

# HARRISVILLE NEWS

Wednesday, October 22, 2014



## SCHOOL CALENDAR

### Term 4

7

### October

Prep Transition Sessions- Thursday 9.30- 11.30 -October, 23<sup>rd</sup> October, 30<sup>th</sup> October.

27<sup>th</sup> – 31<sup>st</sup> October - Book Week-

30/ 31<sup>st</sup> October- Camp- Prep to Year 7! All Welcome 5pm! \$25

### November

1<sup>st</sup> November - TRIVIA NIGHT

5<sup>th</sup> November- Surf Safety presentation 11am- 12pm.

**ART AUCTION- DATE CHANGE- NOW AT SCHOOL OVER 2 WEEKS**

– More information to follow-

Prep Transition Sessions- Thursday 9.30- 11.30 - 6<sup>th</sup> November, 13<sup>th</sup>

November, 20<sup>th</sup> November, 27<sup>th</sup> November.

### December

4<sup>th</sup> December MOVE UP DAY & PREP ORIENTATION- All new enrolments welcome- 8.30- 2.30.

4<sup>th</sup> December- Boonah SHS Year 7/8 Orientation Day.

If you have any questions please come and see us! We are so excited about this opportunity to work with your children on their personal development!

Don't forget if you indicated you have a tent we definitely need this brought along on Thursday morning. We will be constructing our tents first thing on Thursday morning with Mrs McKenna.



Yours in Education

**Christie Minns**

## SCHOOL CAMP 2014 30<sup>th</sup> & 31<sup>st</sup> October PREP TO YEAR 7

## News from the Principal

### CAMP CAMP CAMP!!

Camp is fast approaching! Don't forget to send along your \$25 for payment for camp. Mrs Lutter will not be invoicing families. All payments are due by next Wednesday (29<sup>th</sup> October). The cost of the camp will cover- food and all the activities including visiting staff (Dr John Jacks and Mark Paddick).

Our camp is a valuable experience for all of our children and staff are extremely excited about putting together a program to develop leadership and team building skills. We have visiting specialist staff attending the camp with Mrs Janet McKenna and Mrs Joan Sheldon bringing along their outdoor education expertise! Thank you to all staff for their hard work at co-ordinating this event.

Please ensure you return the permission to use private transport form ASAP. We will be attending a local bushwalking site on Friday morning as a part of our camp activities.

We will be expecting all children to bring in their tents and gear in the morning of Thursday 30<sup>th</sup> October. During the day the children will be erecting their tents on the oval as a part of their team building and leadership development. If you have indicated that you have a tent we would appreciate support in bringing it in on the Thursday morning. Prep children will have the option of sleeping in the library as this is closer to the toilets.

**Camp will cost \$25 per child.** This will cover the costs of all meals (dinner, breakfast, morning tea, lunch and afternoon tea). Students will be required to bring their own lunch on Thursday as per normal. The cost of camp will also cover our activities for our excursion component of the camp. This will be a worthwhile curriculum based excursion. The school makes no profit from school based activities.

On Thursday 30<sup>th</sup> children will go home in the afternoon at 2.30 as per our normal school routine. Children are encouraged to shower and return to

school at 5.00 to prepare for dinner and our night time activities.

Staff and students are looking forward to this event.

What to bring:-

- Plastic cup, plate, bowl, cutlery, tea towel
- Tent, pillow, sleeping bag
- Torch
- Pyjamas, toothbrush, hair brush & other toiletries
- Jumper for night time in case
- Clothes for Friday
- Sneakers for walking
- Hat and water bottle
- Medication (you will need a request to administer medication form from the office)
- A CAN DO ATTITUDE!
- An ART SHIRT or something you don't mind getting dirty.

### YEAR 6/7 GRADUATION DINNER- DATE

Monday 3<sup>rd</sup> November is our new confirmed date. A formal invitation for parents will be sent home in the coming days. Mrs Quinn will be assisting with organising what salads each family will bring on the night. Thanks!

### HEALTH NEWS FROM MRS MCKENNA

Continuing from last week, here are 7 tips from the experts on the AIS Nutrition team to help you give your family the best options no matter what their energy and dietary needs. Today's article comes in two parts (1) Special consideration for sport and (2) Nutrition myths in junior sport. AIS bust the myths.

Special considerations for sport.

The food we eat can make a big difference to sporting performance. However, even elite athletes follow the basic guidelines. They then fine-tune quantities to meet energy requirements and pay particular attention to the timing of their meals and snacks. To support an active lifestyle, children and teenagers need to:

15. Eat to meet the energy needs. The amount of activity you do determines how much energy you need to consume. The carbohydrate, fat and protein in food all provide the body with energy. Kids and adolescents who are more active need to eat a little more food from each of the five food groups. When older kids start to do more structured and challenging training, more carbohydrate is usually required.

16. Eat before activity. Whether it's an Olympic final or weekend Net Set Go netball, it is important to eat and drink before playing sport. Foods such as fruit, yoghurt, sandwiches and water an hour or two before sport are usually appropriate.

(Note from Mrs McKenna: Experiment with healthy foods you like to eat and your stomach can handle. Before a long ride or run I will eat two hours before hand. I have learnt that dairy products are off my list for pre-training meals.)

17. Drink. Children have not yet developed an adult's ability to sweat and keep themselves cool during high-intensity sport or exercise in the heat. They need to pace themselves not to overheat, and to pay special attention to drinking during exercise to avoid dehydration. Water is the best option. When workloads become serious (more than one hour), sports drinks may be a suitable option.

Nutrition Myths in Junior Sport.

18. Lollies provide energy for sport. Busted! Often lollies are used as an easy way to get carbohydrates into young bodies. Although lollies do contain simple carbohydrates they are often devoid of other nutrients that are essential for performance. For example, protein is essential in recovery snacks as it helps repair muscle tissue damage. Also, B Vitamins are essential in the production of energy. Providing lollies for sport gives the wrong message to young kids learning about food and nutrition. Save the lollies for special occasions. Enjoy fruit, yoghurt or sandwiches for sport.

19. Oranges are not okay during sport. Busted! It is often claimed that oranges are not a good choice at half-time during children's sport. Oranges are a great source of fluid, carbohydrate, vitamins and minerals. However, oranges are an acidic food. The best compromise is to continue to enjoy oranges at half-time but also encourage kids to drink water to rinse the acid from their teeth. Other fruits are also good options for the half-time break.

20. Little bodies can't dry out. Busted! People often think that active children don't do a lot of work during exercise. Their games aren't that long and they don't look like they are working that hard. However, a child's body is still growing and does not have the same physiological capabilities as an adult's. A younger athlete has less capacity to dissipate heat during exercise and therefore requires plenty of fluid to keep the body cool. Children should drink water regularly during physical activity. Sport drinks are specially designed to be used during long sessions of sport and should not be consumed simply to quench thirst.

21. Recovery snack are always necessary. Busted! It is common to see junior athletes mimicking their idols and consuming a post-exercise snack or shake immediately after every session. It doesn't matter whether it is 50m in the pool or a whole triathlon, many athletes believe it is essential they consume something immediately after every bit of exercise they do. This practice and lead to unwanted weight gain. Younger athletes completing moderate activity for more than an hour should aim to refuel their stores (carbohydrates), repair their muscles (protein), rehydrate (fluid) and revitalise (vitamins and minerals) their bodies. If training again within the next 8 hours, a recovery snack as soon as possible after

training is warranted. However, when training is less regular, it is adequate to eat within the next 4 or so hours.

Reference:

Burke, L et al (2009). Survival for the Active Family. The fourth cookbook in the popular Survival series from the AIS. Text Pacific Pty Ltd.

### PREP TRANSITION SESSIONS

Harrisville State School will be providing a transition program in conjunction with our local kindergartens to assist with a smooth transition to school.

- Thursday 23rd October 9.30– 11.30
- Thursday 30th October 9.30– 11.30
- Thursday 6th November 9.30– 11.30
- Thursday 13th November 9.30– 11.30
- Thursday 20th November 9.30– 11.30
- Thursday 27th November 9.30– 11.30
- Thursday 4th December 8.30– 2.30

### MOVE UP DAY AND PREP ORIENTATION

For all new enrolments – Prep to Year 6  
Thursday 4th of December - 8.30am- 2.30pm  
Come along and experience life at our wonderful school for a day!

To book your place phone or email.  
PH 5467 1288

Email:- [the.principal@harrisvilless.eq.edu.au](mailto:the.principal@harrisvilless.eq.edu.au)  
[www.harrisvilless.eq.edu.au](http://www.harrisvilless.eq.edu.au)

### Absence Note

#### “Every Day Counts”

Dear \_\_\_\_\_,  
My child \_\_\_\_\_ was away on  
\_\_\_/\_\_\_/2014, \_\_\_/\_\_\_/2014, due to:

- sickness
- holiday
- family reasons
- other (please explain)\_\_\_\_\_

Parent Signature \_\_\_\_\_  
Please return this note to your child's classroom teacher. Please note all student absences must be explained. **Alternatively please email your absence note to [admin@harrisvilless.eq.edu.au](mailto:admin@harrisvilless.eq.edu.au)**

Join us for a great night out at...



# Harrisville State School Trivia Night

**Saturday 1<sup>st</sup> November 6.30pm start**  
**School of Arts Hall, Harrisville**

Price \$10 per person which includes light nibbles (you can bring your own food to share with your table)

Maximum 8 persons per table

Great multi-draw raffle and lucky door prizes – our \$1,000 cash raffle will be drawn on the night

Drinks for sale – licensed event – no BYO drinks

Contact Susan Land to book a table or for any further details  
Phone: 0418 780 137 or  
E-Mail: [susan.land@bigpond.com](mailto:susan.land@bigpond.com)

Bookings essential – so get in quick so you don't miss out!!!

All profits go to Harrisville State School P & C

Prizes include:  
• Vouchers  
• Passes to parks  
• Holiday  
• Crafts

Prizes include:  
• Soy Candles  
• Electrical goods  
• Alcohol  
• Many more!!!

## P&C NEWS

**TRIVIA NIGHT!** Please note the Trivia Night will be on Saturday 1<sup>st</sup> November. Donations welcome! Examples of suitable items- Gift cards (Coles/ Bunnings ect.), Gift packs.

**ART AUCTION –NEW DATE AND FORMAT!!!**  
More information to follow! We will now be hosting the Art Auction in the library over a couple of weeks!

**P&C FACEBOOK PAGE-**  
Our school P&C has a face book page. Go to-  
<https://m.facebook.com/profile.php?id=694704363884694>