TERM 2 IMPORTANT DATES
Mon 4 June: FOUNDATION DAY PUBLIC HOLIDAY
Tue 5 June: Pupil Free Day
Tue 12 June: St Mary’s Broome Parent Information Session (see invitation on the next page)
Wed 13 June: CAMP Parent Meeting 5.00pm
Thu 14 June: 11.00am start Athletics Carnival FIELD EVENTS
Fri 15 June: 8.00am for an 8.30 start ATHLETICS CARNIVAL

Dear Families
I have added to the newsletter this week the Yr 5/6/7 Class Agreement, which the students recite together every morning. It is a great way to start their day and reminds them daily of the importance of treating one another with respect and concern. Yesterday, the 5/6/7 class were involved in a Writing Workshop with Andy Griffiths, who is the Indigenous Literacy Foundation ambassador. He especially requested that he spend time in Wyndham as he had some exciting memories of his visit here two years ago, when he spent time with our students and published some of their exciting stories in “The Naked Boy and the Crocodile”. We even had past students, Jack Dryden & Romina Bradshaw, whose stories were included in the book, come back to school for the morning to receive a special award from Mr Andy. He spent a productive morning with our senior students writing more wonderful stories. I think Mr Andy is hoping to publish another great story book with some of our students’ stories. Please put in your diaries the Camp Meeting on Wed 13 June at 5.00pm, as it is vital that you are present. I look forward to seeing you all there. What do your children have for breakfast, each morning, to give them the best start to the day? We are currently focusing on a healthy start to the school day and some of our classes are even having a fruit break in class, every day to keep the brain and body functioning well.

God bless
Miss Andrea

Yr 5/6/7 CLASS AGREEMENT
By following our Class Agreement our class will be a proud, peaceful place of learning. We listen to our classmates with our ears, eyes and hearts. We treat people how we wish to be treated by helping, sharing and caring. We respect others by putting up our hand and speaking one at a time. Sometimes we can pass. We will speak kindly think of others’ feelings and forgive each other. We tell people about dangers we see at school and think about our own and other people’s safety. We concentrate to do our neatest and best work.

CAMP MEETING
We will be holding a meeting on Wed 13 June at 5.00pm in the Yr 5/6/7 class to discuss all items relating to the 5/6/7 Camp in Term 2. If your child is to go to camp, there must be a representative from the family present at the meeting. The students will be leaving on Mon 20 August and returning on Sat 25 August. More information will be given out at the meeting. We will be discussing fund raising, expectations of students & families and all other aspects of the camp. I look forward to seeing you there.

PRAYER FOR TODAY
Lord,
May all that we do this day, from morning until night, begin with your inspiration, and continue with your powerful help.
May our work this day be rooted in love and mercy, that we might love you, and love our neighbours, as perfectly as you love us.
We ask this through our Lord Jesus Christ.
Amen
Student of the Week
Term 2 Week 4

Yr 5/6/7
Sade Hunter
Getting on with her work

Yr 3/4
Jennifer Carter
Showing leadership

Yr 1/2
Aysha Bradshaw
Kind and Caring

K/PP
Kendra Morgan
Great Reading

PATHS Kid of the Week
[Promoting Alternative Thinking Skills]

ELLA BRADSHAW
K-PP PATHS KID

CAUGHT BEING GOOD

LAZARUS EDWARDS
CAUGHT BEING GOOD

RILEY MOORE
CARING FOR THE ENVIRONMENT
You are invited to an Information Session for Parents and Students about the opportunities for secondary education now available at St Mary’s College Broome at St Joseph’s School, Wyndham on Tuesday 12th June, 2012 @ 9.00 a.m.

St Mary’s College Prospectus and Enrolment Application forms for both St Mary’s and Broome Residential College Will be available.
Drink more Water

WHAT IS THIS MESSAGE ALL ABOUT?
This message is encouraging families to drink MORE water each day, and LESS sweet drinks.

WHY WAS IT CHOSEN?
Recent research shows that Australian children are drinking more sweet drinks than recommended, which is replacing water in their diet. This is linked to increased tooth decay and contributes to weight gain. Water is sugar free, so it’s a tooth friendly drink, and is kilojoule free, which means it doesn’t cause weight gain. Water is really the best drink for children, with sweet drinks best saved as a special treat to have occasionally, not every day.

Drink more Water

WHAT ARE 3 SIMPLE WAYS TO DO THIS?
1. Keep a jug of cold water in the fridge handy so kids can help themselves.
2. Set a good example — show your kids you enjoy drinking water, instead of sweet drinks.
3. Buy your kids a special drink bottle or give them novelty straws to drink their water with.

WHAT IS 1 SIMPLE WAY TO CUT DOWN ON SWEET DRINKS?
Only buy sweet drinks for special occasions, don’t keep them in the house all the time. This will help cut down on temptation and pattering!

How much sugar is really in sweet drinks?

| 137ml can of soft drink | 9-14 teaspoons sugar |
| 160ml flavoured mineral water | 8.5 teaspoons |
| 160ml bottle of Sports drink | 7-8 teaspoons sugar |
| 125ml fruit juice | 5.5 teaspoons sugar |
| 125ml fruit drink | 5.5 teaspoons sugar |
| 120ml glass of cordial | 4 teaspoons sugar |
| 125ml Flavoured milk | 4 teaspoons sugar |

*Approximate averages only

Did you know?
Water is the #1 choice for a thirst quenching drink.
• It’s FREE (from the tap)
• It’s sugar and fat free
• Zero cost. Good for your teeth and won’t stain if spilled
You can’t get better than that!

Facts about sweet drinks
• Sweet drinks include all soft drinks, sports drinks, cordials, fruit drinks, fruit juice drinks, flavoured mineral waters and flavoured milks.
• Sweet drinks aren’t really necessary in a healthy diet.
• While 100% fruit juice does provide some valuable nutrients, it also contains lots of sugar — natural sugars that are very concentrated that aren’t good for teeth if you drink too much of them.
• Encourage kids to eat fresh fruit instead of drinking juice. If they’re not big fruit eaters though, it’s okay to have ½ cup (120mL) of unsweetened (no added sugar) fruit juice a day, diluted 50:50 with water.