Last week we welcomed Max and Zoe Bland to our school community, along with parents Karen and Darren. After a couple days of orientation they joined us at camp.

**STAFFING**

For the next two weeks we have Karen Spiers taking Georgie Inglis’s position. Georgie is having time away from school to prepare for her surgery towards the end of the term. We are very fortunate to have Karen taking her position, as this will provide continuity for the students and their learning. We wish Georgie all the best with her surgery and recovery and look forward to having her back in term 4.

**CAMP**

We enjoyed a fabulous camp at Mylor. It was such a pleasure to take the students away and see them interact with each other in a different environment and in a very positive way.

There were many and varied activities in which the students participated. Some were quite challenging and required the students to work together for a successful outcome giving them the drive to have a go. Our instructor, Anna, ensured the students reflected on each task to establish ideas for improvement. The attached photos tell the story of fun and engagement!

Sincere THANKS go to the staff who prepared for, attended and supported the students for this event – Krysia George, Ben Braund, Stacey Bishop, Julie Johnson the bus driver Peter Germein, our instructor Anna as well as Mornae and the camp staff who ensured the students were well fed and comfortable.

Comments from the Students:

“I liked the swimming pool because I dived in.” Alivia

“I liked swimming because I conquered by fear of deep water.” Will

“The giant swing was good because I like swinging. I also liked the swimming pool because I learnt to swim with a life jacket.” Sarah

“I liked the giant swing, flying fox, and parachuting because they were fun.” Jett

“I had fun jumping in the pool and swimming.” Kaitlyn
“Even when the warm sun was shining hard at Mylor, the game activities were fun. However, when it started drizzling heavy with rain during Archery, it added a whole new aspect by making it more intense when you shot your arrow.” Max

“All activities at Mylor camp were really fun and educating. I really enjoyed the flying fox because of the speed and height.” Zoe

“I loved the giant swing going up over ten metres and swinging in circles in an unknown place.” Charlotte

“Mylor camp was great fun. It is the best school camp I have ever been to because the activities were really fun. Anna our helper was great because she was helping us and being a very good role model. The activity that I enjoyed the most was the giant swing, it was fun because I went up really high.” Paige

“Camp was fun. Some of the activities were mentally challenging. Sleep was alright. Most of the showers were good. The food was nice. My favourite activities were the flying fox and the giant swing because I like heights and it was fast, but I didn’t like the muddy puddles. The low ropes were also fun, I liked doing the obstacles even though they were hard.” Caleb

“I was looking forward to the flying fox and giant swing and they were better than I thought they would be. The whole camp was a good experience.” Jayden
Healthy Eating

Children and adolescents with appropriate nutrition have improved cognitive development, attention span, work capacity, classroom behaviour, and attendance at school.

Taken from our Healthy Eating Guidelines and DECD supporting documents.
Healthy eating plays a vital role in the well-being of our children. With well-being being a strong focus of our school there is strong encouragement to have healthy food options at school. Food is a person’s energy source and with healthier options students are well ‘fuelled’ for good learning. Hence we have the expectation that all students have a piece of fruit for recess. We also encourage healthy options for all foods eaten at school with the treats and snack food reserved for home. To support and encourage healthy eating we do provide the option for students to have their sandwiches toasted and left overs heated up. We urge all parents to pack healthy options for school eating.

The school healthy eating guidelines, which was developed with and endorsed by the Governing Council, have been attached to the newsletter giving many suggestions for school foods.

There has been a lot of research undertaken of the impact of high sugar diets and hence we urge that these high sugar foods not be included in students’ lunch boxes.

Next term we will have a focus on ‘healthy eating’ and are looking forward to taking advantage of the foods grown on the school garden.

Check out this web site for lunch box ideas:


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**SPASH THEATRE**

In acknowledging Book week students attended a very entertaining performance at Stansbury presented by the Splash Theatre Company. Using the theme ‘Book Light up the World’ the actors took the audience through a range of books and musical items.
**BUILDING RESILIENCE**

On Monday, 21st September, staff will be attending a workshop on building resilience in children. A parent session will be held at Minlaton in the evening which will enable parents to support building resilience of their children. Please see attached flyer. This is an amazing opportunity for our parents so if you are able, please take the time to attend.

On Tuesday 22nd, several students will attend a student forum to become Resilience Ambassadors at our site.

**LOCAL EXCURSIONS**

We are currently reviewing and updating students' information. Please complete the attached local excursions note and return to the school asap. This will replace any previous notes completed in the past.

Many thanks.

**ATTACHMENTS**

- Receipts for some
- School Photos
- Local excursion permission form
- Protective Practices Brochure
- Milo In2Cricket Information
- Edithburgh Playcentre – Term 3
- Stansbury Primary School Community Fun Day Notice
- Healthy Eating Guidelines Brochure