



# Eden Primary School

DARE TO DREAM & ACT TO ACHIEVE  
158 YEARS OF EDUCATION  
1857 TO 2015

Respect  
Responsibility  
Resilience



Education &  
Communities

NEWSLETTER-Term 4, Week 8 Tuesday 24<sup>th</sup> November 2015

## FROM THE PRINCIPAL

### Diary Date November

Weeks 9 and 10  
School Swimming and  
Safety starts.  
Wed 25<sup>th</sup> Leader  
Speeches 11:30am  
Thurs 26<sup>th</sup> Barrenjoey  
Band

### December

Thurs 3<sup>rd</sup> High School  
Transition  
Wed 9<sup>th</sup> Presentation Day  
Thurs 10<sup>th</sup> Stage 3 end of  
year activity.  
Fri 11<sup>th</sup> Infants Christmas  
Performance.

### Principal Report

#### Parent Feedback

Thank you to all the parents who have completed our Parent Feedback Survey. This survey is still active until tomorrow. Eden Public School appreciates your input.

<https://www.surveymonkey.com/r/CFYXZHR>

#### Mental Health Basics

Warm weather allows people to reap the many benefits of outdoor activity. After a weary winter, spring provides plenty of opportunities for improving wellness. Regardless of individual physical fitness, everyone benefits from being active outside.

1. **Fresh air** — By merely taking a walk around the block, muscles access more oxygen than they do indoors. When muscles use a lot of oxygen, they burn more sugar and fat.
2. **Sunshine** — The sun remains our greatest source of vitamin D, which plays an important role in muscle growth, bone formation, and immune system maintenance. Sun light also stimulates the pineal gland, an area of the brain that produces mood improving chemicals.
3. **Physical exercise** — Regular exercise reduces high blood pressure, the incidence of heart disease and stroke, the risk of osteoporosis and the onset of old-age disability. In addition, exercise enhances self-esteem and helps fend off the effects of stress.

Of course, it's not always easy to find the time or money to venture outdoors. Here are some simple suggestions for ways to enjoy the world outside your office:

1. **Walk/Jog/Run** — Even if only for 5 to 10 minutes each day.
2. **Ultimate Frisbee** — All it takes is a Frisbee.
3. **Gardening/Home Repairs** — Put a positive spin on something you already have to do.
4. **Play with Children or Pets** — They keep you on your toes.
5. **Dance** — Everyone needs to break loose once in a while.
6. **Fresh Air Breaks** — Instead of smoking breaks, just go outside to breathe.
7. **Go to the playground** — We go without the joys of childhood and wonder why we feel so tired as adults.

#### Sun Safety

As the weather warms up, this is a timely reminder for all students to wear their school hat. This is a compulsory part of our school uniform and acts to protect our students from the increasing UV rays. Students who do not wear their school hat must play under the Covered Outdoor Learning Area.

This is Departmental Policy.

Have a great week,

Tanja Vogt

Principal

## JOKES!

**Q:** Why did the lamb cross the road?

**A:** To get to the baaaarber shop!



**Q:** What is a snake's favourite subject?

**A:** Hiss-tory!





## MATHLETICS

### Mathletics Update Week 8

Another successful week for Mathletics at Eden Public. We had 4 students achieve their Gold Certificate and 7 students achieve their Silver Certificates. We also had 36 Bronze Certificates achieved last week. Well done everyone! Remember to get a Silver certificate you must get four Bronze certificates. Bronze certificates are earned by **getting 1000 points in a week** (Monday morning to Sunday night), about 5-10 activities in total. Just check the rocket ship to see your weekly progress.

Congratulations also goes **1/2C** to who were last week's leading class with **19 certificates**. Second place goes to 3/4K (12) and third place to 5/6D (8). Just remember students have full 24hr access to Mathletics on the Internet.

Simon Taylor

## This Week's PBL Winners



Respect

Responsibility

Resilience





## Cricket Clothes Wanted



Eden Public School is collecting used cricket clothing and footwear to assist some of our students as they join/participate in the local cricket competition.

If you have any preloved cricket clothing/footwear, of any size, that you would like to donate to Eden Public School, this could be dropped in to the School Office and would be very gratefully received.

Jenny Edwards & Andrew Wright

## School Swimming and Water Safety Program

Due to Presentation Day being held on the 9<sup>th</sup> December, the water safety Program will be cancelled. Students **WILL NOT** be required to pay \$3 on that day. Season pass holders are not required to pay.

Thank you,

Mrs Darmanin.

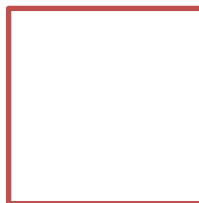


## P&C THURSDAY'S RAFFLE ROSTER

### This Week's Thursday raffle

KC	Melanie Warren
KP	Clair Mudaliar
1/2B	Katrina Lackey
1/2D	Debbie Herron
1/2C	Janine Geraghty
3/4K	Kim Hendry
3/4JR 3/4M	Narissa Dunne
5/6E	Victoria Kennedy
5/6D	Alison Paterson
5/6L	Linda Donaldson

WHY NOT BUY A LUNCH VOUCHER  
FROM THE CANTEEN \$1 UP TO \$5



### Next Week's Thursday raffle

KC	Jaimie C
KP	Renee Dunne
1/2B	Katie Bamford
1/2D	Victoria Kennedy
1/2C	Jill Francis
3/4K	Melissa Oost
3/4JR 3/4M	Rachel Fulton
5/6E	Tricia Owen
5/6D	Julie Staight
5/6L	Tanya Knowles



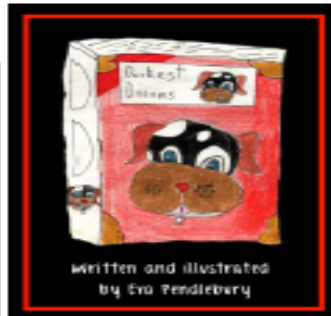
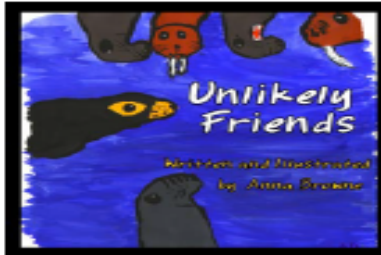
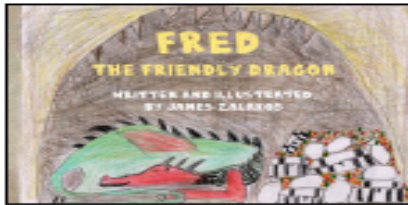
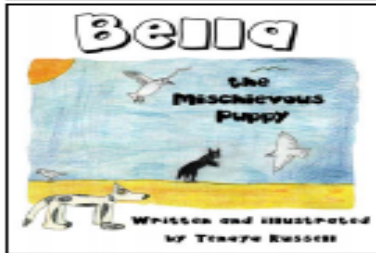


MEET OUR YOUNG NEW AUTHORS AT THE



# BOOK LAUNCH

Check out these 8 fabulous titles by students from our local public schools!



**FROM 5.30 PM  
THURSDAY  
NOVEMBER 26**

- Meet the authors
- Book readings
- Book sale
- Refreshments available at cafe

**BOOKtique**  
Shop 6, The Promenade, Merimbula  
02 6495 1969

Three of our Year 4 students completed a 10 week Writing Program. There will be a book launch at BOOKtique Merimbula this Thursday 26<sup>th</sup> @ 5.30pm. Where the students will read their published books.

## Eden Primary School Absentee Note



My child/ren \_\_\_\_\_ of Class: \_\_\_\_\_

were absent on: date/s \_\_\_\_\_

Please tick box where appropriate.

Sick

Leave

Family Leave

Appointment

Parent/Carer Signature: \_\_\_\_\_

