

Springboard

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Principal: Miss Sue Farmer

Term 3 - Week 4

Thursday 10 August 2017



FIRST NEW SCHOOL SHIRT \$10

How good do our fresh new school shirts look! There has been a fantastic response by families wanting to purchase the new shirts. They are a very smart looking shirt and lift the look of our uniform.

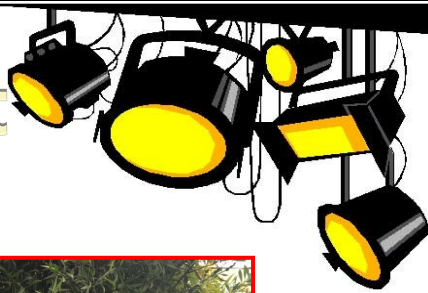
All families receive the first shirt for each child at a discounted price of \$10. All other purchases are \$20 each. Shirts can be purchased from the office or canteen on canteen days. As the P & C are responsible for the shirt sales we ask that when making your purchase please bring in **CASH only**.



**Awesome
Good job.**

A Big **Thank you** to the P & C ladies for all of their organisation and continuing to purchase and supply of the shirts for the school.

The Spotlight is on Drama



Drama Lessons at Murray High School

Over the past two terms, four students from Year 6 have been involved in Drama classes with ten other schools at Murray High School. Shelby, Samantha, Bailey and Royce go over to Murray High every second Wednesday.

They have written some recounts for us;

Samantha

In Drama class our scripts were written down and we are practising them. I got the role of the queen.

Bailey

In Drama we are practising our performance. I am an Avatar, and others from the two groups are doing other scenes.

Royce

In Drama, we do it with ten other schools and I have made more friends.

Shelby

At Drama we have been choosing the storyline and script. There will be two plays. One about 'Technology' and one about 'A Land Far, Far Faraway'.



It has been a great opportunity for the students who have loved the experience.

With *Book Week* fast approaching (officially 18-25 August) students are looking forward to participating in our Book Week character parade.

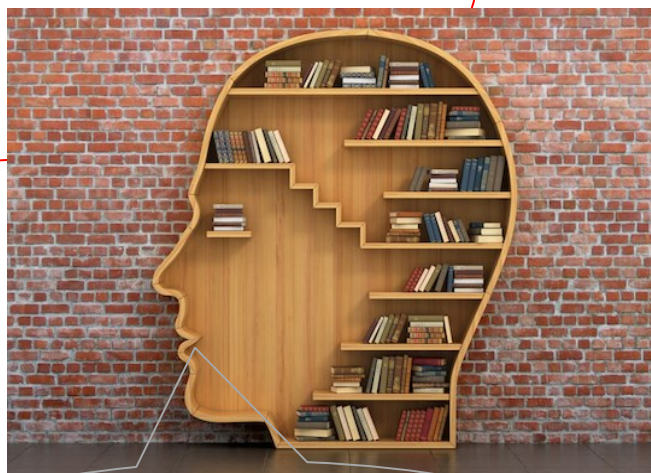
This event will take place in the school hall from

9:30 am Tuesday 22 August

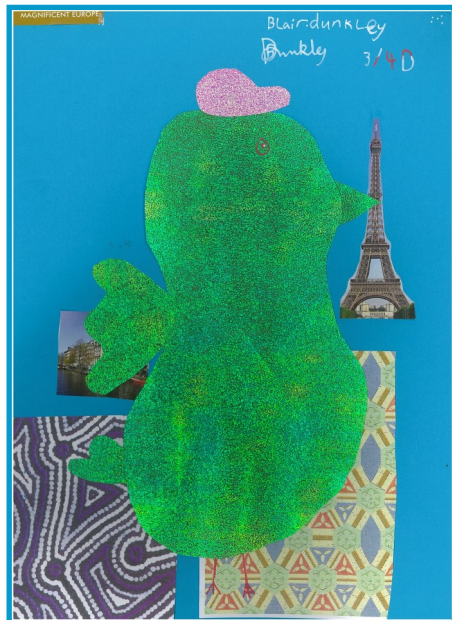
Students are required to come dressed as a book character.

We will be joined by children from the Springdale Heights Pre School and Banjora Children's Centre.

BOOK WEEK



BOOK Character Parade
9.30am
Tuesday 22 August

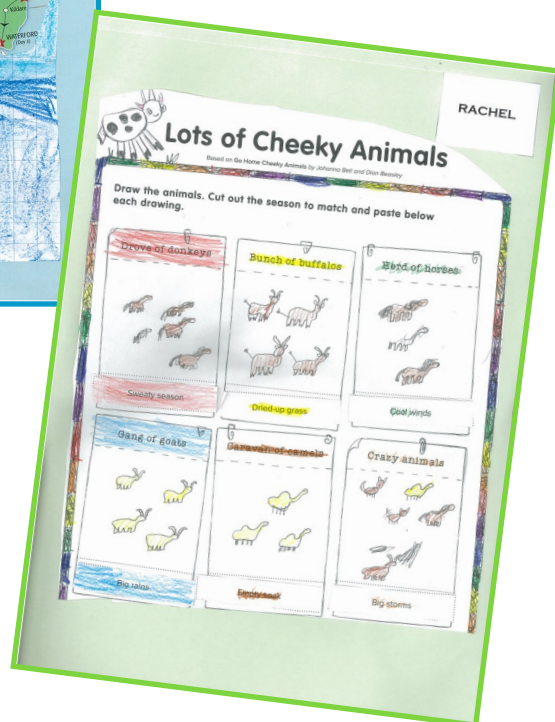


Artwork by

**Blair D
Kirsten S
Rachel W**

To celebrate the launch of Book Week students have been busy reading and creating art work related to some of the texts which have been nominated and short listed in the various categories for the Children's Book Council Awards.

There are some great books this year and we look forward to putting some of the art work on display once it has been completed.



Breakfast Club

We love starting the day with Breakfast Club!



Canteen Meal Deal



The Healthy Meal Deal for this week was Spaghetti Bolognese and a warm Milo. Everybody's favourite on a cold Winter's day.

Healthy Wednesday

The school canteen has been very busy thinking about the best fresh food choices for your children.

Wednesday is *Healthy Wednesday* at the canteen and some of the wonderful choices are: vegetable sticks, sliced fruit, Sushi and fruit cups... to name a few! Soooo YUM!



Want to see a Staff Member????

Please be reminded that parents and families need to make an appointment if they wish to speak to a teacher or staff member. With the massive volume of work the school is required to do it is not always possible to deal with your wishes on the spot.

Staff have planned lessons, training, meetings and have other duties to perform and CANNOT be available at any time without notice.

We make every effort to deal with any queries or concerns quickly and efficiently, however, it is imperative that protocol is followed.

Your co-operation in this matter would be appreciated.

ILLNESS

We have had a large number of children coming to school unwell and starting the day in sick bay. If your child is unwell please keep them home until well enough to be at school. Please help us to avoid the spread of illnesses.

5-6 CLASSES NEED TOWELS

Year 5 & 6 classes are working on their end of year mosaic pots project and old towels are needed for clean ups.

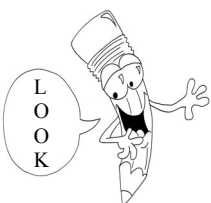
If anyone has any old towels that you are going to throw out, we would be very grateful if you could send them in for us to use. The pots are coming along nicely!

Thankyou Miss Wilson

Community News...

What's new in Girl Guides? Come and find out. Tuesday 15 August—4.30pm to 6.30pm Junior guides 5 to 9 years old. Come and join the fun, make new friends and learn skills for life!

Come to the North Albury Guide Hall, Corner of Swan & Kestrel Streets North Albury. Phone Marion Henry 6025 1131 or 0418 492 487





Faith



Brooklyn



Lachlan



Kinder LOVE talking about the Weather



Giselle

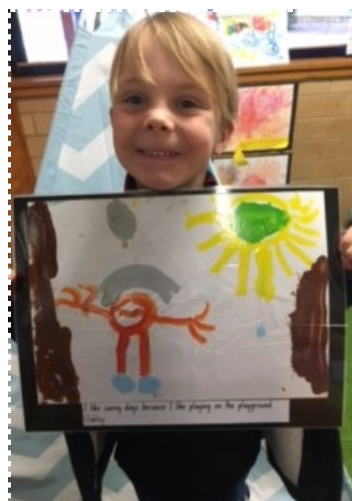
In Kindergarten we have been learning about the weather.

The weather influences our decisions about what to wear and the things we can do. We each thought about the type of weather that we like the best and why.

We wrote about our favourite weather and created beautiful paintings to go along with our writing.



Shyndi



Oakley



Tahnier



Makaylah



Poppy



Braylen



Ebony



Lily



Seth



Tamati



Logan



Angus



Shelby

Awards

CLASS & LIBRARY

SPORT

SILVER

Kinder

Lachie S
Shyindi K
Logan T
Tamati M
Giselle S
Braylen S
Makaylah S
Brooklyn B
Poppy L

1-2 BH

Jason S
Tyson C
Sienna C
Summer M

1-2 PB

Maddi C
Leon C
Charlotte C
Sophia B

3-4 D

Charli C
Jayden McG
Maddex T
Will K
Sandy M

3-4 P

Patrick H
Eli P
Ellie W
Luke W
Addyson E

5-6 C

Pheobe G
Morgan R
Rachael C
Luke N

5-6 S

Angel A
Shianne K
Parker T

5-6 W

Shelby T
Tyler S— K
Sam B
Ryan C

Library

Library monitors.
Kinder Poppy L
1-2 BH Isabell T
1-2 PB Luca M-W
3-4 D Charlotte M
3-4P Lizzy Mc-C
5-6 C Luke N
5-6 W Shelby T

Kinder

Charles M
Tahnie B

1-2 BH

Zac C
Jack H
Allysann M
Sienna C

1-2 PB

Luca M-W
Saria E-B
Michael F
Jai K

Years 3-6

Combined Sports

Damon H
Blair P
Bronte W
Ben W
Angel A
Logan C
Chevana M
Shelby T
Taliah L
Mitch S
Alexis W
Matthew G

KINDER

Poppy L
Giselle S
Lachie S
Shyindi K

1-2BH

Jack H
Tyson C
Sienna C
Isabell T
Jack T
Amelia H

1-2PB

Saria E-B
Jai K
Michael F
Ollie B

3-4D

Rhys S
Travis R
Violet H
Will K

3-4P

Lizzy Mc-C
Logan E
Lilly C
Max T
Mathew L
Freya S
Sam B
Isabelle W

5-6S

Jack S
Parker T
Angel A
Olivia F

5-6W

Sam B

Be Safe

Be Responsible

Be a Learner

A Quick Bite ...

The stats on physical activity in primary school children

In the latest NSW Schools Physical Activity and Nutrition Survey*...

4% children did not achieve 60 mins of activity on any days of a week.

63% of children were in the healthy zone for cardiorespiratory fitness (measured by the 'beep test').

ONLY 23% children met the physical activity recommendation of 60 mins per day on 7 days each week.

37% of children were in the healthy zone for muscular fitness (measured by the 'standing broad jump')

Source: SPANS 2015. NSW Department of Health

For more information visit

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

Live Life Well
@ School

NSW

Health
Murrumbidgee
Local Health District

munch
& move

YEAR 3-4 Trent Barrett RUGBY LEAGUE GALA DAY

We will be sending a boys team and a girls team to the gala day tomorrow.

Tomorrow Friday 11 August at
Jelbart Park
Students will travel by bus
9.00 am – 2.30 pm.

Selected students will need to wear school sports uniform (no skirts please). Please bring a water bottle, warm clothes, jacket, packed recess and lunch. (A canteen will operate at the ground).

The boys team will play several games of modified rugby league (tackle) against other schools.

PERMISSION TO PLAY RUGBY LEAGUE NOTE

(Boys only). Boys must return the permission to play rugby league note as well as the permission note.

The girls team will play league tag against other schools.

The staff car park is not to be used to drop off or pick up children

AWAHS Dental Visit



This week Aboriginal and Torres Strait Islander children learnt about dental care and good mouth hygiene. Claire from AWAHS Dental clinic presented a visual display as well as hands on activities. Students learnt that choosing the right foods to eat is as important for your teeth as it is for your health.



Stepping into 2018

We are taking
Kinder
enrolments
now for 2018

Stepping Stones

Come in and ask about our
Stepping Stones
Kindergarten Readiness Program
for 4 & 5 year olds

Notification of Year 2018 Kinder Enrolments

I wish to enrol my child for Kindergarten 2018

Name.....

Date of Birth:.....

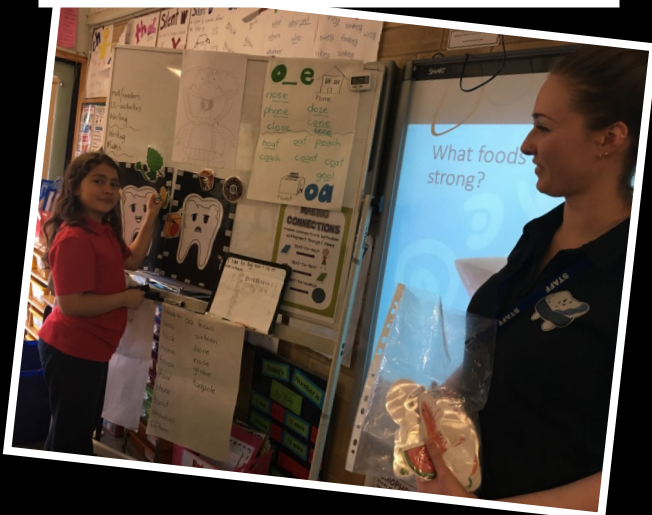
- ☐ My child has siblings attending school at present and is in zone
- ☐ Within zone
- ☐ Out-of-zone with a sibling already enrolled at the school
- ☐ Out-of-zone

Name:.....

Address:.....

Phone:.....

Please call in as soon as possible to enrol for Kindergarten 2018. We have important information about our *Stepping Stones Program* that we wouldn't want you to miss out on.



The Term Ahead.....

Term Three Calendar

Breakfast Club Monday and Tuesday's 8.30-8.55am

Assemblies held at 2.25pm until otherwise stated

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	7/8	8/8 Aboriginal & TSI's Dental Education	9/8 MHS Drama students 9.30—10.36am Canteen Meal Deal	10/8 Kinder Assembly 2.25pm	11/8 Trent Barrett Shield Gala Day—Yr's 3 & 4 NO PSSA sport due to Trent Barrett Shield Gala Day
WEEK 5	14/8	15/8 MHS Yr 6 Transition Day 9am—12.10pm	16/8	17/8	18/8 PSSA Sport 1pm
WEEK 6	21/8 Red Cross Pillow Project Yr's 3 & 4	22/8 Book Week Character Parade 9.30am in the hall	23/8 MHS Drama students 9.30—10.36am	24/8 Year 5-6W Assembly	25/8 PSSA Sport finishes K-2 Flyaway gymnastics 11.15am—12.50pm
WEEK 7	28/8	29/8	30/8	31/8 Canteen Meal Deal Yrs K-2 Library visit 10.30-11.30 and 11.30-12.30 Wirraminna Excursion 9.30am-2.30pm. Yrs 3-4 D & 3-4 P	1/9 P & C Fathers Day stall Riverina Athletics K-2 Flyaway gymnastics 11.10am—12.50pm
WEEK 8	4/9	5/9	6/9 MHS Drama students 9.30—10.36am	7/9 5-6S Assembly	8/9 Todd Woodbridge Cup K-2 Flyaway gymnastics 11.10am—12.50pm
WEEK 9	11/9	12/9	13/9	14/9 Write Around the Murray Library visits	15/9 Write Around the Murray Library visits K-2 Flyaway gymnastics 11.10am—12.50pm
WEEK 10	18/9	19/9 MHS Drama students—final performance 2pm	20/9	21/9 Yrs 1&2 Wagga Zoo Excursion 9.05am—2.55pm 5-6C Assembly	22/9 Canteen Meal Deal

A Quick Bite ...

Hunger in the classroom

Two thirds of Australian teachers report that children come to school hungry or without eating breakfast."

Around 3 students in every class will arrive at school hungry or without having eaten breakfast on any typical day and this can lead to bigger problems in the classroom.

- 2 hours of learning time is lost each day when a student goes to school hungry.
- If a child goes to school hungry once a week, they would lose more than a whole term of learning time over a year.
- 4 out of 5 teachers report hungry students find it harder to concentrate (73%), are lethargic (66%) or show behavioural problems (52%).

As the saying goes
"Breakfast is the most important meal of the day!"

Source: Hunger in the Classroom—Foodbank report 2015

For more information visit

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

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



**We are
collecting NOW!**

Drop your stickers into the school office or into the Springdale Heights PS box at the Lavington and Thurgoona Supermarket.

Sticker sheets are available here at the school office.

In previous years, the Earn & Learn Program has earned our school a fantastic total of rewards points from the sticker collection. We then received resources for classrooms including: tables, paints, brushes, textas, and games to name a few.