

Wednesday, 29th March 2017

Dear Families,

NEWSLETTER – Week 10, Term 1

Why kids need to play outside – even when it's cold

Builds Up their Immune System:

While we like to think that dirt, animals, pests and bacteria do more harm than good it's actually the opposite. When your children come into contact with these things in a natural way (outside) and on a regular basis, they are less likely to develop autoimmune disorders and allergies.

Provides Exercise:

Playing outside provides children with something many children don't get enough of anymore – exercise. Exercising while having fun is the best kind of exercise, and that's exactly what playing outside does. Riding bikes, playing tag and other outside activities get our children's bodies moving...something most video games can't do.

Stimulates the Imagination:

Sadly, one of the things that today's children are lacking is an imagination. This is because we're in the technological age – today children are literally shown everything. Playing outside helps children develop their imagination, which is something that television, video games, computers etc. don't do.

It Promotes Problem Solving Skills:

Children who play outside learn how to solve real life problems better than children who are always in their rooms playing video games or secluding themselves. Regardless of if they're learning how to get along with family members or trying to figure out the best way to build a fort – they're problem solving.

It Provides Vitamin D:

It's important that your children get Vitamin D, which is provided by the sun. Vitamin D helps promote better moods, energy levels, memory, overall health and more. Just 10-15 minutes out in the sun will give your children their daily dose of Vitamin D. It doesn't matter if it is summer or winter outside, your children need everything listed above and playing outside is a great way to get them all at once!

World Down Syndrome Day

The 12th World Down Syndrome Day, which took place on Tuesday 21 March 2017. It is dedicated to the theme of full inclusion and the direct and conscious participation of people with Down Syndrome in the communities in which they live. Last Tuesday we celebrated the skills and achievements of our own students with some wild acrobatics and dancing.



Visitors

Last Tuesday Tracey Winfer (NDIS Coordinator, Department of Education) and Jane Boulton (Learning and Wellbeing Advisor, Department of Education) visited our school last Tuesday to meet our students and staff.

Jane is shown below left assisting Room 2 students during fine motor skills activities. Tracey is shown below right talking to the students about NDIS programs in our community.



NDIS funded respite care

The National Disability Insurance Agency (NDIA) knows that families and carers have fulltime responsibility of the support of people with a disability. All of the students in this school are eligible to access NDIS packages and some families have started using this funding for afternoon or weekend respite. Please contact the school if you have not been contacted by an NDIS case worker so we can help you start the NDIS process. Some of our families have decided to share their activities and costs so their child can meet up on weekends for fun social outings.



Alex, Charlotte and Alyssa at the movies



Alyssa and Alysha at the Saturday pottery lessons



Playing ladies at 'Bittersuite Cafe'



Alyssa and Charlotte shopping

DATES

Youth Expo – Tuesday 4th April from 2pm for our work experience students

Tamworth excursion - JumpUp Trampoline Zone, \$15 per child (includes bus travel and 2 hours of jumping!) Thursday 6th April, students need to bring a packed lunch and plenty of water

RDA – Friday 7th April

Last day of Term 1 – 7th April, students return Wednesday, 26th April

Anzac Day and March – Tuesday 25th April, students assemble at Mitre 10 from 10am and start marching at 10:30am

WEEKLY NEWS

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ENDEAVOUR TO ACHIEVE

GS KIDD MEMORIAL SCHOOL

37 Lincoln st

Gunnedah NSW 2380

P.O Box 316

Telephone: 6741 5200

Fax: 6742 4120

STAR OF THE WEEK



Owen Hubbard – increasing his diet repertoire to chicken and salad sandwiches!