dedicated staff, particularly in our front office. Our dear Jenny, Tracey, Tanya and Fiona have all been simply fabulous to work with, always ready to do what is needed. Our teachers and School Learning Support Officers do such a wonderful job each and every day with just one focus - the best for each of their students. Our terrific P&C, who may be small in numbers but big in heart and dedication, have been fabulous in their work to get the best for our students.

My best wishes to everyone, I will be back from time to time to say hello.

2015 Calendar

October

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Family Assembly ‘Amended Date’</td>
</tr>
<tr>
<td>30</td>
<td>Bunnings B B Q</td>
</tr>
</tbody>
</table>

November

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/7</td>
<td>CAPERS</td>
</tr>
<tr>
<td>10</td>
<td>Musica Viva</td>
</tr>
<tr>
<td>13</td>
<td>Grandparents’ Day 11:35am - 12:25pm</td>
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<tr>
<td>21</td>
<td>Christmas Family Fun Fair 3pm - 8pm</td>
</tr>
<tr>
<td>25</td>
<td>Year 12 Formal</td>
</tr>
</tbody>
</table>

December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Cerebral Palsy Day</td>
</tr>
<tr>
<td>15</td>
<td>Presentation Day 1:30pm</td>
</tr>
<tr>
<td>16</td>
<td>Christmas Party and last day of school</td>
</tr>
</tbody>
</table>

No Parking On Driveway

Last week we had to call the ambulance for a student and unfortunately there were two cars parked in the driveway which made access awkward. This highlighted to us, the importance of keeping the driveway clear. Whilst we appreciate being able to park in the shade of the awning is nice on these hot days, the safety of our students must take precedence. We ask for your assistance by parking either in the car park or on the street if there are no spaces available.

Thank you

A big thank you to Gwen Ballard who volunteers every second Monday in the office making teaching and learning resources for our staff and students. Thank you Gwen!!
**Action Required**

- Put our Christmas Family Fun Fair on your calendar.
- Note Family Assembly Amended Date

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**Special Family Assembly**

**YOU’RE INVITED TO OUR**

**FAMILY ASSEMBLY**

30TH OCTOBER AT 10:30AM

WE WILL BE WISHING MAL ALL THE BEST IN HIS FUTURE RETIREMENT

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**CAPERS Tickets**

There are three easy ways to book your tickets:
1. Phone 0267675300;
2. Book online www.entertainmentvenues.com.au or;
3. Call in person to the Capital Theatre Tamworth, The Big Golden Guitar or Ray Walsh House

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**Bullimbal Christmas Raffle**

Tickets are available from the school office for our Pre Christmas Raffle. This raffle will be drawn at our Christmas Family Fun Fair on the 21st of November.

This raffle has been organised by Pam Pavey. Thanks Pam for all that you do for our students.

**Prizes are:**
1. Family Pass Capital Theatre/Haircut and Blow Wave/Manicure and Bathroom Gift Set
2. Painting ‘Azalea Garden’
3. Child’s Bike/A selection of Children’s Educational Toys
4. Christmas Cake/Morning or Afternoon Tea for two
5. 3 x Double Movie Passes/$30 Meal Voucher
6. Full Country Breakfast for 2/$50 Meal Voucher

We will still be collecting Hamper items for our Christmas Raffle which is drawn on Presentation Day. Non perishable items can be left at the front office.

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**Notify Us of Changes to Transport**

There are occasions when your child may not be getting the bus home, they may have a doctors appointment or be getting picked up for a special reason. It is extremely important that variations or changes to transport home for students after school is communicated clearly to our staff. The best way is to write this in the communication book, if this isn’t possible please phone school as soon as you can to let us know your arrangements.

If there are changes to the drop off or pick up address, such as when your child accesses respite, you are required to let us know so we can organise a variation to transport for you. Assisted School Travel require 7 days notice for these changes.

Thank you for understanding regarding this very important issue.

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**What’s happening in Class 7**

Class 7 are very excited in their very secret preparations to celebrate World Teachers’ Day on Friday 30th October. All will be revealed on Friday.

Teachers Beware

Class 7 are very excited in their very secret preparations to celebrate World Teachers’ Day on Friday 30th October. All will be revealed on Friday.

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**CAPERS 2015 - OUT OF THE BOX**

06 Nov 2015 - 07 Nov 2015

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**Christmas Fun Fair Saturday 21 November**
What’s happening in Class 1

Students in Class 1 have been lucky enough to have a Prac Teacher on class this week. Emma Goldsworthy has been reading ‘Elmer the Patchwork Elephant’ to the students and then helping them to complete elephant themed artwork.

What’s happening in Class 2

Everyday fun in class

2
EAT MORE FRUIT AND VEGETABLES

Eating fruit and vegetables every day will help your child grow strong and healthy. Children aged 2-3 years should eat 1 serve of fruit and 2.5 serves of vegetables and children aged 4-8 years should eat 1.5 serves of fruit and 4.5 serves of vegetables, each day. (Approximately half of these amounts for toddlers aged 1-2 years).

What is a serve?
1 serve of fruit is:
• 1 cup of canned or chopped fruit or
• 1 medium piece of fruit such as apple, banana, pear or
• 2 small pieces of fruit such as apricots, mandarins, plums, kiwi fruit or
• 1½ tablespoons of dried fruit, only occasionally

1 serve of vegetables is:
• 1 cup of salad vegetables or
• ½ cup of cooked or raw vegetables (such as broccoli, carrot, peas, beans) or
• 1 small potato
• ½ cup legumes (such as lentils, chickpeas or kidney beans)

Children may need to try new foods many times before they will like them. Tasting and learning about new fruit and vegetables is the best way for young children to become more familiar with them. You may feel like giving up if your child rejects them the first few times, but keep offering as it may take 10-15 times before they start eating them.

Easy ways to eat more fruit and vegetables each day
• Put fruit on breakfast cereal.
• Add extra vegetables to casseroles, bolognaise, stir-fry, curry or home made pizzas.
• Pack sliced fruit and vegetable sticks in the lunchbox.
• Make a smoothie with fresh, canned or frozen fruit.
• Serve fresh fruit with yoghurt or custard.
• Try a small cob of corn or mug of thick vegetable soup for a snack.
• Put salad on sandwiches and wraps.
• Try avocado and tomato on crackers.

Try to make fruit and vegetables part of every meal or snack
• Eat plenty of fruit and vegetables yourself. When your child sees you eating these foods they will want to try them too.
• Grow some vegetables in the garden and let your child water and look after them.

Tips to get your child eating more fruit and vegetables
• Cut up the fruit and vegetables so it is easy to eat.
• Offer a range of fruit and vegetables to try.
• Offer fruit and vegetables in different ways, such as raw, sliced, mashed, baked or grated.
• Try canned fruit or small amounts of dried fruit.
• Offer fruit and vegetables alongside foods your child already enjoys.

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au

A big thank you to Bill Mounter for providing Bullimbal Staff with Fire Training. All participants had a turn at putting out the fire using CO2, Powder and water extinguishers. We all agreed that the powder extinguisher was the best. Thanks Bill
FOR OUR FANTASTIC NEW BIKES FROM TAMWORTH BICYCLES

THANK YOU TO OUR WONDERFUL P&C

Our fantastic P&C has raised the funds, through our Boot Sales, cooking and selling sausage slings and the Bunnings B.B.Q., various raffles and many other fund raising events, to be able to buy our students these amazing bikes from Tamworth Bicycles. Thank you to our P&C team and everyone who gets involved with our P&C to make purchasing of much needed resources, such as these bikes, possible.

What would we do without you.

Families Getting NDIS Ready

Have you got a family member with developmental disability? Do you live in the Hunter New England or Central Coast area?

The National Disability Insurance Scheme (NDIS) is coming to you from July 2016. Make it work hard for your family member!

- Tools for advocating on behalf of your family member in the NDIS environment
- What could a typical life look like for a person with disability? How you can use the NDIS to achieve this vision for your family member
- What you should know before meeting the NDIS planner
- What’s worked? What hasn’t? Benefit from the learnings of others
- Hear about the details of the NDIS process

Moree Services Club         Tuesday         10 November

Tamworth Services Club       Wednesday       11 November

Muswellbrook RSL Club        Thursday        12 November

Wyong Race Club TBC          Friday          13 November

A free workshop for families

Register online or call 1800 620 588
Community Notice Board

Join us on NOV 1st for our SENSORY FRIENDLY SESSION at Forum 6 Cinemas Tamworth for children with Autism Spectrum Disorder (and their families/carers)
* Reduced Level Sound
* Individuals may leave their seats & walk around the cinema
* Reduced tickets for all
* Reduced House Lighting

When: Sunday NOV 1st
Time: 10am session
If you have any questions, please call cinema 6766 3707 ext 9

EVERY LEGEND HAS A BEGINNING

Contact Us
Fiona’s Mini Bus Rentals
Phone: 67609084

Fiona’s Mini Bus Rentals
18 - 36 Degance Street
Tamworth NSW 2340
P: 0267628003
F: 0267628007
E: bullimbal-s.school@det.nsw.edu.au
W: www.bullimbal-s.schools.nsw.edu.au

www.challengecommunity.org.au