What’s Coming up in November?
* 13th Kinder Orientation singing/dancing
* 13th Extra transition Camden High School
* 17th Responsible Pet Ownership
* 20th Primary assembly
* 21st Kinder Orientation Superplay
* 24th Posters up for Year 5 elections for leaders 2015
* 24th Year 6 Transition Program starts at school
* 28th Car Boot Sale at Oakdale PS 3.30-7.30

What’s Coming up in December?
Lock these dates into your calendars!
* 1st Speeches for School Leader’s 2015 9.45 in hall
* 1st 3–6 Social 5.00pm–6.30pm
* 2nd Combined Scripture 11.00am in hall
* 3rd Year 7 Orientation Day
* 4th Parent Helpers Morning Tea 11.30-12.20
* 5th Principal’s Morning Tea
* 8th Presentation Day
* 10th Year Six Farewell
* 12th Year 6 Fun Day
* 12th Class parties and K-2 Social
* 16th BIG DAY IN
* 17th Last day at school

Reminders
# Fun Day money and note to be returned
# Return Parent Survey (If you have done it online you don’t need to do another one)
# Items the school can use to raffle at Boot Sale 28th November—please send to the office. (wine, chocolates, toys, food, drinks, cosmetics, vouchers, tools, books, Xmas food, boxed decorations—these will need to be new items)

# Cakes for the Cake Stall on 28th November and return volunteer notes please!

From the Principal’s desk:
I am very concerned about the types of foods many of our students are bringing to school for recess and lunch. Many lunch boxes are filled with packaged foods such as chips, sugary bars and lollies. Some children are coming to school without having a nutritious breakfast and they are not fuelled for the day ahead; lacking in enthusiasm and energy. Many studies link a poor diet to mood disorders, behavioural issues, hyperactivity, sleep disorders and so on. I have added some research to support my concerns and ask that you think very carefully about what is sent to school for your child to eat.

NEW STUDIES SHOW STRONG LINKS BETWEEN DIET, BEHAVIOR

Can the right diet make a child less hyperactive, alleviate an adult's depression, or even reduce aggression and antisocial acts? Recent research offers surprising evidence about the value of nutritional interventions for a wide range of behavioural and mood disorders.

Diet and childhood behaviour
Sophisticated studies reveal that for many children, the food/behaviour link is real. J. Breakey reviewed studies on food and behaviour and concludes that the results "clearly show a relationship" between what children eat and how they act. "The most important finding," she says, "was that in almost all studies there was a statistically significant change in behaviour with dietary intervention. Although diet changes reportedly can improve a wide range of behaviour problems, including hyperactivity and sleep problems, Breakey says "an important unexpected finding is the number of researchers who emphasize that the symptom most affected by diet is mood, especially irritability."

While most studies on diet and behaviour have focused on reducing hyperactivity, there is evidence that diet also has a strong influence on aggression. Physician Melvyn Werbach cites some examples: One study found that 20 subjects with marginal deficiencies of thiamin were impulsive, highly irritable, aggressive, and sensitive to criticism. After their diets were supplemented with thiamin, the subjects' behaviour improved significantly. Research shows that among adolescent males, iron deficiency is directly associated with aggressive behaviour. These findings are not surprising, according to Werbach, because tryptophan is the dietary building block of the brain chemical serotonin, and low levels of this neurotransmitter are strongly linked to behaving problems including impulsive aggression.

As a staff we really do care about the welfare of our students. We have tried many strategies to improve the behaviour of some of our students and have been met by varying degrees of success. We need to look at every area that may impact on learning and behaviour and work with parents to bring about positive change. Your support in this area is appreciated.

Maria Green - Principal
CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO RECENTLY VISITED THE TREASURE CHEST. YOU HAVE ALL BEEN TRYING VERY HARD TO DO YOUR BEST IN CLASS.

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
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<tbody>
<tr>
<td>KB</td>
<td>Paige Fraiser, Aedan Hannigan</td>
</tr>
<tr>
<td>1C</td>
<td>Zahli Hoare, Georgia Griffin, Ashley Barnes, Xander Reid, Timothy Prout, Seth Attard</td>
</tr>
<tr>
<td>2H</td>
<td>Nash Brackenrig, Suvi Lehtonen</td>
</tr>
<tr>
<td>3B</td>
<td>Myia Tabone, William Milne, Katelyn Chelin, Bindi Woods, Jasmine Griggs, Kane Camilleri, Kailyn Harvey</td>
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<tr>
<td>4L</td>
<td>Zac Harding</td>
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<tr>
<td>5F</td>
<td>Tori Davis, Kalani Wymer, Joshua Young, Thomas Bonomini</td>
</tr>
<tr>
<td>6W</td>
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**Kindergarten Enrolments**

We are now enrolling for Kindergarten 2015. If you have a child coming to Oakdale next year please pick up enrolment forms at the office. Having this done early assists us structure classes for next year K-6.

**Twilight Markets**

The P&C are organising Twilight Markets for 28th November 2014. The market will go from 3.30-7.30. Stalls will be $30 each. If you would like to have a stall; fill in a form at the office.

**Bikes at School**

If you ride a bike to school you must wear a helmet and walk it through the school grounds. When you leave your bike at the bike racks it is your responsibility to remember to take your bike home. If left overnight it may be damaged or stolen by vandals. The school is not responsible for damaged property left after school hours.

**Raffle for Mrs Micallef**

Thank you to everyone who supported the Micallef family by buying raffle tickets in the school raffle. We raised $850 to give the family and support them through a difficult time. Simone was very appreciative and touched by the community support.

**Books Returned**

All library books and class readers need to be returned by the end of Week 8 so that Miss Hannaford can complete a stocktake. Lost books will need to be paid for and a note will be sent home in Week 9. Start looking now!
## Primary Big Blueys

### Term 4 Week 5

<table>
<thead>
<tr>
<th>3B</th>
<th>4L</th>
<th>5F</th>
<th>6W</th>
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<tbody>
<tr>
<td>Lauryn Takiari x 2</td>
<td>Zac Harding x 11</td>
<td>Ebonnie Brincat</td>
<td>Shaylee Robinson</td>
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<tr>
<td>William Milne</td>
<td>Amy Hooper</td>
<td>Jesse Beard</td>
<td>Jaide Curtis x 2</td>
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<td>Owen Ryan</td>
<td>Jessica Barrass x 3</td>
<td>Emma Belter</td>
<td>Ryan Ballard</td>
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<tr>
<td>Katie Chelin x 2</td>
<td>Kate Foster x 5</td>
<td>Zoe Palmer</td>
<td>Hassan Dirani</td>
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<td>Dylan Palmer</td>
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<td>Brianna Fraser</td>
<td>Alicia Campbell</td>
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<td>Kane Camillieri x 2</td>
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<td>Lydia Foster</td>
<td>Amy-Rose Ciampa x 3</td>
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<td>Casey Ramp x 2</td>
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<td></td>
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<td>Sarah Hooper x 2</td>
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<td></td>
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<td>Joshua Prout x 2</td>
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**Star Student:**
Cameron Richards  
Cody Beard  
Tori Davis  
Ryan Ballard

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### Infants Big Blueys

#### KB
**Term 4 Week 5**
- Morgan Scott
- Paige Fraser
- Jake Graham
- Joseph Boerger
- Hayley Austin
- Ryan Young X2

**Student of the Week:**
Hayley Austin

**Writer Award:**
Paige Fraser

#### 1C
**Term 4 Week 5**
- Ashley Barnes X2
- Esther Brown
- Isabel Nash X2
- Zali Hoare
- Kuljas Kapoor
- Georgia Griffin
- Claire Sproule

**Student of the Week:**
Ella-May Dern

#### 2H
**Term 4 Week 5**
- Xander Reid
- Seth Attard X2
- Savannah Dancuo
- Riley Grieve
- Bowyn Scott

**Student of the Week:**
Niamh D’Arcy