

Newsletter—Abermain Public School



Len Boughton
Principal

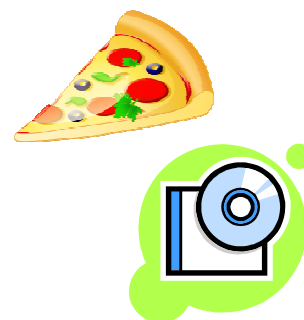


Term 2 Week 1 - 21 April 2010

Dear Parents

Easter Egg Competition Winner

Congratulations to class KS for winning this competition. Mrs Sheldon's class will have pizza and watch a DVD as their prize on Friday 30th April. We had 65 prizes in the raffle and raised a total of \$1238 for the school. Thank you to all families for your support.



The Book Fair was also a great success.

Cross Country

The Cross Country will take place at school on Thursday between 12 noon and 2.00 pm.

Building works

Completion of the new library and double classroom is scheduled for the end of June. The stage in the Hall is nearly completed and the kitchen is also almost complete (thanks to Mr and Mrs Brown).

Technology

One IWB (interactive whiteboard) is now in operation in 5/6C, the connected classroom is to be installed in 5/6J room and another IWB has been ordered for 4/5R.

Anzac Day

The school will hold its Anzac Day Service on Friday. Students from Abermain traditionally march behind the School Banner on Anzac Day and this group will be organised on Friday.



Access to the School

The pedestrian gate near the centenary garden on Goulburn Street will be out of use until the grass regenerates following the area being topsoiled.

Naplan Testing

You will be aware that there is currently a dispute between the Department of Education and the Teachers Federation regarding the administration of Naplan Testing this year. This dispute centres around the publication of league tables comparing schools. In whatever way the test is administered the school will make sure that it is done in a manner in which all students are comfortable.

Walk Safety to School Day

Active kids are healthy kids !

Friday 7 May 2010 is National Walk Safely to School Day! Schools are encouraged to promote regular physical activity and good nutrition. Parents may wish to walk to school on this day with their children for that little extra exercise.

A good breakfast is vitally important to start the day well. Breakfast helps prevent a slump in concentration during the late morning hours.

For a healthy breakfast, the following foods need no preparation:

Apples, pears, bananas, mandarins, grapes or any fresh fruit in season, cheese cubes or cheese sticks, fresh bread rolls (excellent if served with a banana), long life milk, small containers of unsweetened peaches or other fruit, dried fruit, water.

Good choices that require some preparation include:

Whole-wheat breakfast biscuits or natural muesli with milk, whole-wheat breakfast biscuits split and spread with peanut butter, toast with an egg, toast with cheese, vegemite or peanut butter, a smoothie (blend fat-reduced milk, yoghurt, fresh fruit and a little honey),

Poor breakfast choices include:

Breakfast bars (too much sugar), sugary cereals, crisps or chips, soft drinks, juice drinks.

BOOST YOUR CHILD'S METABOLISM WITH A HEALTHY BREAKFAST EVERY DAY



Quality Work shared with Principal

The following students have visited the Principal recently to show their work:

Kiara Peachman

Kharli Dent

Rohan Pearson

Ebony Pearson

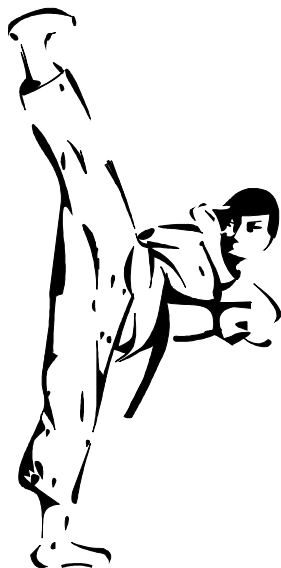
Will Stothard

Tyrone Ward

Community News

Abermain OOSH

Quality Out of School Hours Approved Child Care
Permanent or Casual Bookings
Fun Activities—Healthy Snacks Provided
To enrol or book your place please contact:
0417437869 or 0405165086



Shim Jang Taekwondo

Every Monday and Wednesday
5.30 pm to 6.30 pm
At Abermain Public School Hall
All welcome
Contact—Robert Pearson
4930 8010 for more information.

