



Booborowie Primary School

Achieving and Learning for Life

Term 3, 2018 Week 3 Newsletter

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Government
of South Australia

Department for Education

Dear Parents and Friends,

What a busy start to term 3 it has been! Our students have quickly jumped back into the routines and excellent work practices expected of Booborowie Primary School students. They all continue to show a high work ethic across all areas looking to continue their development and knowledge gathering.

A number of activities across the school and school community are coming up soon. Firstly, a Bingo Night is being held on Saturday at the Booborowie Bowling Club. I have been told these are fantastic community events, and I am certainly looking forward to my first Bingo night run by the school. Week 5 sees a couple of Book Week 2018 activities occurring. On the Monday students will be travelling to Saddleworth for a performance of some classic works by Roald Dahl, and Wednesday of week 5 sees our students having their Book Week dress up day. Science week is in week 6 and you will be hearing more about activities associated with this in the week 5 newsletter.

As we continue to move through winter there are still the occasional bouts of cold and flu around the place. Whilst we can not always stop ourselves and students catching these, there are a number of steps we can take to help prevent the severity and duration. Maintaining a healthy and balanced diet rich in unprocessed foods such as fresh fruits and fresh vegetables. Making sure students are well hydrated with water, and adhering to a good solid sleep schedule all help to maintain a good level of health and strong immune system.

Thank you to everyone for the warm welcome over the past three weeks into this great school. It has been a wonderful experience to be able to work with the students across the whole school in the early part of this term. To be a part of the staff of this school that provide such a high quality of education and support for the students is a very humbling experience. If you have not had a chance to catch up and have a chat, please feel free to do so.

Matt Stewart

Acting Principal

TERM 3 PLANNER

Red entries denotes new item or change from previous week

Week 3 August

Mon	6	
Tues	7	Assembly
Wed	8	
Thurs	9	Matt- Partnership mtg
Fri	10	Variety Lunch @ Jamestown on Sunday Bingo Night this Saturday

Week 4 August

Mon	13	
Tues	14	
Wed	15	
Thurs	16	
Fri	17	Penny and Matt @ STEM 500



Booborowie P.S Bingo Night

...THIS SATURDAY...

Where: Booborowie Bowling Club

Time: 6.00pm—Soup

6.30pm—Eyes Down

Cost: Adults \$5.00

Children \$2.00

See attached flyer for further info



TERM 3 PLANNER		
Red entries denotes new item or change from previous week		
Week 1 July		
Mon	23	Fiona & Mel– PD in Gladstone
Tues	24	Assembly
Wed	25	
Thurs	26	Sam and Nicole in for Mel until 10/8/17
Fri	27	
Week 2 July		
Mon	30	
Tues	31	
Wed	1	
Thurs	2	
Fri	3	
Week 3 August		
Mon	6	
Tues	7	Assembly
Wed	8	
Thurs	9	Matt– Partnership mtg
Fri	10	Variety Lunch @ Jamestown on Sunday Bingo Night this Saturday
Week 4 August		
Mon	13	
Tues	14	
Wed	15	
Thurs	16	
Fri	17	Penny and Matt @ STEM 500
Week 5 August		
Mon	20	Book Week performance @ Saddleworth Institute, Travel via Staff Cars
Tues	21	Assembly
Wed	22	Teacher's at PD after school Book Week Dress up Day
Thurs	23	
Fri	24	
Week 6 August		
Mon	27	
Tues	28	
Wed	29	SAPSASA Athletics @ Clare HS
Thurs	30	
Fri	31	Adelaide Show begins Father's Day on Sunday
Week 7 September		
Mon	3	PAT Testing until 28/9
Tues	4	Assembly
Wed	5	Clare HS Closure Day
Thurs	6	Burra CS Closure Day
Fri	7	Burra CS Student Free Day
Week 8 September NAIDOC Week		
Mon	10	School Interview Week, by request only
Tues	11	
Wed	12	
Thurs	13	
Fri	14	
Week 9 September		
Mon	17	
Tues	18	School Photos
Wed	19	
Thurs	20	
Fri	21	Sports Day @ Spalding 8:50am start
Week 10 September		
Mon	24	Back up Sports Day
Tues	25	
Wed	26	
Thurs	27	
Fri	28	End of term– 2:30pm Dismissal

A balanced diet

Simple guidelines from qualified experts make it easy to have a balanced diet and nutritious and healthy food.

The 5 food groups

The best way to eat for health is to choose a variety of foods from each of the 5 food groups every day:

- vegetables and legumes (beans)
- fruit
- grains and cereals
- lean meat, poultry, fish, eggs, legumes (beans) tofu, nuts, seeds
- milk, cheese, yoghurt or alternatives

Each food group has important nutrients.

The amount of each food you need will vary during your life, depending on factors such as how active you are and whether or not you are growing, pregnant, breastfeeding and more.

Vegetables and legumes (beans and peas)

Vegetables and legumes have hundreds of natural nutrients such as vitamins, minerals, and dietary fibre.

To get the most from this group:

- choose vegetables and legumes in season
- look for different colours:
- greens like beans, peas and broccoli
- red, orange or yellow vegetables like capsicums, tomatoes, carrots, sweet potato and pumpkin
- purple vegetables like red cabbage and eggplant
- white vegetables like cauliflower, mushrooms and potatoes

How much?

- 1 to 3 year-olds, 2 to 3 serves a day; 4 to 8 year-olds, 4½ serves a day
- adults and children aged 9 and over, 5-6 serves a day

Fruit

Fresh fruit is a good source of vitamins and dietary fibre. It’s best to eat fresh fruit.

How much?

- 1 to 2year-olds, ½ piece a day, 2 to 3 year-olds, 1 piece a day
- 4 to 8 year-olds, 1½ pieces a day
- adults and children over 9, 2 pieces a day

If you want to have fruit juices, do it only occasionally. Half a cup is enough. Fruit juices lack fibre and they’re not filling. Their acidity can also damage tooth enamel. Commercial fruit juices are often high in sugars.

Dried fruit also has a high sugar content. It is only suitable as an occasional extra.



Book Week 2018



Book Week Dress up day this year will be Wednesday 22nd August. A special day to put on your calendars and prepare for!



Term 3 Fitness and HPE

Term 3 involves SAPSASA sports day in week 6 and Sports Day in Week 9. Students will be doing fitness and activities every day in preparation for these events. Please make sure your child has sports shoes on each school day this term.

Canberra Fundraiser



Year 7 students will be selling hot and cold Milo and a biscuit on Wednesday Lunch times for term 3. This is a fundraiser to go toward their Canberra trip. The cost is \$1.00. Term 4 will have another Wednesday special.



Go for 2&5[®]
FRUIT VEG

82

67

52

31

Booborowie Primary School Fundraiser

Bingo



Booborowie Primary School would like
to invite you to join us for a night of
laughter, luck and friendship.



11th August

Venue: Booborowie Bowling Club

Soup available from 6.00pm

Eyes Down: 6.30pm

For catering purposes contact Booborowie Primary School
to book a table or you are more than welcome to make a table
on the night.

Entry fee on the night :

Adults \$5.00 Children \$2.00 per child

Drinks, homemade soup and bread rolls will be available
on the night.

Please BYO table nibbles.

Thank you in advance to our Bingo
caller Lorna Sutton

Booborowie Primary School—88932241



5

3

9

1

11

Parent/Teacher Interviews

Week 8

By appointment only

Call Fiona at the school
to make
appointments.

**Booborowie
Community Ladies**

AGM

**Monday 27th August
2018**

2pm

Booborowie Town Hall

-Election of Officials
-All Welcome

SA Dental Service

Keep your kids smiling

Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics.

The School Dental Service is a Child Dental Benefits Schedule provider.

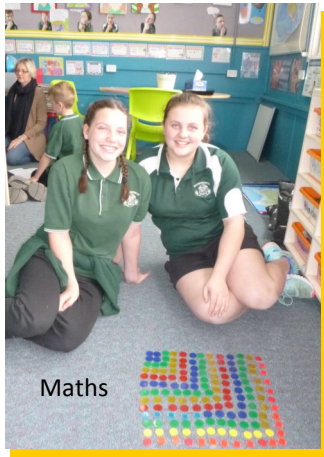
Call us now for an appointment!

Your local clinic is: Clare School Dental Service Clinic

Phone: **8842 4196**

www.sahealth.sa.gov.au/sadental

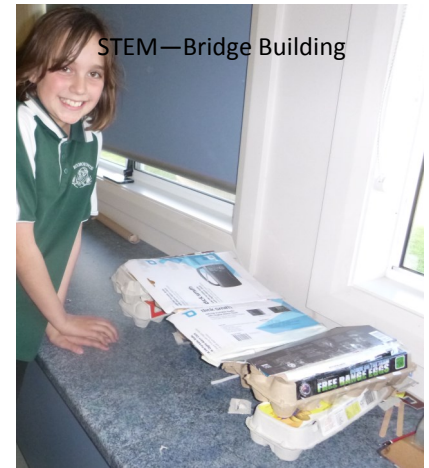




Maths



NAIDOC CELEBRATIONS



STEM—Bridge Building

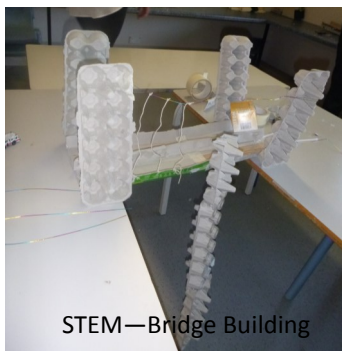
Learning and Celebrating at Booborowie P.S



NAIDOC CELEBRATIONS



NAIDOC CELEBRATIONS



STEM—Bridge Building



STEM—Bridge Building



STEM—Boat Building



Big thank you to the Tohl Family for their very generous donation of LEGO for the students at Booborowie Primary School. With the recent cold and blustery days its has been a very popular lunch and recess activities.



STEM—Boat Building