From Mrs Ronnfeldt’s Desk

Congratulations to all the students who competed in the Heferen Shield, especially to Eric, Mikalea, Mav and Charlie – our Norm & Elizabeth Austin relay winners, who shaved half a second off the record already held by Croppa Creek PS! As well as for relay, Eric is also through to Tamworth for high jump and 800m – well done!

How proud were we when the children performed so well at the Eisteddfod! All the students gave their best and didn’t back down from the challenge. The Adjudicator delivered great advice; and thank you to parents – this level of support just doesn’t happen in every school. More next week.

My apologies for my absence during Education Week celebrations on Thursday – I heard a lot of fun was had! Thank you to Mrs Bellman for beautiful food and to the students who delivered poetry and experiments (the odd one was apparently an ‘epic fail’ - all part of the scientific process!) but fun was had by all, especially Preschool.

The CWA ladies will be here again on Monday. Children will present their work on Botswana at 11:30 and the ladies will be cooking lunch – please come if you are able.

Warm regards
Tracy Ronnfeldt

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Weekly Assembly

Congratulations to the award recipients from our Week 4 assembly:

**Student of the Week:** Georgia
**Infants Academic:** Oliver
**Infants Citizenship:** Riley
**Primary Academic:** MacKenzie
**Primary Citizenship:** Mikalea
We are learning heaps on our visits to Tulloona Public School on Fridays – we looked at healthy food and why it is good for our bodies – tried different foods, exercised and presented some of our experiments.

Good for Kids good for life

Healthy Drinks

Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?

Water has no added flavours, colours, sugar or energy so it’s the best way for kids to quench their thirst.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Tips to help children drink more water:
- Offer water when children are thirsty
- Have a jug of water on the table at mealtimes
- Keep water in the fridge so it’s cold
- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
- Send a water bottle to school for Crunch&Sip®

Milk is also a nutritious drink that children should consume, as it’s important for strong bones and teeth.

Reference:
Adapted from Healthy Kids: “Choose water as a drink” fact sheet accessed from www.healthykids.nsw.gov.au