Welcome to week 2.
Because it's the beginning of the year and there is a lot of information that needs to go out and come back to the school, we have another newsletter!

Good news for us...we have 15 enrolments which is great. There are eight in the lower primary class and 7 in the upper primary class with a roughly 50-50 representation of girls and boys.

Students have Water Safety lessons with Michelle Frost each day this week and two swimming lessons with Jason Lukacs in week 3. These lessons are part of the PE curriculum and because our students swim frequently in the river, it is vital that all students participate.

This Thursday we will have classes open for Acquaintance Night followed by a barbecue tea. We ask families to provide a salad and their own drinks. For catering purposes could the reply slip below please be completed and returned to the school by Wednesday. Our Yr 5-7 will give their speeches about what it means to them, to be a good leader. Preparations for the Leadership camp are underway which is in week 4.

Three Way Interviews will be held in week 3 on Thursday 2.45-6 or at a time that is convenient for you and staff. At the meeting the ILPs will be developed with goals being set for the next 10 weeks when they are reviewed in term 2.

The members of the Fundraising Committee have met and drawn up proposals for fundraising activities this year which will be presented to the next Governing Council meeting.

Our school is hosting and catering the Waikerie Partnership meeting being held on Wednesday15/2/17. We will offer cakes and slices for morning tea, and for lunch quiche, salad, chicken platters and fruit salad for dessert. If you are able to help supply cakes/scones/slices etc for this event could you please let us know? If you are available to help organize the break time that would be greatly appreciated.

School lunches will also be offered on Mondays fortnightly. Next Monday Ham and salad wraps will be on offer at $3.00 each. Please complete the order slip below and return it with the money to the school by this Friday.

We are lucky to have parents/carers who are willing to help provide a healthy lunch for our students.

Acquaintance Night – Thursday 9/2/17 – 5pm-7pm
Family Name: _________________________
Number attending: _____________adults   _____________children

Family Name: ________________
Ham and salad _________ @ $3 each
FROM RENEE’S DESK

Hello everyone,

I hope you had a wonderful break and all is well.

Now that the new school year is upon us, it may take a bit of time to get used to the routine of things and may get a bit chaotic. There are a few ongoing activities we could do to keep the "stress" levels down.

Every day talk about:

- **Happy things** - at dinner time talk about a happy thing that happened to each person in the family during that day. It does not matter if it is a small event - everyone must find one item to talk about. Try to find out as much as possible about it.

- **Fun** - talk about many things that you and your family can do to have fun together, e.g., we love to go for a walk together with our dogs.

Discuss as a family how in small steps you can improve on:

- **Daily exercise as a family** - you can go for a walk, bike ride or play in the park together for 30 minutes a day before or after dinner.

- **Healthy eating and drinking** - our family chose to drink water and only have soft drink or cordial on special dinners.

- **Rest** - I try to have 10 minutes of quiet time, no electronics, no noise, taking 10 deep breaths, lying down, imagining a peaceful place, every day.

- **Sleep** - we will all try our very best to sleep at least 8 hours a night.

These activities will help with your wellbeing.

Have a great week.

Regards,

Renee :}
Other Information