Compulsory Hats
From the start of this term we will return to the wearing of a school approved hat. Our hat is green in colour and is designed to promote the protection of the neck and ears as well as the face. Compulsory hats are a School Council Policy, which will be strictly enforced. Children who don’t wear an approved hat will be required to stay in a sheltered area during school recess times.

NO BASEBALL HAT IS OR WILL BE APPROVED.

To the following people who helped at our market on Saturday 28th September; Gary Barrett, Chloe Sharrock, Simone Royle, Christine Young, Leanne McLeod, Maria Samas, Fran Lazner, Sophie Lazner, Donna Thomson, Darren Walker, Tace Withers, Wendy Sharrock, Samantha Brasier, Michelle Gathercole, Rachel Nevinson, Olivia Barrett, Nat Quintin, Mandy Bos, Sara Jacobson, Anthea & Sophie Williams, Kiera Roy, Indigo Jacobson, Keala Jacobson, Angela, Ron, Paris & Liam Blade, Colin Moorhouse, Sylvia Williams, Matt & Mikayla Davies and Kirsty Ross.
Prep B - Mrs Bos - Tahlia Oliver – For presenting her fascinating and fun news item, her two baby budgies!
Prep P - Mrs Prossor – Joshua Alesci-Bateman – For telling us lots of information about his holidays.
1/2B - Mrs Baird - Vanessa Pettiford – is always a diligent worker and a good listener. She looks at the speaker, waits her turn and follows instructions.
1/2H – Mrs Hughes – Emmie Li Moylan – For settling back into school so well after her long holiday. She kept up with her reading while she was away. Well done and welcome back Emmie Li. We all missed you.
1/2P - Miss Perkins – Riley Swagata-Heylbut – For his fantastic subtraction work this week.
3/4T – Miss Withers – Luke McKenzie – For always bringing a positive attitude to the classroom.
3/4W - Ms. Walton – Bailey Downes – Welcome to Tootgarook Primary School. You have settled into our grade very quickly and demonstrate a great attitude to learning.
5/6B - Mrs. Clements – Paige Reeve – For being so cooperative and helpful in the classroom and for welcoming me back into the grade.
5/6Q - Miss Quintin – Kara Rosowski - You co-operated with everyone during our team building activities this week Kara Rosowski. You're an asset to any team and a pleasure to have in our grade. Keep smiling!
Art / Craft – Gr 3-6 (Ms Lee) – Sarah Wallace – 3/4J – for being kind and helpful towards other students.
Music (Mrs Young) – Skye Johnson – 3/4W Welcome back to band. You have done so well to regain your skills so quickly! It is great to have another clarinet player. Well done!
P.E. / Sport – Miss Staley – Leigh Rosowski-1/2P You showed amazing energy, enthusiasm and persistence in Hip Hop this week! Keep up the fantastic effort!
BERNIE WALSH ART AWARD – 5/6B – For their industrious, creative stitching skills!

Sun Smart from September
Sun exposure in the first 15 years of life contributes significantly to a child’s lifetime risk of skin cancer.
To protect yourself and children you care for use a combination of 5 sun protection measures.
The Outside 5 are:
1. Slip on some sun-protective clothing that covers as much skin as possible.
2. Slop on SPF30+ sunscreen - make sure it is broad spectrum and water resistant. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. Slap on a hat that protects your face, head, neck and ears.
4. Seek shade.
5. Slide on some sunglasses - make sure they meet Australian Standards. Particular care should be taken between 10.00am and 2.00pm (11.00am and 3.00pm daylight savings time) when UV levels reach their peak.

SCARECROW HINTERLAND TRAIL
The school would like to thank the following contributors who helped make the scarecrow challenge so successful:
Jarvis & Ross Swaby for making the framework, the families who donated straw, clothing, boots, gloves and wheelbarrows, the P-2 children for their handprints, the grade 2 project group for all their hard construction work, Mrs Young for the beautiful faces, Ben & Stan Carroll for making the wheelbarrow and painting it. The Scarecrows look fabulous, and are still intact at The Enchanted Maze where they will be on show until the 21st October.
From Lynne Baird
Our school now has an ‘APP’

Tiqbiz is an easy to use app designed to let us communicate directly to parents on their phones, tablets and computers. It will allow us to send the newsletter, messages, show calendar events and send updates such as the school excursion bus is running late. Using the tiqbiz app will have the benefit of helping reduce our paper consumption by printing less as well as keeping you fully informed and up-to-date with news and events.

**Downloading is easy.......................**

**iPhone and iPad**
go to the Apple App Store and search tiqbiz.

**Android smartphone and tablet.**
Go to Google play and search tiqbiz

**Windows & Mac computers.**
Go to www.tiqbiz.com then click on the download button
There will be 4 easy steps
Open tiqbiz and register/log-in.
Click the ‘Find’ icon and type our school name into the search bar
-you will now see all our school boxes.
Click on the grey tick beside our school box and any other boxes that apply to you.
Click on the Inbox icon.
-This is where you will receive our instant messages, newsletter, notices and calendar events.

**AASC**
Commencing Tuesday 22nd October- Basketball
Thursday 24th October- Gymnastics
Forms available at office Friday morning from 8:30am

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**Parents of Grade 5 students**
a note will be coming home regarding Grade 6 jumpers and polo shirts for 2014.
**Now is the time to go to Beleza and place your order.**

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Please note there have been price changes for lunch orders. New price list can be found at the end of newsletter.

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**Tahlia brought her baby budgies to the classroom for a visit during news time.**

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Congratulations to Tyesha Rainsbury for coming first in shot put at Zone. Fantastic effort!
A HUGE THANKYOU to the following sponsors for our RACV ‘TOOTSTARS’ Challenge:

- **Sorrento Trattoria**
  - Pizza & Pasta Restaurant
  - Ph: 03 5984 5655 or 03 5984 5255
  - 20 Ocean Beach Rd, Sorrento Vic 3943

- **Rosebud Football Netball Club**

- **Capel Sounds**
  - Educational Child Care Centre
  - Wendy Stoffels
  - Proprietor
  - 1 Darvall Street
  - Tootgarook 3941
  - Phone: 0399858410
  - Mobile: 0404038516
  - Email: wendy.capelsounds@bigpond.com

- **All Smiles**

- **NETBOOKINGS**

- **NETBOOKINGS**

- **Jeff & Trina Swagemakers**
  - MANAGERS
  - Phone: 03 5986 1577
  - Facsimile: 03 5986 1577
  - Email: rosebud@sportspower.com.au

- **COLES Sorrento**

- **MANSFIELD DESIGN & CONSTRUCTION**
  - *Lots of Prizes*   *Silent*
  - *Tables of 10*   *$10 per ticket*

**TOOTGAROOK PRE SCHOOL**

**Auction**

**TRIVIA NIGHT**

**FRIDAY OCTOBER 18TH**

**IN THE**

**SCHOOL’S COMMUNITY BUILDING**

Hosted by Tony Cappadona

Contact Amalie Cappadona on 0401584945 or [amaliecappa@hotmail.com](mailto:amaliecappa@hotmail.com) to book.
Talking About Childhood Asthma
Live From The Airways
Presented by The Asthma Foundation of Victoria and Royal Children’s Hospital

Sunday 27th October 2013
4pm - 6pm
FREE!

Ella Latham Auditorium, Ground Floor, Royal Children’s Hospital, Melbourne

Ask questions, gain advice on: medications, diagnosis and asthma management from top Respiratory Specialists:
A/Prof Sarath Ranganathan
Prof Colin Robertson
Dr Jo Harrison

Light refreshments will be served and tickets are limited, therefore registrations are essential.
Attend the event at the Royal Children’s Hospital OR watch the LIVE Webcast online
Register at www.asthma.org.au or call 1800 ASTHMA (1800 278 462)

Air Pollution and Asthma
School age students and young children with asthma can often have breathing difficulties when exposed to air pollution. Air pollution can occur:

Outdoors — smog (made up of nitrogen oxides and ozone), bushfires, cigarette smoke.
Indoors — formaldehydes/resins (some building materials), volatile organic compounds (found in paints, furniture, cleaning products), cigarette smoke, poorly maintained gas appliances.

The most important way to reduce the impact of air pollution on your child’s asthma to avoid the pollutant completely if possible.
- Stay indoors on high smog days, close windows and external doors
- Make sure you have a bush-fire plan if you live in a bushfire prone area
- Make sure your child’s asthma is well controlled and that you and your child know what to do if their asthma gets worse
- Make sure your gas appliances are serviced regularly by a registered or licensed gasfitter and that there is adequate ventilation in rooms containing gas appliances
- Choose building items, furniture, paints and wood items that are certified to emit low levels of formaldehyde and volatile organic compounds.

For more information about air pollution and asthma, contact The Asthma Foundation of Victoria on 1800 ASTHMA (278 462) or visit www.asthma.org.au.
<table>
<thead>
<tr>
<th>SNACKS</th>
<th>HOT FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>75c</td>
<td><strong>Pasty</strong>'s Croque' Lomio or Love with sauce)</td>
</tr>
<tr>
<td>$1.50</td>
<td><strong>Jelly Cup</strong></td>
</tr>
<tr>
<td>$2.00</td>
<td><strong>Reiw</strong>'s Chocolate Viennois V890</td>
</tr>
<tr>
<td>$2.00</td>
<td><strong>Strawberry</strong> FRIG M (250ml)</td>
</tr>
<tr>
<td>$1.50</td>
<td><strong>Chocolate</strong> FRIG M (250ml)</td>
</tr>
<tr>
<td>$2.00</td>
<td><strong>Prime (apple, orange, apple/peach/currant)</strong></td>
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**DRAINS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Extra Tomato Sauce</td>
<td>$0.75</td>
</tr>
<tr>
<td>Chicken Schnitzel Roll</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken Schnitzel Sandwich</td>
<td>$3.50</td>
</tr>
<tr>
<td>Sweet Chili Chicken Wrap</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese Burger</td>
<td>$3.50</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Hummus</strong> (medium)</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Hummus</strong> (large)</td>
<td>$5.50</td>
</tr>
<tr>
<td><strong>Hummus</strong> (mixed veggies roll)</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Hummus</strong> (mixed meat roll)</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Hummus</strong> (mixed)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fresh Blues</td>
<td>$3.50</td>
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</tbody>
</table>

**Sandwiches/Wraps/Rolls**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Salad</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken</td>
<td>$2.50</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tuna &amp; Salad</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham &amp; Prosciutto</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Vegetable &amp; Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pasta Bolognese</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**Additional Fundraiser Menus & Prices Available**

- **Bagels**
- **Sandwiches**
- **Wraps**
- **Rolls**
- **Smoothies**

**FRESH FRUIT & VEGETABLES**

- Apple
- Orange
- Carrot Sticks
- Cucumber Sticks
- BANANA
- **PRETO** (strawberry, apple/peach/currant)
- **PRETO** (plum)

**SCHOOL LUNCH MENU**

[Updated October 2013]