**Principal’s Report**

**PHYSICAL EDUCATION WEEK**
This week is the Physical Education Be Active Week. This significant event is a great cause for celebration and an opportunity for kids at home and at school to enjoy physical activity and learn new skills. This week promotes the importance of Health and PE in the Australian Curriculum, and highlights the importance of Health and PE to the learning and development of children. Throughout the week we hope to promote and incorporate health and wellbeing activities, learning about how to look after ourselves.

Parents/ Caregivers it is a great time to be a positive role model for your child, teach your children skills, be active together and spend quality time together.

Hope you enjoy the week!

Kristy

Attached are some great ideas that you can use at home plus a schedule for this week.

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**School Counsellor**

**PROGRAM ACHIEVE**

Week 5 - RESILIENCE
- Positive self-talk
- Controlling behaviour
- ‘Bouncing back to work and play’

Congratulations to Melanie Hull for receiving the Program Achieve Award for this week.

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**2013 DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th Nov</td>
<td>PE Week</td>
</tr>
<tr>
<td>18th Nov</td>
<td>Student Free day</td>
</tr>
<tr>
<td>26th Nov</td>
<td>Governing Council</td>
</tr>
<tr>
<td>5th Dec</td>
<td>Presentation Night</td>
</tr>
<tr>
<td>12th Dec</td>
<td>End of term</td>
</tr>
</tbody>
</table>

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**BIRTHDAYS FOR NOVEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>16th</td>
<td>Marli Ryan</td>
</tr>
<tr>
<td>25th</td>
<td>Brodie Callaghan</td>
</tr>
</tbody>
</table>
Children’s Centre News

- The children enjoyed making their spiders and birds for ‘There was an old lady who swallowed a fly’ display.
- Transition to school starts this week with a visit till recess for all kindy children.
- The children enjoyed both the walk to school and the visit to the R/1 class last week.
- Tuesday afternoon was hot enough for water play, washing the dolls and floating the boats.
- Thursday was so cold, wet and windy we couldn’t go outside. Musical chairs, following instructions and making the birds kept the children busy.
- Tannille has put in an application into ParentSA, on behalf of the parent group, for a movement workshop by ACHFER SA in 2014. Thank you Tannille.
- Playgroup sessions will be held as usual on Wednesday 9:30am – 11am and Friday 10am-12 noon. You are all welcome.

Anne Teresa Sonia

GREAT FLINDERS JUNIOR TENNIS TOURNAMENT
Sunday 24th November 2013, 8.00 am at the Cummins Courts.
Entries to be in by 5 pm Thursday 21st November. Cost $4.00 per event.(limit of 3 events per player)
AGES-
- 10/U Boys and Girls Singles and Doubles,
- 12/U Boys and Girls Singles and Doubles,
- 14/U Boys and Girls Singles and Doubles,
- 16/U Boys and Girls Singles and Doubles,
(On 31st December)
Please leave details including date of birth and contact number with Kate Murnane on 0429 795443 or murnane@activ8.net.au or Kym Broad 0427 629 950 or mbr89101@bigpond.net.au

ELLISTON CAMERA CLUB 2014 CALENDAR for sale at the Information Centre and the Post Office. Price $15 each. What a great Christmas present to send to your relations!
Thanks again to all our Sponsors and Photo contributors’.

CHRISTMAS STREET PARTY
Proposed Street Party to celebrate Christmas in Elliston on Friday, 13th December. If you have any ideas or suggestions contact Kristy, Caroline or Anthony Ryan.

LITTLE BAY CAFE
We will be selling Hot Chickens on Fridays for $16. Saturdays and Sundays will be Pizzas from 5-7pm
Phone orders welcome – 86879000
Café Hours – Monday, Wednesday, Friday, Saturday and Sunday 9.00am – 7.00pm.
Thursday 9.00am - 6.00pm
Closed on Tuesdays.

DEEP TISSUE OR RELAXATION MASSAGE
Physical Effects of Massage:
Relaxes the Mind and Body
Relieves tight muscles and Eases pain
Stimulates circulation of blood and lymphatics
Promotes Detoxification
Helps to relieve anxiety and depression
Tones up the muscular system
Assists skeletal alignment through muscular balance
Increases energy, vitality and wellness Please call Carly 0422736454
CITIZEN OF THE YEAR AWARDS
The District Council of Elliston is calling for nominations for the following Awards to be presented on Australia Day:

Citizen of the Year
Young Citizen of the Year
Community Event of the Year

Nomination forms are available from:
The District Council of Elliston,
Elliston Information Centre,
Elliston IGA
or Via www.citizenoftheyear.com.au

Your nomination could help in someone special being recognised with an award at Council’s Australia Day celebrations!

Nominations will be received up until 5.00pm Friday 15th November 2013.

Citizen of the Year Awards for Australia Day
The Citizen of the Year Awards are presented in each of the 68 councils on Australia Day to recognise their ‘local heroes’ who have made a significant impact on their local community. The Awards reward and recognise individuals and organisations that have made a noteworthy contribution during the current year, and/or given an outstanding service over a number of years, to a local community over and above normal employment duties.

Outstanding contribution and community service includes areas such as; education, health, fund-raising, charitable and voluntary services, business, sport, arts, the environment, or any other area that contributes to the advancement and wellbeing of a community.

If you know someone you think should be recognised why not nominate them for the Citizen of the Year Awards?
You can nominate via the website www.citizenoftheyear.com.au or by contacting your local council.

Categories:
- Citizen of the Year Award
- Young Citizen of the Year Award
- Community Event of the Year Award

NOMINATIONS ARE NOW OPEN AND WILL CLOSE ON THE 15TH NOVEMBER 2013.

For more information visit www.citizenoftheyear.com.au or email miles.matt@dpc.sa.gov.au, or phone 08 8463 5437.

ELLISTON COMMUNITY HEALTH

<table>
<thead>
<tr>
<th>PHYSIOTHERAPY</th>
<th>PODIATRY</th>
<th>RURAL WOMEN'S GP</th>
<th>DIABETIC ADVISER</th>
<th>HEARING</th>
<th>COMMUNITY COUNSELLOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 11th Nov</td>
<td>Tuesday 26th Nov</td>
<td>Thursday 5th Dec</td>
<td>Tuesday 26th Nov</td>
<td>Tuesday 12th Nov</td>
<td>Every Thursday</td>
</tr>
<tr>
<td>Monday 25th Nov</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>For appointments phone 8687 9012</td>
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</tbody>
</table>

Government of South Australia

Elliston Community Health

Farewell For Dr. Jags and Charu Trivedy

Please joins us to say “Thank you” and “Goodbye” at a BBQ lunch

At the Elliston Golf Club
On Saturday, 30th November
12.00 to 5.00 pm
Meat provided, please bring a salad.
Bar facilities open.

ELLISTON KIDS CLUB

JUMBLE SALE
Saturday Nov 30th @ 10am
Elliston Hotel Lawn Area

Come and help us raise money to build an orphanage in Uttar Pradesh, (Nth) India!
(Private S.A. Project)
Clothes, Toys, Household Goods, Plants

Elliston Community Health
SURF RESCUE UPDATE with Tony Dalton
Tony Dalton will be available on Saturday 16th November at the Elliston front beach around 4.00pm for any Swimming Instructors who need to update their Surf Rescue Certificate.
Any enquiries please contact: Neil 0419252332

MOVEMBER TIME
It's MO time! I'm once again donning the dirty moustache to raise awareness and donations for prostate cancer and men's health.
No donation to small.
Donate & join the good fight
http://mobro.co/1190702

Ben Dickenson
Livestock Manager
Lower Eyre Peninsula