Dear Parents and Friends

Active Kids Learn Better
I have recently been sent some research compiled by the Department of Sport and Recreation that demonstrates clearly that if your child is physically active they do better at school.

Some of the main research findings are:
- There’s a positive link between physical activity and academic achievement.
- Active boys and girls are more likely to pass exams.
- Physical activity leads to improvements in maths and reading.
- Physical activity is likely to provide children with the optimum physiological condition for maximising learning.

On top of this the research also finds that:
- Physical activity improves memory, behaviour, concentration and reasoning ability.
- Children reckon exercise is fun and they welcome the chance to do it at school.
- Children who exercise improve their motor skills and their on-task behaviour in lessons.
- Particularly with girls, the more rigorous the physical activity the more success they will achieve academically.
- Inactivity is bad for children.

Whilst we all know that children who are physically active will enjoy a healthier life, this research adds the further benefit that physical activity will also have a positive impact on brain development. If anyone required any further persuasion that getting your child physically active is beneficial then this research is the evidence you need.

I understand that this isn’t always that easy for some children, but the earlier it happens the more likely it will form a habit that becomes a self-perpetuating activity into later life.

Before School Swimming
In terms of physical activity, it is wonderful that a group of more than 20 students have taken up the opportunity to improve their swimming and fitness levels at the Leisure and Aquatic Centre every Thursday before school. The commitment of these children and their families to get up early and be involved with this activity is to be greatly commended. We have run this program in Term 1 and Term 4 for several years now and I am sure that those involved have benefited considerably.

Participants arrive back at school and replenish their energy levels by feasting on a hearty breakfast.

Of course this kind of activity doesn’t just happen – many thanks to Mrs Binning for her commitment to providing this opportunity for our students, also to Education Assistants Shirley Cameron and Maree Swainston who ensure breakfast is on the table for our swimmers when they return to school.

I am sure that all involved this term will enjoy and benefit from this program.

Faction Athletics Carnival – Next Week
In line with this newsletter’s focus on physical activity, a reminder that next week we will be running our annual Faction Athletics Carnival. As usual this is run over 2 days with the jumps, throws and longer running races on Tuesday 10 November and the shorter running races and team games on Thursday 12 November. Athletics has been a focus in both our physical education and sporting program since the start of term to prepare for this event and for the Interschool Athletics Carnival held later in the term.

Hopefully as a result of this preparation, all involved will be suitably motivated and keen to represent their faction well next week. Whilst there is a competitive element, in the main this is about having some fun and enjoying an opportunity to be energetic and physically active for an extended period.

Your attendance is welcome on both days of the carnival – this encourages participation and adds atmosphere to the event – hope to see you there.

Alan Dowsett – Principal
Forthcoming Events
Next Assembly PP 2                                                                                                                                                                  Fri 6 Nov
Year 6 Camp                                                                                                                                                                            Mon 2 – Fri 6 Nov
Parent Requests Due                                                                                                                                                                   Mon 9 Nov
School Board Meeting                                                                                                                                                                   Tues 10 Nov
Faction Athletics Carnival (Jumps)                                                                                                                                                     Tues 10 Nov
Faction Athletics (Track)                                                                                                                                                               Thurs 12 Nov
Albany Show Day Holiday                                                                                                                                                                Fri 13 Nov
Faction Athletics (Track) Back Up Day                                                                                                                                                Mon 16 Nov
Year 6 Transition at ASHS                                                                                                                                                              Fri 20 Nov

Honour Certificates
We congratulate the following students who received certificates at the last assembly:

- Joshua Room 1
- Bella-Jayne Room 2
- Caleb Room 3
- Jennifer Room 4
- Jayden Room 9
- Callum Room 11
- Khenneth Room 18
- Matthew Room 19
- Devrin Room 25

Faction Athletics Carnival
Our Faction Sports Carnival will be held next week.

- On Tuesday we have the Jumps and Throws, as well as the 800 metres race. These events will be held in the morning and are for years 4 to 6 only.
- On Thursday we have our Track events for the whole school.

Faction Carnival Canteen
On Thursday 12 November normal canteen orders will not be available.

A Sausage Sizzle will be available for $3.50. Muffins, slices, drinks, ice cream, tea and coffee (for parents) will also be available to purchase.

Spencer Park Primary School
Code of Behaviour
- Respect other people, their rights and their property.
- Be safe.
- Let others learn.
- Treat others as you would like to be treated.

Moving Schools/Locations in 2016
As we move towards the end of the year it is important that we have an accurate picture of school numbers for the new school year. It is crucial that you inform the school of any intention to move from Spencer Park in 2016. Our funding and the way we organise classes is dependent on a clear understanding of student numbers in each year level across the school. From here on in and for the remainder of the year, notifying us if your child will not be here in 2016 will assist greatly when it comes to planning for the new school year.

Medallion Donations
If you would like to donate a pair of medallions for our Faction Sports Carnival please return the slip below to the school office with your donation. Medallions are $16.00 per pair and will have the name of the donor engraved on them.

Help
Parent help is also requested for the faction sports carnival on 10 and 12 November. If you are available to assist with either the jumps and throws on Tuesday or the track events on Thursday please return the slip below.

I would like to sponsor a pair of medallions and enclose $16.00.

- Yes ☐
- No ☐

Sponsor name to be put on medallion.

Yes I am available to assist with the Sports Carnival.

- Tuesday 10 November (am only) ☐
- Thursday 12 November (all day) ☐

Name: ____________________________

Phone: ___________________________
Positive Behaviour Support (PBS) continues to be a focus in our school. Last week at our in school assembly the focus for the week was set. This week we have been focusing on being friendly and kind to one another. The expectations we worked on with the children was smiling and to use their manners. The simple manners were saying please, thank you and excuse me. The teachers were explicitly teaching how to use manners and to smile. Smiling at others is a way of showing friendliness and being kind to others.

As part of our continuing development of Positive Behaviour Support, Ms. Barb Jeramic, deputy principal from Mount Lockyer Primary School, presented to the staff at our Early Close session. The subject of the talk was "Why PBS?" I asked her to focus on the positive outcomes of implementing PBS across their school.

Some of the benefits they found were:
- There was a common language across the school as far as behaviour was concerned.
- By explicitly teaching the expectations to the children they had a very clear understanding of what behaviour was expected of them as well as consequences for inappropriate behaviours.
- When relief staff come into the school the behaviour policies and procedures are very clear and easy to follow.

PBS focuses on the positives. Giving children 4 to 5 or more positives to each negative they receive. It’s catching the children doing the right thing. PBS is about teaching the children the expectation of how to behave in a way that is safe and friendly as well as trying to be their best.

Our PBS Purpose Statement is:
The SPESC Community is dedicated to supporting and guiding the development of positive behaviours. We provide a safe learning environment where all students are given the opportunity and encouragement to be the best they can be.

Please feel free to discuss any of your concerns with me. It is best to make an appointment by calling 9841 1537 to be sure I will be available.

Diane E Edwards, Principal
FROM THE SCHOOL NURSE

Drinks - what should children drink?
Drinking plenty of water is essential for people of all ages. When your child is thirsty, encourage her/him to drink plain water.
It is recommended that
- children aged 5 – 8 years drink 1000ml per day (4 big cups).
- children aged 9 - 12 years drink 1500ml per day (6 big cups).
- Young people aged 13+ years drink 2000ml per day (8 big cups).
Drinking milk is also important, as it provides children with the calcium they need for growing bones and teeth. Children should have three serves of dairy each day. If your child doesn't drink milk, try yoghurt, cheese or calcium-fortified soy milk.
Limit your child’s intake of ‘treat drinks’ such as cordials, soft drinks and fruit juices. The sugar in these drinks may contribute to tooth decay and unhealthy weight. Filling up on these drinks can take away the child’s appetite for more nutritious food.
Fruit juice contains important vitamins but it does not have as much fibre as fresh fruit. Children should not drink more than one small glass of juice each day. A piece of fruit is much better than a glass of juice.
Energy drinks and artificially sweetened drinks are not suitable for children.
For more information go to www.heartfoundation.org.au

Energy drinks
Energy drinks are not suitable for children and teens. They are also not recommended for pregnant women, people with heart disease, or people who are sensitive to caffeine.
Energy drinks typically contain;
- caffeine (ranges from 30mg/250ml to 150mg/250ml, depending on the brand);
- guarana (a caffeine extract from a plant);
- sugar (in higher quantities than sports drinks);
- protein (the amino acid taurine is often added to these drinks), and;
- Vitamin B.
The high caffeine content of these drinks can produce a variety of unpleasant side effects. The high sugar levels in these drinks can reduce the body's ability to absorb water, meaning that it is dangerous to consume these drinks before, during or after physical activity. It is particularly dangerous to mix energy drinks with alcohol.
For more information, go to www.drugaware.com.au

A healthy lunch box
Sandwiches are a great lunchtime food because they are so easy to make. There are many different sandwiches you can put together. Try something different each week and your child will never get bored.
Consider different breads, (eg. wholegrain, wholemeal, white or rye), and slices of pumpkin bread or fruit bread for something different. You can also choose from a range of shapes (eg. sliced bread, round rolls, long rolls, pita breads or French sticks).
The trick to a good sandwich is making sure it does not go soggy.
Don’t forget to pack snacks for the morning and the afternoon. Fruits are a great snack to pack either whole, chopped or dried.
Last of all - always remember to pack some water.