

Mrs Karen Macri, Principal

From the Principal....Merriwa ESC...

Community Survey

Thank you to all the parents, carers, staff and students that have completed the School Survey. Your feedback is appreciated and valued. If you require a copy of the survey, please see Maxine Russ or myself.

Good Behaviour Reward

This Friday afternoon, students that have displayed our school's behaviour expectations will be rewarded with a movie and pop corn.

Health

With winter approaching, here are some tips to keep our children as healthy as possible.

1. Offer a choice of healthy lunchbox treats
2. Put a jumper/jacket in their school bags
3. Keep hydrated by drinking water

And remember to keep warm!

Christina Maunick-Sallie
Principal
ESC



Yr	Rm	Student	Yr	Rm	Student
PP	2	Daniel Thompson, Braydan Farstad	6	16	Jasmine Ride, Sunday Ater
PP	3	Charlotte Woods, Shontae Eades	5	17	Tyler Winsor, Jubilee Castle-Nepia
1	6	Benny Corpus, Byron Leonard	4/5	18	Olivia Rowlands, Victoria Atem, Blake Jarvis
1	7	Tristan Planner, Hamish Gluskie	4	19	Shade Castle-Nepia, Wyatt Hutchinson
1	9	Jacob Organ, Sophie Williams	3	21	Tia Wilson, Ella Hawley
3	10	Peta Fielding, Jacquyn Butt	3/4	22	Vanessa Williams, Marco Sabbioni, Kase Monaghan
2	11	Isabel Buckingham, Rhiannan Wright	ESC		Mikenzee Poole, David Pasca
2	12	Baoyi Wang, Jack Murray	PE		Jai Timu Bailey, Jayden Winsor, Trinity Wright, Chantelle Hood
6	15	David Planner, Ruby Juncal			



I saluti – greetings

buon giorno – good morning/ good day
 buona sera – good evening
 buona notte – good night
 ciao – hello/goodbye



Enrolments are now open for Kindergarten 2016 at Merriwa Primary School. If your child is born between

1st July 2011- 30th June 2012

he/she is due to commence Kindy in 2016.

Please contact the office to complete an Application for Enrolment with copies of birth certificate, immunisation records and proof of address.



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DISABILITY AWARENESS WEEK

Colour dress up day

Disability is a term used to describe a barrier that exists for some people. It may cause difficulty to perform tasks in their everyday life.

Some disabilities are represented by colours – choose a disability, research it and find the colour associated, then wear this colour to school on

Friday 29 May!

For example:

Epilepsy = purple

Cerebral Palsy = Green

Please bring a gold coin donation to go towards the sensory playground.

Students will be selected to share their research at the assembly.

Happy researching!



EAT RIGHT - STAY STRONG - HEALTHY BONES

Healthy body image

Tips for helping your child have a healthy body weight and a healthy body image

1. Encourage healthy eating and physical activity;
2. Organise fun, family activities which encourage everyone to be active;
3. Help children to see 'treat' foods, such as lollies, biscuits, chips, cakes and ice cream, as food which should be eaten only occasionally – not every day.
4. Provide healthy meals and snacks every day;
5. Be a positive role model for healthy eating and physical activity – children notice what their parents do. Parents are the most important teachers when it comes to healthy lifestyle.
5. Help your children to understand that there is no such thing as an ideal body shape and that 'healthy' people come in many shapes and sizes.
6. Help your children feel special about themselves. Provide rewards and treats which are not food.
7. Teach children that a person's value is not determined by how they look.
8. Avoid making comments about body weight. Focus on *growth*, not on scales.
9. Don't focus on weight and food restriction – focus on improved health, fitness and having fun.

For more information visit www.heartfoundation.org.au

Community Health Nurse

North Coastal Zone

Child and Adolescent Community Health

SCHOOL HATS

With winter approaching this is a reminder that school hats are still required. Children must wear their hats at PE and sport activities, as well as recess and lunch. The school also strongly encourages children to wear their hats at fitness time but as it is early in the morning the UV ratings are low. Many parents cut the string tie from the hat as the hat can get caught while climbing on the play equipment.

SCHOOL SURVEYS

With the last newsletter there was a copy of the National School Survey. The Survey closes Thursday 4th June. This is an opportunity for parents and carers to provide feedback to the school. Parents and carers are able to obtain a copy of the survey from the front office.

MUSIC NEWS COMING SOON

Merriwa Primary School is fortunate to have Salaka drumming entertain us on Monday June 29th. African Beat presents a well-structured, informative and highly interactive drumming performance by one of West Africa's top cultural troupes The Salaka Ensemble. "Salaka" means "Sharing" in the Ga language of Ghana. The performance by visiting artists from Ghana immerses students in the rich culture and rhythms of Africa, in an entertaining and educational way. Best of all - it's hands on! This is linked to your lotte and music program.



*Warm regards
Rose Prior- Longmuir*

Bikes

Children who ride their bikes to school have two enclosures that are locked in the morning and unlocked in the afternoon. The enclosure near the basketball court is for the senior students and the junior students can use the enclosure behind the Science Room. There is also a bike rack outside the basketball court for students who are able to lock their bikes. Many children leave their bike or scooter outside the enclosure unlocked. Parents are requested to talk to their children about keeping their bikes and scooters secure.

School Drop Off Points

Parents using the kiss and drop points located around the school are requested to avoid parking and waiting for their child.

PICK-UP
AND
DROP-OFF
ONLY
NO
PARKING

ROOM 6 NEWS

Room 6 have been investigating capacity by finding out how many cups of water different containers hold.

