



DATES TO REMEMBER

End of Term 3

Friday, 25 September
Free Dress Day – bring a gold coin donation. Funds being donated to Camp Quality
Canteen closed

Term 4 starts

Tuesday, 13 October

P&C Meeting

Monday, 19 October
3.20 pm Lorax room

TA 10 Assembly

Friday, 23 October

Showcase

Friday, 23 October

TA 12 & 13 Assembly

Friday, 6 November

Canteen help required

The school canteen is only able to operate five days with the help of volunteers. If you can spare a couple of hours on a weekday morning please see Genevieve or Sue in the canteen or call them on 9938 1481.



Dear Parents and Guardians,

We are nearing the end of Term 3, with the end of the year fast approaching. It has been a busy but exciting term, with our students demonstrating their athleticism, academics, respect and team work throughout the term. It has been great to see the continued support from parents and guardians this term with assistance at sports events, athletics carnival and all our nature playground donations. Donations for our playground are still coming in from families. With rope, tyres, logs and concrete pipe promised to add to our plans. Once we have all our promised parts we will hold a busy bee to develop some additional play areas for our growing school population. If you are able bodied and willing we are looking for help and equipment.

On Wednesday our school took part in The Great Aussie Crunch, joining with schools from across Western Australia to simultaneously crunch on fresh vegetables – and have fun doing it! The Great Aussie Crunch is part of Fruit & Veg September, aiming this year to educate students on the importance of eating more vegetables.

To support our focus on the importance of healthy eating we are updating our canteen menu and we ask that you examine what foods you are providing for children in their lunchboxes. Pre-packaged foods such as: chips, biscuits, lollies and chocolate are not only unhealthy, but are an extremely expensive option. When you look at the prices of items per kilo and compare them with fresh fruit and vegetables there is a significant difference to your pocket.

The statistics below demonstrate not only the health reasons why we should choose fruit and vegetables for snacks in our children's lunchboxes, but also the financial reasons.

Packet of chips	= \$30.00 per kg
Packet of biscuits	= \$17.50 per kg
Muesli bars	= \$16.50 per kg
Apple	= \$4.00 per kg
Bananas	= \$3.50 per kg
Carrots	= \$1.50 per kg

A lunch box consisting of a small packet of chips, some biscuits and a muesli bar is around 90g of food costing \$1.50. A lunchbox consisting of an apple, banana and carrot is around 450g of food costing \$1.30. The fresh fruit and vegetables is over 4 times more food and costs less.

Childhood obesity is now recognized as a world wide epidemic. The number of Western Australian children who are overweight or obese has tripled in the last twenty years with a quarter of boys and a third of girls aged 7–15 years being overweight or obese in 2003.

Please help us change our children's eating habits for the future.

Over recent weeks there is an increasing number of students getting to school before 8.20am. As there is no supervision before this time (except for bus students) it is important that your child/ren are not at school prior to this time. Your support with this manner would be hugely appreciated.

Zoei Nixon,

Principal

Interschool Numero Challenge

On Wednesday 16 September, two teams of Year 6 students participated in an Interschool Numero Challenge held at Rangeway Primary School. Our teams competed against 17 teams from 6 other schools. Each team had to participate in team challenges, individual challenges, scramble challenges and play Numero games against students from other teams. Both teams achieved in the top 6 for a number of rotations which was a fantastic result for our first time in this event. All participants put in their best effort and were fantastic representatives of our school. We are very proud of them.



Pre-Primary Sports Day



TA I I Assembly – Home Among the Gum Trees



WHO SHINES AT YOUR SCHOOL?

Say **thank you** to the people making a difference to your children's education.

Department of Education
WESTERN AUSTRALIA

Attention all parents and students...we want to know about the staff who shine at your school!

Just go to the *Who shines at your school?* competition page on thewest.com.au/competitions to let your school's leaders, teachers and support staff know their work is valued.

You can also print out a merit certificate to give to your school's shining star.

All shining stars will be acknowledged in *The West Australian* on World Teachers' Day on Friday, 30 October 2015.

Get your shining star details in by 5.00pm on Friday 25 September 2015.

Foodbank Donations

On our free dress day at the end of Term 2 we collected cans of food to donate to Foodbank. We were recently presented with an Ipad Air by Darren West, MLC for the Agricultural Region in recognition of our superb contributions. Of the Geraldton schools who participated in the can donation, we had the highest number of cans. Well done everyone.



Cyber Safety

On Tuesday Year 6 students took part in a 1 hour cyber safety workshop. With the increased use of social media we need to ensure our children are safe. Please talk to your children about the importance of cyber safety.

Canteen Closed Last Day of School

On Friday, 25 September the Canteen will be closed for cleaning. Please ensure that your child/ren has recess and lunch from home on this day.

Interschool Results

Interschool Cross Country

4th - Tyler Corlett

Interschool Athletics

Runner up Champion Junior Girl - Miley Gould

Champion Junior Boy - Ethan Donovan

2015 saw Waggy entered in a new division. It was an experience for our students competing against bigger schools. We came 6th out of the 6 schools who competed. The students were well behaved and represented our school with pride.



Shine Students for JWC

On Monday, 14 September students from the JWC 'Shine' program came and spent a few hours with our Year 6 girls. The Shine girls explained the program and shared some of their high school experiences. The girls had a great time being pampered. Thank you to the Shine students who shared their time and skills with our Year 6 girls.



Transition Week will begin on Monday, 23 November for all Year 6 students coming to John Willcock College in 2016. The week will run from Monday, 23 November to Friday, 27 November.

All Year 6 students intending to attend JWC in 2016 will need to submit a completed enrolment pack to the JWC Front Office as soon as possible

If you need a replacement pack – please call JWC Front Office on 9965 8300.