A NOTE FROM THE PRINCIPAL

Breakfast with the Stars
This Friday our special guests for Breakfast with the Stars are:
Prep: Calvin and Madison
Prep/1: Riley, Raeleee and Kane 1D: Jade and Darcey W
Grade 2: Nathan, Nikita, Darcey and Tehmarny
Grade 4: Aidan  Grade 5: Jocelyn, Jacob, Seth and Corey S
Grade 6: Cleo M and Mark F

These students have been recognised by their teachers as the “Big Improvers” this Term in their classes. We congratulate them and celebrate their success. Breakfast will be in the Science/Technology room starting at 9 am.

Cooking Class
As stated at Monday Assembly we have no cooking class tonight but will continue next Thursday with Jam Making (I think). Nicole Street has been tremendous in developing this activity as an “After school” program. Each Thursday we have an excited group of “Little chefs” taking home many delicacies for their families to enjoy.

Congratulations
We have a few congratulations’ this week
* To our Construction team (10 children) led by Mr McGibbon last Tuesday at Government House, a big thank you. You were excellent ambassadors for Healesville Primary and showed yourselves to be clever, creative scientists and engineers of the future. Our design - made solely from cans of the Map of Australia- was well received by all the organisers and a great promotion for our Science program. Mr McGibbon in particular did a lot of groundwork in preparing the students for this event (seeking donations of cans, building materials, organising a bus etc.) so a big thankyou to him. Also to Mrs Bruder who assisted the team on the day.

*Rotary Speech Night
Sophie Smith and Zach Kennedy were outstanding representatives in the Rotary Club Primary Schools Speech Night held at Healesville High School last night. Both children’s speeches were strongly connected to an appreciation of family. They both spoke from the heart and this obviously was appreciated by the judges. Their families can be rightfully proud of their efforts.

For children of this age group to be able to speak in front of a large unknown audience is a task that would be daunting enough for us adults.

Peter Leonard, Principal

SCHOOL EVENTS 2013

AUGUST

Friday 30th
Father’s Day stall
Aussie Sports Day Gr 5 & 6

SEPTEMBER

Thursday 5th
Grade 3 & 4 Tabloid Sports @ UYSC
Monday 9th
School Council meeting
Thursday 12th
Grade 3 poetry recital 9-11 am in Hall
Friday 20th
End of Term 3

OCTOBER

Monday 7th
Start of Term 4
Monday 21st to Friday 1st November
Junior School Swimming

Grade 3 and 4 Tabloid Sports Day at Upper Yarra Secondary College
Thursday September 5th.
Cost is $10.00 which includes a seat-belted bus and all the activities. This is a great opportunity for the students to learn new skills, team sportsmanship and overall have a fun day. If parents could help on this day please see Mrs Lakeland (Room 11).

STUDENT AWARDS

PA: Oscar M, Deklan H  P/1B: Mitchell S
1C: April I, Kieran M 1D: Flynn L, Alex B
2A: Whole Class, Joey W, Jack C
2B: Whole Class 3A: Sienna-Rose S
3B: Casey L 4A: Jacob B
4C: Blake G 5A: Jacob S
5B: Brandon G 5/6A: Rosie F
6B: Noah J 6C: Jaci J

*Teachers Ladies Basketball team
Our Teachers Basketball team had their first win for the season last night and are very excited to be now going into the Finals. I am not sure how they qualified for finals or how they will fare in the finals? But I guess they will take it one week at a time!

Peter Leonard, Principal
## Canteen

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<th>Date</th>
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<tr>
<td>Sept 2nd</td>
<td>Joanne Brayne</td>
<td>Belinda Hills</td>
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<td>Sept 3rd</td>
<td><strong>Canteen Closed</strong></td>
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<td>Sept 4th</td>
<td>Sarah Nugent</td>
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<td>Sept 5th</td>
<td>Tania Frogley</td>
<td>Susan Crossland</td>
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**Literacy and Numeracy at Home:**

**Top Ideas**

Create a menu for your family dinners this week. Talk about what you are eating and encourage healthy choices.

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**Parents' & Friends' Club**

*Father’s Day is this Sunday!*

Our raffle will be drawn tomorrow morning, winners will be notified.

Gift stall open from 9am tomorrow for students wishing to buy extra gifts or anyone absent from school today who missed out.

*Thanks, Maidi Mitchell*

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**Healesville High School**

has a curriculum catering to the varied skills and interests of its students, and reflected in the events below:

- Eight year ten students with an aptitude for science were selected to attend a three week science program held at the John Monash Science School.
- Our students studying Japanese participated in the Language Perfect World Championships held last month and we are extremely proud of their result. They ranked 277th overall globally out of 1054 schools and 192nd overall in Australia out of 705 schools which included many private and independent schools.
- Our students participated in the 2013 Victorian State Schools Spectacular - There’s No Place Like Home at Hisense Arena. This was a huge concert-style extravaganza of high-energy dance routines, vocals and circus tricks featuring Victoria’s most talented young performers. Students were involved in dance and choreography, backstage and lighting.
- Our winter outdoor ed programs include ski camps at Mt Buller, cross country skiing at Lake Mountain, as well as hiking through the Mt Bogong high plains.
- Our VCE students spent an afternoon with Glenn Manton, an inspirational speaker who spoke of the evolving knowledge of self, thoughtful communication and healthy relationships.

At Healesville High School, your child will be given the chance to host a student from Osaka, Japan, and to experience Osaka as an exchange student in 2014.

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**Spring is here!**

With the arrival of spring we’ve decided to change the way we run the afternoons. To allow the children time to run around and play after their full day of school, we’re now going to have our afternoon tea at 4:15pm instead of 3:30pm; this will give everyone a chance to work up a good appetite before they have the option of enjoying our healthy selection of foods. Having afternoon tea later will also allow us to cook some food (drop scones, biscuits, bread, etc.), that is freshly made that afternoon.

This week’s ‘Stars of the Week’ award winners are Matthew and Oscar Moreton who appreciate being able to spend more time outside to kick the footy around. Congratulations Matthew and Oscar!

*Cheers from the Healesville Camp Australia team.*

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**Mathletics Mayhem!**

So many students continue to use Mathletics at school and home to have fun learning their maths facts – it’s fantastic! Three of our students have done so well this year that they were awarded special certificates from Mathletics. These extra special students were:

- Elimelech A, Jake H & Sophie M

Last week we also had a number of students achieve Bronze awards for their achievements in Mathletics during the week:

- Jedd I, Issy S, Caitlyn K, Tyler I, Kayla D & Daniel C

Outstanding effort from all these students - you are all amazing mathletes! Let’s try and get to Silver!

*Tom Gamble*

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**CAN YOU HELP!!!!!!**

A family living in Eleva Road is looking for someone to pick up a prep child each morning for the rest of this term only. If you can help, please contact Anne Hocking or the office.

*Thank You.*

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**Goulburn Fishing Festival**

**Friday September 6th 5.30pm - 9.00pm**

**Saturday September 7th 9.00am - 2.00pm**

Free activities for the whole family at the Eildon Community Centre.

- Celebrate trout season opening.
- Guided tour of the Snobs Creek Fish Hatchery.
- Fishing expo and presentations.
- Talk & learn about fishing the region.
- Fireworks on Friday night.
- Cooking demonstrations.
- Face painting, jumping castle & fishing activities.
- Prizes and giveaways.
- Catering available.

Forensic Science Program

Our year 6 students involved in the Forensic Science Program at the high school with Chloe Jackson - science teacher. It was a great opportunity for the Yr.6 students and Healesville High School to work together.

The students went to the high school over a number of weeks and became forensic investigators.

The winning team for the investigation consisted of Marc Jones and Kobe Thorsen.
**Book Fair 2013**

It shows just how much our kids love reading from the large number of sales at our fair throughout the last week. We are still calculating our sales and the school receives a commission based on these sales. We will have lots of new books for our library for the children to enjoy as a result.

*If anyone has ordered from the fair online please send your receipts to school asap so the final tally can be counted.*

We had a colouring competition during the fair and it was difficult to choose some winners as so many kids tried very hard. Six children were given $10 credit to spend and they were:

- Lara 1D
- Imogen 1D
- Jennifer 2B
- Adele 3B
- Sophie 3B
- Zac 6W

*Happy reading everyone!*  

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**CAKE STALL THANK YOU**

I would like to say a big thank you to all involved in last week’s Grade 3A cake stall. The money raised was well over and above anything I could have imagined. To all the parents who slaved over hot ovens, all the children who purchased cakes, and most of all to Miss Grundy for her fabulous idea, Thank you!

All the money raised is going to The Peter MacCallum Cancer Centre, the only public hospital in Australia solely dedicated to cancer, in sponsorship for my upcoming *Ride to Conquer Cancer* in October. Your support is truly appreciated.

Jenny Mills (Participant ID: 771039-9)

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**Healesville Cricket Club**

**Registration Day**

**Saturday 7th September**

1pm till 3pm at Queens Park club rooms

Boys and girls from ages 8 and over are invited to join our Junior Teams.

**FREE PLAYING TOP WITH EVERY REGISTRATION**


healesvillecc@iprimus.com.au

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**KID’S ZONE-Exercise**

**Exercise Makes Your Body and Brain Happy**

Exercise strengthens your muscles, including your heart! Did you know your heart is a muscle? It works hard, pumping blood every day of your life. You can help this important muscle by doing aerobic exercise. Aerobic activity gets your heart pumping, makes you sweat, and quickens your breathing. And when you give your heart this kind of work-out on a regular basis, your heart will get even better at its main job — delivering oxygen to all parts of your body.

So what are aerobic exercises? Here are some: swimming, basketball, ice or roller skating, jogging (or walking quickly), soccer, bike riding and rowing. Skipping, jumping rope, and playing hopscotch are aerobic activities, too!

**Exercise Makes You Flexible**

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility: tumbling and gymnastics, yoga, dancing, martial arts and simple stretches: such as touching your toes or side stretches

**Exercise Keeps the Balance**

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're not very active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess.

**Exercise Makes You Feel Good**

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called **endorphins** (say: en-DOR-fins), which may make you feel happier. It's just another reason why exercise is cool!