

Springboard

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Principal: Miss Sue Farmer

Term 1 - Year 2016 - Week 6

Thursday 3 March 2016

AN INTERESTING READ ON A RECENT AUSTRALIAN CHILD WELLBEING STUDY

The signs of low wellbeing are evident in primary years. Some young people who go hungry, miss school or experience high pressure from schoolwork are likely to miss out on opportunities for healthy development and strengthening their human capital.

The disadvantage that they experience in childhood may follow them into adulthood. Governments now recognise this. **Schools cannot on their own address hunger or frequent absences, but they have a direct interest in reducing them.**

KEY FINDINGS WERE:

A significant proportion of young people in their middle years have low wellbeing, and are missing out on opportunities at this crucial time. This is manifested in:

- * High levels of health complaints
 - * Experience of bullying
 - * Low levels of engagement at school
 - * Low levels of subjective wellbeing
 - * Low levels of social support
- Low wellbeing is concentrated in groups of young people who are recognised as marginalised - young people with disability, young carers, materially disadvantaged young people, culturally and linguistically diverse young people, Indigenous young people, young people in rural and remote Australia and young people in out of home care.
 - Almost one young person in five (19%) in the survey reported going hungry to school or to bed. These young people are more likely to miss school frequently.
 - Both young people who go hungry and the one in ten who miss school frequently are likely to experience high levels of health complaints, frequent bullying, and low levels of engagement at school.

Zone Swimming Carnival



Well done to all our participants at the recent Zone Swimming Carnival. Miss Wilson and parents who attended, said they were very pleased with the team spirit and level of effort that each student gave in their event.



SCHOOL PHOTOS TUESDAY 15 MARCH

PHOTO ENVELOPES WERE SENT HOME LAST WEEK
PLEASE CHECK YOUR CHILD'S BAGS

All students are asked to come in a clean full Summer uniform. Summer dresses or navy shorts and red polo shirt. If the weather is a bit 'fresh' on the morning, navy polo jumpers or jackets can be worn, but will be taken off for the short period whilst photos are being taken. If students come in long winter pants, please have shorts on underneath so trousers or track pants can be removed for photos.

- Photos will start at 9 am and finish before recess.
- All envelopes are individually barcoded specifically for each child. If you lose or damage it, please ask at the office for a new envelope
- Family envelopes are available at the school office
- All envelopes with the correct money need to be in by, or on the photo date
- NO CREDIT will be given
- Your envelope and money must be handed in BEFORE the photo day deadline —Monday 14 March.

Friday 18 March—school closed from 12pm due to Albury Gold Cup

VISIT SPRINGDALE HEIGHTS PUBLIC



Nick Haynes



Daniel Lloyd



Players from the Greater Western Sydney AFL team came to our school last week and participated in skills and other activities with students in Year's 2 & 3.

We are the only school in Albury to have a visit from these players so we were very fortunate and grateful that they took the time to share their skills and knowledge with our students.



Jack Bradley-the organiser of the AFL visit, complimented our students on being very well behaved and having loads of enthusiasm and keen participation. Both Nick and Daniel said they loved being able to spend time with the children sharing their skills and answering question.

MATILDA TICKETS ARE ALL SOLD—NOW TAKING NAMES FOR WAITING LIST



Amount	Due date	Week/Term
\$50 deposit	Thursday 3 March	Week 5 - Term 1
\$25 second pay	Thursday 31 March	Week 9 - Term 1
\$25 third pay	Thursday 5 May	Week 2 - Term 2
\$25 final pay	Thursday 19 May	Week 4 - Term 2

A non refundable deposit of \$50 reserved a seat for your child. Please ensure if you commit to the deposit, you commit to paying all amounts by their due date.

* Students who do not follow school rules will be excluded from this excursion.

We have now started a waiting list and only permission notes with the \$50 deposit will be accepted. Any students on the waiting list will get their deposit refunded if they don't get to attend.

Class Awards

Kinder

Ollie B
Tyson C
Maddi C
Jack T

K/1

Ryan M
Tyler H
Lillie A
Isabell T

Year 1/2

Alaiyah A
Rhys S
Jem L
Logan E

Year 2

Ashton B
Sophie B
Isabelle W
Eli P

Year 3/4 D

Wiremu K
Tamika C
Mhalykai F-H
Luke C
Freya S

Year 3/4 S

Joshua S
Hahona W
Luke W
Mason T
Pheobe G

Year 5/6 C

Mackenzie F
Olivia F
Brianna I
Sean W
Matt D

Year 5/6 W

Angel A
Bill Mc
Justin M
Montana E
Kianah J

Bronze Awards

Year 1/2

Mikayla W
Charli C

Sports Awards

Kinder

Noah P
Sophia B
Ben G
Brock H

K/1

Jason S
Angus C

Year 1/2

Leon C
Dean K

Year 2

Windara G
Max T

Year 3/4 D

Riley M
Damon H

Year 3/4 S

Joseph W
Mathew L
Violet H
Noah R

Year 5/6 C

Mackenzie F
Arwen G
Bailey P
Ryan W

Year 5/6 W

Amelia B
Kirsten S
Bill Mc
Cody W

Year
5/6 C

This term we have
been working really
hard on Narrative Writing.

Here is a small snippet of
each student's writing;

We
are learning
to write
narratives

An Irish Castle

Then suddenly I heard a bark.
“Dogs come on get in here, we
need your help!” But then I
realized they weren't dogs they
were wolves. “Dad what do we
do”? “I don't know”.

The wolves came in I got scared,
really scared. Then a fire breathing
dragon came flying over like a
missile. Then the dragon came
over again. It was scary. It was like
a mystery prize you never knew
what you were going to get.

By Ryan

The Big Blue Sky

The Mystery

One stormy, gloomy night I woke up. I
didn't know where I was. I couldn't
see. It was too dark but there was this
light. I kept following it and it lead me
to a shop. Then I heard something. It
was a swoosh and the bell was ringing.
I was terrified I could see a shadow and
then I realised it was following me the
whole time. I went to go into the shop
but it was closed. *By Tahlia*

The Golden Cave

We travelled for many weeks. Only
occasionally did we stop to rest at a
farmers barn or a warm cave. About ten
weeks later we arrived at a water fall
known as the “Water of Flames”. At
sunset it glowed like fire. *By Shelby*

The Corruption

And a noise “shatter , shatter” breaks as
a little girl with golden hair in a pink
nightly walks to her window. She
looks outside at all the
police cars going past.
Screams in the crowd
filled the street, The look
on her face, she is
horrified. *By River*



One day there was a poor boy
sitting in the park playing with
no one. What was the poor boy
doing? He was getting really sad
with no one to play with.

By Cassandra

The Golden Man

We made a fire and told the story
about the Golden Man. He was
running from a dust storm and he
fell in a crack. He turned into gold
and said he will get revenge.

By Sean

The Creepy

Cabin

It's past ten o'clock, I can't get to
sleep, all I can hear is monsters
howling. I don't think I'm going to
sleep tonight. Crrrrrrrrr! what
was that! I'm scared. The dual
room is starting to fill with dust !
Cough, cough it feels like a horror
story I just want to go home.

By Izzy

The Secret Cloud Tree House

*When she was outside she saw a ladder so
she climbed the ladder and then she saw the
top of the world . By Chrystal*

Boom

I start to hear sirens coming towards me. I keep on walking next minute
BOOM..... I slowly opened my eyes and I could see Wendy's Ice Cream
scattered everywhere and jewels across the room. I sat up and saw a little
girl badly injured. I got over to her, picked her up and told her it's going to
be okay. *By Akeisha*

Haunted House

A loud sound came from upstairs; it sounded like a voice saying “get out”.
Kate was horrified and just stood shivering. A strange type of music
started playing, it sounded like music from a long time ago and Sky
followed the sound and found an old radio playing in the kitchen.
Suddenly a large silver metal knife flew by them and then three more, they
stabbed into the wall and only just missed Sky's arm. *By Mackenzie*

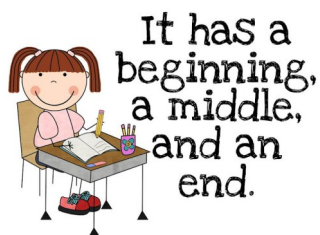
Emotions!!!!!!

It was the middle of the day in 1164 . The big fun park was packed. There
was no room to play. Everything had an unpleasant emotion that no one
had ever heard of. It was SADNESS!!! Until one day a small soldier beetle
'Bugzy', came up with all the different emotions sadness, anger, fear, joy
and disgust. *By Olivia*

Narrative Writing tells a story.



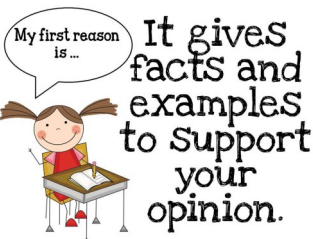
Narrative writing has a setting.



It has a beginning, a middle, and an end.

The Worst Time Ever

At one point when I went near the rubbish bin there was left over rubbish and half eaten food that was mouldy I nearly **VOMITED!** It was so gross I had a pain in the tummy.
By Maddy



Informative writing teaches the reader about a topic.



It has a topic sentence that states your opinion.

The Crystal Cave

It was the first day of school and I was doing spelling. A very furry dog appeared and the tag read Snowy. It was midnight and Snowy was barking because she was having a dream. *By Grace*

The Music and I

A rainy yet peaceful night, I played my best song on the best thing in the world. It always calms me down. A piece of it broke and my song sounded off. I can't fix it now. I went over to my next favourite. I played and played, practiced and practiced. Something snapped at me. Both of the instruments were broken. *By Brianna*

The Runaway Scare

13th of July 2005 I found myself on the floor. All I could see was cans and boxes. I also saw someone at my feet. I got up and ran. *By Monet*

The Smell

It was night time in 2016 when a wet and smelly sock smell drifted throughout the sky reaching everyone's noses. People screwed up their faces when it came near them. The people stared around, no smiles were to come. The sight was horrific. Nobody liked the sight they saw. There was smoke ventilating from the ground, masses of dirt stacked up in massive heaps and it went on for yards.

By Rachael

The Dragons

It was rough everything was being destroyed. There was fire flying across like blazing meteors. Acid and rocks everywhere. The dragons were destroying everything. *By Ethan*

Dragon City

Adam said to Jake "Let's go onto the wing of the plane". Jake said "ok but only for ten minutes". But then CRASH! BOOM! The plane was hit by a fire ball. The plane is falling to the ground at great speeds. *By Arwen*

The Boy Who Jumped off the Plane

I know we should jump off the plane and land in the water so what do you think? The best idea in the world! *By Sam*

The Anaconda

I got chased by an anaconda. I was very scared. I ran as fast as I could and I saw a helicopter. I waved and the person in the helicopter saw me. *By Luke*

Two Boys Who Got Lost

Two boys named Jack and Sam went to an airport and Jack said "let's hop on the wing and take a picture of us". So when they went to take one it flew off and Sam nearly fell off. *By Matthew G*

The Boys Who Missed The Plane

One day there were two boys named Billy and Bob. Billy said "lets jump on the planes wing ". Billy and Bob were in the sky. *By Jai*

The Day Bailey and Daniel Landed on the Tallest Skyscraper

The two boys, Bailey and Daniel, were on the wing of an aeroplane and birds were cheeping. Daniel was scared because Bailey pointed at a place where he wanted to go. He was adventurous.

By Bailey

Two Boys

One day there were two boys who were very excited to go on the big jet plane wing. It was so windy, the wind was like an angry witch and the air was fresh as a flower. *By Noah*

Five Nights at Airports

It was the year 2001. There was a boy and his name was Ethan and he worked at an airport every single day and night. Then one night the airport was shut down because the people there saw a strange purple robot. *By Matt D*



School Athletics Carnival

All students
Friday 1 April

Students will travel from school to
Alexandra Park after the
9am roll call and returning to
school approximately 2.15pm

No school Canteen.

A canteen will be available at the carnival

School Cross Country

Thursday 7 April
Starts at 1.30pm on
school grounds.



All family and friends welcome
at both events!

P & C News...



No Easter Raffle this year

HOT CROSS BUNS

In lieu of an Easter Egg raffle this year the P & C are
having the Hot Cross Bun Drive.

Orders and money
due tomorrow Friday 4 March

All buns are \$7 for a pack of 6.

- Hot Cross Buns will be supplied by Baker's Delight Lavington who has a reputation for their delicious Hot Cross Buns!
- All Hot Cross Buns are baked fresh using only the finest ingredients.
- Hot Cross Buns can be kept in the fridge up to 7 days or can be frozen for months.
- Why not stock up for the easiest family snack and raise funds for your school at the same time.

Forms and money due tomorrow **Friday 4 March**

Delivery date for all orders: **Monday 21 March**

Hot Cross Buns will be available for pick up from 2.30 pm to 3.15 pm in the hall on Monday 21 March.



Cyclists—Introduction of Increased Fines

NO HELMET -NO BIKE!

With the introduction of new laws and fines regarding bike riders, we would like to remind families that we are also enforcing these rules here at school.

As published in the Border Mail newspaper earlier this week; *Fines for all cycling offences including running a red light, not wearing a helmet and not having a warning device have been increased by up to 500 per cent.*

If your child arrives at school and they do not have
a helmet we will not allow them to ride their
bike home.

Please remind your child that when riding to and from school they must follow bike riding rules and laws and we stress the fact they **MUST** wear an approved safety helmet. **We would appreciate your support as it is the responsibility of you as parents to also enforce these rules with your children.**

Student Banking—WEDNESDAY

Student banking is collected each Wednesday and is always collected before recess. Please remind your child to hand it to the class teacher early so as not to miss the pickup time. Books will be then returned to your child on Thursday.

Scholastic Book Club

Issue 1 orders have now been placed. Issue 2 will be sent home soon. Orders with the book club are optional but each order placed allows the school to receive bonus points which is then used on resources for classrooms or books for in the Library. There are always good bargains for your child or as gifts

Harmony Day

We will be celebrating Harmony Day on Monday 21 March. Time to start looking through your wardrobe for ORANGE clothing, hair pieces, shoe laces etc... as orange is the Harmony Day colour and we would love to see everyone dressed to celebrate Harmony Day with us.

SRC Primary Disco

The SRC Primary Disco will be held the last week of Term 1. *Theme still to be decided.* More details to come.

Library News

All books are borrowed for one week only and need to be returned the following week on your child's class library day. Many students are not returning their books weekly and they are then being lost or becoming very overdue. After reading with your child please help them to place their books back in the bag and in a place where they can easily remember to get it the following week. Regular reading is so important to children and we love to see them make the most of our wonderful supply of books in the library. Last year we purchased some great new resources and sets of series books but unfortunately some are now not available as they are lost or not returned.

iPods/i Phones

We are collecting old iPods/i Phones for a Literacy initiative in the classrooms. If you have any you can donate please send them into the office or class teacher.

Community News

Springdale Heights/Lavington Touch Football

FREE to play.

Starts Tuesday 8 March. 4.30pm to 6pm. Training sessions are 15, 22, 29 March and 5 & 12 April. Held at the Springdale Heights Baseball oval (next to Springdale Heights Public School). Boys and girls aged between 9-12 Years & 13-18 Years are welcome. Please bring a drink bottle with plenty of water. Phone Mandy Wilson on 6023 8295 or 0409 468 848.

Albury Junior Rugby League

Boys - Under 7 & Under 9 teams (in-town competition)

Under 10's to Under 15's – **Group 9 Junior Rugby League Competition / Fees:** \$100 (reduces with subsequent registrations from same family – Siblings)

Girls - League Tag – Ages for the teams U9, U12, U14, U16

Fees: \$75 (reduces with subsequent registrations from same family – Siblings)

Registration: Sarvaas Park, Curlew Cres, North Albury, 10am to 12pm, Saturday 5 March. Greenfield Park Saturday 2 April 10am to 12pm. On-Line Registration (for 5 years and above): Google "Albury Junior Rugby League". On the home page click on the button "Register Now" and access the appropriate Link. Contact – Mark 0481012526.

Indoor Soccer—MLIS

FREE sausage sizzle!!! Registration day Friday 11 March. Come along and sign up for the next season of cricket, netball, volleyball or soccer. \$5 per child per week to play. Phone 6021 6855 for more information.

North Albury Junior Football

North Albury Auskick (5-12Yrs). North Albury Kickability (special needs). Season launch and pack pick-up day is Saturday 19 March at QE2 Square. First day of season is Saturday 2 April from 9am at Alexandra Park. For further enquiries contact Robbie Murray on 0419 632 459. Register now for 2016 season.

Bringing you Australia's No 1 Holiday Soccer Clinics

N A T I O N W I D E at Albury - Melrose Park. 18 - 19 April
For Locations and Registrations visit w.australiansoccerclinics.com.au or phone 1300 002 934.

My Dog Has Stripes

A play addressing **mental health** and **depression** will be performed at the CUBE in Wodonga on Tuesday 8 March. *My Dog Has Stripes* is the title of the play. The entry cost is \$10 and starts at 2pm sharp.



Drumming

Each Monday Year 5/6 C class have been doing music with Mrs Brown. They have been doing *drumming* in their music lesson. Their instrument is the handy household bucket and it's amazing what sort of a tune they have been able to make. Well done Year 5/6 C.

A Quick Bite ...

Does your child know how to throw?

So many games use throwing. Look for some of these steps and help them improve their throw!

1. Stand side on to target with throwing hand at rear and downward.
2. Bring your throwing arm behind your head with a bent elbow (make a big L shape) and point your non-throwing arm at the target.
3. Rotate your hips and shoulders towards the target
4. Step forwards with your front foot ('step over the river').
5. Release the ball and let your hand follow through diagonally across the body toward the non-preferred side.



Try a game of 'Feed the animals'. Draw pictures of several animals and their action (e.g. Frog—hopping), scatter them on the ground. Ask kids to throw balls of paper towards the animal called out, then retrieve ball afterwards (moving like the animal action e.g. hopping).

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



A Quick Bite ...

Do you have the nick of the kick?

Kicking a ball is trickier than you think! Look out for these steps in your child's kick....

1. Position ball on ground, take a few steps back from the ball.
2. Move towards the ball taking a long step or small leap before ball contact
3. Place the non-kicking foot even with and to the side of the ball
4. Kick the ball with the shoelace area of the foot rather than toe area



A fun game to put this into could be a game of soccer skittles. Use skittles or milk cartons and kick the ball to try to knock them over.

Another fun game to try inside is balloon kick. Children use a balloon and only their feet to keep the balloon in the air.

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



2016 TERM ONE CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	7/3 Drama Workshops Yrs 3/4 & Yr 5/6	8/3	9/3 Scripture starts	10/3 Canteen Hot Dog Meal Deal	11/3 Mortimer Shield Rugby Yrs 5&6 <div>Sunday 13 March P & C BBQ at Bunnings 10.30am-2.30pm</div>
Week 8	14/3 Out of uniform day Fresh clean uniforms for photos	15/3 School photos 9 am	16/3	17/3 5/6W Assembly	18/3 Albury Gold Cup Half Day Holiday. School closed at 12noon See note below
Week 9	21/3 Harmony Day Hot Cross bun delivery. Pick up 2.30pm to 3.15pm	22/3	23/3	24/3 Dice Poetry Easter Egg Hunt	25/3 Good Friday NO SCHOOL
Week 10	28/3 Easter Monday NO SCHOOL	29/3	30/3	31/3 Questacon 3/4S Assembly	1/4 School Athletics Carnival 9am - 2.15pm
Week 11	4/4 SRC Disco	5/4 Teddy Bear Clinic Yrs K-2 12pm-12.30pm	6/4	7/4 School Cross Country	8/3 Crazy Hair Day & Tabloid Sport afternoon Canteen Meal Deal Last Day of Term

SCHOOL HOLIDAYS - TERM TWO STARTS TUESDAY 26 APRIL

Can you help? **Sunday 13 March**
The P & C are asking for volunteers to help on the BBQ.



The P & C Committee will hold a SHPS
fundraiser BBQ at

- ♦ Bunnings Albury
- ♦ **Sunday 13 March**
- ♦ 10.30am to 2.30pm

Helpers required

Please phone Donna on 0415 278 990
if you can spare some time to help out. Even just
1 hour of your time will be a great help.



Please put this note on your fridge

Gazetted Half Day Holiday

Friday 18 March

Albury Gold Cup

The school will close at 12 noon on

Friday 18 March

All students must be collected by this time.

There will be no supervision and
no staff on site after this time.

This is a half day holiday gazetted for the
whole of Albury City
and not by Springdale Heights Public School.
With this prior notice we trust that you will be able to
organise alternative care for your children.