



December 3 2019 | Term 4 Week 8

Welcome from the Principal

As we head into the last month of 2019, just a reminder about being active over the summer holiday break. This is from the fact sheet on the Department of Education's website.

The benefits of being active go beyond physical benefits. For example, walking and riding with your child helps develop street sense; and letting your child play team sports encourages them to form friendships and understand boundaries and rules. Playing active games regularly with your child also allows you to set a good example and shows that being active is part of your family's daily routine.

Being active allows your child to grow and develop:

- social skills including learning how to interact with others
- language and communication skills
- movement skills
- good muscles, bones and heart
- balance and flexibility
- good posture
- self-esteem and self-confidence.

Others are about moving the body:

- balancing
- line or beam walking
- running
- hopping and jumping
- skipping.

Learning movement skills at an early age helps your child to be confident and capable of joining in games, sports and activities. Movement skills are an essential part of your child's growth and development, and help improve fitness, strength and self-esteem. The better your child's movement skills the more confidence they have.

What are movement skills?

Movement skills are the building blocks your child needs to participate in physical activities. There are basic movement skills. Some are about controlling objects such as:

- catching and throwing
- kicking
- batting.

Santa Mail

The Year 6 elves have started delivering Santa Mail this week. If your child would like to send cards please ensure you put the **name and room number** of the recipient on each card.

Semester 2 Reports

Your child's school reports will be available through Connect at the end of the school day on Tuesday 17 December. If you are having any problems with your Connect account, please see the office before this date.

Colour Run This Friday

The forecast for this Friday is very hot! The Colour Run however will still be going ahead. Additional shade and water stations will be set up to help us cope with the heat. Please ensure your child comes with:

- A hat - **NO HAT, NO PARTICIPATION**
- A drink bottle
- Sunscreen – We will have the students reapply sunscreen after lunch. Volunteer parents may be required to assist with applying sunscreen with the younger students. Please see your classroom teacher if you are able to help, before Friday.

Upcoming Events

Friday 6 December

- Colour Run

Monday 9 December

- Year 6 Activity Week

Tuesday 10 December

- Year 6 Activity Week

Wednesday 11 December

- Year 6 Activity Week
- School Board Meeting 3.30pm

Thursday 12 December

- Year 6 Activity Week
- Final Day School Banking

Friday 13 December

- Year 6 Activity Week
- Twilight Bowls

Hawaiian Giving Box

Our school has the chance to make a difference in the lives of West Australian children and adults who are disadvantaged this Christmas. We will be running the Hawaiian Giving Box appeal, collecting food and gift donations which will go to children's charity, Variety WA, and Foodbank WA to give to people in need. By participating in this appeal, we also have the chance to win significant cash prizes for our school. For further information on the Giving Box appeal, visit: <http://bit.ly/33lxA3e>

Great Giving Box donation ideas for children: Toy cars, blocks and art and craft supplies.

Great Giving Box food donation ideas: Tinned fruit and vegetables, tea, coffee and Christmas pudding.

North Morley Primary will be taking donations in admin from Monday 2 December.



THIS FRIDAY - COLOUR CHAOS 2019!!

Don't forget to collect your sponsorship money. Money is due in on **Wednesday 4 December**. You can also get your family and friends to donate online via bank transfer:-

Bank Transfer

BSB: 036062 Acc: 921117

Reference: student's name



On FRIDAY, students will come to school in free dress. You will need:-

- a white t-shirt (or old t-shirt)
- white/old shorts, skirt or pants
- an old hat
- sunglasses (optional)
- shoes you don't mind getting coloured/wet (no thongs!)
- crazy rainbow accessories if you wish!

TWILIGHT BOWLS - End of Year Celebration!

All staff and parents are invited to our end of year celebration on Friday 13 December at 6:00pm at Inglewood Bowling and Sports Club (Woodsome St, Mount Lawley). Join us for a fun game of lawn bowls, pizza and cheap drinks at the bar!! Your \$15 entry includes lawn bowls and pizza. **YOU CAN BUY YOUR TICKETS FROM THE OFFICE!**

