NEWSLETTER 15 2013  
6 JUNE 2013

Dear Jesus,
Show us what is right and wrong.
Give us the help we need to always choose to do the right thing. Amen.

Dear Parents and Guardians,

As you read this I am winging my way to New Zealand for my mum’s 90th birthday. Family and friends are gathering to celebrate this occasion. Her mother, my grandmother, lived to be 100 so we have longevity on our side.

I will be back on Thursday the 20 June. Mr Warren Smith is also away for the next two weeks and will return to school on Monday 24th June. Mr Fintan Archer and Mrs Nicky Sullivan will be running the school in our absence.

God Bless You.

NOTES SENT HOME THIS WEEK:
Cross Country Carnival
Lifelink

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 10 June</td>
<td>Gymnastics Yrs 3 - 5</td>
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<tr>
<td>Tuesday 11 June</td>
<td>Staff Meeting</td>
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<tr>
<td>Wednesday 12 June</td>
<td>4W Mass – 8.50am</td>
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<td>Thursday 13 June</td>
<td>NO ASSEMBLY</td>
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<tr>
<td>Friday 14 June</td>
<td>Lifelink – Free Dress (gold coin donation)</td>
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Congratulations to those children who will be celebrating their birthdays soon.
Elijah D, Te Huika M, Zac K, Emily-Rose D, Shaye G, Brianna N, Tayjarna S, Nyandeng D, Jazmin L

WOOLWORTHS EARN & LEARN: All sheets and stickers need to be returned to the office no later than Tuesday June 11. The Woolworths Earn and Learn fundraising finishes on Sunday 9th June. Thank you for your support.

SCHOOL DISCO – PARENT HELPERS NEEDED: The disco is one of the highlights of the year for your children. Please contact Adhiel Malual on 0435 734 502, or email adhieltulba@gmail.com if you can offer any assistance.

LOST: Please check your child’s property. Missing: one size 8 jumper with Julian Jacquin’s name inside.

VISION STATEMENT
St Andrew’s CPS offers an education that acknowledges, respects and nurtures the uniqueness of each person.
Within a framework of Catholic values and teamwork, the students will be challenged and supported to recognise their gifts and develop their potential as they learn and contribute to their community.
Year 4 White is learning about the importance of having a healthy lifestyle.

Here are some healthy habits, tips and interesting facts for you!

You need to keep your body healthy with a good balance of healthy food, exercise, sleep and relaxation. (Rosie)

Don't forget to eat two fruits and five vegetables every day! (Simon)

Fruits and vegetables are filled with vitamins and minerals. They help the body work properly and build good teeth, bones and skin. (Madison Rae)

Carbohydrates such as rice, cereals and multigrain bread give you lots of good energy. (Erin)

You must have a balanced diet containing vegetables, fruit, carbohydrates, protein and dairy. Stay away from sugar and fats! (Andrea)

Meat, fish, eggs, nuts and beans are high protein foods. Proteins build and repair the body. (Nathaniel)

Calcium is important because it makes your teeth and bones strong and healthy. Calcium is found in dairy products such as milk, cheese and yoghurt. (Ruby)

Eating too many sugary treats and junk food will make you overweight and unhealthy! They are low in nutrients. (Amity)

Your body is 85% water. If you don't drink lots of water, your body will get dehydrated. (Amara)

You need to drink at least 6 to 8 glasses of fresh clean water every day. (Emilio)

A five year old needs at least 11 hours of sleep a night, a 10 year old needs at least 10 hours sleep and an adult needs at least 8 hours sleep each night. (Harry)

You need to get enough sleep because it is the time when your body grows and repairs itself. (Charlotte)

Sleep is important because it rests your body and mind. It helps you work and play better. (Bella)

After a long night without eating, it's important to have a good, healthy breakfast in the morning. This will set you up for the day with energy. (Amilia)

Your brain works best with a combination of rest, a healthy diet and good oxygen. (Elizabeth)

Your heart works hard all day and all night pumping blood around your body. It never stops to have a rest. (Phoebe)

If your bones are not healthy, they can break easily. Eat foods containing calcium. (Ludwig)

Your eyes see things upside down. It's your brain that turns them the right way up! (Skylar-Blu)

Regular exercise builds up your muscles and makes you fit and healthy. (Lucas)

Taking part in organised sport is a great way to stay fit, healthy, learn new skills and make friends. (Lachlan)

Exercise keeps our bones and muscles strong, keeps our heart and lungs healthy and increases our fitness. (Frankie)

An active lifestyle gives you a healthy heart, lungs, muscles, bones and it makes you fit! (Rhiannon)

An active lifestyle promotes happy and healthy bodies. It helps you sleep better and feel better. (Ryan)

Relaxation gives your mind and body a rest, balances your life and reduces stress. (Adrian)

Your body needs energy to think, breathe, pump your heart and replace protein in cells. (Holly)

Wash your hands with soap and practice good hygiene. (Connor)

You have about 100 000 hairs on your head, so keep your hair and scalp healthy. (Tylah)