

Great Pyramid Race -

School Marquee 'Working Squad'

Thank you to the following parents who have volunteered their time and muscles to allow us to rent our marquee to the Pyramid Race Committee and raise valuable P&C funds for all of our children:

Glen and Debbie Anderson, Chris Cannon, Lachie and Nadege Walker-Lacroix, Verna Austin, Megan Shawcross, Michelle Koenig, Graham Wienert, Paul Rossi, Brett Bettini, Tim Staier plus friend, Justin Elms, Ben Rains, Michael Moller, Brenton McNaughton-Chandler, Stephen Winters, Jim Newman, Patrick Westerhout. Not all of the above can make both sessions but have committed to at least one to give us the bare numbers we need to go ahead. **Thank you.**

Marquee erect - 5pm Friday 12 August, Norman Park

Marquee pull down - 10am Sunday 14 August, Norman Park
More helpers always needed.



Our next School Performance Tour program "Ghana, Beat my Drum" is on August 16.

This program incorporates audience participation, singing, dancing and drumming to leave our students feeling exhilarated and inspired as well as enlightened in the ways and culture of Africa.

The cost is \$6 per student.

Please return money and the green "Ghana, Beat my Drum" slip attached to this newsletter in a sealed envelope or zip locked bag by Tuesday 9 August.

Mulgrave Track and Field

Eleni, Alexis, Indy, Keelin, Gracie, Hayden, Amber and Blake represented us in the Combined Schools at the Mulgrave Track and Field District Carnival held at Gordonvale last Friday.

Congratulations to *Hayden* for achieving Age Champion and for also making it to the next level - Peninsula - for 100m, long jump and high jump.

Congratulations also to *Eleni* who will compete in the 100m.

Also well done to *Gracie* who ran the cross country state finals yesterday and did very well (covered in mud), coming in the first half of the group.

We thank all our students for trying their best in all of their events, some just missing out on the next level.

Tuckshop Special - available 29 July

3 assorted mini pizza squares for \$1.

New School Mobile Phone

0427723925

The school mobile phone will be used for contacting parents regarding

- ◆ unexplained absences
- ◆ Bulk text message reminders
- ◆ Phone contact during excursions and sporting events



It will not be used for

- ◆ Incoming school communication other than a reply to a text message sent from the school

Please be reminded to use the school phone

4043 3888

for communication with the school as the mobile phone is unreliable at times.

Cairns Show Holiday

The Cairns Show Holiday is on Friday 22 July. We encourage parents to visit the show on this day so that students can make the most of learning opportunities on Wednesday and Thursday.



Every day counts

Every day counts... because children achieve better when they attend school all day, every day

Every day counts... because going to school means getting a better chance at life

Every day counts... because school helps children build social and emotional skills such as communication, teamwork and resilience

Every day counts... because going to school is a legal requirement



School Uniform

It is wonderful to see many of our students keeping our school uniform standard up by wearing a green school jumper.

Our P & C have adopted this jumper as part of the school uniform so we encourage all students to wear a green jumper instead of a multitude of colours.



Please adhere strictly to the uniform and colours (socks, hair accessories etc) as this discourages a culture of one-upmanship.

2017 Prep Student Enrolments

All current school families who have siblings that will be starting Prep next year now have their enrolment forms to complete. As a requirement of enrolment, the child's immunisation record and birth certificate must be sighted by the school.

Please return all forms to the school by Friday 29 July during office hours. (8am –1pm)

Make a good start for the school day

School age is the perfect time for children to learn about healthy food, bodies and activity. This is the time they have a busy social life, have pocket money and begin to chose their own lifestyle. Children of this age begin to learn quickly and are influenced by their friends and popular trends.

Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat. When children are busy and active, snacking is important to keep energy levels high. A healthy morning snack at morning tea recess and afternoon tea after school are usually needed each day.

It is important to encourage breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning and it can help with performance at school. Be a role model and let your child see what you eat for breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.



Term Three Key Dates

Thu	July 21	Wet Tropics Competition Close
Fri	July 29	School Opinion Surveys due
		2017 Prep Enrolment Forms due
Fri	Aug 5	P & C Meeting
Thu	Aug 11	School Speaking Competition
Mon	Aug 15	Peninsula Track & Field
Tue	Aug 16	"Ghana Beat my Drum" School Performance Tour UNSW Maths Test
Tue	Aug 23, 30	Calanna Speaking Competition

Tuckshop Roster

Date	Tuckshop	Home Bake
22 July	SHOW HOLIDAY - NO TUCKSHOP	

Tuckshop - Sushi orders next week

Spirit of ANZAC Centenary Experience

The Spirit of Anzac Centenary Experience is the flagship community project of the Australian Government's ANZAC Centenary national program. The Experience will be visiting the Fred Moule Exhibition Centre, Cairns Showground from 14 –20 August. Unlike any other touring exhibition, the Spirit of Anzac Centenary Experience features genuine artefacts and historical stories placed within a fully immersive space All tickets are free, but booking is essential. Alooomba students are encouraged to attend outside of school hours.

Visit www.spiritofanzac.gov.au to make your booking and find out more information.

School Tennis Court

The school tennis court is available for use outside of school hours for families of the school. Children must be accompanied by a parent at all times. To access the court, please contact the office for the lock code. Please bring your own water bottles, as buildings are out of bounds outside of school hours.