What an Event!

**Trail Bike Ride**
It will be an event that will be spoken about for years to come and certainly until Karara SS hosts another trail bike ride. Many riders left with nothing but positive feedback, vowing to be back next year. I believe I can safely say that despite slightly lower than anticipated numbers, that next year will see double what we saw this year. It was an incredible display of teamwork, organisation and hard work. The Trail Bike Committee and greater community is to be commended on all their efforts. A special thank you goes out to Cameron Smith, Russell Whear, Jacqui Davidge, Geoff Cullen, Kerry Wilson and Kylie Davis. Their efforts are appreciated and the children at Karara State School are better for it.

A huge thanks to our friends at Greenlands who offered their advice and guidance throughout the organisation and on the day itself. And a huge thanks to all of the volunteers who donated their precious time to help out.

**Home Readers**
The Preps should be in full swing with their home reading program. They have been enjoying their reading buddies with the older kids and their confidence is swelling with each book they read. It is important to keep that trend going and read at home as much as possible. Please be sure to return books as soon as they are read so we can keep supplying them with new and challenging material.

**School Camp**
School camp is fast approaching. The school sent home permission forms and camp information last week. The school has yet to receive any forms back. The children were reminded on parade that if forms are not returned to the school, they would not be going on camp. Please take the time to fill out and return the forms at your earliest convenience. If they have been misplaced, please notify the school so more forms can be forwarded to you.

**School Swimming**
School swimming is progressing nicely and kids are swiftly learning about water safety. The 3-7 class will be taking these lessons to heart as they ship off for Moreton Island next week with it’s even bigger swimming pool!

Students of the Week are: Jacob Davis and Hope Cullen. Congratulations!
School Maintenance

The school has been allocated $26,550 by the government to clear up its backlog of maintenance. QBuild will be contracted to fulfill the backlog which was presented to the P&C earlier this year. Some of the items on the list to be repaired include new carpet in the main building, internal and external paint on the library and painting of the toilet block. A plan for the work will be devised by QBuild and the school will be notified when the work is to commence which will happen sometime in the next 18 months.

It's great to see our buildings will be partially refurbished. Hopefully the refurbishment can be scheduled over the Christmas break and ready for the students return in 2013.

New Staffroom?

Help your teachers win a $20 000 staffroom makeover. Students who help our teachers win a staffroom makeover also have a chance to win an Apple iPad or iTunes gift card for themselves. Visit www.staffroomforimprovement.com.au to register. You can start voting by clicking on the big red button. The more votes you make increases your school's chance, and yours, of winning. Students aged under 18 will have to check with parents or caregivers to enter this competition, which closes on 5 November 2013.

Learning and Healthy Eating

Research shows students learn better when they’re well nourished. Healthy eating has been linked to higher grades, better memory, more alertness, faster information processing and improved health leading to better school attendance, according to registered dietitian Elisa Zied, author of "Feed Your Family Right." Conversely, unhealthy eating habits can negatively affect learning. Researchers have studied a number of areas related to eating and learning.

Junk Food and Learning

Students who eat lots of junk food are more likely to fall behind in school, according to a 2008 study reported in the British newspaper "The Telegraph." Another study of public school students published in the "Journal of School Health" linked high intake of sweetened beverages such as sugary sodas to lower scores on math tests. A diet high in junk food and sugary sodas is also linked to childhood obesity, which could result in lower cognitive functioning, according to 2011 Yale University research. On the other hand, students with healthy eating habits are less likely to be obese and more likely to learn well.

http://www.livestrong.com/article/497063-research-on-healthy-eating-habits-student-learning/#ixzz2AotQDA7u

Tuckshop

Happy Tuckshop Day Kerry Wilson and all who contribute to our wonderful Tuckshop!

P&C News

There will be a general meeting held at the school on Monday, November 5, 2012 at 4pm.