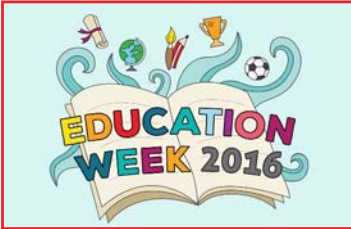


Springboard

Springdale Heights Public School | 25 Cardo Drive Lavington NSW 2641 | p: 0260 256 433 f: 0260 402 328 | e: springdale-p.school@det.nsw.edu.au | w: www.springdale-p.schools.nsw.edu.au
Principal: Miss Sue Farmer

Term 3 - Week 4

Thursday 11 August 2016



Breakfast club Launch



Students enjoyed our launch of the **Breakfast Club** which was a huge success with many students sharing breakfast with each other and their families. Families who attended the launch said it was a great way for their children to get that important healthy start to their day.

Students started the week with a performance called 'A Fish Outta Water' which was an hilariously funny performance. High energy, physical theatre, circus, slapstick, storytelling, characterisation and audience participation to help bring to life wonderful moments in Olympic history.

The whole school participated in the **Red Ball Tennis** program which is a modified form of tennis. This program was ran throughout the day and the children loved it.

Butterfly Education was presented to the Year 3-6 classes throughout the day and was about being kind to each other, building self esteem and how to manage their emotions. The students found the Butterfly Education to be very informative and well suited to their needs.

The P & C put on a **Sausage Sizzle** for lunch on Thursday and as in the past there were lots of hungry children lined up to get their favourite Meal Deal for lunch.

The **Dance Around** finished the week with all classes involved in moving around different classrooms and learning a different dance in each. The children loved seeing parents dancing with them.

WOW!! What a lot of celebrations we had. It was a big week but an amazing opportunity to share some extra curricular activities to celebrate Education Week this year.

Thankyou to those staff who put in the extra hours to ensure the week went smoothly and to those parents who came along and helped out with food



Thank you to Bakers Delight for being a regular supporter of our school canteen and P & C.

This is a fabulous contribution and we would like to ask families to support this business as a thank you for what they do for our students and families here.



Education week in photos



A Fish Outta Water

Charlie Truscott

An Olympic Odyssey

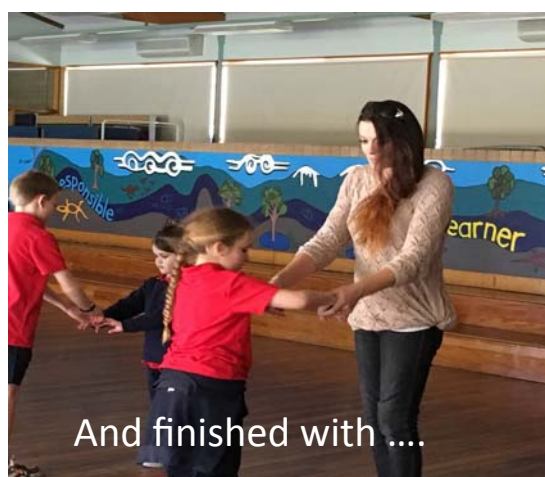
A highly active and funny PDHPE, Drama
and History based performance



**Red
Ball
Tennis**



Year 5/6 W are
working on a
task in their
**Butterfly
Education**
session.



And finished with



P & C Sausage Sizzle



**D
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**WHAT
a
Fabulous
Week!**

Kinder—Mrs Purss-Semple & Mrs Wells

Thank you to everyone who has sent in black leggings or tracksuit pants for our concert costumes. We are busy practicing our dance ready for the big performance in two weeks. In PE & sport we are enjoying learning our gymnastics skills ready for our visits to Flyaway Gym starting in two weeks and will run for four weeks. Don't forget to return the note and money.

Year K/1 (Bumble Bees)—Mrs Paterson & Ms Boughton

What a busy few weeks we have had! Education Week last week was a blast! We are having a lot of fun practising our dance for the school concert in two weeks. We are getting very good at it and are becoming excited as we get closer to our concert days. Please help us to learn our dance by making sure your child is at school and not missing our regular practises.

Year 1/2—Mrs Pontt & Mrs Webb

What a busy couple of weeks we have had! The breakfast club launch, red ball tennis, dance around and concert rehearsals just mention a few. Thank you to all of the family members who managed to join us last week during Education Week - we loved sharing school with you.

Year 2—Mrs Brown & Mrs Hillary

Less than two weeks to go! Don't forget to get your tickets for the performance "Sleepless at Springdale". We are practising and we are looking fantastic! In class we are focusing on numbers to 1000 and narrative writing- we are trying to make starts of our stories more interesting for the reader. The children were very excited to participate in the pedometer challenge. They enjoyed trying to beat their steps from the previous day.

Year 3/4D—Mrs Doust

This term in Writing we are focusing on information reports and each child will have a project to complete at home. These went home on Monday, so please check with your child what their topic is. In Maths our focus is fractions and decimals. Can you please encourage your child to complete their homework with care and neatness. We are working hard on our school concert item. The only costume item needed are blue or black jeans for the boys. The boys shirts are at school and the girls costumes are at school. Please bring them in as soon as possible. If your child is not going to participate in the evening performance can you please let me know.

Year 3/4S—Mrs Sloan

It has been very busy this term so far. 3/4S really enjoyed Education Week last week and participating in some fantastic events. We have been working hard in Maths to master fractions and have now moved into 3D shapes. We have been using different resources to research a topic of our choice and our draft information reports are coming along nicely. We are very excited to show you all our class performance at the school concert. We hope you can make it.

Year 5/6C—Mrs Carroll

Last week was Education Week and it was awesome to see lots of different activities happening in our school each day. In Writing, our information report topic this week was on an Antarctic animal. It is great to see the improvements in our report structure. In HSIE we have been looking at different explorers and their journeys to Antarctica. In Maths we have been doing 2D shape & addition & subtraction.

Year 5/6W—Miss Wilson

We have been focusing on fundamental movement skills of skip and hop with our buddy class. The students are doing a fantastic job in leading groups and giving clear explanations. Our unit this term is on Antarctica and the students have been writing information reports on the wildlife. In Maths we have been working on multiplication and division strategies. You may like to test your child's knowledge of their times tables as this is an area we all need to practise. The students have been practising enthusiastically and enjoying our concert item. Could everyone please send in their plain black costumes so I can start painting bones on them and cutting holes.

Library— Mrs Kay

Students have been busy creating art work based on the Book Week theme *Australia-Story Country*. More art work will be added for display as the term progresses.

Congratulations to our Library Monitors

Kinder Sienna C

K/1 Allysann M

1/2 Rhys S

Yr2 Rhemi T

3/4 D Will K

3/4S Mathew L

5/6C Bailey P

5/6W Royce S



For Sale—Summer School Dress

Size 4 summer school dress for sale for \$15. Please phone Tamara on 0409 652 797.

Class Project by Year 5/6 W

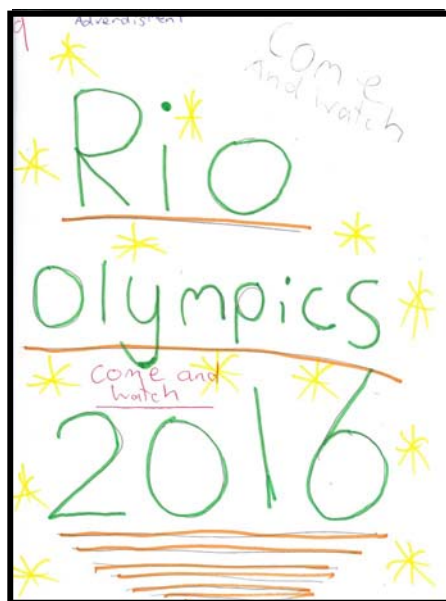
During our weekly computer session and throughout Literacy sessions the students have been learning about the Olympics. They have been finding facts and building their knowledge on historical and modern Olympic games and Paralympic games. Students are showing an understanding of the significance of the Olympic rings, torch, Australian's involvement in the Paralympics and challenges faced by athletes on the path to Rio. Over the next few weeks, students will apply this information to create advertisements, newspaper articles and design stadiums and or a village. Please feel free to come see your child's project before or after school.

Torch Relay

Ancient Olympics: The Olympic flame is a symbol of the Olympic games. Commemorating the theft of fire from the Greek god Zeus, its origins lie in ancient Greece, where a fire was kept burning throughout the celebration of the ancient Olympics.



Modern Olympics: The Olympic flame represents the positive values that Man has always associated with fire. The purity of the flame is guaranteed by the way it is lit using the sun's rays. The choice of Olympia as a departure point emphasises the link between the Ancient and Modern games.



Work by Montana

Opening Ceremony

The Rio 2016 opening ceremony was heavily based on history and environmentalism. The three main themes that drive the opening ceremony and its powerful message of peace and the environment were garden, diversity and joy.



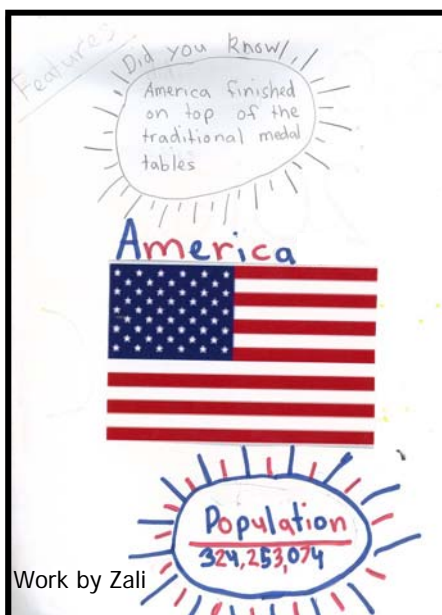
7 CONTINENTS AND 5 RINGS:

History of The Olympic Rings

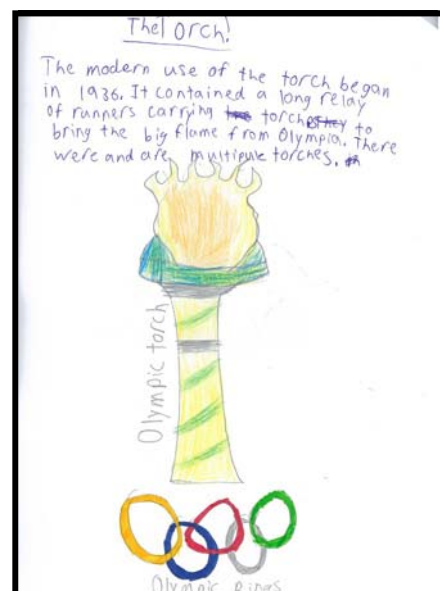


Olympic Rings

The colours on the rings represent these colours that appear on the national flags of the world. Today no continent is thought to be represented by any specific ring or colour. However, before 1951, the official Olympic handbook stated that blue stood for Europe, yellow for Asia, black for Africa, green for Oceania and red for America.



Work by Zali



Work by Royce



Work by Billy

Mascots

Tom

I am the Paralympic Games mascot, a magical creature, and a fusion of all the plants in the Brazilian forests.



Vinicius

I am the Olympic games mascot, a mixture of all the Brazilian animals. It resembles a cat or monkey that can fly and has the power to stretch its limbs and body. It is named after Bossa Nova musician Vinicius de Moraes.

Australian Team

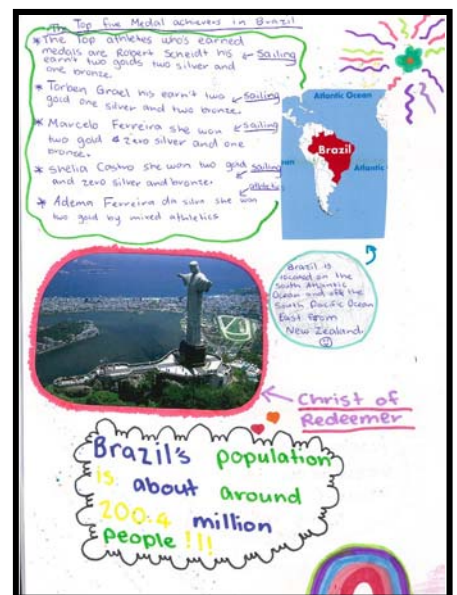
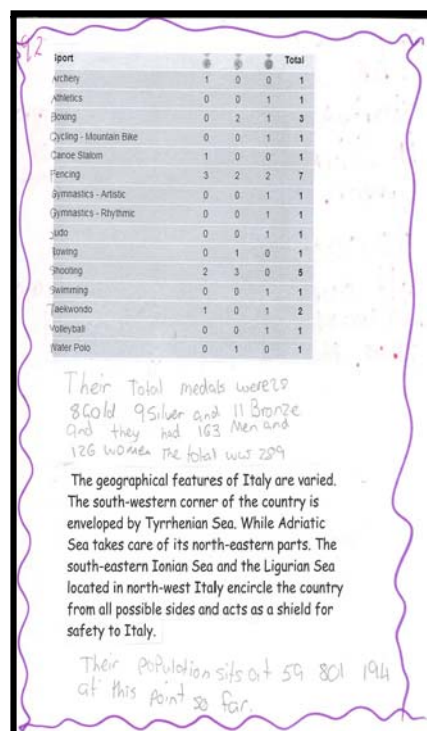
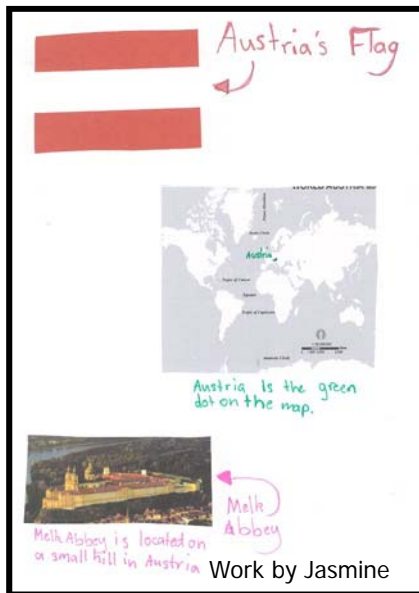
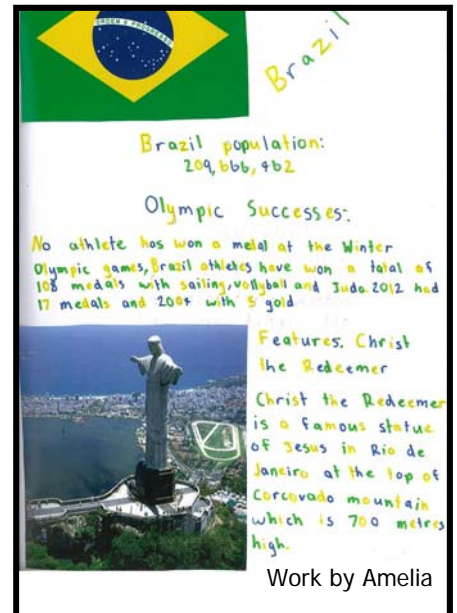
418 athletes across 26 sports will represent Australia at the Rio 2016 Olympic games. The Team comprises 271 rookies and the youngest athlete is footballer Ellie Carpenter at 16. Mary Hanna at 61 is the eldest and off to her 5th games.



Medal Hopes

Keep your eyes out for the following athletes and teams as they are thought to be medal hopes for Australia at the Rio 2016 games.

Cameron McEvoy & Mitch Larkin- Swimming
Kookaburras- Men's Hockey
Emma Meares- Cycling (Flag bearer for the opening ceremony)
Jessica Fox- Canoeing
Men's Pursuit Team- Cycling
The Opals- Women's Basketball
Kim Brennan- Rowing
Women's Rugby Sevens



Congratulations....

Class Awards

Kinder

Pixie H
Ollie B
Noah P
Kelsey S

K/1

Ella K
Isabell T
Zac C
Riley H

Year 1/2

Charli C
Mikayla W
Travis R
Logan E

Year 2

Ashton B
Charlotte M
Sophie B
Joel F

Year 3/4 D

Freya S
Koby T
Parker T
Connor W
Ryan C
Keana B-W

Year 3/4 S

Lincoln E
Joshua S
Rylan M
Connor C
Brodie T

Year 5/6 C

Jai H-W
Rachel C
Izzy B
Noah T

Year 5/6 W

Royce S
Jasmine S
Bronte W
Cody W
Shaylah P-H

PBL Awards

Silver

Kinder

Ollie B
Tyson C
Pixie H
Noah P
Kelsey S

K/1

Ella K
Ryan Mc
Isabell T

Year 1/2

Lilly C
Travis R
Rhys T-L
Leon C
Dean K
Logan E

Year 2

Isabelle W

Year 3/4D

Alexis W
Bailey-Lee H
Connor W
Freya S
Parker T
Kane W

Year 3/4S

Darcy B
Tex F
Mazzy H
Rylan M
Noah R
Connor C
Zack S
Mathew L

Year 5/6C

Arwen G

Year 5/6W

Kirsten S
Kianah J
Shaylah P-H

Sports Awards

Kinder

Jordan W
Blake M
Rhys T-L
Ruby W

K/1

Ryan Mc
Jai K
Jason S
Sarahfina F

Year 1/2

Travis R
Anthony N

Year 2

Sam B
Max T
Rhemi T
Phoenix J

PSSA Sport

Bailey-Lee H
Ciara S-W
Cody W
Brianna I
Samantha B
Izzy B



Be Safe

Be Responsible

Be a Learner



A Quick Bite ...

Fruit and Veg in lunchboxes

Does your child eat enough fruit and veg each day? Why not include them in their lunchbox. This will boost their intake of fruit and vegetables. Try these great lunchbox ideas:

- Cut the fruit up so it is more tempting to eat, and quicker too if they just want to play
- Offer in season fruit. This always tastes better.
- Include as a snack item vegetables such as carrot sticks, snow peas, raw broccoli or cauliflower florets, cherry tomatoes, cucumber sticks, or celery boats
- Include vegetable savoury bakes such as spinach and feta scrolls or muffins, zucchini slice, sweet potato crisps
- Soak some chickpeas overnight, then roast them to make a crunchy snack. Check out some great recipe ideas:



http://www.madefromfruit.net.au/roast-and-chickpeas-recipe/

www.thisgrandmaismfun.com/roasted-chickpeas-recipe/

For more information visit

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

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



SPORT REPORT

Netball Report

Our Senior Red lost to a very strong St Anne's team 15—3. Award went to Zoe W.

Senior Blue were defeated by Lavington Public School 15-2. Award went to Arwen G.

Our junior team tried hard but were defeated by Table Top combined 4-0. Award went to Samantha.

Soccer Report

We finally got a sunny day to play soccer. The senior team drew 5 all to Lavington East Green. Award went to Brianna I.

Juniors lost to Lavington East Green 4-1. Awards went to Ciara S-W, Bailey-Lee H and Cody W.

This week we play Lavington East Red.

Public Speaking

Izzy B will be representing the Lavington Lions Club this weekend in the Regional Public Speaking in Yackandandah.

We wish Izzy good luck in her quest to make the State level.



Christmas in JULY

What a fabulous night our P & C Christmas in July was. It was a whole lot of fun with a booked out hall of parents, friends, family and staff who made this night such a success.

Thank you so much to Steph Campion and her team who worked tirelessly to gain sponsorships, donations, entertainment, food and a whole lot more. This has been a tremendous undertaking which Steph and her team has put together and made a memorable event for everyone. **Thank you!**

Over \$5000 was raised.
AWESOME effort!!



Congratulations to Alison Green on winning the 6x4 trailer full of goodies from the Christmas in July raffle.

Alison's prizes consist of items such as bed sheets, bathroom accessories, Avon pamper packs, car care kit, toys, games, cleaning products, pet care, vouchers and the 6x4 trailer that it all came in.



Major sponsor for the Christmas in July was

Perfect Trailers
449 Wagga Road
Lavington

Please support our sponsor if you can.

P & C Committee Members

If you think you would like to be involved in fundraising or anything at all that the P & C are regularly doing, then please call into the school and let us know.

Our P & C volunteers are involved in raffles for Mother's Day, Father's Day, Easter and Christmas, Sausage Sizzle stalls at Bunnings, school BBQ's and various fundraisers throughout the year.

As our P & C members have outside commitments as well it is not always easy to be available all the time for the P & C, so therefore the more volunteers the better the help—as many hands make light work.

Father's Day Raffle & Stall

The Father's Day raffle ticket books will be coming home soon with the eldest child in the family. Tickets are \$1 each and in books of 15. All sold and unsold tickets and money will be due back by Thursday 1 September. Drawn Friday 2 September.

The Father's Day Stall will be a perfect opportunity for your child to buy dad a last minute Father's Day Gift! All gifts are under \$10 and all proceeds go to the P & C to help raise funds for our school! The Stall will be held Friday 2 September and will run from 9.15 am.

Please note: We will need helpers for the stall please volunteer by phoning Melissa on 0417 429 952 or the school 60 256433.

Fresh for Kids

Fresh For Kids sticker rewards program.

1 sticker per piece of fruit purchased

2 stickers will be a prize of a pencil and then go into the draw for a major prize draw will be held by the Fresh For Kids Program in mid October.

Prizes include:

32" colour TV

iPad

Back packs

and more...



Buying fruit is always the best healthy option and now you can enjoy the reward of this choice.

Whole School Concert — 'Sleepless at Springdale'

The 'Sleepless at Springdale' tickets are \$10 each and can be purchased at the office.

Evening Performance @ 7pm on Tuesday 24 August

Matinee Performance @ 1pm on Wednesday 24 August

Please make sure your children attend school each day to keep up their practice for the performance. It takes LOTS and lots of practice and each class will be doing this each day.



Pictured: Rory, Tiana, Mazzy, Ryan, Kane and Alexis

The Murray Arts Museum Albury (MAMA) have an exciting opportunity for our local schools to participate and have the chance to win a *Tour & Studio Session* at the Murray Arts Museum Albury (MAMA). *Students will enjoy a guided tour through the MAMA collection and exhibitions, followed by a responsive art making session in the studio.*

The MAMAs Mob competition is open to Years 3 and 4 with the aim to encourage students to get creative and decorate one of 20 lambs as a class project.

Pictured above is the talented artistic creation of our students .

Judging and public exhibition will be at the QEII Agfest event on, Saturday 13 August, 10am to 2.00pm.



Yesterday Chris from Stewart House came to our school and presented Miss Farmer with a SILVER Supporters Award. This award is in appreciation of our schools continued support to Stewart House. We are very pleased to be able to contribute with our SRC fundraising throughout the year as well as a school and individual staff contributions that we make.

Stewart House , which is based in Sydney, has offered some of our students the chance to have opportunities that they would not normally have in their own family life.

2016 TERM THREE CALENDAR					
please read carefully as changes have been made					
	Monday Breakfast Club 8.30–8.55am served at the canteen	Tuesday Breakfast Club 8.30–8.55am served at the canteen	Wednesday	Thursday	Friday
Week 5	15/8	16/8	17/8 Year 5/6 Wellbeing	18/8	19/8 PSSA Sport
Week 6 BOOK WEEK	22/8 Dress Rehearsal for concert	23/8 Evening concert 7pm	24/8 Matinee concert 1pm	25/8 Mini Olympics–after lunch	26/8 PSSA Sport finishes K-2 Gymnastics 11.20am–12.50pm
Week 7	29/8	30/8	31/8 Healthy Meal Deal	1/9 Durakar Public Speaking	2/9 Riverina Athletics K-2 Gymnastics 11.20am–12.50pm
Week 8	5/9 Enviro Matters Yrs K-2	6/9 5/6 W–VC 2pm Tackle environmental matters and bullying 5pm P & C meeting	7/9	8/9 Write Around the Murray 5/6C & 5/6W 10am–11am 3/4D Assem @2.25pm	9/9 K-2 Gymnastics 11.20am–12.50pm
Week 9	12/9 Durakar Public Speaking at LEPS	13/9	14/9	15/9 Durakar Sports	16/9 K-2 Gymnastics 11.20am–12.50pm Milo Cricket Yrs 5/6
Week 10	19/9	20/9	21/9 SRE Quiz Worx Puppet Show 11.20am	22/9 3/4S Assembly @ 2.25pm	23/9 Meal Deal