Assembly Roster
This week’s assembly will be run by KH.

Remembrance Day
Why is this day special to Australians? At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare. The 11th hour of the 11th day of the 11th month attained a special significance in history. Today, students and staff gathered at the flagpole for a minute silence and our school leaders laid a wreath to remember those who died.

Fuel for the school day
The following was written by Clair Drummond from the Flinders University and I thought it was worth sharing.

How many times have we heard that breakfast is the most important meal of the day? There’s overwhelming evidence to suggest that it is, especially for children. Eating breakfast has been shown to improve children’s behaviour at school, and poor eating patterns can impair adolescent growth and development. Put simply, a good quality breakfast helps provide young people with the energy they need for the day, and the nutrients they need to grow and develop.

When blood glucose levels are low, hormones such as adrenalin and cortisol are released which can cause feelings of agitation and irritability. This can then affect a child’s concentration and may even cause destructive outbursts. Children who don’t eat breakfast struggle to summon enough energy in the morning to cope with the demands of school.

Selective high schools
Online application for Year 7 entry to selective high schools in 2016 closes 17 November. Find out more:

Choosing the right shoes
If you are purchasing shoes for next year remember that black shoes are required for school. School shoes may all look the same but the cost can vary from about $30 to $120 and beyond. Does a more expensive shoe mean a better shoe? Find out more:

NSW public school terms and holidays
Here’s a snapshot of NSW public school terms and holidays for 2015 - 2016.
Find out more:

Jargon explained
If your child’s teacher mentions G&T in the COLA, she’s actually talking about gifted and talented classes being held in the covered outdoor learning area.

More school jargon explained:

Year 6 Farewell Meeting
Parents and carers of Year 6 students are invited to attend a planning meeting on Thursday afternoon at 3.15 pm on the Stage 3 floor.

Out of Uniform Day
Sunday 23rd November is Step Up for Down Syndrome Day 2014. Sara Bialecki’s family, friends and supporters are forming a team, “Team Sara”. “Team Sara” will be registered to walk for Step Up for Down Syndrome Awareness 2014. The walk is to support all people living with Down Syndrome to promote awareness and raise money.

On Friday 21st November Mayfield West Demonstration School will hold an out of uniform day to support Step Up Day. We ask that all P - 6 students wear normal clothes and please donate a silver or gold coin to help the school raise money.

Important Dates
12th November Preschool Orientation Red Group
13th November Year 6 Farewell meeting 3.15pm
17th November Interrelate Year 6
19th November Second Step Information Session
19th November Preschool Orientation Blue Group
19th November Preschool Puppet Show
20th November Preschool Puppet Show
10th December Celebration Day
11th December Year 6 Farewell
Second Step Parent Information Session
This year Mayfield West has introduced the program ‘Second step’ to all students from Preschool to Year 6. The Second Step program has been designed to help students learn, practice and apply skills for self-regulation and social emotional competence. The program teaches skills in the following four areas.

1. **Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.

2. **Empathy:** Students learn to identify and understand their own and others’ feelings. Students also learn how to take another’s perspective and how to show compassion.

3. **Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.

4. **Problem Solving:** Students learn a process for solving problems with others in a positive way.

Parents and caregivers are invited to attend an information session on Wednesday 19th November from 5.30 – 6.30 pm. Venue to be confirmed in next week’s newsletter.

Student Elections.
Elections for the Girl and Boy Captains, Vice Captains and Prefects will take place tomorrow with students from Years 2-5 voting in a secret ballot. A mobile ballot box will be taken into classrooms and the current student executive will act as scrutineers. A preferential system will be used to determine the positions within the student executive elect.

Sporting House Captains
Year 5 students may nominate themselves in writing to Mr Morrison by Tuesday 18th November at 12.00pm. To broaden the leadership base, students elected in the Student Executive are not eligible to stand for this election. Nominees will address their Houses at House Meetings on 20th November. Students from K-5 will vote using the first past the post system to elect two House Captains. Two captains can be voted in of the same gender.

Quality Kids

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NRMA Science and Road Safety

**Staying Safe**
Last Thursday Tom from the NRMA Science and Road Safety Show came along to our school to teach us the science behind being safe on and around roads. His important messages were to always wear a seatbelt in the car and make sure it is fitted properly, that the brakes of car work fine however they need time to stop a car completely especially if the road is wet and the importance of a properly fitted bike helmet. With Eggbert the egg being cracked without his seatbelt, the hovercraft having trouble stopping on the floor and the distraction of listening to music and texting on the phone to being a safe pedestrian, Tom taught us how important it is for us to make safe decisions and to be safe on and around roads not just now but also as we get older, even in the future when our time comes to learn to drive.

Library News
Just a reminder that borrowing has now closed for 2014. Could you please return overdue books to the library as soon as possible.

Canteen News

| Wednesday 12th | Jess, Kristy                        |
| Thursday 13th  | Tammy, Nat (Lunchtime counter service) |
| Friday 14th    | Mandie, Kristy, Sarah (recess)       |
| Monday 17th    | Gayle                                |
| Tuesday 18th   | Jane                                 |

Thompsons Pie Drive
Look out soon for the Snack Shacks, Thompsons Pie Drive. Forms will be coming home very soon.

Deleted line
Blackcurrant Focus drinks are no longer available.