Welcome all to this week’s Link

Farewell
We say farewell this week to one of our longest serving members of staff, Marg Horgan. Marg has worked at Pleasant Street for 23 years. Marg has been a valuable asset to the school and we wish her well in her retirement. A short assembly will be held in Marg’s honour at 10.45am tomorrow.

Voluntary Contributions
There are still a few families yet to pay their Voluntary Contributions this year and there is still time to finalise these. Our school relies heavily on Voluntary Contributions to allow us to provide adequate resources for all of our students. Our other main form of supplementary income is through Christmas Fest and the Christmas Fest committee is doing a wonderful job at working towards yet another fantastic event and we look forward to everyone volunteering on the night.

Free Parent Session
A reminder about the two free parent information sessions on mindfulness (information below). Please let the office know if you plan to attend.

2018 Planning
To assist with our planning and to support the families on our waiting lists, we ask that any families who are thinking that they will not be here next year to please let the office know as soon as possible.

Mark McLay
Principal

An Introduction to Mindfulness : for Parents and Children

* Understanding the need for mindfulness in our present society and the benefits to our lives and our children’s lives.
* Developing a simple meditation practice - explore some simple techniques and develop a practice that suits you.
* Incorporating mindfulness into your everyday life
* Rewiring your brain for happiness

We will explore:

* Anchor breath and tuning into your internal weather pattern
* Breathing Buddies
* Changing The Channel
* Your Peaceful Place: a one minute meditation for time poor people
* Shaking Your Bones (stress relief and energising)
* A Qigong Emotional Release Technique to defuse strong emotions
* Rewiring your brain for happiness
* Box Breathing (or square breathing),
* “Body apps” technique (body scan)
* Raw Dancing

Wednesday 25th October - 7.10pm to 8.30pm
Wednesday 1st November - 7.10pm to 8.30pm
**JSC NEWS**

Junior School Council students are promoting **Walk to School 2017**

Take part if you can by walking, scooting or riding to school. We will be tallying results from October 9th to November 3rd. Every class has a Walk to School chart.

Students will mark each time they walk, ride or scoot to or from school.

If you live a long way from the school try dropping your child off so they can walk part way.

**Happy walking!**

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**ICYPOLE THURSDAYS**

Icypoles will be on sale tomorrow at lunchtime for 50c each.

The Year 3 to 6 students can purchase their icypole at lunch time from the canteen.

For the year Prep to 2 students, the Junior School Council Reps will be taking the icy poles around to their classrooms to sell.

Icypoles must be eaten under the big oak tree near the stage. Remember to put the rubbish in the bin.

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**Year 6 Graduation**

This year’s graduation will be held on Monday the 18th December at 7pm in the Multi-Purpose room. More information will be sent out shortly.

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**THE LAKE VIEW HOTEL FUNDRAISER CARD**

Pick up your Fundraiser Card from the office (one per family), and use it each time you visit The Lake View Hotel.

Your purchases will be recorded, and 20% of the total will be donated back to our school.

One dinner per year for each school family could raise around $5,000 in much needed funds, so collect your card now!
WE NEED YOUR HELP!

Working Bee
Sunday October 29th
9.00 am start

We will spread soft fall mulch under the playground, mulch the gardens, stain the decks and outdoor furniture, weed, tidy and mulch the garden beds and have a general tidy up.

What you need to bring (if possible)

⇒ Wheelbarrow
⇒ Shovel
⇒ Garden trowel
⇒ Garden gloves
⇒ Rake

Looking forward to your support,
The Grounds Committee

KELLY SPORTS TERM 4

What: Multi-Sports program
Sports: Cricket, T-Ball, Hockey, Frisbee & Basketball
When: Tuesdays after school
Starts: Tuesday 17th October
Finishes: Tuesday 19th December
Time: 3:40pm to 4:40pm
Who: Prep to Grade 4
Cost: $120 (10 week program)
Enrol: www.kellysports.com.au
Queries: zac@kellysports.com.au or 0418 597 493

Hats & Being Sun Smart

Don’t forget, hats MUST be worn at all times when outside during Term 4.
If a hat is not worn, students must play in a shady area.
Hats are available at the office for $10 each.
Run Ballarat

Run Ballarat is on this Sunday!

Thank you to all the families and students who have registered under the Pleasant Street Primary team. We are currently sitting in 4th position on the schools’ team leader board, only a few registrations away from 3rd and 2nd. There is still time to register or you can register on the day. Run Ballarat is a great way to support our community and raise vital funds for the new children’s ward at the Ballarat Base Hospital. 100% of the registration fee goes directly to the cause. There’s a 1km kids run, 6km run, 12 km run or the 6km family walk. Register at (runaustralia.com.au). Please register under the school’s link on the Run for Ballarat website, by typing in Pleasant St Primary. Every registration puts us in the running to win sports vouchers for our school. Last year we had 86 participants and we received a voucher for $250 which helped pay for all our school footbolls. So far we have 60 entries. If you get a chance to catch Win News or flick through the Courier over the next few days, you might just see the spotlight is shining on our school. Jump on board and I hope to see you there on the day!  

Mr E

SPORTS NEWS

Greater Western Region Athletics Carnival

Last Friday 12 students represented our school at the Greater Western Region Athletics Carnival. All students again battled the elements and performed admirably in each of their events. Congratulations to:

- Mia Darlow - 3rd place, U12/13 Discus
- Finn Ross - 3rd place, U12/13 High Jump
- Airlie Laybourne - 3rd place, U11 Long Jump and 100m

A big congratulations to the following students who have made it through to the State Athletics Final:

- Georgina Nash - 2nd place in U10 High Jump
- Alicia Buckland - 1st place, U10 Hurdles
- George Evans - 1st place, U12/13 1500m

We are very proud of all our students and wish our three qualifiers all the best at States!

School Sports Tops

Help needed! If you have any of our school sports tops, could you please return them to me a.s.a.p. We use an honesty system when handing out our shirts for representing our school, however we are now missing the majority of them, therefore we are unable to use them for the coming T20 Blast Cricket carnivals. Please return to me a.s.a.p.

Mr E
e-Platform

Check out these new titles added to e-Platform this month.

e-Platform is available to students in years 3 – 6.

As a display of support and commitment to the community, Ballarat Mazda has made a generous offer to donate $500 to our school each time a member of our school community purchases a new Mazda from the Ballarat Mazda Dealership.

For the donation to be made, a letter from the School Office must be taken to Ballarat Mazda at the time of purchase. Please see Bonnie, Maria or Sue to collect this letter.

As always, your support is greatly appreciated.
Discover the Treasures of Yarrowee
October 21st 2017
12pm - 5pm
Yullie Cairn Wetland - Vickers Street, Sebastopol.

Along the trail you will find art treasures, activities and interactive science experiments.
Discover the hidden stories in an exciting fun Art / Science exploration in a natural environment for children and families.
Be ready to explore, bring binoculars and comfortable walking shoes.
Along the trail you will find art, beautiful nature, interactive science experiments and an environmental themed children’s book swap.

Macarthur Street Primary School
Halloween Fair
TRASH AND TREASURE
HOT FOOD
BOOKS
HALLOWEEN STALL
CAKES AND BISCUITS
COFFEE
FRIDAY OCTOBER 27TH 2017
3PM-8PM
STALL HOLDERS WELCOME
PHONE: 0457 956 144 LINDA
0403 429 309 KY

A BIG BROTHER OR SISTER

Give your children an opportunity to learn about a new culture and language by becoming a Host Family for an International Exchange Student!

Develop an interest in other parts of the world and make a big brother or sister for life.

Want to learn more about being a host family? Contact us today!

SOUTHERN CROSS CULTURAL EXCHANGE
1800 500 501
cheryl.p@scce.com.au
www.scce.com.au

Students arriving from France, Italy, Germany, Japan and Scandinavia.