

Number 25 Thursday 11th August, 2016

Keeping In Touch...

Children Need To Play Outside

We can't expect children to sit for hours on end, interspersed with little movement breaks and not expect consequences to their development. Some experts believe children need *at least three hours* of outdoor play on a daily basis in order to foster healthy sensory and motor development. They need opportunities to climb trees, run as fast as they can, use their imagination, test their strength, roll, climb, balance and even spin in circles. All of these activities use their brain, activate their muscles, both big and small, and engage the senses. This lays the foundation for being able to pay attention, listen and learn in a classroom setting.

So the next time you pick your children up from school, take them to a park and let them run around for a while. On the weekends spend the day at the beach, even if it's not sunny and warm — there are benefits in being outside in all kinds of weather. Encourage them to ride their bikes to friends' houses. Get to know your neighbours and create a community that watches out for the children so that they can play outdoors whether you live in an urban or a rural setting.

Studies indicate that when children switch from spending hours primarily indoors and sitting at a desk to one where the child is free to move and play throughout the day, the results can be far-reaching. Problems of poor attention all but disappear and children become attentive and active learners. Time spent playing outdoors fosters a joy of learning and confidence in one's abilities — two critical elements in the classroom and in life. All it takes is some time and a place to play outside.



As a society we're making great strides toward obesity prevention. While we are working to keep our children at healthy weights, we must also strive to ensure healthy behaviours, attitudes, sensory function, strength and coordination. This is *true health*, and to get it, our children should be introduced to a lot more outdoor playtime with their peers.

Acknowledgement: Valerie Strauss, Washington Post, 7 June 2016

Lessons In Life

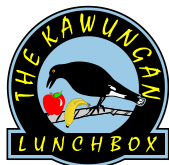
Be nice to people because you might need them one day. 10 years ago this week I was riding with a group of triathletes. Two bikes came together at speed and I ended up lying on the Dundowran Rd with a broken hip. Barb Christie happened to be one of the riders. She looked after me until the ambulance arrived. Rob Brennan pulled up and picked up my bike and took it home. An orthopaedic surgeon whom I knew stopped to help. When the ambulance arrived I knew one of the paramedics who took extra care of me.

I didn't know at the time but the surgeon phoned ahead to the hospital to discuss my care and organise the flight to Brisbane for the repair job. By that evening as I made myself comfortable (if that's possible with a broken hip) I was surrounded by friends who had heard of my accident.

When I returned home to recuperate, I had time to reflect on all that had happened and the love and care I had received from a number of people. My observation has always been to treat people the way you want to be treated.

Simon Boss-Walker
Principal

P&C NEWS
Kawungan
Lunchbox News



"Helping each other to achieve healthiness"

THE LUNCHBOX

Open Tuesday – Friday;
EFTPOS available.

Thank you to everyone placing orders. We appreciate your support and love hearing all the positive feedback.

RECIPES NEEDED

We are looking for recipes to help fill our cook book that will go on sale at the Fete. Please include any family favourites. Sweet, savoury, main, entree, the choice is yours. Be sure to include your name and contact number as well as your child's name so they can be printed in the book (phone numbers will not be printed). Thank you!

Reminder: UNIFORM SHOP TIMES HAVE CHANGED

We are now open Monday and Thursday morning 8:30am-9:30pm and Wednesday 2:30pm-3:30pm.
EFTPOS Available

FETE INFO AND HELP

Please find some very important information in with this week's newsletter. The separate sheet is filled with lots of info and details on what's going on and ways you can help with the fete. Please take the time to read through it and help us where you can. This is a huge fundraiser and we need all hands on deck for it to be a success. A big shout out to those who attend the fete meetings. Thank you, we would be lost without you!

VOLUNTEERS URGENTLY NEEDED

PLEASE CONSIDER helping

us on the day. Of course we understand you would like to attend the

fete and that you have children to look after but so do the committee members working many hours after school and work pulling this altogether, that is why we are all here at this beautiful school. We are working hard so everyone can have an amazing time with their family and friends so we are only asking for *AN HOUR OF YOUR TIME* to help man a stall. If you think you may be able to help us in some way **THANK YOU** (and insert a happy dance!) and please leave your details in the red chatterbox in the office or contact us on pandc@kawunganss.eq.edu.au. **MANY HANDS MAKE LIGHT WORK.**



DONATIONS NEEDED

Please see your class teacher for prize lists or read through the many suggestions in the letter home to families this week. Prizes and Trash and Treasure items can be left at the Parent Cafe, Uniform shop, Lunchbox or the Office. Thank you to those that have already donated.

FETE RIDE TICKETS

Pre-paid tickets will be available for sale from The Uniform Shop and Parent Cafe next week. \$27 pre-paid for unlimited rides or \$32 on the day. Take advantage of this great offer and get in early to save some money.

FETE STALLS

Interested in having a stall or know of someone that is? Simply leave your details in the red chatterbox in the office or contact us on pandc@kawunganss.eq.edu.au and we will get back to you.

PARENT CAFE SPECIAL QUEST

On Friday 19th August a Younique consultant will attend Parent Cafe. Grab a friend and join us for a complimentary cuppa and have a browse at the beautiful range of products on display and for sale. 9-10am in the School Hall. Children under school age are welcome.

DISTRICT ATHLETICS

The Kawungan team did a great job on 28th and 29th July at the District Athletics carnival with many receiving ribbons and 11 students making it onto the District team to compete at the Wide Bay Championships in Kingaroy later in the term. The students who will be competing at Wide Bay are as follows:

- Thomas B in 800m.
- Cooper P in the 100m and 200m.
- Riley C in the 100m and 200m.
- Katie J in the 100m, 200m and high jump.
- Kaine R in long jump.
- Brody C in long jump
- Brooke L in the 100m and 200m.
- Tayissa R in long jump and 100m.
- Zoe B in shot put, long jump and discus.
- Eathan D in high jump, 100m and 200m.
- Flynn S in shot put.

GALA DAY

Year 4 had their first gala day practice on Friday and will receive their note this week to be returned by next Friday, 19th August. The sports involved are AFL, Oz Tag, Netball and Football (soccer).

Year 6 will have their first practice this Friday. The preference sheet will come around to classrooms during the week.

CHOIR NEWS

Congratulations to both our Junior and Senior Choir who have performed very well at recent Eisteddfods.

Junior Choir:

- Highly Commended at Maryborough Eisteddfod

Senior Choir:

- 2 x 2nd places at Gympie Eisteddfod
- 2nd place at Maryborough Eisteddfod
- 3rd place and Highly Commended in the Open Adult section on Monday night at the Maryborough Eisteddfod

KOALA JOEYS PLAYGROUP

Playgroup is run from 9am-10.30am on Wednesdays for 0-4 year olds. Come along and have some fun.

2017 PREP ENROLMENTS

Enrolment forms can be collected from the office for 2017 prep students. The open days in Prep are:

9am - 10.30am
Saturday 20th August
Friday 9th September
Wednesday 2nd Nov


"Being a Trustworthy Student"

PK	Camryn, Kaycen
PA	Maddison, Ava
PW	Cade, Lucy
PU	Harrison, Alicia
PN	Reuben, Mariska
PG	Mimi, Thomas
1K	Finn, Keira, Cooper-Lee
1W	Keyara, Kevin
1U	William, Lily
1N	Tolita, Zac
2K	Bridie, Lucas
2A	Cooper, Ava
2W	Brae, Grace, Zak
2U	Meeka, Jeht
2N	Lydia, Riley
3K	Joshua, Chloe
3A	Joel, Melody
3W	Georgia, Keanu
3U	Emma, Brock
3N	Kylan, Logan
3G	Lucy, Keira
4K	Chloe, Blake
4A	T'Arnee, Korbyn
4W	Kiarna, Mia
4U	Shanae, Tayla
4N	Nikita, Isabella
5K	Shayla, Rhys
5A	Taj, Nathan
5W	Kylah, Zachary
5U	Tama, Emma
5N	Brody, Larissa
6K	Lochlan, Abbey
6A	Lochlan, Zali
6W	Connor, Hannah
6U	Liana, Maddison
6N	Kaitlin, Jade

FIND KAWUNGAN SS
ON FACEBOOK:



Principal's Awards:



HERVEY BAY
STATE HIGH SCHOOL

YEAR 7 ENROLMENT – 2017

Tuesday 9 August
3.30pm or 5pm

Life as a Year 7 Student
Enrolling at Hervey Bay State High School

Academic Programs of Excellence (APEX)
and how to apply

Staff will also be on hand to check and collect
enrolment agreements and forms.

Please bring a copy of the student's birth certificate.



st.george
ROOKIES 2 REDS
com.au

- Coaching Sessions tailored to your age group
- Family Pass to a St. George Queensland Reds home game of your choice (subject to 2017)
- 10% off Reds Merchandise (excludes sale items)
- St. George Rookies2Reds pack

VALUED AT OVER \$300

\$60

ST GEORGE ROOKIES2REDS FRASER COAST WEEKEND CLINIC
VENUE: FRASER COAST ANGLICAN COLLEGE, DOOLONG SOUTH ROAD, HERVEY BAY
AGE GROUPS: LITTLE LEGENDS, JUNIOR CHAMPS, FUTURE STARS (5 - 11 YEARS OLD)
DATE: SUNDAY 21 AUGUST TIME: 10:00AM - 3:00PM
ALL PARTICIPANTS PLEASE BRING LUNCH, HAT AND SUNSCREEN

BEGIN YOUR JOURNEY FROM ROOKIE2RED TODAY
REGISTER ONLINE AT ROOKIES2REDS.com.au
OR CALL 1300 QLD REDS (1300 753 733)

Book Week Block Design Competition

Using this year's book week theme of

Australia: Story Country

each block/demountable is invited to decorate their building, for the chance to win a block PIZZA PARTY!! Judging will occur on Friday the 19th of August (Week 6). Be creative – You can link your design with a unit of study, an Australian author or a specific Australian book.

Our Book Week Parade and Rug Reading will take place on Wednesday the 17th of August.

Years 4-6: 9:30 to 10:30am
Rug Reading: 10:30 to 11:00am
Prep – Year 3: 11:45 to 1:00pm

