Drinking Water

Are you drinking enough water for optimum health?

Yes, I know, you’ve heard it before right? However, maybe it’s something you have heard but haven’t actually put into practice yet. Choosing water as your preferred drink really will have a positive impact on your health, as well as being the best beauty elixir ever. Water contains no kilojoules, is inexpensive and readily available.

Some benefits of drinking water are:

- It reduces joint pain (keeping the cartilage soft and hydrated);
- It maintains the body’s fluid balance, which helps transport nutrients in the body, regulate body temperature, digest food and more;
- It helps with weight loss. Water helps people to feel full, thus consuming fewer calories;
- It can help fuel tired muscles when sweating during exercise;
- It helps to flush out toxins and reduces the risk of pimples. It makes your skin glow;
- It helps the kidneys to clear away waste and transport urine to the bladder;
- It improves concentration, keeping you feeling refreshed and alert;
- It helps fight tired eyes;
- It helps with hangovers by rehydrating the body and stopping headaches; and
- It adds fluids to the colon, helping to move things along smoothly.

How much do I need to drink?

Your body will tell you when you are thirsty. Remember though, that being thirsty is often a sign of already being dehydrated. It’s a good idea to get into the habit of keeping a water bottle on hand at all times and sipping regularly throughout the day. Around two litres per day is a good amount to drink, however you may need to drink more if you are:

- exercising;
- in a hot or humid climate;
- pregnant or breastfeeding; or
- have a health condition such as a kidney stone (NB. some conditions, such as being on dialysis, mean that you have to drink less water).

For optimal bodily functioning, it is important to note that a larger body usually needs more water than a smaller one (all else being equal).

Early Years Health & Wellbeing Program

The Early Years Health & Wellbeing program is based within the school to support Prep children and their families. We provide support, advice and group work to all families. If your child is not progressing along with his or her peers or you are concerned about their behaviour or social and emotional wellbeing, support is available. The program is voluntary, confidential and free.

Often, a little advice can go a long way.

2016 Schedule

Early Years room is located in X Block and open Monday, Tuesday and Thursday 8:30am – 4:30pm phone Kim on 0437 228 791 or email knoble@redcross.org.au

Current Groups for 2016

Playgroup: Tuesday 9am – 11am

Play based activities covering the importance of play, early intervention; signs to look for, parenting, school readiness, social skills, reading, cooking, music and much more. Come in and take a look. Bring your little ones in for a play and enjoy meeting other parents from the school community. Morning tea provided.

Sports Afternoon: Thursday’s 3pm - 4:15pm (Weekly during Term 2) All Children MUST be accompanied (Weekly during Term 2)

- Children will enjoy a light afternoon tea followed by some fun sports activities and games. Parent supervision and some participation required. FREE. No obligation to attend each week. It’s all about movement and fun!

Parent Volunteers:

I am looking at organising a parent mentor/volunteer program. Please let me know if you are interested in joining. More information soon.

Thank you

Kim

From the Chaplain

Just a reminder that Breakfast Club is on every Monday and Friday in the hall starting from 8am. Please come down and have a yummy nutritious breakfast any time! If you kindly donate a vegemite, strawberry jam or cheese spread to breakfast club, your kind donations help keep this wonderful program running.

Chappy Cluades

Road Safety

We have had reports from our community that children have shown responsible and safe behaviour crossing the roads. It is important to teach our children about how to be safe on our roads and to from school. Stop, Look, Listen and Think.
Music Teacher
Linda Weatherhead

Expect.
You can help your child learn their instrument by following class enabling them to play more confidently.

Ensure your child has a USB and continues to do home issued to students during their instrumental lessons individual viewing. Exercises and criteria standards have been be recorded and downloaded onto student’s music USB for number of selected works in week 6.

As part of the assessment process for instrumental music this do with one more helper. If you are available (it’s an all day wonderful mums and grandma helping on the day, but could Fanfare on Wednesday 25 May. Primary and high school bands Our school is hosting the Ipswich heat of Ed Qld’s Band National Anthems at the recent services, and to the Year 6 children are getting excited and will also have opportunities to perform on assemblies during this term.

Anzac Services
Well done to Grace and Ana who led the Australian and NZ National Anthems at the recent services, and to the Year 6 Harmonies Choir children who attended the Cameron’s Park service.

Helper Needed
Our school is hosting the Ipswich heat of Ed Qld’s Band Fanfare on Wednesday 25 May. Primary and high school bands will be coming during the day to perform. I already have some wonderful mums and grandma helping on the day, but could do with one more helper. If you are available (it’s an all day event), please see me in the Music Room.

Wind/Percussion Performance Task
As part of the assessment process for instrumental music this term, students will be required to prepare and perform a number of selected works in week 6. These performances will be recorded and downloaded onto student’s music USB for individual viewing. Exercises and criteria standards have been issued to students during their instrumental lessons – please ensure your child has a USB and continues to do home practice ready for this event.

Instrumental Practice
Practice is not optional – students are required to complete and record 5 practices each week on their practice sheet. Routine practice at home helps students master skills learnt in class enabling them to play more confidently. You can help your child learn their instrument by following these suggestions:
Help by providing a quiet safe area to practice their instrument
Estabulous a regular practice time and routine
Listen to them play and encourage them
Play their Tutor book CD/DVD so you both know what to expect.
Linda Weatherhead
Music Teacher