

St Joseph's School



"WE ARE ONE"

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Newsletter

Week 6 Term 2 2012

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 OTHER'S 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]

CAUGHT BEING GOOD



ELLA BRADSHAW
K-PP PATHS KID



LAZARUS EDWARDS
CAUGHT BEING GOOD



RILEY MOORE
CARING FOR THE ENVIRONMENT

PAPER MAKING IN OUR SCIENCE CLASSES



St Mary's College, Broome

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 .



Healthy Food

CHOICES

CHOICES?

Traditional Owners of Karunjie and Durack River Station

Meeting at Karunjie Homestead

11th – 15th of June

AGENDA (Detailed Agenda will be circulated by 30th June)

- Healthy Country Planning (for Willinggin IPA Project)
- ILC hand back discussions
- Nyaliga Aboriginal Corporation Meeting
- Willinggin Aboriginal Corporation Meeting
- Cultural and Ranger Activities
- Time for fishing and enjoying being on country.

Meeting Start: Monday Night with Welcome to Country, introductions and housekeeping. Travel Days Monday 11th and Friday 15th.

BYO: Swag, Tent, Blankets, Cup, Torch, Medicine, Back up food. Some tents, swags and sleeping bags will be available.

Food: Catering will be provided by Home Valley Station (ILC)

Getting there: Fuel can be arranged by contacting KLC, numbers below. Limited cars/buses available please try and arrange cars where possible. All Fuel orders to be in by Thursday midday 7th of June.

CONTACTS:

Broome:	Rosie Sahanna	0418759620	9194 0100
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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.



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 pestering!

HOW MUCH SUGAR IS REALLY IN SWEET DRINKS?

- 1 375ml can of soft drink= 9-14 teaspoons sugar
- 1 600ml flavoured mineral water= 8.5 teaspoons
- 1 600ml bottle of Sports drink= 7-8 teaspoons sugar
- 1 250ml fruit juice= 5.5 teaspoons sugar
- 1 250ml fruit drink= 5.5 teaspoons sugar
- 1 200ml glass of cordial= 4 teaspoons sugar
- 1 250ml 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 top)**
 - **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, fruit juice, flavoured mineral waters and flavoured milks, either bought or home-made.
- 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.