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Wednesday Notes

School Cross Country

This Friday, all students from Foundation-Year 6 will participate in a **House Cross Country Carnival**. They will be trying to gain as many points as possible for their House team. All of our children have been training for the event which will be held at school on Friday 13th May.

**Starting Time for events:**

**Junior Classes (Foundation-Year 2)**
- Foundation students - 1pm
- Year 1 students - 1:10pm
- Year 2 students - 1:20pm

**Middle and Senior Classes (Years 5-6)**
- 9 Years and Under Students - 2:30pm
- 10 Years Students - 2:40pm
- 11 Years Students - 2:50pm
- 12 Years and Over Students - 3:00pm

**Distances for the big day**
- Foundation-Year 2 students - 1 km
- Under 9 and 10 age group - 2km
- Under 11 and 12/13 and over age group - 3km

Good luck with the training, kids.

All families are welcome to watch the event. Please keep in mind that we prefer parents not to run with students at this event. We have a Fun Run later in the year where families and students can run together.

NB - Only Years 3-6 students need to return a permission slip as Junior students do not leave the school grounds.

**Coming Events**

- **Friday 13th May**  
  - House Cross Country

- **Monday-Friday 16th-20th May**  
  - Education Week (please see special events on page 2)

- **Monday 16th May**  
  - Parent Forum 9:30am

- **Thursday 19th May**  
  - DCO Family Disco

- **Thursday 19th May**  
  - District Cross Country

- **Tuesday 24th May**  
  - School Photo Day

- **Friday 27th May**  
  - Pupil Free Day

- **Tuesday 7th June**  
  - School Council Meeting

***We can all work together to rid the community of Head Lice. Let’s check our heads once per week!***

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**DSTA Message**

**Birthdays/Canteen**

**Education Week/School Photos**

**School Cross Country**

**Family DCO Disco/Bike Ed**

**Rule Reminders/School Value**

**Student Awards of the Week**

**Rhonda Tallnash Visit**

**Teacher/Learning Focus**

**Young Leaders Course**

**Indo Lingo**

**Ipad Tips/Tech Talk/Learning with Ipad**

**Look Whats’ Happening Around our School – 4/5/6 P**

Last week, our Visiting Artist, **Rhonda Tallnash** entertained our whole school.

Thank you, Rhonda! What did our students think?

‘On Friday I saw Rhonda Tallnash at the PC Centre. The stories were good because she used expression, punctuation and volume when she told the stories. We wrote sentences with rhyming words in them. The best bit was the rhyming and when we made a face like a rat because it was very funny.’ **By Tyson 1/2C**

Thanks, Rhonda!
Mothers’ Day/Special Person Stall: A huge thank you to everyone who helped in any way with this stall. We had a band of enthusiastic helpers and some generous donations. Special thanks to Mrs. Marshall who once again ran the stall. We appreciate everyone’s contributions. The stall raised $912.29 and provided our students with a wonderful opportunity to shop independently for a surprise gift.

Healthy Tip: Help kids be active for 30-60 minutes a day. This can be tricky in the midst of busy, modern day living. Here are a few suggestions:
- Walk or bike-ride to and from school
- Dance to some music
- Kick the footy, throw the netball/basketball
- Play in the park
- Jump on the trampoline
- Take the dog for a walk
There are lots more…try to build physical activity into your daily and weekly routine. We are all more likely to keep up exercise if it’s a daily habit.
Enjoy your week!
Sue Ranger, DSTA.

POSITIVE BEHAVIOUR
REWARD UPDATE
Melba are still doing well and lead at this stage. Keep up the positive behaviour everyone.

CURRENT SCORES
Melba- 219 points
Hume- 187 points
Bradman-182 points
Chisholm- 119 points

Happy Birthday to Rohan Granzow, Marissa Fredrickson, Indigo Hogan and Charlotte Davies who are having their birthday this week.
On behalf of the Puckapunyal Primary School Community, we wish them a very Happy Birthday!

School Canteen
The School Canteen is open for Lunch Orders this Friday. Each and every Friday students can order lunches from the school canteen. The menu will be different each week. Please ensure that a paper bag comes with the order. Please indicate on the lunch bag if the money is in another sibling’s bag.

This week the menu is -
Hot Dogs $3.00 each
Chocolate or Strawberry Milk $2.00 each
Apple or Orange Juice $1.50 each
No charge for tomato sauce

Your child will still need to bring fruit and a snack for recess if they are having a lunch order.

Next Week - Education Week
Next Week - Sunday 15th May-Saturday 21st May is Education Week. Our state has Education Week to celebrate education in Victoria. To mark the occasion we will invite parents to several activities during the week. Please come along. So what’s planned at Puckapunyal Primary School?

Monday 16th May - Assembly Invite - all families, as always, are invited to assembly.

Wednesday 18th May Indonesian Activities - Come on in and see your children in class participating in an Indonesian activity. Call into their classroom at 2:30-3:30pm. Everyone is welcome!

Thursday 19th May District Cross Country – Many Years 3-6 students will be competing against other schools at Kings Park. All families are welcome.

Thursday 19th May - Family Disco - at the Area Theatre beginning at 6pm. Come on down for some good times! Everyone is welcome! (please see page 3)

Friday 20th May – Bike Riding Fun - Come and support the students in grades 3-6 who do bike training on Sanananda Rd from 1:45pm- 2:15pm. Bring your bike if you like!

Happy Birthday to Rohan Granzow, Marissa Fredrickson, Indigo Hogan and Charlotte Davies who are having their birthday this week.
On behalf of the Puckapunyal Primary School Community, we wish them a very Happy Birthday!

***Have you heard your child read today? We encourage all students to practise their reading at home about 5 nights per week. Therefore, by now, most students should have read at least between 75-80 nights.
Well done if you have kept up and don’t forget to keep reading!

Thank you, Janice Marshall for organising the Mothers’ Day stall last week. It was terrific! We hope that all of our mums had a great day last Sunday.
'Stronger Families, Stronger Connections’ is the theme for National Families Week in 2016. To celebrate the vital role that families play in Australian society, Defence Community Organisation invites our school community to attend a barbeque and disco on Thursday 19th May.

Barbeque dinner and drinks for sale, provided by Puckapunyal Primary School

So come and join in for a great family night out!

What – Family Barbeque & Disco Dance Party
When – 6.00pm – 8.00pm, Thursday 19th May 2016
Where – Puckapunyal Area Theatre, Passchendael Parade – Entry is Free!
RSVP – Please contact Louise Knight
louise.knight@defence.gov.au or contact the team at DCO on 57357731

LIKE Defence Community Organisation on Facebook to receive updates and event info in your newsfeed.

All Years 3-6 students are involved in a Traffic and Safety Education Program during Physical Education and Sport classes.

Bikes are now required at school each week:
Years 3/4 every Tuesday
Years 5/6 every Friday

The next Parent Forum for 2016 will be on Monday 16th May from 9:30 am in the PC Centre (immediately after assembly).

Topics:
- How do we teach addition, subtraction and multiplication?

Please come along if you can.

Our Keyboard teacher, Peter Hagen is the Music Director for a show called “Nice Work If You Can Get It”.

The show is under the wonderful direction of local identity, Annette Zol. It opens on 10th June and is a wonderful musical of very catchy toe tapping swing music from the 1920’s written by George Gershwin. The music has been adapted to the fast paced script with its witty humour and the whole show is performed by the Broadford Amateur Theatrical Society (BATS) accompanied by an orchestra of really fine musicians. This is the first time this show will be presented in Australia by an amateur company and it only costs a ridiculously low $20.00 (or $18.00 for the first weekend).

Come and support amateur theatre and enjoy yourselves by booking on either of the following links:
https://www.trybooking.com/LGZK OR
https://www.trybooking.com/198052

Each week at assembly, SRC representatives remind our students of a few important school rules. This week, SRC representatives, Tabitha Turner and Dimitri Corocher reminded our students of the following rules:

• Chasey is a game for children – it does not involve kangaroos and emus.
• Scaring is for Halloween and not for birds.
• Digging is only for the sand pit.
• Just a reminder – keep your hands to yourself.

Please discuss these rules with your children to help ensure that they understand.

At assembly this week Excellence was announced as our School Value of the week. That means teachers are looking for students who are demonstrating ‘Excellence’ to be eligible for the Student of the Week award. We encourage parents to talk to their students about our values throughout the year.

What is Excellence? ‘Excellence is giving your absolute best to any task you do. When you practise excellence, you are not trying to be better than anyone else, just the very best that you can be.’
Open since 1887

Defence School Transition Aide Message

Back at school: I trust that everyone has had a smooth and satisfactory beginning to the school year. Changing schools, beginning school for the first time and even returning for another school year can be daunting for students and parents. It is great to see parents eager to support their children at this time and be an integral part of their education. If you have any concerns, or just feel like a chat about school and your child, please find me!

SWAPP Select Program

I have information about the ADF partners career assistance program if anyone is interested.

NEW UNIFORM

We have recently had a new shipment of uniform arrive that includes shorts, tops, tracksuit pants and hats. Some parents have been waiting on this to arrive.

Best wishes for the week.

Sue R
Defence School Transition Aide

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Congratulations to the following students who were ‘Students of the Week’ for last week. Winners – Jesse Avery, Tabitha Turner, Wade Hansen, Brielle Eldredge, Jessica Cleland, Jasmine Jamieson, Marissa Fredrickson and Naomi Pennycook. These students were selected because they were modelling ‘Reliability’. This week teachers are looking for students who are modelling ‘Excellence’.

Congratulations to the following students who were ‘Authors of the Week’ for last week. Winners – Nate Shortt, Hannah Tanis, Jy Mawer, Charlie Gilmour, CJ McGuire, Aaron Bennett, Kian George and Caitlan Morton. These students were selected because they showed great skills as an author.

---

3/4 A in Room 11 won the Yard Duty Comp. Kaileigh Buckley and Dakota Chalson will enjoy the winning trophy this week!

3/4 H in Room 10 won the Middle School Times Tables Trophy. Zahra Kelly and Clodagh McCarthy were delighted with their classroom’s big efforts this week!

4/5/6 I in Room 1 won the Senior School Times Tables Trophy this week. Dimitee Taylor and Dani Corocher accepted the winning trophy for their classroom!

Did you hear Jy Mawer read his persuasive writing about ‘why we should play sport’ at assembly this week? We did! He convinced us! He did a fantastic job! Come along and see who reads next week.

Congratulations to Emilie Okeeffe, Zakk Chalson, Isabella Sestoso and Ethan Field for winning the raffle prizes for ‘Positive Behaviour’ this week!
Rhonda came to visit and I like when she told the goat story. I liked when the goat ate all the flowers. 
**From Cy F OC Room 6**

Josie the goat ate lots of flowers and got a tummy ache. She fell down a well and she fell in a bucket and she got squished. **From Elora F OC Room 6**

I liked the cat story when the mouse went splat. The cat came back in the house and scared all the mice. **From Ewan F OC Room 6**

I liked when Josie the goat ate all the flowers and she fell into a well and then the girl got her out. I thought it was a really funny story. **From Apple F OC Room 6**

If you would like to find out more about Rhonda Tallnash and the books she has written check out her website at [www.rhondatallnash.com](http://www.rhondatallnash.com)
Each week in the newsletter, we will give families a summary of the Teaching/Learning Focus for the week. That can help families by: being aware of what classrooms are covering; with discussion topics at the dinner table when discussing school (eg. ‘How are you going with addition in Numeracy this week?’); helping their children study at home, etc. Parents have indicated that this information is very useful. We also ask families to be aware that schools are very busy places and events can be unpredictable at times. We therefore must remain flexible. That means that we can plan to cover certain topics at particular times and have to change them according to arising needs.

### Junior School – Preps/Foundation Rooms 6 & 8
**Literacy:** We are continuing to practise our home reading and Golden Words every night. During the next 2 weeks we are learning about the letters ‘w’ and ‘u’ and practising using capital letters and full-stops in our writing. We are enjoying our ‘Big Write’ sessions on Tuesdays and practising Kung Fu Punctuation.

**Numeracy:** We are continuing to count forwards and backwards and revising all numbers from 1 to 10. We are learning about heavy and light and using dice to practise our number skills.

### Junior School – Year 1s Rooms 3, 4 & 8
**Literacy:** We are learning about using question marks at the ends of sentences to ask for information as well as exclamation marks. We are also revising ‘w’ and ‘u’ in our handwriting sessions.

**Numeracy:** We are continuing to use number lines to compare order and sequence numbers. We are also continuing to use non uniform units to estimate mass. We are using the language of chance and experience when using dice, cards etc.

### Junior School – Year 2s Rooms 3 & 4
**Literacy:** We are consolidating using capital letters, full stops, commas and exclamation marks. We are also looking at verbs. We are enjoying practising Kung Fu punctuation and writing recounts and procedural texts.

**Numeracy:** We are continuing to use number lines to compare order and sequence numbers. We are exploring mass and balances to investigate the mass of different objects (more, less or about the same). We are solving addition and subtraction problems using a range of strategies such as bridging tens and doubling.

### Middle School Years 3/4 Rooms 10 & 11
**Literacy:** During writing sessions over the next few weeks, we will work on narratives. We are now focusing on all four VCOP components. In reading we are working on reading strategies.

**Numeracy:** We will continue to focus on the four processes and place value. Another continued focus will be 2D and 3D shapes. Times tables will be practised throughout the week.

### Senior School Years 4/5/6 Rooms 1 & 2
**Literacy:** During writing sessions over the next few weeks, we will focus on the VCOP components and Narratives. In reading we will be focusing on reading strategies.

**Numeracy:** We will continue to focus on fractions, as well as chance and data. Times tables will be practised throughout the week.
Last Thursday, the school and house captains went on an excursion to Wandong Primary. Mrs Itter and Mrs Pennycook drove the captains. There were many schools such as Kilmore Primary, Upper Plenty, Wallan Primary and Wandong Primary. We played charades, we learnt how to speak in public confidently and we drew a picture as a group. We played ‘Mingle Mingle’ where we went around and found others who were similar to you. For example, if they said, “The same pizza topping,” then you would have to find someone who’s the same. We were there for 4 hours. Like our school, they have 4 chickens. We made lots of new friends. It was a great day or all of us. We enjoyed our time interacting with other school leaders.

By Beth and Libby

On Thursday last week the school and house captains went to Wandong to do the Young Leaders’ Course. They did lots of fun activities. One of the activities involved talking to a small group about a topic of your choice. We also made a poster without talking. Some of the posters included flying pigs, butterflies and houses. We learnt to communicate in different ways like silent communication and body language.
The children are continuing to focus on learning their numbers and classroom objects in Indonesian. Children who learnt Indonesian last year are focussing on the double digit numbers.

<table>
<thead>
<tr>
<th>English</th>
<th>Indonesian</th>
</tr>
</thead>
<tbody>
<tr>
<td>computer = komputer</td>
<td>1 = satu 11 = sebelas</td>
</tr>
<tr>
<td>table = meja</td>
<td>2 = dua 12 = dua belas</td>
</tr>
<tr>
<td>chair = kursi</td>
<td>3 = tiga 13 = tiga belas</td>
</tr>
<tr>
<td>book = buku</td>
<td>4 = empat 14 = empat belas</td>
</tr>
<tr>
<td>bag = tas</td>
<td>5 = lima 15 = lima belas</td>
</tr>
<tr>
<td>glue = lem</td>
<td>6 = enam 16 = enam belas</td>
</tr>
<tr>
<td>scissors = gunting</td>
<td>7 = tujuh 17 = tujuh belas</td>
</tr>
<tr>
<td>pencil = pensil</td>
<td>8 = delapan 18 = delapan belas</td>
</tr>
</tbody>
</table>

The children are focusing on asking and responding to questions about where they live. When writing/saying an address in Indonesian, the street name comes first followed by the house number! Children will also be learning/consolidating numbers in Indonesian.

<table>
<thead>
<tr>
<th>English</th>
<th>Indonesian</th>
</tr>
</thead>
<tbody>
<tr>
<td>address = alamat</td>
<td>live/stay = tinggal</td>
</tr>
<tr>
<td>street = jalan</td>
<td>number = nomor</td>
</tr>
<tr>
<td>at/in = di</td>
<td></td>
</tr>
</tbody>
</table>

Where do you live? = Kamu tinggal di mana?
I live in ... = Saya tinggal di ...
I live in Puckapunyal. = Saya tinggal di Puckapunyal.
What is your address? = Di mana alamatmu?
My address is ... = Alamat saya Jalan ... nomor ...
My address is 15 Alamein Road. = Alamat saya Jalan Alamein nomor limabelas.

1 = satu  11 = sebelas  21 = dua puluh satu 
2 = dua   12 = dua belas  22 = dua puluh dua 
3 = tiga  13 = tiga belas  23 = dua puluh tiga 
4 = empat 14 = empat belas  24 = dua puluh empat 
5 = lima  15 = lima belas  61 = enam puluh satu 
6 = enam  16 = enam belas  100 = serratus 
7 = tujuh 17 = tujuh belas  136 = seratus tiga puluh enam 
8 = delapan 18 = delapan belas  200 = dua ratus 
9 = sembilan 19 = sembilan belas  300 = tiga ratus 
10 = sepuluh 20 = dua puluh  389 = tiga ratus delapan puluh sembilan

*Salam (Regards)*
*Bu Hooper (Mrs Hooper)*
*Guru Bahasa Indonesia (Indonesian teacher)*

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10 Tips for Healthy iPad Use for Kids and Their Parents

WEBSITE: http://jodiegale.com/10-tips-for-healthy-ipad-use-for-kids-and-their-parents/

1. Focus on connection
The attachment relationship between you and your child is the foundation for all future relationships. Connection builds inner security and a healthy sense of self – the best preventative medicine for addiction there is!
• Make time for connection with your child as soon as you arrive home – there is nothing more deflating and damaging to a child’s sense of self than parents checking out online as soon as they walk in the door
• Use the iPad to build relationship by using apps together, rather than using the iPad as a babysitter
• Sally Hunt – clinical psychologist, 123 parenting coach and mother of two – recommends lots of parental involvement including looking at the internet and apps together and taking time to answer any questions your child may have. This not only enhances connection, but it also develops the child’s research skills. She also recommends playing the games together – just for fun.

2. Healthy boundaries create healthy relationships
Boundaries help and guide your child; it is therefore essential to set clear boundaries and formulate a family home use plan
• Be clear regarding expectations and consequences
• Be consistent as this helps your child feel safe and secure and in turn builds inner security
• As your child grows, make time and space for connection, wondering and negotiation around boundaries and privileges
• Set boundaries from a loving place based on values, meaning and purpose

3. Moderate screen time
iPads do not provide the full range of healthy and sensory experiences a child needs to thrive – so first and foremost – encourage lots of physical, creative and sensory play. Limit use to:
• Under two: iPad use is not recommended by paediatricians
• Under five: iPad use is healthiest when limited and in connection with a parent
• School aged: iPad use should be negotiated according to age and maturity. Many professionals recommend no more than 30 minutes on a school day and 30 minutes to 1 hour on the weekend

NB: Many Silicon Valley giants (including Steve Jobs) set strict rules around iPad use so you aren’t alone in setting boundaries!

4. Bedrooms are screen-free zones
Keep children safe and healthy by having a screen-free bedroom policy:
• Cyber bullying, pornography and inappropriate sharing are easier to manage if iPad use takes place in shared family spaces
• Turn off screens 1-2 hours before bed, as light and stimulation disrupt circadian rhythms and inhibit good sleep hygiene
• Bed-time routine is for relaxation and connection so cuddle up with your child and a favourite book

5. iPads for dinner? No thanks!
The Pew Internet American Life Project found families with multiple communication devices were less likely to eat dinner together. Screen free, family meals are consistently correlated with positive outcomes: better grades, a sunnier outlook on life and significantly fewer problems with addiction and eating disorders (Maushart 2010):
• The dinner table is a great place to connect as a family and for your child to learn social skills
• Using devices to entertain, distract or calm behaviour either at home or at a restaurant dinner table provides short-term gain for long-term pain = anti-social skills!
• Help your child to practice mindfulness by paying attention to relationships and people, the view and the delicious food

6. Keeping your child safe
It is easy to feel anxious about your child using devices (I know I do!):
• Focus on building communication, emotional intelligence and understanding so your child feels safe to talk with you
• Wonder with your child about the positive and negative implications of iPad use
• Have a designated shared area for use and create a charger station where all family members leave their devices at night
• Set parental controls, delete unnecessary apps and set limits with the family sharing system

7. Choose apps that serve your child’s wellbeing
Some of our family favourites are audio books, educational apps recommended by the school and children’s meditations which teach mindfulness, help regulate emotions and build connection with your child’s internal resources:
• Encourage your child to make healthy app choices based on self-care and self-respect
• Avoid apps that are unhealthy, addictive or cause distress

8. Model healthy iPad use
How you use your iPad or other device will provide a model for how your child uses it:

- Put your phone down – wherever you are – and direct your attention to your child. Again, there is nothing more deflating and damaging to a child’s sense of self than a disconnected, absent parent (the result can be narcissistic wounding, which is common in adults with addiction!)
- Drive mindfully and value lives by keeping your car device free. If you cannot drive from A to B without checking your screen, it is time to check in with an addiction specialist!

9. Have a screen free day
Take a weekly time-out from technology and spend time connecting as a family.

10. Take a complete digital detox
Next holiday, leave your iPad and other devices at home – relax and connect with your environment, yourself, and your family. Try sharing stories and playing board games. Take your digital camera – shoot now and share later!

Tech Talk

My favourite app to use on my iPad at school is Minecraft because it is fun and we get to write about what happens.

I like using my iPad at school because they are very educational and they have good school apps.

Meteor Maths is my favourite app to use on my iPad because it teaches me more about maths.

I like to use iPads to help me learn my Times Tables. I like to use 10 Minutes a day Time Tables.

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Learning with iPads

Dear Parents,
On the 16th May at 5pm there will be an iPad learning session for parents and others that would like to improve their knowledge and understanding around iPads.
This is the time for all the questions you might have about iPads, iPads lists, Minecraft, Edmodo and other apps or issues you might have.

Expression of interest:
I ____________________ would be interested in the iPad learning session held on the 16th of May 2016.

Bike Helmet Tips

As we know, bike riding is a lot of fun, but accidents happen. A head injury can mean brain injury. That's why it's so important to wear a bike helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your face, head and brain in case you fall down.

Fortunately, all helmets sold in Australia must meet Australian Standard 2063, which means the helmets are tested to ensure they “significantly” reduce and distribute force on impact. Wear a bike helmet EVERY TIME YOU RIDE, even if you are going for a short ride.

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.
Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing. The straps should always be fastened. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

Many bike helmets today are lightweight and come in cool colors.

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LOOK AT WHAT IS HAPPENING AROUND OUR SCHOOL

Photographs and writing by Year 6 students Mackenzie Jenkins and Jake Tanis.

VISITING ARTIST
Last week, on Friday the 6th of May, the famous author Rhonda Tallnash visited the school. She stayed here all day educating students about poetry, showing students her books and doing numerous activities with us. For the Year 5 and 6s we had to write poetic pieces, working on sentence structure of beats and rhyme. We had to follow a pattern of rhyme. Overall it was a great visit and we thank her very much for coming.

MATHLETICS
In Mathletics we have been getting smarter by getting help.

In Mathletics we’re working on Fractions.