



# Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

## “Excellence in Learning”

*Term 3, Week 10 ~ 20<sup>th</sup> September, 2013*



### **School Holidays**

Can you believe another term has passed us by? Term 4 is already shaping up to be extremely busy with our Kindergarten 2014 ‘Come and Try Morning’ on Tuesday, 15<sup>th</sup> October, CAPERS on Friday, 1<sup>st</sup> November and Saturday, 2<sup>nd</sup> November and Swimming School in Weeks 9 and 10. This is in addition to all the usual weekly events and special end of year celebrations. I would like to wish you all a safe and happy holiday and look forward to seeing you all back at school on Tuesday, 8<sup>th</sup> October.

### **No Hat, No Play**

We are committed to reducing the risk of skin cancer and exposure to the sun’s harmful ultraviolet rays. In line with our Sun Protection Policy, students must wear hats during recess and lunch and whenever they are working or playing outside. We have a strict ‘No Hat, No Play in the Sun’ policy during Terms 1 and 4. Students without hats will be required to stay in a shaded area during recess and lunch.

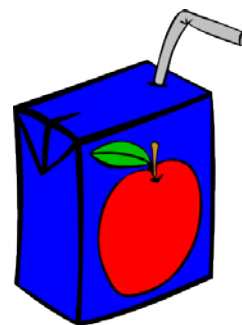
## **HEALTHY LIVING, HEALTHY LIFE**

### **Fruit juices**

Many people think fruit juice is a healthy option. While fruit juices contain some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption.

Here are some things to consider if choosing juice:

- ✓ Limit fruit juices to no more than half a glass per day.
- ✓ Too much juice can lead to diarrhoea.
- ✓ Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- ✓ It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- ✓ Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.



Vicki York  
Relieving Principal

Small school “BIG” opportunities!

## Coming Events

### TERM 3

**September** Wallabadah Horse Sports  
Last day of Term 3  
**October** Students Return

20<sup>th</sup>  
20<sup>th</sup>  
8<sup>th</sup>

### Lunch Orders

Thank you to Meagan Hall for making lunches on Monday. If you would like to help make lunches in term 4, please put your name down at the front office.

### Birthdays

No birthdays this week.

### Quirindi Show

Well done to all students on the beautiful display of art work at the Quirindi Show. Congratulations to the following students who received prizes.

- Highly Commended- Emily Cronin for her fantasy creature art work.
- Highly Commended- Lia Robertson for "My Place"
- Second Prize- Jamie Upperton for "My Place".
- Second Prize- Ben Hawthorne for his fantasy creature art work.
- Second Prize- Dempsey Smith for his painting "The sheep Farm"
- First Prize- Dempsey Smith for his colourful chicken.
- Second Prize- Lochlan Cronin for his colourful chicken.
- Third Prize- Ashton Sweeney for his colourful chicken.



### Wallabadah Anglican Guild Flower Show

Wallabadah Anglican Guild Flower Show will be held on Saturday 19<sup>th</sup> October at 11am. It would be wonderful for students to place entries into the flower show. Categories include flower entries, decorated cupcakes, handicraft, construction of lego plus lots more. Brochures can be collected from the front office.

### Summer Uniform

At the start of Term 4 students are to return dressed in their summer uniforms.

#### Boys:

Grey shirt with grey shorts  
Grey ankle socks  
Black leather shoes  
School hat

#### Girls:

Green and white checked dress  
White ankle socks  
Black leather shoes  
School hat

No Assembly was held this week.



## AWARDS

### K-1-2 Class

**Logan Hall** for good progress in spelling and 'counting on'.

**Zane Smith** for excellent results in Mathematics!!

**Dempsey Smith** for fantastic progress in all school work!!

### 3-5-6 Class

**Brodie Nankivell** for an outstanding effort in all areas this week.

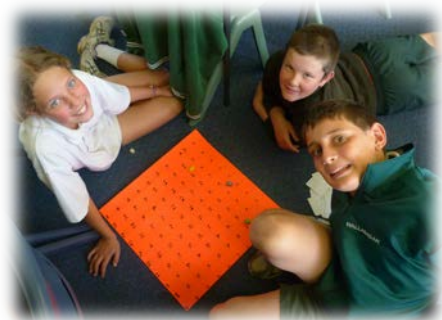
**Lia Robertson** for improved independent work habits. Keep it up!

**Zaibiane Effer** for improvement in handwriting. Well done!

### Rainforest Board Game -Term 3 Project

By Andrea Makeham

Last Wednesday 3/5/6Y handed in their board games. They were all colourful, bright and fun. We have now played most of them. They were great and had a lot of interesting questions and information about rainforests.



## Wallaby Week Ahead Term 4, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>WEEK 1</u></b> Public Holiday	Students Return			





### **10 Point Plan By Jock Barnett**

This term for Ten Point Plan we went to the park at Wallabadah (First Fleet Gardens). We had hot chips and soft drink when we arrived. We had free time to play on the equipment and play games. Mrs York brought us down some ice cream. It was lots of fun.



Have a Safe and Happy Holiday.