LAPATHON

Last Friday, the children enjoyed participating in the annual school Lapathon organised by our fantastic P&C. It was a wonderful event, once again this year, with lots of great music and colour. Congratulations to all the children who put in a magnificent effort on the oval and really exerted lots of energy. Hopefully, this will transfer into raising considerable funds for the purchase of many more iPads for the children to use in class. Many thanks to all the families who sponsored their children and to the members of the P&C and staff who assisted in organising the whole event. I know the children are all very excited to receive their prizes as well, so it’s most important to collect your sponsorship money by the end of this week.

PHYSICAL EDUCATION

This year Physical Education continues to be an important part of the learning and teaching programme within our school. As part of the Federal Government’s requirement, all children participate in at least 2 hours of physical activity each week. The purpose of this is, not only to ensure that children of today are having enough physical activity to ensure a healthy lifestyle, but also to provide them with the skills to develop and enjoy a range of sports. In doing so, children will become far more confident and enthusiastic towards participating in sports beyond the school and hopefully throughout their lives. Wattle Grove Primary School has had a very dynamic physical education programme for many years and this year is no exception.

There are many elements of our physical education programme that the children participate in throughout the week. A wonderful Fitness Programme, designed by our Physical Education teachers, Mr Paul Sherlock and Mrs Carrie Oliver, is conducted each day. This programme consists of a range of activities designed to increase children’s aerobic rate, endurance and fitness levels. The children rotate and monitor their time through a series of activities which include a fitness track, circuit training, distance running/jogging as well as a series of aerobic based team games. Our little Kindergarten and Pre Primary children participate in special Fundamental Movement and Skills Programme designed to develop their basic movement skills. Specialist Physical Education lessons also take place each Wednesday, Thursday and Friday with each child participating in a 50 minute session to develop specific physical skills. This term, the focus is on the development athletic skills in readiness for our Faction Sports Carnivals on Wednesday 2 September (Jump/Throws followed by the Kindy/Pre Primary Carnival in the afternoon), Cross Country on Thursday afternoon, 3 September and the Faction Carnival, Years 1-6 on Friday, 4 September.

This is just a brief overview of the many and varied Physical Education programmes that the children participate in each and every day in order for them to develop the necessary skills to achieve in this learning area and develop an appreciation of the importance of physical activity to their health and well being.

Julie Roberts
Assembly News:

Congratulations and Thank you to Mr Petch and the students from Room 22 for last week’s wonderful assembly. They dramatised a fun play about Captain Cook discovering Australia in 1770 and demonstrated some outstanding drama skills. Their WOW Writing also showed excellent skills.

Congratulation to the following Merit Certificate winners:

Senior Assembly
Yr 5  Rm 6:  Brodie, Syreeta & Paul
Yr 5/6 Rm 9:  Joshua, Alyssa & Ava
Yr 4  Rm 10:  Godson & Iltafullah
Yr 2/3 Rm 12:  Elaha, Yash & Francis
Yr 6  Rm 15:  Ann, Cooper, Bilal, Jonty & Jeremy
Yr 3  Rm 17:  Naveed, Anya, Chelsea & Armani
Yr 4/5/6 Rm 18:  Jake, Nayeli & Syrus
Yr 4/5 Rm 20:  Kya, Ummulbanin & Jacob
Yr 3  Rm 21:  Ella, Serphhire & Tatiana
Yr 3/4 Rm 22:  Kallaghn, Gabriella, Ryan & Roshini

P&C News:

Lapathon
The lapathon last Friday was a huge success. Thank you to everyone who helped on the day. Please forward the money you have raised to the office as soon as possible.

Woolworths Earn and Learn Stickers
Don’t forget to collect your stickers next time you shop at Woolworths. Please bring in your completed sticker sheets and drop them off in one of the boxes around the school. Spare blank sheets are also available.

SAVE THE DATE!
Wattle Grove Primary School Centenary Fete Sunday 1st November 2015 11am to 4pm
If you are interested in holding a stall (and have your own Public Liability) or know of anyone whom may be, please contact the P&C for further details.

NB - Food Vendor Applications have now closed.

**Don’t forget to “LIKE” our Wattle Grove Primary School Parents and Citizens Association Face Book Page to keep up to date with all P & C Information, Canteen and fundraising events.

Room 20 Book Stall:
On the 27th of August, Room 20 will be holding a second hand book stall at the Student Fete! We are mainly looking for books suitable for primary school students that you don’t want. You can bring any unwanted books from home, friends and family, to our classroom (Room 20) from 8:15 to 8:45 on Mondays and Thursdays. If you have picture books, chapter books or non-fiction books, they’ll be greatly appreciated!

Room 20 Correspondence Committee

Kindergarten Enrolments 2016:
There are still places available for Kindergarten 2016.
If you have siblings or (know of neighbours) that have children whose date of birth is between 1/7/2011 and 30/6/2012 and live in the Wattle Grove intake area, please ask them to contact the office for an application.
Deputy Principal Corner:

CURRICULUM CORNER

Book Week - The theme for this year's Book Week celebrations is *Books Light Up Our World*. It has been decided that we will conduct our whole school activities in combination with Science Week activities on Friday August 21. Classroom teachers will be conducting various Book Week activities within their rooms during Week, August 24—28. Our school library will be opened everyday during this week. Families should also check out events offered through public libraries and the local community. I have been very impressed with the student engagement in Literacy Pro this year. Thank you to parents who are supporting their children with this at home.

Please continue to take every opportunity to share books with your children and model positive reading habits. Reading interesting items from newspapers etc will also promote the idea of gaining knowledge from books. Trips to the local library and bookshops provide a colourful and engaging outing for children. These are critical years in which to develop your child as a lifelong reader.

*Mrs Grainger*  Deputy Principal

The Reading Hour raises the status and visibility of reading and literacy nationwide. It's a perfect way to encourage children of all ages to pick up their favourite book and get reading. This year, *The Reading Hour is on 18 August between 6–7pm.*

FROM THE GOOD FOOD FOR ME TEAM

What are the “Dietary Guidelines for Children and Adolescents”?

Children and adolescents need sufficient nutritious food to grow and develop normally:

- Growth should be checked regularly for young children.
- Physical activity is important for all children and adolescents.

Enjoy a wide variety of nutritious food.

Children and adolescents should be encouraged to:

- Eat plenty of vegetable, legumes and fruit.
- Eat plenty of cereals (preferably wholegrain) including breads, rice, pasta and noodles.
- Include lean meat, fish, poultry and/or alternatives.
- Includes milks, yoghurt, cheese and/or alternatives.
- Choose water as a drink.

And care should be taken to:

- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt.
- Consume moderate amounts of sugars and foods containing sugar,

For more information:  

School Contributions:

Thank you to all families who have paid their Voluntary Contributions for 2015. If you haven't paid your Contributions yet, please forward your payment to the front office. We accept cash, cheques and EFTPOS. Please make all cheques payable to “Wattle Grove Primary School”. Many thanks.

Contributions are as follows:
One child  $60.00  
Two children  $100.00  
Three or more children  $135.00
Student Rep Profile:

Name: Ava Tassone          Room: 9

I have been in Wattle Grove Primary School for 1 ½ terms. I am in grade 6 and my favourite subject is art.

I have 2 brothers, 1 of them is 18 months old and the other is 9 years old. I like playing with my baby brother outside.

During my time as a student rep I would like to help people in need at school by giving up my lunch times to sort out problems.

Student Rep Profile:

Name: Dechlan               Room 9

I have been at Wattle Grove since kindy and it has been awesome.

I like to play football and cricket. I have played footy for 2 years and played cricket for one year. I have 3 rabbits. I like the way teachers teach us.

During my time as a student rep, I would like to help the teachers at setting things up.

Student Rep Profile:

Name: Emma Ferguson         Room: 9

I have been at Wattle Grove Primary School for eight years. My hobbies are Athletics and cross-country and I like hanging out with my friends.

My favourite subjects are sport and art.

I have seven pets at home. I have cats, dogs, fish, 1 guinea pig, 1 snake and chickens.

I have one brother and he is 14 and I have a 16 year old sister.