

Spring Terrace Newsletter

Spring Terrace Public School Small School-Big on Learning



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Term 3 Week 6

Tuesday 28th August 2018

WHAT'S ON!!

Term 3 2018

Wed 29 Aug-26 Sept-Gymnastics every Wed 1:45pm-2:45pm. Students will return to school via bus.

Wed 5th Sept: Uniform Meeting 3.30pm

Fri 21st Sept: Springside Rural Fire Visit

Fri 28th Sept: Last day of term Big Day Out at Lake Canobolas

Fri 28th Oct: Spring Fair 3:30pm 7pm

Change to Gymnastics times and travel

To ensure that we are using the school bus as much as possible our gymnastics has been moved forward and will now take place from 1:45 to 2:45pm. The school bus will then bring the students back to school, and from there, complete its normal afternoon run.

We will have some structured fun on the trip to and from gymnastics as students catching the bus home in the afternoon will have spent a bit of time on the bus.

*Please remember to return your notes and payments **tomorrow morning**, if you haven't already done so.*

School Bus

We have hit some brick walls in an effort to make our bus run work better for our families. This is just going to make us more determined to make it work.

We need your help!!

Can we ask that families try to use the bus run as much as they practicably can, particularly in the mornings? We are currently averaging about 12 students per trip and need to be more like 16.

We worked so hard to get this we don't want to lose it. As a community we can make this work.

Library Change

Due to gymnastics being on the Wednesday of each week until the end of term, Library will now be on Monday for both Primary and Infants.

This starts next week with Infants borrowing before they leave for gymnastics tomorrow for this week only.

Uniform Changes

In line with the following addition to the departments uniform policy;

1.4 All students should have the opportunity to access the full range of school activities, including physical activities while wearing a school uniform, and girls must have the option to wear shorts and pants.

We need to make a change to our Spring Terrace uniform policy.

In doing this we want to ensure that everybody's thoughts are considered and that we make the best decision for our school and community but most importantly for our students.

We were planning to hold a meeting to further discuss this tomorrow afternoon but have now postponed that until **next Wednesday 5th September**.

We plan to hold this meeting at the Orange Information Centre's Coffee Shop. The meeting will start at 3:30pm. By doing this students of parents attending the meeting can catch the bus to the information centre and will arrive at about the time the meeting finishes.

Mr Scott is shouting tea and coffee for those who attend.



Canteen: Narda Smidt this Fri 31st August



Prac Student

Welcome to Mr Jacob Christofis from Charles Sturt University who will be completing his last Teacher Practicum with us before becomes a teacher. I'm sure he is going to find his time at Spring Terrace fun and rewarding.



Come and try 'Spring Into School' for free:

We began our 'Come and Try Spring Into School' days today with great success. We welcomed some new faces which made for a fun and exciting day for everybody.

We will continue to run our Come and Try version of Spring Into School each Tuesday and Friday until 21st September.

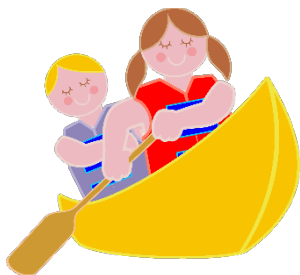
If you know of anybody who might be interested please encourage them to contact the school by phoning the office. This is essential so that we can ensure that we have enough staff to cater for the students who will be attending.

Term 3 Big Day Out

For the last day of term 3, Friday 28th September we plan to take the students Lake Canobolas to take part in a range of activities including bushwalking, kayaking and games.

Parents and families are welcome to join us.

If you have a kayak or life jacket we would appreciate being able to borrow them for the day.



Spring Fair

Our School Leaders are raising money so that they can build hobbit holes, concrete pipes covered in soil and grass. To do this they are planning a Spring Fair to be held on Friday 28th October at school from 3:30pm until 7:30pm. We hope that all families can come along and enjoy a fun evening, you may even be able to bring along a guest or two.

COMMUNITY NEWS

Blayney Netball

REPRESENTATIVE TRIALS

Blayney and District Netball Association will be holding their trials on Sunday 4th November from 2-5pm for the 2019 Rep season.

Girls in the ages groups of under 10's, 11's, 12's, 13's, 14's, 15's & 17's wishing to put forward their individual nominations please do so with the following information.

- Name
 - Date of birth
 - Previous playing experience
 - Positions played
 - Contact name and phone number
- To blayneynetball@hotmail .com

Nominations close midnight 29/10/18

Bletchington Softball Club

Registration days for new members:

Fri 31 Aug: 5-70pm @ North Orange McDonalds

Sat 11 Sept: 2-4pm @ Orange City Bowling Club. Can use 'Active Kids Rebate' if you haven't applied already.

We have something for everyone, TeeBall, Modball, 15's, Youth, Opens and Social Mixed!

More details on facebook,

Contact Bletchington.softball@gmail.com or phone Jacquie 0407934471.

Also see the Flyer on the school foyer board

We Are Getting Fit!

Thanks to the McDonald families generosity and Mr Scott getting in before the bulk waste collection we now have an array of exercise equipment at school for the students to use.

Why

are we exercising

when we could be doing school work?

Because we want to give every students every opportunity to learn and succeed.

AND

The research and studies say exercise improve children's (and adult's)

Mood,
Concentration,
Memory, and
Cognitive ability.

Exercise after learning improves memory

This [study](#) revealed that people who exercised 4 hours after a memory test had better retention 24 hours after the test. The results indicate that exercise affects the process by which memories are consolidated (transferred from short-term to long-term memory).

Even short bursts of exercise improve the ability to focus

This [study](#) showed that as little as 4 minutes of intense in-class exercise (called "FUNtervals") increased the ability to focus among primary aged students.

Even a single "dose" of exercise boosts learning

This [study](#) revealed that 20 minutes of fast walking (60% of max heart rate) on a treadmill increased reading comprehension in 10-year-old children. The learning benefits have been especially profound for children with ADHD.

Exercise Increases Motor Skills Learning

This [study](#) showed that as little as a single 15-minute bout of cardiovascular exercise increased brain connectivity and efficiency. Just 15 minutes of aerobic exercise on a bike immediately after practicing a complex motor skills task resulted in improved performance at the task 24 hours after learning it.

Physically active children are less depressed

This [study](#) revealed that the risk of depression is reduced for physically active children. This is especially relevant in today's society, as the number of children and teenagers seeking help for depression and anxiety is on the rise in most western countries.

We don't run laps!!!!!!

Exercise is way more beneficial when the participants are enjoying themselves. We are exploring fun ways to raise our heartrates and enjoy exercising with friends.



We've had some very creative outdoor play going on in the garden during lunchtime recently



Our new robots arrived on Friday to much excitement



Our Spring Into School students enjoyed feeding the neighbours today

