



Pooncarie Public School

Newsletter 15, Term 3, Week 9 Tuesday 22nd September 2009

**STRIVE TO
ADVANCE TOGETHER**

Upcoming Events:

- ◇ **Wednesday 23rd September**
Pre-School
- ◇ **Thursday 24th September**
Toy Library
- ◇ **Thursday 24th September**
Rising Generations Leadership
Day—Yr 4 & 6
- ◇ **Wednesday 30th September**
Pre-School
- ◇ **Thursday 1st October**
Cricket Victoria Cricket Clinic
12:00—1pm
- ◇ **Friday 2nd October**
Last day of term 3
- ◇ **Monday 19th October**
Term 4—Staff & Students
return
- ◇ **Thursday 22nd October**
School Photos 10am
- ◇ **Monday 26th October**
Jolly Phonics workshop, Toy
Library
- ◇ **Tuesday 27th October**
Coomealla High school visits
our Yr 6 students

TOY LIBRARY VISIT

This Thursday is Toy Library day, and the lovely Toy Library ladies will once again be staying over in Pooncarie on Thursday night.

Anyone who would like to is invited for a drink /meal with them on Thursday evening.

LAST DAY OF TERM

The last day of term will be a party/cooking day and students may wear casual clothing. Year 6 and Year 3 will be cooking with Mrs Holgate and Jennifer. It will also be Talisa and Damon's last day at our school before they move away. More details to follow next week.



Year 6 at the snow!



OCTOBER BIRTHDAYS

2nd Talisa

4th Jessica

13th Gabby

CRICKET CLINIC

Cricket Victoria will conduct a cricket clinic between 12:00 and 1:00pm next Thursday 1st October. The clinic will be followed by a barbecue lunch for all, to be provided by the P and C.

ENVIRONMENT CAMP PAYMENT

Thank you to the P and C who have kindly paid the cost of our Environment Camp held in week 5. Please disregard the invoices that were sent home last week. If you have already paid, you will receive a refund.



TERM 4 NEWS

SCHOOL PHOTOGRAPHS

Little Images will be coming to our school on Thursday 22nd October (Term 4, Week 1) to do our school photographs.

JOLLY PHONICS TRAINING

All staff and interested parents are invited to attend a Jolly Phonics workshop on Monday 26th October. The workshop will be held in the Pre-school starting at 9am.

Little Athletics

Family, Fun, Fitness.

Little Athletics caters for young athletes from 3 to 16 years of age. It is a great way for young people to be active while developing athletic movement and improving co ordination and fitness. The 2009/10 season of Mildura and District Little Athletics commences on Sunday, October 4th at 8.45am. Competition takes between 2 and 3 hours each Sunday with a canteen running during that time.

All new and existing members are invited to come along to our registration day, Sunday September 20th, from 10am to 12pm at the pavilion on oval 9 at the Old Aerodrome Ovals, Eleventh St, Mildura. Come along and see for yourself why our theme is Family, Fun and Fitness. For further information please call Steve Erlandsen on 0427233504 or Alanie Sleep on 0427677733.

WENTWORTH DISTRICT JUNIOR FOOTBALL/NETBALL CLUB

ANNUAL GENERAL MEETING

28TH October 2009

George Gordon Oval Club Rooms,
Dareton

Election of 2010 Committee

All parents of Footballers and Netballers are encouraged to attend as we are always seeking new committee members and helpers to assist in running the club.

Enquiries :0427274396 /
0435019926

Enjoying physical activity

Regular physical activity is recommended as part of a healthy lifestyle for everyone. You should try to do at least 1hr of physical activity that makes you "huff and puff" most days. Encourage activities that suit the individual and make them enjoyable and safe. Follow these tips:

Get Moving - encourage physical activity as part of your daily routine. Walk, ride your bike or jog to school or to see friends. Limit time spent watching TV or playing computer and video games. Take ten minute activity breaks. Use the stairs instead of escalators or lifts.

Work up a sweat - participate in aerobic activities such as running, jogging, dancing, swimming or bike riding. Try a new team sport such as netball, soccer, hockey, basketball, cricket, tennis or football. Try to do these 2- 3 times per week.

Get fit with friends and family- Being active with friends or family can be more interesting. Perhaps organise an outing that involves activities like cricket, frisbee or swimming and pack a healthy lunch.

Encourage participation in physical activity at school – participate in physical education classes, school sports and sports carnivals.

