Dear Parents and Community Members,

Welcome back to Term 3. We hope you and your family enjoyed your holiday break together.

Thank you to staff, students and parents for the enthusiasm that everyone has brought to the beginning of term. We had a great start to the term with a NAIDOC theme for Week 1. Our students celebrated Aboriginal and Torres Strait Islander history, culture and achievements through NAIDOC week. Staff led an inclusive curriculum and school culture, promoting an understanding of and respect for Aboriginal and Torres Strait Islander history, culture and languages. Students were engaged through stories, posters, mapping activities, research scaffolds, culture word walls and more!

Our school enrolments in Kindergarten for 2016 are currently very strong assisting us to ensure that our school is well-resourced by staff and physical resources. I would like to thank all the parents and carers for their exceptional efforts in completing and returning enrolments for 2016.

We have commenced our Munglinup and Cascade visits with a focus on Science at Munglinup and Geography at Cascade. Students enjoyed creating a whole school ‘Rainbow Serpent’ at Cascade and investigating Earthworms for our Biological Sciences at Munglinup.

Kind Regards

Jordana Yearsley
Principal
Our Learning Odyssey has begun and it's been a great start for all!

We're preparing for our choir performance at the Music Festival in three weeks! A huge THANK YOU goes out to Mrs Jeitz and Mrs Coop for their amazing support and for sharing their musical skills with us all! We hope you can all see us perform.

In the Senior Room, we've been focusing on working as a team and setting personal goals.

We also celebrated being at school for one hundred days so far this year! We've been working on division skills, including very large numbers. Please ask us to show you the trick to dividing by one hundred!
Students learn about the Aboriginal and Torres Strait Island flags and the symbolic representation of colours.
Woolworth’s Earn & Learn Program is back. Our Cascade P.S box will sit at the checkout so please drop your stickers in to help out our little school.

Thank you!

On Friday the 7th of August students can come dressed in their favourite denim in support of this cause.
We are looking for MALE parents to help with students during swimming lessons at Swim Camp. This is duty of care as no females are permitted to enter the male change rooms.

The following timeslots need filling:

**Tuesday**
- 10am—11.45am
- 11.45am—3pm

**Wednesday**
- 10am—11.45am
- 11.45am—3pm

**Thursday**
- 10am—11.45am
- 11.45am—3pm

Please contact the school if you are able to offer your assistance. Thank you!

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**Days off add up!**

**Figure 1 - Parent table**

<table>
<thead>
<tr>
<th>If your child misses...</th>
<th>that equals...</th>
<th>or...</th>
<th>From Kindy to year 12 that adds up to...</th>
<th>Which is the equivalent of attending until:</th>
<th>Attendance rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 days per year</td>
<td>1 month per year</td>
<td>nearly 1 ½ years</td>
<td>part-way through year 11</td>
<td>90%</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 days per year</td>
<td>2 months per year</td>
<td>over 2 ½ years</td>
<td>part-way through year 10</td>
<td>80%</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 days per year</td>
<td>4 months per year</td>
<td>over 5 years</td>
<td>the end of year 7</td>
<td>60%</td>
</tr>
<tr>
<td>3 days per week</td>
<td>120 days per year</td>
<td>6 months per year</td>
<td>nearly 8 years</td>
<td>the end of year 4</td>
<td>40%</td>
</tr>
</tbody>
</table>

**Figure 2 - Student table**

<table>
<thead>
<tr>
<th>If you miss...</th>
<th>that equals...</th>
<th>or...</th>
<th>From Kindy to year 12 that adds up to...</th>
<th>Which is the equivalent of attending until:</th>
<th>Attendance rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
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<td>6 months per year</td>
<td>nearly 8 years</td>
<td>the end of year 4</td>
<td>40%</td>
</tr>
</tbody>
</table>
Why are fruit and vegetables important?
As a group, fruit and vegetables are rich in vitamins and minerals. They provide other nutrients important for growth and development, such as dietary fibre, needed to avoid constipation.

Why is water important?
Not drinking enough fluid can quickly cause dehydration which can lead to headaches and irritability, particularly in children. Thirst is not a good indicator – by the time children feel thirst, they are already dehydrated.
Children rarely drink enough water and often forget to drink unless reminded.
Allowing and reminding students to drink water in class helps them to drink more.

Tips to support Crunch&Sip®

- Don’t forget Crunch&Sip® in the school bag every day
  - An extra piece of fruit or salad vegetables to eat in the classroom
  - A small clear plastic water bottle to keep in the classroom.
- Be a role model
  - Let your children see you eat and enjoy fruit and vegetables and drink water daily. Children are influenced by family eating habits.
- Plan ahead
  - Have pre-washed, easy-to-eat Crunch&Sip® snacks ready to take to school. For younger children send out fruit or salad vegetables. Be sure that your child’s water bottle is clearly marked with their name and cleaned each day.
- Buy in season
  - Fruit and vegetables that are in season taste great, are good quality and value for money.
- Encourage a variety of fruit and vegetables
  - Take your children shopping to allow them to choose fruit and vegetables to take to school.
- Invite your children in growing their own vegetables
  - It has been shown that children who are involved in the growing process are more likely to try new vegetables.

Crunch&Sip® Information for parents and educators

Crunch&Sip®
Every child deserves the best start in life. Good eating habits formed during childhood help children grow well and protect them against disease in later life, such as heart disease, diabetes and some cancers.
Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low.
Results of government research on primary school aged children in Western Australia found that, on any given day:
- Three out of five do not eat enough vegetables
- Two out of five do not eat enough fruit
- Nearly half do not meet their daily fluid requirements

The proportion of overweight and obese children has tripled in the last 30 years, with one in four Western Australian children now overweight or obese.

What is Crunch&Sip®?
Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. Students refuel with fruit or vegetables during the morning or afternoon – assisting physical and mental performance and concentration.

Why have Crunch&Sip®?
Crunch&Sip® encourages fruit and vegetable snacking and drinking water. Schools model healthy eating in the classroom, reinforcing the nutrition curriculum. The Crunch&Sip® break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

What can parents do?
For the Crunch&Sip® break parents will need to provide their children with:
- An extra piece of fruit or salad vegetables to eat in the classroom
- A small clear plastic water bottle to keep in the classroom.
The Crunch&Sip® break does not replace fruit and vegetables eaten at recess or lunch.

What foods are allowed in the classroom?
The Crunch&Sip® break is a time to introduce children to fruit and vegetables, and encourage the water drinking habit. Fresh fruit or vegetables are the best choice. Please only send foods with a tick:

- **Allowed**
  - **Fruit**
    - All fresh fruit (eg whole fruits, chopped melon etc.)
    - Fruit canned in water, juice or ‘no added sugar’ (eg peach slices)
    - Dried fruit – please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay
  - **Vegetables**
    - All fresh vegetables (eg celery, carrot sticks, broccoli bites etc.)
  - **Water**
    - Only plain water

- **Not Allowed**
  - **Dinks**
    - Drinks other than plain water are not permitted
    - All other drinks (including waters with added vitamins, minerals, or carbonates)
    - Fruit or vegetable juices or fruit juice drink
    - Fruit cordial or mineral waters
  - **All other foods are not permitted including**
    - ‘Fruit’ products (eg fruit leather, fruit roll-ups, fruit bars or similar)
    - Fruit jams, jellies, pies and cakes
    - Fruit canned in syrup or jelly or with artificial sweeteners
    - Canned or processed vegetables
    - Vegetable or potato crisps, hot potato chips, olives
    - Vegetable pastries (pies, pastries, sausage rolls)
    - Vegetable cakes, fritters, quiches, breads or similar
    - Popcorn
80'S STAR NIGHT

COME ALONG, DRESS UP AND JOIN THE FUN!

An event for young and old with games for adults and children (bring some coins to join in), prizes for the best dressed, food and lots of fun to be had! There will be a bar for drinks to be purchased (No BYO) while you dance the night away!

Tickets will be available to be purchased at the Grass Patch Post office, Pub and School. Committee members will have some too.

RSVP Tanya Ietto 0428599816 or Trudi Ietto 0427757029 by 18th July,

BRING YOUR OWN SWAG/TENT FOR FREE CAMPING ON THE NIGHT

PROFESSIONAL DJ

NO EFTPOS AVAILABLE

DOORS OPEN AT 6PM (TEA PROVIDED FROM 7PM)

ADULTS: $20 (13YRS)
CHILDREN: $5 (5-12YRS)

A GRASS PATCH COMMUNITY DEVELOPMENT ASSOCIATION EVENT

SATURDAY
1ST AUGUST 2015
GRASS PATCH COMMUNITY HALL
Munglinup CTF Field Day
6th of August | 12:30pm – 6pm

Speakers include:
Paul Blackwell
David Hall
Quenten Knight
Jeremy Lemon

Bus will leave from the Munglinup Community Centre & the day will finish with drinks and a BBQ on return

Paddock discussions will cover:
Deep ripping and topsoil inclusion to counteract subsoil compaction
Subsoil constraints
Setting up CTF systems
Tramline renovation

For more information contact Nigel Metz on 0447 631 115 or Alice Butler on 0404 277 337

GRDC
Grains Research & Development Corporation

SEPWA

Department of Agriculture and Food

BrickClub

Do you have a child aged 5 to 15 who is passionate about Lego and who has struggled to find a sport or recreation group that interests them?

BrickClub plans to start in term 3 on Sat afternoons 2-3:30pm
Introductory cost: $30 enrolment fee (club t-shirt and badge)
Plus $50/term fee

BrickClub is facilitated and supervised by adults but is only for kids.

Location for BrickClub: House next door to Esperance Police Station.

Expression of interest forms are available from your school office or via email

Linda@escare.org.au   Escare Inc. 90713110