



Newsletter

CALENDAR DATES

WEEK 3 TERM 3

3 AUGUST 2017

4 AUGUST

Assembly 9:30am
Parents are welcome.

8 AUGUST

School Photo Catch up day

Bucket Filler Reward Excursion.

11 AUGUST

West of the Divide Expressions of interest due date
3-4-5 Excursion

23 AUGUST

Small Schools Big Impact Concert

5 SEPTEMBER

Life Ed Van

15 SEPTEMBER

Responsible Pet Ownership K-2

14 NOVEMBER

Yr 7 Orientation
SGHS

CLARENCE DISTRICT ATHLETICS

Well done to Tamsyn, Jasper, Navrin, Nina, Ethan S, Hunter, Ruby P, Samuel, Mereki and Rhada who competed at last weeks District Athletics. Special congratulations to Hunter who was awarded Junior Boy Champion. Hunter and our Junior Boys Relay Team (Hunter, Isaac, Ash and Samuel) will attend the MNC Carnival on Friday 11 August 2017. Our Athletics Champions will be announced at assembly tomorrow morning at 9:45am. Parents are welcome to attend.

SMALL SCHOOLS BIG IMPACT CONCERT

The SSBIC will be held on Wednesday 23 August at the Saraton Theatre, Grafton. Our School Band will be performing. The tickets are \$3.00 per person (everyone must have a ticket regardless of age, excluding performers). **Tickets must be pre-purchased and are now available at the Saraton, so get in early to avoid disappointment.**

SCHOOL PHOTO CATCH UP DAY TUESDAY

We have a catch up day for school photos on Tuesday 8/8/17. We will be having a Year 6 photo taken along with individual/family photos for those students absent last term.



HEALTHY BONES ACTION WEEK

The first week of August marks Healthy Bones Action Week across the country. Healthy Harold and the Life Education programs partner with schools to enhance and develop messages about healthy eating and maintaining good health and wellbeing. Through the programs, children not only identify good foods, but learn about the physical impacts and importance of nourishing their body. As almost 60 percent of 2-16 year olds miss out on their daily recommended dairy intake, now is a good time to add an extra portion in their lunchboxes! www.lifeeducation.org.au/dairy-nutrition-and-education

Free!

Go4Fun

Free healthy lifestyle program for kids 7 to 13 years

- Fun games & physical activity for kids
- Build self-esteem & motivation
- Improve eating habits
- Make new friends


Call: 02 6620 7502



Health
Northern NSW
Local Health District




Enrol now for Grafton Term 4



Live Life Well @ School
A joint initiative between the NSW Department of Education and Training and NSW Health

Keep your heart happy and healthy with exercise and healthy foods like wholegrains, vegetables and legumes (peas, beans, lentils), lean unprocessed meats, fish and alternatives e.g. tofu, fruits, low fat dairy products and small amounts of healthy fats from foods such as nuts, seeds and avocado.





3-4 CLASS NEWS



This week students made water walk in our science experiment this week using primary colours to show the movement of water.



LOST PROPERTY IS OVERFLOWING

THESE ITEMS DO NOT HAVE NAMES ON THEM SO WE ARE NOT ABLE TO RETURN THEM TO THEIR OWNERS.

IF YOUR CHILD IS MISSING ITEMS OF CLOTHING PLEASE VISIT THE SCHOOL AND SEE IF IT IS IN OUR BIN.

ANY ITEMS NOT CLAIMED BY THE END OF TERM WILL BE SENT TO CHARITY.

**PLEASE LABEL YOUR CHILD'S ITEMS OF
CLOTHING AND LUNCHBOXES**



FRIDAY LUNCHES

ROSTER

4 AUGUST

Annette Gill

11 AUGUST

Helper needed

18 AUGUST

Alison Bibby

25 AUGUST

Helper needed

1 SEPTEMBER

Helper needed

8 SEPTEMBER

Angela Skennar

15 SEPTEMBER

Helper needed

**NO FRIDAY
LUNCHES NEXT
WEEK**

**SCHOOL
CONTRIBUTION
PAYMENTS ARE NOW
OVERDUE**