I hope that everyone had a relaxing break. I’m really looking forward to all of the fantastic programs and activities that are happening at GPS this Term!

Mrs Eshman and Mrs Ahearn are working hard to prepare our Choir for our Choral Festival Performance on Monday, 28 July evening. I attended the opening night last night and was so impressed at the talent of our amazing young students.

SOUTHERN STARTS REHEARSAL
Our second Southern Stars rehearsal will be on Friday, 25 July, at the Illawarra Sports Stadium. The children are all excited and eager about their participation. I would encourage parents to purchase tickets to see Southern Stars, it is always a spectacular event and a true showcase of the many talents of our students across the region.

EDUCATION WEEK
2014 marks the 60th anniversary of the first Education Week. The tagline for the original, 1954 Education Week was: "Lighting the way to a better world".

As part of our celebrations the students will be involved in “World of Maths”. This is a “Hands On” Maths program that involves the children working in groups and rotating through various maths activities that focus on the different strands of our syllabus. The sessions will be run in the Hall. Parents are welcome to attend their child/children’s sessions which are:

Thursday, 31 July:
9:40 – Years 5 and 6
11:55 – Years- 1/2K, 2A, 1J and 1H
2:00 – Years 4M, 3/4L and 3A

Friday, 1 August:
9:30 – KS, KDL and KH
**BOOK WEEK**
The theme for Book Week this year is “Connect to Reading”. Due to our busy schedule we have decided to celebrate it in Education Week. The children have been studying the shortlisted books and have been asked to come dressed as their favourite character. The children will be involved in various literature activities from 12noon till 1:30. Parents are invited to come at 1:30 and bring a picnic blanket and lunch to have with the children in the playground. At 2:15 parents are invited to the hall for the parade.

**SAFETY REMINDER**
It has been brought to my attention that a number of parents have been driving into the school driveway and staff car park in order to collect their children at the end of the day. The car park is for Staff only and I am requesting that all parents park on the street at this busy time of the day for the safety of all students.

**CHORAL FESTIVAL TICKETS**
*SOLD OUT* - tickets to the Choral Festival. PLEASE NOTE there will be NO TICKET SALES AT THE DOOR. Mrs Ahearn

**SOUTHERN STARS NEWS**
School Matinee Performance tickets for this event are now available. A letter with permission note and cost will be sent home. If you would like your child/children to attend please return the permission note and money in an envelope clearly labelled with child’s name, class and amount as soon as possible. If your child requires another note please see Mrs Eshman.

**PREMIERS SPORTING CHALLENGE**
This term grades K -6 will be actively involved with The Premiers Sporting Challenge. This particular departmental sporting initiative allows children to increase their levels of physical activity. Children will be keeping a record of all the physical activity that they do both in and out of school.

So Boys and girls lets see which class is the most active in our school.

**STEPHANIE ALEXANDER KITCHEN GARDEN PROGRAM**
This week we held our first kitchen / garden lesson for the term. In the kitchen we used Broccoli from the garden to make our Broccoli and Leek Soup. We also made Polenta and Corn Muffins, which we enjoyed with our soup.

What I’m enjoying about the Stephanie Alexander Kitchen garden program is seeing how excited the children are from being a part of this program and the conversations that we are having in the kitchen about how much fun they are having and how nice the food tastes. These positive experiences are what the program is all about.

If you are interested in volunteering on a Monday to help in the kitchen or garden please see Mrs Devlin.

If you are able to help with any donations for the kitchen or garden please see Mrs Devlin.

**NATIONAL TREE DAY**
Friday, 25 July is National Tree Day to show our support years 5 and 6 will be working in our school garden.

**DISTRICT ATHLETICS TEAM**
The District carnival is on Thursday, 7 and Friday, 8 August at Beaton Park. Notes have been sent home and need to be returned by Friday, 1 August to Mr Burns.

**ARCHIBULL 2014**
Our Archibull Journey is underway, we have been updating our blog site and learning about grains throughout the school K-6. Our blank cow is slowly transforming into a work of art about grains and sustainability.

On Thursday, 21 August, we will be holding a Science Day where we will be doing activities about grains and looking at the different foods that are made from grains.

**PLASTIC BOTTLE TOPS**
Thank You to all those families who have been sending in those colourful bottle tops. We still need lots more, so please keep them coming in.

**ACTIVE AFTER SCHOOLS PROGRAM**
This term our Active After Schools Program will begin in Week 4, Tuesday, 5 August for Years 1-3 and Wednesday, 6 August for Years 4-6.

For Term 3 we will be covering volleyball, touch
ACTIVE AFTER SCHOOLS PROGRAM—EXPRESSION OF INTEREST

I would like my child……………………………………….     Class……………. to participate in the Active After Schools program Term 3.

Parent’s signature:………………………………………….        Date:……………………...

Term 3 Healthy Snippets

TV - turn it off
Studies have found that children who watch large amounts of television have poorer school results and consume a higher number of unhealthy snacks. It’s important that parents set limits for watching TV. You set the limit and your child chooses when to use this time.
Illawarra Shoalhaven Local Health District

Did you know…?
Children can sometimes mistake hunger for thirst. If your child says they are hungry before dinner, offer them a drink of water first. If they are still hungry, offer them a healthy snack.
Illawarra Shoalhaven Local Health District

Turn off the TV and computer
An easy way to increase the activity level of a child is to decrease the amount of screen time that they have to 2 hours a day. Screen time includes any time a child is sitting in front of a screen such as a computer or TV, using video games, computer games and the internet. It has been found that children burn more energy staring at a brick wall than they do while watching TV.
Illawarra Shoalhaven Local Health District

Did you know…?
6 to 12 chips (100g) contains around 3 teaspoons of fat and 1000kj. Compare this to a small baked potato (100g) with a light spray of oil having less than ¼ teaspoon of fat and 400kj.
Why not make healthy hot chips at home? Just cut 2 large potatoes into chip-sized pieces, spray with canola oil and bake in a hot oven until golden brown.
Term 3 Kids Yoga program
Friday afternoons starting 25th July
Fairy Meadow Demonstration School Hall
4pm - 5pm for 8 weeks
For more information or to book please call Simone on: 0428 90 98 95
‘Yoga Bears Kids Yoga’ on Facebook
info@yogabears.com.au
Yoga teaches Kids:
- Social skills
- Anxiety Management
- Focus
- Self esteem
- Healthy Choices
- Motor skills
- Values
- Lifelong skills for happiness

WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?
Experience another culture, make new friends and improve your language studies at home
Hosting – An Experience for Life
Student Exchange is looking for host families across Australia to welcome overseas students into their home
www.studentexchange.org.au
1300 135 331 (cost of local call)

"Worry is the darkroom in which negatives can develop." Wanda E. Brunstetter