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Diary Dates

March

- 8th - Sports Day
- 9th - Assembly 10am
- 12th - Public Holiday
- 13th - Pupil Free Day
- 13th -15th Year 7 Aquatic Camp
- 19th - Aunty Peach Show, RAN Training
Volunteers 9am,2pm, 6pm
- 21st - Harmony Day
- 26th - Yr. 7 Parliament Excursion
- 28th - SAPSASA Athletics
- 30th - Good Friday

Pupil Free Day

Tuesday 13th March.

Road Crossing Monitors

Tue 6th Mar – Mon 12th Mar
Jelena D, Ayla W, Emily F

Tue 13th Mar – Mon 19th Mar
Rylen P, Kithmin W & Hannah G

Tue 20th Mar – Mon 26th Mar
Samantha M, Crystal H & Scarlett G

Please arrive by 8.25am

Healthy Food Supports Student Learning

Healthy lunches and snacks are important for children as they support their ability to concentrate and learn. Healthy eating habits are not always easy to develop but by encouraging children to be involved in their own lunch preparation, and praising them when they choose between a range of healthy food alternatives parents can set valuable habits that will last a lifetime.



There are special times for children to eat during the school day and to discourage children skipping meals, in favour of playing with friends, we supervise eating. During these times, while your child sits and quietly eats, we discuss good eating habits and the importance of avoiding unhealthy foods.

So how healthy is your child's lunchbox?

- Opt for healthy snacks such as fresh fruit and vegetables, instead of snacks that are high in fat, sugars, and low in essential nutrients.
- Avoid the use of food as either a reward, or withholding as a punishment.
- Plan to eat home-cooked meals together as a family as often as possible.
- Discourage eating meals or snacks while watching TV.
- Encourage children to eat a healthy breakfast as a good way to start the day.

Information on Go for 2 Fruit & 5 Veg TM is available on www.healthyactive.gov.au

More fruit and vegetables in Australians' diets will help protect against heart disease, lower risk of diabetes and help maintain a healthy weight.

Important lunch box tips- Best choices

Vegetables, fresh fruit, dairy food – cheese or yoghurt, protein food – slice of lean meat, hard-boiled egg or beans, starchy foods – bread, rice or pasta

Foods best left out

Muesli and chocolate bars, potato crisps and oven baked savoury biscuits, sweet drinks donuts and cakes, lollies, honey and jams, fatty meats such as salami.

Governing Council Committee Portfolio Members

At the first Governing Council Meeting we welcomed two new members, Stacey Choi and William Brodie-Tyrell and allocated portfolio roles to each parent representative.

These people will organise the portfolio meetings and seek members of the school community to support their portfolio's work.

Danielle Sturtzel - Chairperson, Katherine Nairn - Deputy Chair / Community Liaison, Pamela Carrington – Treasurer, Melissa Stephenson – Secretary, Michelle Norton – Grounds, Mary-Anne Richards – FACE, Stacey Choi – Canteen, William Brodie-Tyrell – Education and Angela Derda – Sports.

Three Way Interviews to be held in Weeks 9 and 10.

Online booking information will be sent out on Friday 9th March.

Excursion and Incursion Update			
ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY
Zoo Snooze	4/4-5/4 5/4-6/4	Room 30 & 31	4.00pm 28/3/18
Dance EDU	21/2 for 8 weeks	Rm's 7,8,18,22,24,30,31	Overdue
Murraylands Camp	13/3-18/3	Year 7	6/3
Aunty Peach Show	19/3/18	Whole School	16/3/18
Maths Online		Rm 22 & 24	Overdue
Botanic Gardens	28/3/18	Rm 22	21/3
Pottery		Rm 5 Rm 21	4.00pm 16/3 9/3
Parliament House	26/3/18	Yr 7	4.00pm 22/3/18

CANTEEN ROSTER

Tuesday 6th
Wednesday 7th
Thursday 8th
Friday 9th

Michele Smale
Michele Smale
SPORTS DAY
3 Muskateers

Tuesday 12th
Wednesday 13th
Thursday 14th
Friday 15th

PUPIL FREE DAY
Michele Smale
Jenni Krol
Megan E, Grace J, Emma S,
Amanda C



We are participating in the Coles Sports for schools program,
Step 1 For every \$10 spent at Coles, you will receive one Sports for Schools voucher.
Step 2 You then bring vouchers to your school, placing them in the collection bins provided.
Step 3 Every voucher you donate to your school can be redeemed for leading brand sports equipment



MODBURY HIGH SCHOOL

We invite you to our
OPEN EVENING
Tuesday 6 March 6pm-8pm

School Tours
Wednesday 14 March Thursday 3 May
Thursday 15 March Friday 4 May
9:00am - 10:00am

PLEASE PHONE THE SCHOOL TO BOOK A TOUR



Government of South Australia
Department for Education and
Child Development

Modbury High School
62 Pompoona Road, Modbury SA 5092
Phone: 8264 1955
Fax: 8263 0316
Email: dl.0964.info@schools.sa.edu.au



International Competitions and Assessments for Schools

Final day to pay is – Monday 19th March 2018.
If you need a form please collect one from the front office.

COMPETITION	SITTING DATE	YR LEVEL	COST GST free
Digital Tech	Tuesday 8 th May	3-7	\$9.00
Science	Tuesday 29 th May	3-7	\$9.00
Writing	Thursday 14 th June	3-7	\$18.00
Spelling	Wednesday 13 th June	3-7	\$12.00
English	Tuesday 31 st July	2-7	\$9.00
Mathematics	Tuesday 14 th August	2-7	\$9.00



Ardtornish
Children's Centre
News Update from John.



Making Music

there are still vacancies for the 9:30-10:15am Monday program.
Dues to conflict with the school's Parent Teacher meetings we postponed Coping with Big Feelings. This session and a second on helping children to protect themselves will be run later in the year and promoted here.

Yoga

Shauna from Wave Yoga is offering to provide a Mum's & Bub's Yoga course this and or next Term. If anyone is interested contact info@waveyoga.com or 0431 909 878. Staff currently attend a yoga class on Wednesdays after work and we are overflowing with requests. If you are interested in joining an adult yoga class, we might be able to help

Diabetes parents support group, for parent of children with diabetes, meets every term in week 6 in the community room from 9-10am. That's next Wednesday morning!

Cycle Saturday

Bookings are coming quickly - to make sure there is a space for your young cyclist book soon!

Coffee Morning in the Community Room 9-10am every Assembly Friday

Future session this term include **First Aid** on Saturday 7 April & a visit from Department of Human Services (Centrelink) staff to share information about the changes to **Child Care Package** and the **myGov** website at 5pm on Tuesday 10 April- more details for both of these later.

If you have any issues to do with your younger children we are here to assist. Drop in or give us a call to find out more or book for these or any other sessions.

John Buckell 0409984495 or email john.buckell@sa.gov.au

Cycle Saturday

It's free & there's a BBQ (veg option)



Best for beginner over 4 1/2 yrs or practiced younger riders
Saturday 24 March
9:45am-12pm
In front of the school's gym

BYO Bike

Learn to ride, develop confidence & skills, & follow the circuit around the school

9:45 - 10:00 Registrations
12:00 Free BBQ/Veg food

Kindy & JP kids - brothers & sisters welcome
Parent supervision essential

NB Cancelled - if morning rain (not showers) predicted
With Lee Anne & from **rideabike**
Helping beginners & young cyclists to develop confidence & to learn to ride safely

Bookings essential - drop into the Ardtornish Children's Centre,
2 Saarinen Avenue, St Agnes
or call 82649828, SMS 0409984495

Star of the Yard Award

Ellana - Room 9 and Tamara - Room 20



Sports Day Program

Thursday 8th March

- 8:50** Students in classrooms.
9:00 Whole school welcome, organisation and war cries on basketball courts.
9:20 Proceed to ovals. **Primary** tabloid events.
9:30 **Junior Primary** tabloid events.
10:50 **Junior Primary** recess supervised eating
11:00 **Primary** Recess and **Junior Primary** recess play time
11:20 **Junior Primary** students return to classrooms.
11:30 **Primary** tabloid events continue.
11:30 **Junior Primary** tabloid events continue.
12:30 **Junior Primary** tabloid events conclude. Teachers supervise lunch in classrooms.
1:00 **Primary** tabloid Events conclude.
All classes return equipment to Classroom at completion of last tabloid event.
1:10 **Lunch**
1:40 **Junior Primary** Students return to classroom.
1.50 **Assemble in house groups along Sprint Track.**
2:00 **Novelty Events**
Sprint Finals
Year 3 (60m); Year 4/5 (80m); Year 6/7 (100m)
Super Relay Race
Staff Novelty Event
Caber & Battle Axe Toss
3:00 **Presentation.**
3:05 Return to class Years 3-5,
Pack up grounds Years 6-7
3:15 **Dismissal**

ATTENDANCE

Thursday 8th March is an official school day and children will be expected to attend school unless, of course, they are unwell.

ARRIVAL

- School yard supervision begins at 8.35am.
- Children need to be at school prior to the bell at 8.50am.
- 8.50am - class rolls and other administrative tasks are undertaken. We ask that parents wait outside the room during this time to assist us in settling the children. Class teachers will take the children to the basketball courts and assemble them by 9.00am for Health Hustle & War Cry.

Students in Years 3 to 7 remain at school on Sports day until 3.15pm to support other members of their house team.

Foundation to Year 2 students may be taken home once their activities are finished. Supervision will be available for all students until 3.15pm.

Parents must notify the Class Teacher if they intend to collect their child early and sign them out.

CLASS ORGANISATION

Please do not return library books or home reading books on Thursday. Please make arrangements with the class teacher regarding any medication.

TEAM COLOURS

Please ensure your child is wearing house team colours. If not they need to wear school uniform.

TOLLEY – Blue

NEWMAN - Yellow

ANGUS – Green

KERR – Red

CLOTHING

Children must wear their hats and suitable running shoes. No tank tops.

Congratulations House Leaders and Deputies

Angus

Leaders – Taryn L, Charlise R, Frank M & Bailey V

Deputies – Emily R & Austin L

Kerr

Leaders – Maddie C, Ethan T, Andreas H

Deputy- Teagan P

Newman

Leaders – Charli V, Mia H, Matthew M

Deputies – Samantha M, Cody B

Tolley

Leaders – Vicky R, Riley J, Ryan K

Deputies – Jada R, Hayden L

Food and Drink Stalls

Main Canteen: Students and families can buy food without pre-ordering

NO LUNCH ORDERS

Varied hot food: sausage rolls, pies as well as salad rolls and sandwiches, GF options, ice-creams and slushies.

Coffee van on the oval, with packets of chips, donuts and more for sale. Pop up canteen on the oval.

Cake stall - cakes, biscuits and slices are for sale in the gym.

BBQ - sausages \$2.50 and bacon and eggs \$4.50. Soft drinks \$2.00, powerade \$4. EFTPOS Available

QKR Sausages – delivered to the classroom

PLUS MUCH MORE

Coloured Hairspray Service

\$2 on the courts

8.30 - 8.50am

Room 19/20 Swimming

Student Comments

- In Week 4, Room 19/20 went swimming at Water world. We had a great time and learnt lots of survival skills. Here are some of the children's comments:
- 'I learnt to hold my breath for a long time' Shantae
- 'I wore a PFD. It helps you float. It is fun but you can't go under the water' Indi
- 'At swimming I liked kicking and doing star floats' Emily N
- 'I jumped in the 1.8m pool' Jakob
- 'We swam for an hour 11:30 to 12:30!' Kelly



The Importance of Physical Education

Research shows that if children develop competencies in fundamental movement skills, they are more likely to participate in physical activity pursuits in adolescence, thus making learning in childhood particularly critical. Through experiencing a range of educational physical activities, each student learns to evaluate their movement, strengths and build the physical self. Efficiency to choose activities that are safe and satisfying through life.

Regular activity for children increases the probability of an active adult lifestyle. So an active lifestyle during childhood has a direct benefit to student's health, both now and in later years via a lower disease risk to an inactive person. This is particularly important in these modern times with the increase in usage of screens at school and at home which is leading to a more sedentary lifestyle (which in the longer term leads to health risks eg. Diabetes, obesity, cardiovascular health, muscular skeletal, issues etc.) A sedentary lifestyle can lead to a shorter life.

Phys Ed is informed by research in movement concepts, motor skill learning, strategic awareness in sports and games, biophysical sciences, behavioral sciences, sociological sciences.

Because all physical activity uses locomotor, non – locomotor, manipulative and specialised movement skills, these skills set the foundation for adult activity and form the basis of competent movement.

L. Halliday (PE)