Thank you to the families that have already returned the surveys I sent home last week. These contributions really help us in our endeavour to improve our school. Please have all surveys returned to the school office by Friday 7th November. Thanks!

We had a fantastic day last Friday dressing up in Halloween clothes to support our P&C Fundraiser. From what I saw, the P&C are going to be able to make up some fantastic hampers to raffle off at the Family Fun Night later on in the year. Well done CEPS!

Bede Darcey
Swimming Scheme
Weeks 4&5

If your child/ren is attending the swimming scheme, it is important the he/she remembers a towel, swimmers, school hat, plenty of drinks for the day and a plastic bag (for wet gear) EVERY DAY! Participating students may wear their boardshorts to school but will need to get changed into dry school shorts/skorts after the lessons.

The swimmers will leave school at 10am each day. Our lesson begins at 10:45am and will go for 45 minutes. Please direct any questions to Mr Turner or Mrs Taylor as they are the involved teachers.

Note & Payment Reminders!

♦ K-2 Botanic Gardens excursion $8.00 due by Friday 5th December.
♦ Remembrance Day notes to be returned by Friday 7th November.
♦ Year 5 (tomorrow) and Year 6 (25th Nov & 2nd Dec) Corrimal High visit notes.
♦ Final Camp payments due. All camp payments should now be finalised ($250 in total).
♦ Kindergarten Teddy Bears Picnic permission note due by Wednesday 5th November.
♦ Stage 2 Virtual Excursion, Community Facilities (Wollongong) and Fun Day permission notes and payment $10 due 12th November.

Uniform Shop

The CEPS Uniform Shop is open Monday & Friday mornings from 8:30am - 9:00am. An order form is included on our school website located in the P&C tab.

Community Announcements

EVER CONSIDERED BECOMING A FOSTER CARER?

Wednesday 5th November
6:30pm - 8pm

Venue: Ribbonwood Centre
90-109 Princes Hwy
Dapto

To register your attendance
contact Savita on:
9281 8822
savita@acwa.asn.au

Attend a foster care information session and hear about fostering from local foster care agencies and foster carers.

You will learn about:
▬ steps to become a foster carer
▬ roles and responsibilities of foster carers
▬ support available to foster carers
▬ the need for all types of carers, especially intermediate 'classic' carers

Find out more about fostering today: www.fostercare.nsw.gov.au
End Of Year Family Fun Night
Save the date – The CEPS Twilight Christmas Family Fun Night, **Friday 5th December**. Just in time for Christmas. Come celebrate and have fun at the food and market stalls, then later get into the groove at the Family Disco. More details this Term. We look forward to seeing you there!

Market Stall Volunteers
If you would like to hold a market stall (or know of anyone who does) on the CEPS Twilight Christmas Family Fun Night, please contact the Fundraising Officer, Kelly Ramsey for further details.
Ph: 0413 018 631 email: ramsey22@optusnet.com.au.

P&C Halloween Mufti Day
A big thank you to all the parents and carers for their donations last Friday on the P&C Halloween Mufti Day. The large variety of items collected will make a great Christmas Raffle for all to enjoy at the Twilight Christmas Family Fun Night. Your continuing support and generosity of the CEPS P&C can always be counted on and is greatly appreciated.

P&C Meeting Reminder
The next P&C Meeting will be held in the library on **Tuesday 11th November at 6.30pm**.
Attending a P&C meeting is a great way to have positive input in your child’s learning experience and to be a part of our schools community. We welcome all who are interested to come along and get involved.
Have a happy and safe week.

Lorelle Longbottom  Carol Zecevic
P&C President Secretary/Publicity Officer
0402 183 629 0401 093 475
lorelle@dgblaw.com.au  makeupgirlcc@yahoo.com.au
Everywhere I go I hear from parents that they are too busy, too stressed, and have too much to do and not enough time. Many social observers say parents seeing themselves as ‘time poor’ is at epidemic levels, a belief that is only compounded by technology that enables us to be connected 24/7.

At one point I personally had to take some time to stop and honestly reflect upon my own life and that of my family. It didn’t take long for me to see that I too had become caught up in the ‘busyness’ of life.

I knew that for the sake of my kids and my family, I had to make a change but it requires a day-in-day-out conscious level of commitment – a commitment to practise joy, fun, patience, forgiveness, stillness, bad dancing and reflection.

Currently I’m doing seven things to calm my life down and that of my family while trying to create more space for my children to simply enjoy their childhood. (Some of the following I’m sure you already do but it’s taken me a while to figure them out).

**My strategies to slow down and not be so busy are as follows:**

1. **Eat together as a family at the table at least four nights a week**

   There has been more and more written about the importance of families eating together and the positive effect it has on children and adults alike. I have to say I’m enjoying it.

2. **Avoid watching the nightly news**

   I’ve stopped watching the news and to my surprise the sky never collapsed as I had feared. I’m a much happier man not watching the oh-so-depressing news.

3. **Turn off the TV and sit around an open fire**

   I’ve constructed a simple fire pit in our inner-city backyard and every second weekend my partner, the kids and I toast marshmallows, listen to funny songs, talk and look up at the stars. Who needs to go camping to enjoy the outdoors! My eldest boy (13 years old) is also learning to set a fire and his younger brothers are learning a lot about flames, hot coals and what happens to marshmallows when they are left in the fire for too long. Meanwhile my 16-year-old daughter will stare at the flames for an hour thinking about who knows what … but for me this is better than seeing her staring at social media or watching mindless television.

4. **Dance together**

   I’ve made the conscious decision to start dancing in the kitchen with my kids at least three times a week. I can’t dance to save myself, however I have three boys and if they are ever going to learn to dance and be comfortable with moving their bodies, I suddenly realized I have to lead the way. This parenting caper sure can be humiliating at times, but we wouldn’t have it any other way.

5. **Exercise together**

   I exercise with my kids at least four times a week, usually at the local park kicking the footy, throwing a frisbee, running with our dog and so on. I have realized that the best way to get them all moving is by moving myself too.

6. **Explore nature together**

   I’ve started spending more time in nature with my kids by taking them to the river, the hills, lakes, nature parks. I keep it local, with the occasional longer drive on weekends. I contacted my local council and found so many fun things to do as a family in my local area that I never knew existed … who would have thunk it!

7. **Limit your own social networking**

   I have severely reduced my time spent on social media such as Facebook, Twitter etc. My personality type could disappear into social media and never come back so I knew I had to significantly change my ways and, once again, it’s all about positive role modelling for my kids.

So there you have it, my strategies for simplifying and calming my family life. As a result I’m happier, less stressed and far more ‘present’ for everyone which, in turn, is having a positive effect on my kids.

Malcolm Dix