



South Kalgoorlie Primary School

Principal—Ms Katherine Grant

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Issue 2—February 15th 2018



From the Principal

Dear Parents Caregivers,

It was wonderful to see so many parents come to our parent information afternoon yesterday to meet teachers and gather information about how to support your children's learning. Please remember that your relationship with your child's teacher is vital to support your child's ongoing progress at school.

Please remember that if you were not able to meet with your child's teacher yesterday, you can make an appointment and catch up at another time.

Each year we need to put reminders across the school about parking and movements around the school before and after the morning and afternoon bell. All the carparks around the school can be very dangerous and it is vital that parents teach children to be careful walking through them to cars and that parents reverse and drive very carefully in all car parks. Parents also need to remember that the front car park is a visitors car park, not a drop off and pick up car park. Children are never encouraged to be in the front car park area.

This year we are very fortunate to have an Occupational Therapist from Bright Minds Therapy Services visiting the school two days a week. A letter will be sent home with this newsletter outlining the service and the importance for your children and our school. Please read the information letter so that you are fully aware of this service for your children.

Thank you to all the parents who have paid their Contributions and Charges for 2018. These go towards all the resources that we provide your children. We are in the process of trying to enclose our new undercover area thanks to the large contribution given from our P&C. While we are a Government School it is very difficult to function without the financial commitment from parents.

Kath Grant
Principal

Why we should send fruit to school with our children

The Australian Dietary Guidelines recommend eating a variety of fruit everyday. Choosing fruit first over "occasional" or "extra" foods such as pies, crisps, biscuits, cakes, lollies and chocolate can help you meet your daily recommended serves. Research shows that 93% of four to eight year olds eat the recommended serves of fruit when fruit juice is included in the count. However, when juice is excluded this figure is only 61%, and both of these figures fall dramatically as kids get older(1).

Why is fruit important?

Fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), which help your body stay healthy. Since fruit is low in kilojoules (energy) relative to many other foods, including it every day can help prevent excessive weight gain. Eating fruit may also help protect against chronic diseases such as heart disease, stroke and some types of cancers (2). Different fruit can help protect the body in different ways, so it's important to choose a variety of colours everyday such as:

- green (such as apples, grapes, kiwi fruit)
- orange (such as oranges, mango, peaches)
- yellow and red (such as strawberries, banana).
- purple (blueberries, plums, grapes)



Tips to help your kids stay hydrated!

- Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.
 - Encourage your child to drink water before, after and during physical activity
- *Always offer water with meals and snacks
- Encourage your child to drink water, even if they don't like it!

**% Attendance for
Term 1 Weeks 1 and 2**

Bilby	92.86	R8	98.03
Gecko	96.83	R9	93.84
		R10	93.60
R1	98.65	R12	91.56
R2	92.16	R13	81.17
R3	95.24	R17	84.66
R4	83.66	R18	80.48
R5	86.69	R19	80.85
R6	94.77		
R7	79.58		

Merit Certificate Winners—February 9th 2018

Room 1	Vincent Williams David Eales	Room 17	DAWN Milligan Kyzaya Thomas
Room 2	Tiah Cooper Beau Stubbs	Room 18	Kelton Thomas Marissa Mallard
Room 3	Angus Corkery	Room 19	
Room 4	Violet Richards Justin Waaka	Art	Ava L'Huillier Sarah Rankin
Room 5	Tatiana Kassey-Hona Oliver de Jong	Music	Chase Coulter Sarah Rankin
Room 6	Emerson Leslie Tyrus Smith	Phys Ed	Freya Scerri Room 6
Room 7	Jaylani Cooper Stella Leef	Digital Tec	Room 8
Room 8	Hezekiah Manukau Teina Smallman	Digital Tec	
Room 9	Charlotte Capp Dean Munez	Bilby	Peyton Arama Blake Loller
Room 10	John Stanton Caprice Tana	Gecko	Penelope Cresp Lachy Yarran
Room 12	Kayla Mikara Chloe Richards		
Room 13	Corey Tullock Skye Mohylenko		



Celebrating our 60th Anniversary! 1958-2018

Want to play hockey?

Then CBC Hockey Club is for you!
Haven't played before? That's ok, we'll show you how.
We have teams in both boys and girls u13 and u17 competitions as well as
Senior A and B grades.

Contact: Ryan Koltaz (President) 0438 924 380 or email rkoltaz@bigpond.net.au
Sharon McCulloch (Junior Co-Ordinator) 0427588119 or email srmcculloch@bigpond.com
<http://www.cbchockey.myclub.org.au> <http://www.facebook.com/groups/13708146227/>



President: Ryan Koltaz
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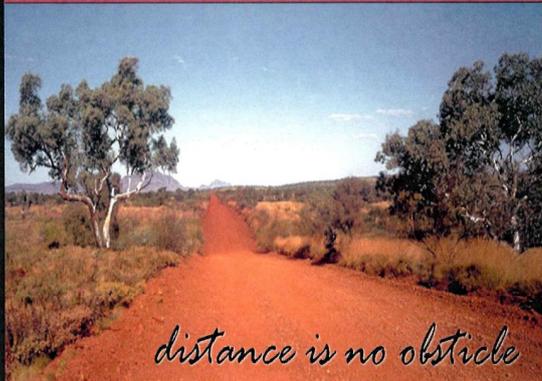
CBC Hockey Club
Kalgoorlie

Goldfields Hockey Stadium, Boomerang Crescent,
Kalgoorlie W.A.

EST. 1958 <http://cbchockey.myclub.org.au> cbchockeyclub@outlook.com



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NEXT VISIT:
27th March 2018



SERVICES BILLED PRIVATELY
BOOKINGS ESSENTIAL
Contact Full Circle
Ph: 0477 168 138
admin@fullcircle.org.au



Full Circle Therapies



A Crunch & Sip School