

# Springboard

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Principal: Miss Sue Farmer

Term 1 - Week 10

Thursday 4 April 2019

## P & C Easter Raffle

Donations are very low for our annual Easter Raffle! The P & C are asking for donations of Easter eggs, chocolates and Easter themed items from families.

Ticket books and money are due back next Thursday 11 April. Tickets are \$1 each and are in books of 15. Your generous support of the Easter Raffle is appreciated.



Donations  
Are Low!!!

This is all we  
have for our  
BIG  
Easter Raffle

Please help!!  
We need more!!

## A Meal Deal or Two?

### CANTEEN MEAL DEAL HOT DOG TOMORROW FRIDAY 5 APRIL

Once again our ever popular Hot Dog Meal Deal and a fruit box is available tomorrow at the canteen. Orders and money in by this afternoon please. This deal was sent home on a pink note last week.

### DISCO MEAL DEAL PIZZA FOR INFANTS AND PRIMARY NEXT THURSDAY 11 APRIL

Disco Pizza Meal Deal notes were sent home last week and are due back Friday 5 April. Hopefully this will help parents not having to worry about your child being hungry while they 'groove on the dance floor'! Infants notes are on purple, whilst Primary notes are on yellow paper!



Infants & Preschool  
Teddy Bears Picnic  
has been rescheduled  
for early next term!

## From the Office

### SCHOOL ATHLETICS CARNIVAL - MONDAY 8 APRIL

Our school Athletics Carnival will be held next Monday at Alexandra Park. Buses leave school at 9.15 am and return by 2.45 pm. Cost is FREE as the school is paying for bus and entry to the track to encourage participation.

We need parent helpers on the day. If you are able to assist, please let Mrs Purss-Semple know. Permission notes were sent home last week and were due back yesterday to class teachers.

### INFANTS DISCO - THURSDAY 11 APRIL - 4.30 to 5.30 pm

We are holding our **Infants Disco** in the school hall from **4.30 pm to 5.30 pm**. The cost is \$3 to be paid on the night to cover cost of DJ. Come dressed as the person you consider 'your hero'! Disco Meal Deal available.

### PRIMARY DISCO - THURSDAY 11 APRIL - 6 to 7.30 pm

We are holding our **Primary Disco** in the school hall from **6 pm to 7.30 pm**. Same details as above, just a different time slot! Disco Meal Deal notes were sent home last week with your child.

### 2019 ANZAC DAY MARCH

Notes were sent home yesterday for participation in the Albury ANZAC Day March. As this day falls during the school holidays, we ask that notes be returned to the office by Wednesday 10 April 2019.

*Sleep in Sunday 7 April 2019*



**Turn Your Clocks BACK Saturday night**

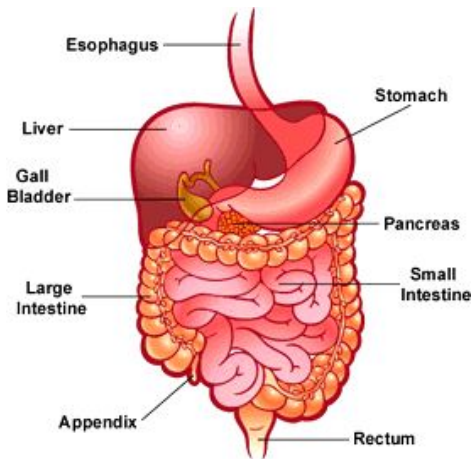
## The Digestive System

By Charlotte and Ellie

The digestive system is what helps us to eat food. There's a group of organs that help us to do it. Digestion is important because the body needs nutrients from food and drink to work properly and stay healthy. The stages are:

**Chewing** - Chewing is the first stage of the digestive system. When you chew your food it breaks up big pieces into little pieces that are easier to swallow and digest.

**Swallowing** - First, our tongue helps to push food into the back of our throat. Then there are special throat muscles that force the food down into a long tube called the oesophagus that leads to our stomach.



**Stomach** - Food is in the stomach for around four hours. While the food sits there, more enzymes go to work on it, breaking down things like proteins that our bodies can use. The stomach kills a lot of bad bacteria as well so we don't get sick.

**Small Intestine** - The first part of the small intestine works with juices from the liver and pancreas to continue to break down our food. The second part is where the food gets absorbed from the intestine and into our body through the blood.

**Large intestine** - The last stage is the large intestine. Any food that the body doesn't need or can't use is sent to the large intestine and later leaves the body as waste.

## YEAR 5-6 Red & Blue

Throughout Term One, both Year 5 & 6 classes have been researching the many systems of our body, as a component of the Stage 3 PD/H/PE Curriculum.

Students were grouped to research, study and present one of the systems of our body.

These systems include  
Circulatory, Digestive, Muscular  
and the Nervous System.

These are some of the students research.

# Systems of the Body

## Lymphatic, Spleen and Thymus

By Talyn, Connor and Charlie

The Lymphatic System is a network of tissues and organs that help get rid of body toxins. The Spleen is located under the rib cage and above the stomach in the left upper quadrant of the abdomen. The Thymus gland serves as a vital role in training and development of T cells, an extremely important type.

## Respiratory System

By Isabelle and Celeste

**Diseases of the Respiratory System:** Asthma, Chronic Obstructive Pulmonary Disease, Chronic Bronchitis, Emphysema, Lung Cancer, Pneumonia and Pleural Effusion.

**How to look after the Respiratory System:** don't smoke, avoid harmful environmental substances, exercise, wash hands regularly, eat healthily, drink lots of water, practise good hygiene.

## The Circulatory System and the Lymphatic System

By Nsengi and Bonheur

Most of the cells in the human body are not in direct contact with the external environment, so rely on the Circulatory System to act as a transport service for them. Two fluids move through the circulatory system: blood and lymph. The blood, heart and blood vessels form the Cardiovascular System. The lymph nodes and lymph vessels form the Lymphatic System. The Cardiovascular System and the Lymphatic System collectively make up the Circulatory System.

## The Major Muscles in the Body By Travis and Blair

**The Masseter** muscle is behind your jaw and helps to swallow. Whenever you eat, your Masseter is helping you to chew and swallow.

**Gluteus Maximus** is near your bottom. It is the heaviest muscle in your body. **Iliopsoas** is in your leg right where the crease line is and it helps you to run, walk, sit and exercise.

**Triceps** are in your arms and helps you move your arm every day.

**The heart muscle** helps you do stuff like breathe. It is around your heart and pumps blood up and down your body.

## Endocrine System By Rhys and Tye

Glands are small organs located throughout the body. There are 30 different types of hormones. The people that specialise in the **Endocrine System** are called Endocrinologists. The consumption of alcohol leaves wide spread effects on the function of systems. The Hypothalamus's glands make your emotions in your system which makes you unhappy or something else like depression.

## The Urinary System By Erich

Your **Urinary System** is also called the Renal System or Urinary tract. The Urinary System removes waste from your blood in the form of urine. The urinary system is made up of:

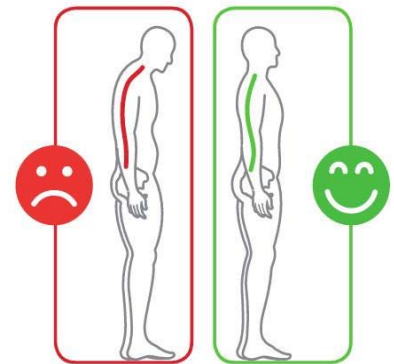
**Kidneys** (left and right), ureter, bladder and urethra. Diseases include: kidney stones, kidney failure, urinary tract infections, urinary incontinence and bladder cancer.

Ways to prevent a **Urinary System** disease: drink enough fluids, especially water. drink cranberry juice, don't wait too long to use the bathroom, have good hygiene, change your medications and have a healthy diet, which means no alcohol or coffee and no smoking.

## The Skeleton System By Brodie and Ziggy

The skeleton system serves six major functions: supports, movement, protection, production of blood cells, storage of minerals and endocrine regulation.

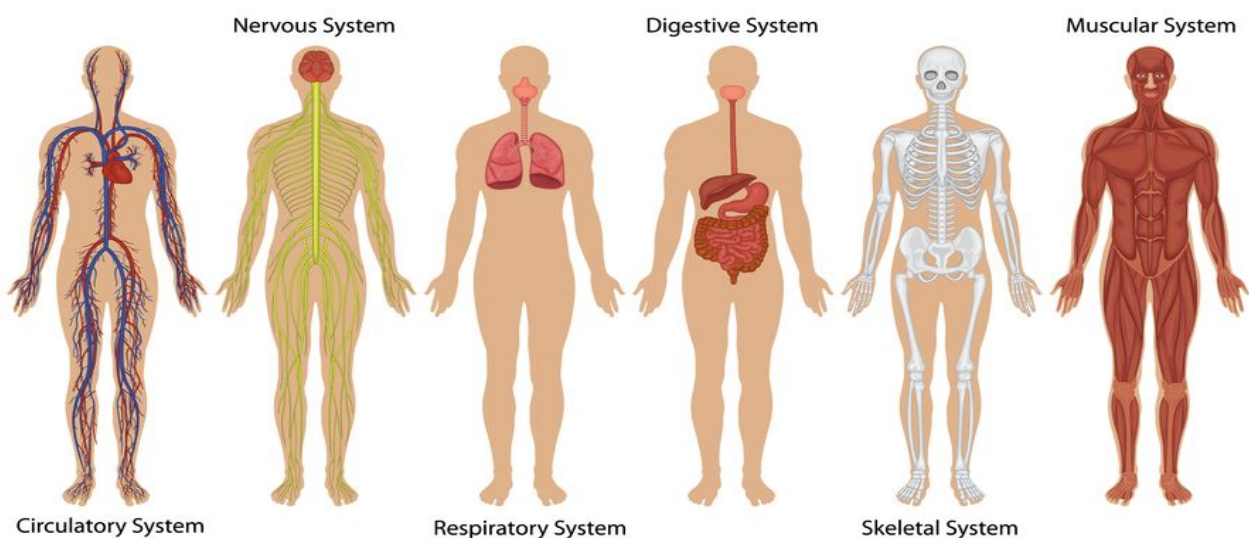
To look after your skeletal system by getting the sleep you need every night. You can also help it by eating well and exercising sometimes but not all the time. Just don't forget to eat well, sleep well and live well.



A well-known disease and a very common disease can be in the spine and that is where you get a really bad back and you are always slouching. This is caused by all your life you never have a straight back and as you get older you tend to slouch a lot more.

**Look after your body!  
Don't slouch!  
You will live a lot longer and  
you will grow up  
and be happy and healthy.**

## Human Body Systems



## PBL Awards

### Class Awards    Class Awards    Bronze Awards    Library Awards    Sports Awards

#### K-1 Blue

Yvonne B  
Zac B  
Oliver D  
Jaylah C  
Morgan S

#### 3-4 Red

Damian C  
Kiana T  
Maddi C  
Ruby C  
Ryan M

#### K-1 Blue

Rose M  
Zac B  
Blake B  
Jet V  
Morgan S  
Skye O  
Benjamin F  
Mitchell F  
Oliver D  
Jaylah C

#### K-1 Red

Daniel O (Wk 8)  
Charlotte R (Wk 8)  
Shylee K  
Teddy M

#### K-1 Blue

Rose M  
Dallas S  
Morgan S  
Jet V

#### K-1 Red

Emma C  
Ollie McM  
Charlotte R  
Bryan T

#### 5-6 Blue

Brodie T  
Ziggy Holding  
Bonheur R  
Erich H

#### K-1 Blue

Lidia E (Wk 8)  
Blake B (Wk 8)  
Rose M  
Jet V

#### 1-2

Shyindi K  
Chanelle O  
Makaylah S  
Hoze H

#### 1-2

Tahnier B  
Lily C  
Makaylah S  
Lachie S  
Logan T

#### 5-6 Red

Joel F  
Ben W  
Tamika c  
Freya S  
Zack S

#### 1-2

Lily C  
Brooklyn B  
Chanelle O  
Shyindi K  
Hoze H  
Lucas R  
Makaylah S  
Lachie S

#### 1-2

Poppy L (Wk 8)  
Owen C-L (Wk 8)  
Giselle S  
Mathew H-S

#### 5-6 Red

Caleb B  
Eli P

#### 3-4 Blue

Sophia B  
Maddie C  
Riziki H  
Noah P  
Riley H  
Woonsen P

### PBL Value Award

K-1 Blue  
Nash F

#### 5-6 Red

Sienna H-S  
Marlee G-W  
Freya S  
B.J S

#### 3-4 Red

Maddi C  
Jason S

#### 5-6 Red

Luke W  
Freya S

#### 5-6 Blue

Cooper P  
Ziggy H



### 2019 TERM ONE CALENDAR

Please read carefully as changes may occur All assemblies are at 2.30pm unless notified otherwise

	Monday Breakfast Club 8.30-8.55am served at the canteen	Tuesday Breakfast Club 8.30-8.55am served at the canteen	Wednesday	Thursday Assemblies 2.30pm	Friday
Week 10	1/4	2/4	3/4	4/4 5/6 Blue Assembly 2.30pm	5/4 Canteen Meal Deal
Week 11	8/4 School Athletics Carnival @Alexandra Park all day	9/4	10/4 Easter Raffle tickets due back ANZAC Parade notes back	11/4 Disco Infants 4.30 to 5.30 Disco Primary 6.00 to 7.30 pm Disco Meal Deal	12/4 P & C Easter Raffle Draw  <b>Last Day of Term</b>

**SCHOOL HOLIDAYS SATURDAY 13 APRIL to MONDAY 28 APRIL  
STUDENTS RETURN - TUESDAY 30 APRIL**

### 2019 TERM TWO CALENDAR

Week 1	29/4	30/4	1/5	2/5	3/5 School Cross Country
Week 2	6/5	7/5	8/5	9/5 5/6 Red Assembly 2.30pm	10/5 PSSA Athletics Carnival Mothers Day Stall
Week 3	13/5	14/5	15/5	16/5 Lions Club Public Speaking	17/5
Week 4	20/5	21/5	22/5 Environmentors Program	23/5 Environmentors Program	24/5