Community Notices
The school is happy to advertise some local events and business in our newsletter, but we do not necessarily endorse them to you. It is the responsibility of individual parents/caregivers to ensure that they themselves are satisfied with all services offered before they involve their children or themselves.

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An Evening with ACOS
Armidale Community Of Schools
Celebrating Public Education

Time ★ 6.30pm Foyer Art Show
7.00pm Concert
Date ★ Wednesday, 2nd September
Venue ★ Lazenby Hall
Cost ★ $15 for adults $10 children

An evening showcasing excellence in the Arts
A fabulous night of entertainment not to be missed

Tickets go on sale at the Reader’s Companion Monday 24th August

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Do You Need After School Care?
Armidale Out of School Hours Care is currently offering quality, affordable care for primary school aged children with programmed activities and opportunities for free play and quiet pursuits.
For further information, please call 6772 5300, or email afdc@optusnet.com.au

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Spring into Spring
Guyra Fun Run
main event is an 8km fun run followed by a 2km family fun run
SUNDAY 11 October 2015
Where Each event will start and finish at Guyra Central School, Marine Street, Guyra
8km Fun Run $25
2km Family Fun Run $10
Cost
Online only by 5 October
www.guyraopsandc.wik.com/tumrun

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AIA Vitality MiniRoos Kick-Off for Girls is an introductory football program for girls aged 5-11 starting October 2015.
Visit the website to find a location nearest you.
**Dates to Remember—Term Three**

**August**

**Tuesday 25 August** - ‘Lollies’ Musical Evening Performance at 6pm

**Thursday 27 August** - Book Character Parade

DHS transition taster 1pm to 3pm

**Friday 28 August** - Regional Athletics

**Mon 31 August - Fri 4 September** - School Learning Support Staff recognition week

**Tuesday 1 September** - ACOS practice

**Wednesday 2 September** - YCDI mini award session

ACOS matinee at Lazenby Hall, UNE 12noon, students will be going by bus

ACOS evening program 7.30pm at Lazenby Hall, UNE

**Friday 4 September** - Gathering Years 3 and 1 presenting items

**Mon 7 - Fri 11 September** - Dental Clinic and Swim School

**Mon 14 - Fri 18 September** - Swim School

**Tuesday 15 September** - School Photos

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**CONFIDENCE**

Here is a helpful tip for everyone with their performances. Keep calm, You will all be great!

Mrs Harwood

**Breathe In, Breathe Out, Keep Calm**

Use this technique next time you need to calm down.

To begin, rapidly exhale all the air from your lungs through your mouth.

Next, to a count of five,

slowly inhale through your nose

… one … two … three … four … five.

Hold your breath of air for a slow count of three … one … two … three.

Now slowly, very slowly, exhale the air through your mouth to a slow count of five … one … two … three … four … five.

You have just completed one repetition. To continue to relax, breathe in slowly to a count of five, hold for a count of three, and again exhale to a slow count of five.

Do this several times.

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**REMAINDER**

For Year 2, 3 and 4 students

Expressions of interest forms are due back for swimming school being held in Weeks 9 and 10.

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**Dental Clinic Reminder**

Thank you to those who have returned their signed note. If anyone still requires to return theirs please do so this week.