SunSmart Policy

A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health. Our school aims to achieve a healthy UV exposure balance for children and staff. Our school follows the suggested SunSmart measures From September to the end of April. To help support our SunSmart policy can you please ensure that your child is aware of the following 5 steps.

1. **Slip on a shirt** - for free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.

2. **Slop on SPF 30 or higher broad spectrum, water resistant sunscreen** – if your child has fair to olive skin, apply sunscreen at the start of the day and make sure they have sunscreen in their bag ready to be reapplied throughout the day. Please ensure they get plenty of sunscreen application practice at home so they’ll be all set when they are at school. If your child has naturally very dark skin, they may not need to apply sunscreen to help with their vitamin D. This is a decision for families to make.

3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Baseball caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.

4. **Seek shade** – choose shady spots for play whenever possible.

5. **Slide on some sunglasses** - if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

CFPS Relay Team

Manoah, Toby, Bella and Lenny have successfully made it to the next phase of Athletics. Congratulation to all students and we wish you all the best representing our school at the PSSA NSW State Championship. Unfortunately Toby will be on an exciting adventure in the USA and will not be able to attend. A replacement for Toby will be announced after the District Athletics times have been reviewed.
**Gardening**

Students are welcome to change into more appropriate footwear for their gardening sessions on Fridays.

**Change of bell times**

A reminder that at the beginning of term 4 our school bell times will change to the following structure.

- **First bell rings at 8.55 am for lining up.**
  - 9 – 11 am: Lessons
  - 11 – 12 noon: Lunch
- **First bell rings at 11.55 am for lining up at classroom**
  - 12 – 1.20 pm: Lessons
  - 1.20 – 1.40 pm: Recess
- **First bell rings at 1.40 pm for lining up at classroom**
  - 1.40 – 3 pm: Lessons
  - 3 pm: School day ends.

**School Principal Replacement**

The Department of Education has advertised the CFPS principal position and application will close shortly. When the successful applicant has accepted the position we will let everyone know.

**Father’s Day Stall**

CFPS P&C are holding a Father’s Day stall tomorrow. Gifts will be available for $5.00 each. The stall will be set up in the multi purpose room at recess & lunch tomorrow and Friday.

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**Kinder Orientation and Parent Information Session**

**ENROLLING NOW FOR 2016**

**“Readiness for School”**

An information session will be held at Captains Flat Public School

*6pm Wednesday 28th of October.*

Please RSVP on 6236 6253 if you would like to attend.

**Kindergarten orientation sessions**

Our Orientation will be held across three sessions at Captains Flat Public School.

- **Morning Session**
  - Wednesday 11th November from 9.30 – 11.00
- **Middle Session**
  - Wednesday 18th November 11.30-1.00
- **Afternoon Session**
  - Wednesday 25th November 1.00 – 2.30

2016 Kindergarten students will participate in fun activities in the Infants classroom.

**Enrolment forms**

Enrolments forms are available from the School Office. Birth Certificate or Passport & Immunisation Certificate must be provided.

The NSW Department of Education requires all children to produce a full Immunisation Certificate before starting school.

**Cooba Camp**

Students in 3/4/5/6 will be attending their overnight camp to Cooba Wed 4th Nov – Fri 6th Nov 2015. The cost per student is $250. Parents please make regular small payments to ease the amount owed when the students go to camp.

**P&C Meeting**

A meeting is set for Tuesday 15th September at 6.30 in the multi purpose room. All Welcome

**How many days of school has your child missed this term?**

**School Attendance …Remember**

- Students need to attend school regularly to make the most of educational opportunities.
- There is a direct link between school attendance and achievement later in life.
- Poor patterns of attendance in the early years lead to poor patterns of attendance throughout the school years.
- Poor attendance makes it difficult for children to form positive relationships with their peers.
- When young people are in school every day, they are safer and less likely to be victims of crime, or become involved in crime.