

Physical Exercise has many benefits

In Australia, 80 percent of children don't get their daily one hour of physical activity that they need to benefit their health. By encouraging our children to be physically active every day, this will set them up to be active and healthy for the rest of their lives.

With most activities at school spent sitting at a desk, students are encouraged to move more when they are not at school.

Sedentary behaviour (sitting and lying down) has increased over recent years with the use of electronic media. Experts recommend that children aged 5-12 should not spend anymore than 2 hours a day in front of a screen used for entertainment purposes.

It is also recommended that children do at least 60 minutes of vigorous or moderate physical activity everyday. A good mix of activities don't have to be done in one go.

During school hours, we encourage our students to be active during the lunch period and during Physical Education. Our Prep / Year One Class also complete an exercise program several times per week.

Exercise helps them

- Develop healthy bones, muscles and joints
- Develops healthy heart and lungs
- Improve their co-ordination, strength and muscle control
- Improve body flexibility
- Improve balance and posture
- Improve concentration and thinking skills

Book Lists

Our book lists will be distributed shortly to every child at the school. You will notice that the year one class has been split between two classes for next year. If you have a child going into this grade, please purchase the items from the highlighted list.

Mt Sheridan Newsagency, who have always been a great support to our school, will be stocking all of our book list items once again this year. There is no on-line ordering this year but orders can be e-mailed through. Stock will not be available until mid December at the earliest.



There are limited stocks of Protex exercise books although there are Protex scrapbooks available. (the paper is better quality.)

Exercise books need to be covered or have slip covers (except if they are Protex) and text books covered in clear contact please.

Keep in mind, in the lower grades, we write their name and often subject on all books so please avoid dark coloured contact.

Please consider the size of items to be purchased. With limited desk, fridge and cupboard space, lunchboxes, earphones and pencil cases should not be oversized.

Uniform Matters

Our remaining white school shirts will be sold until the end of 2018. If you would like to buy a white shirt, please visit the uniform shop in the next couple of weeks as stocks are limited.

Uniforms can be purchased on Tuesdays from 8.30am—9.00am from our uniform shop.

PLEASE NOTE: The Uniform Shop will not be open in the last week of school.

We thank Narelle for opening the Uniform Shop today for our new student cohort commencing in 2019.

Library Books

All school Library books need to be returned by Friday 30 November.

2019 School Captains

We have had a number of applicants for our school Captain positions next year. Last Thursday, staff interviewed the applicants. The announcement of school captains will take place at the Christmas Concert.

Life Education

Our students thoroughly enjoyed the visit from Harold and his team from Life Education. We thank Gemma for delivering such an interesting program focussed on health and cyber safety education.

Thanks also to the P & C for funding their visit.



Christmas Gifts for the Homeless

TUESDAY NOVEMBER 27

Students are invited to wrap a small pack of toiletries (no aerosols please) for homeless people in Cairns.

These gifts will be distributed to agencies who work with individuals who are struggling to find funds to buy these much needed items at Christmas.

The gift giving will take place before the Religious Instruction Christmas Service being held at 11am on November 27.



P & C Volunteer End of Year Celebration

FRIDAY 30 NOVEMBER

The P & C invites all parents who have volunteered throughout 2018 to an End of Year Celebration to be held at the Parkview Tavern, Gordonvale on Friday 30 November commencing at 6.30pm. The Brazilians Band will be playing. To help confirm numbers please RSVP to Debbie Anderson on 0409 275 789 or email admin@aloombapnc.com.au by Monday 26 November. Volunteers will need to fund their own food and drinks on the evening. Sorry—no courtesy bus available.

End of Year Concert

WEDNESDAY 12 DECEMBER

A lot of time is spent preparing our students for this night. If you know your child/ren are not going to be here on the evening, please let us know as soon as possible.

Student Leader

Presentation

@ Holloways Beach EEC

THURSDAY 29 NOVEMBER

Q. What do frogs and McDonalds House have in common?

A. They both were part of students action plans this year.

Our student leaders (Rynece, Marli, Isabella & Jenna) are going to present their action plans to other schools on a special day organised by the Holloway's Beach Environmental Education Centre.

We know that they have developed their leadership skills throughout the year and we congratulate them on their achievements.



Senior School Awards

We congratulate the following students who attended Aloomba School on their recent high school achievements.

Gordonvale SHS

Academic Distinction— Hayden Westerhout, Indy Fairweather, Daniel Rains, Ivy Winters, Bria McIntyre, Kristen O'Shea, Sara Curley

Academic Merit - Chris Anderson, Liam Casey, Kohdi Fairweather, Blake Way, Ella Bryan

Personal Excellence— Daniel Rains, Ivy Winters, Kristen O'Shea, Trent Barry, Ella Bryan, Sara Curley

Recognition of Achievement—Aimee Hind

Junior Citizenship Award— Sienna Way, Malcolm Greenwood, Daniel Rains, Ivy Winters

Subject Awards—Hayden Westerhout (Art, Digital Technologies) Sienna Way (Industrial Technology & Design), Amber Mohammed (Agricultural Science) Indy Fairweather (Drama) Daniel Rains (Mathematics), Liam Casey (Agricultural Science) Trent Barry (Aquatic Practices) Sarah Curley (Biology, Health) Ella Bryan (Maths A).

Next newsletter we will have more awards from other schools in the area.

Christmas confectionary including candy canes are not allowed at school

Key Dates -Term Four

27 Nov	Tue	RI Christmas Service
29 Nov	Thu	School Leadership HBEEC
3-6 Dec	Mon— Thu	School Camp (5-6)
11 Dec	Tue	Swim Carnival
12 Dec	Wed	School Concert
13 Dec	Thu	Dance Fever Presentation

Tuckshop Roster

Date	Tuck Shop	Home Bake
23 Nov	Volunteer Req'd Koenig	Alley Way