

Number 6 Thursday 3 March, 2016

Keeping In Touch...

5 Reasons to Learn to Swim

271 people drowned in Australia in 2014/15!

1. Swim lessons reduce the risk of drowning.

You read the stats above and it's alarming. This is serious stuff and as your child gets older, they are more likely to be around water when you might not be present (say on a trip to the beach or a farm with a dam with friends). Swimming is essential life skill and you want to be confident that your child has mastered it.

2. Swimming builds whole body strength.

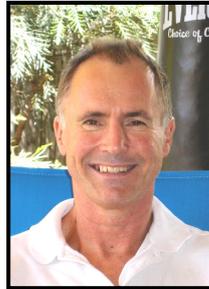
A swimming workout is a great *total body* workout, strengthening everything from the core to the legs to the arms. In swimming, a whole lot of muscles are working together as your kids are pushing, pulling and kicking their way through the water. Swimming is a full-body workout. It's simultaneously works muscles from triceps and biceps to abdominals to hamstrings and everything in between.

3. Swimming helps kids do better in school.

Your kids' time in the pool translates to higher marks at school. Swimming has been scientifically linked to a better academic performance. Studies have found that children who swam during their developmental years achieved several physical and mental milestones faster than their non-swimming counterparts. Researchers found that the type of instruction and sensory learning kids are exposed to early on in swimming lessons translates almost seamlessly into the type of learning they'll do in the classroom.

4. Kids who swim get the benefits of participating in an individual AND team sport.

This is one aspect of swimming that really makes it unique. Swimmers compete individually AND as a team to kids develop the skills needed to excel in a team environment. Joining a swimming club is perfect for young swimmers that are proficient in the freestyle, backstroke, breaststroke and butterfly stroke techniques, but are interested in either pursuing swimming competitively or enjoy swimming as an activity. Aside from the obvious benefits of continued exposure and experience with the water, kids who participate in a swimming team get instruction and encouragement from instructors who are in the water with them during practice. They have the opportunity to compete against the other swim teams and learn about the world of competitive swimming.



5. Swimming is something they can do at any age!

Swimming is for everyone, both young and old. This activity is something that lasts a lifetime -- and you can always improve at it! Expose your child to swimming now and they will have a recreational, aerobic activity that they can continue to enjoy throughout the rest of their lives! What a gift!

Good Parenting is Easy

Good parenting comes fairly naturally to most people but not all. There are few rules. Feed the baby, keep them warm, play with them and show them a lot of love. But there are other things we can do to ensure that their development occurs at the appropriate rate. I have said it before, but read to your child from the day they are born.

Children love hearing the soothing tones of your voice as you tell a story. They spark up in the exciting bits and laugh, even though they don't know what you are talking about. As they grow they work out the story carries the same message every time you read it. In time they will work out that the pictures have something to do with the text and that the text always runs left to right.

This is all before they can even read a word. You have taught them the basics of pre reading.

You've Got a Job!

Research shows that up to 90% of a child's brain development happens in the first 5 years.

During this time, 700 new neural connections are formed every second. These connections are formed through the interaction of genes and a baby's environment and experiences, especially interactions with adults. These connections create the foundation for all the child's later learning and behaviours.

When babies and children don't get what they need to form these connections in the first few years, it has a lasting effect. Therefore the quality of relationships and learning environments for babies and toddlers is critically important.

Children are born ready to learn and the best learning happens in nurturing relationships. Children learn through being engaged and doing, and from watching and copying you. Similarly babies learn language by listening to you and using it. So, bonding with your children over a bedtime story is not only fun, it is strongly associated with the activation of specific brain areas critical for oral language and reading development. Remember the first 5 years last a life time.

Reference: Center on the Developing Child (2009).

Simon Boss-Walker
Principal

**P&C NEWS
KAWUNGAN
LUNCHBOX
NEWS**



“Helping each other to achieve healthiness”

THE LUNCHBOX

Closed Mondays. Open Tuesday-Friday. EFTPOS available.

We have a \$5.00 Easter Treat Deal coming up on 22nd March. The \$5.00 deal will include 1 x hot cross bun, 1 x flavoured milk drink and 1 x chocolate Easter egg. The flyer will go out this week to all students and will need to be back to the Lunchbox by 15th March.

We will also run a 'Guess the Easter eggs in the jar' completion. 50 cents a guess or 3 tries for \$1. The jar will be on display in the Lunchbox as of next Tuesday. Hop to it :)

THE RUN FOR FUN

The Run for Fun will be held on Wednesday the 23rd of March. Letters will go out to families this week. Sports house shirts are for sale at the Uniform Shop. See opening hours below.

THE UNIFORM SHOP

Open Tuesday and Thursday 8:30-9:30pm and Wednesday 2:30-3:30pm. EFTPOS available. We are also holding an Easter Colouring in competition.

THE PARENT CAFE

Sorry we will be closed this week. We look forward to catching you at 9am in the hall next Friday.

COLOURING IN COMPETITION

The P&C Family are holding an Easter colouring in competition. Some great prizes up for grabs. Entry forms available only from the Uniform Shop. Starts Tuesday the 8th of March.

25th BIRTHDAY FETE

We have a huge year ahead of us and we would love to have you on board. With a school our size most people assume we have volunteers coming out of the wood work. Our small but dedicated merry band could do with some extra hands. Please keep us in mind and know however big or small your contribution is, it is very much needed and appreciated. Join us and know you are making a difference in your child's school and who knows... you may even make a few new friends along the way. Hope to see you soon.

If you would like to share some ideas or join our fete committee please come along to our next P&C meeting Monday 14th of March or simply fill in and pop it into the red chatterbox located in the office. Thank you in advance!

**PLEASE CUT OUT AND LEAVE
IN THE
RED CHATTERBOX LOCATED
IN THE OFFICE**

Yes!

I would Love to join the fete committee

Name

Phone #

Email

P&C AGM - WE NEED YOU!

Please join us at our special time of 6pm on Monday 14th March in the library for our AGM. This is a very important meeting where all positions are declared open and you have your chance to join the committee or show your support by your attendance. Please consider attending if you are new to our beautiful school or find you would like to lend a hand. Grab a friend and join us for a cuppa and be a part of this fun but very important evening. (We have chocolate.....and cake....does that help?) Come on, take a chance and see what we are all about. We would love to see you.

P&C DATE CLAIMERS

Here are a few dates for your diary. More to come shortly.

- Monday 14th March – P&C AGM
- Wednesday 23rd March - Fun Run
- Thurs 5th/Fri 6th May- Mother's Day Stall
- Friday 13th May - Disco
- Thurs 1st/Fri 2nd September - Father's Day Stall
- Saturday 10th September School Fete

REMINDER

Just a friendly reminder, please refrain from sending glass water bottles to school with your child. We have had a couple of broken glass water bottles already this year and we would like to avoid the safety concern.

KOALA PLAYGROUP

Wednesday morning. All children are invited from the ages of 0-4years. Bring a morning tea snack and come and meet some other Kawungan families. We run fun interactive activities for the children that include song, rhyme, movement and storytelling.

ICAN PLAY PROGRAM

In 2016 this program will be offered to P- Year 6 students. It is a free event and will run on Wednesday afternoons from 3:00-4:00pm on the oval. We have various sport development officers from the region and TAFE students studying sport who

will be running the events. We encourage all students to get active and have a try of the different sporting codes. If you wish your child to participate, a parent consent form will need to be filled in and returned before they participate. Their class teachers will have these forms. Tea and coffee is available for parents from the uniform shop during these sessions thanks to our wonderful P&C.

HEADLICE

Just a friendly reminder to check and treat your child's hair regularly. Unfortunately head lice have been reported again. Please be vigilant with treating as necessary.

DONATIONS

If you have any uniforms which you no longer need, please consider donating them to the school office. Prep shirts, royal blue shirts, black shorts or black skirts would be greatly appreciated.

CRAIG STARCEVICH IS COMING TO KAWUNGAN

When: Monday 07/03 at 11-11:30am

Where: In the hall

Who: All grade 4-6 girls and any parents wanting to come along.

Why: Craig was a famous AFL player and now works for AFL Queensland as the inaugural Female High Performance Manager, he is also the Western Bulldogs Women's team coach and one of the Sports+

Ambassadors. Craig is coming to Kawungan to celebrate Women in Sport, and International Women's Day (the following day).

GIRLS AFL

The training and effort of the Kawungan AFL girls team has paid off as they have made it into the Grand Final against Yarrilee in a few weeks. Congratulations girls.

FIND KAWUNGAN SS ON FACEBOOK:

