

Wednesday, 3rd May 2017

Dear Families,

NEWSLETTER – Week 2 Term 2

The importance of Vitamin D

According to national surveys, across the population approximately 1 in 5 people have low vitamin D levels. Low vitamin D levels are associated with a higher risk of poor bone and muscle health, for example:

- increased risk of conditions such as rickets in children and osteomalacia in adults
- falls
- poor muscle strength

Children with severe vitamin D deficiency may have soft skull or leg bones. Their legs may look curved (bow-legged). They may also complain of bone pains and muscle pains or muscle weakness. This condition is known as rickets.

In adults severe deficiency of vitamin D may cause pain and weakness known as osteomalacia. Muscle weakness may cause difficulty in climbing stairs or getting up from the floor or a low chair, or can lead to the person walking with a waddling pattern. Another good reason to get outside and play!

Happy birthday

Happy 17th birthday to Brandan Harvey! He is shown below celebrating with his friends at school. Thank you to his pop, Henry Harvey



Anzac Day March

Thank you to Vic Urquhart, Margy Amos, Fiona Blake, Kerry O'Shea, Kate Pinn, Deb Hartley, Deb Holmes, Emma Christie, Jesse and Jamie Hinton, Laura Reeves, family members and other friends of the school who assisted our students to march on Monday. Thank you to **Ally Whelan** who marched on behalf of the school in Boggabri and **Dyllan Eames** at Curlewis.

Thank you to **Alyssa Ferguson, Alex Rodstrom, Conor Roberts, Tyson Small, Ethan Leader, Darcy Gosper, Charlotte Gander, Shayne Williams, Heath King (band)**. Tyson and Ethan performed their wreath laying duties perfectly and all students are a credit to their families and school. Another **THANKYOU** to **Gunnedah South Public School** for the donation of two books and **The RSL Womens' Auxiliary** for another two books in the memory of Mrs Eunice Law and Val Robinson.



Wildlife Park visit

This term all of the students will be learning about 'informational text types'. Emma Christie took Room 3 to the wildlife park to take photos as a basis for their term of work for English.



My Time Disco

On the last day of term 1 we held a Disco and Pizza night at school. It was well attended with over 50 people! The pizza was sponsored and paid for by My Time. Thanks to everyone who attended, it was a great night, Rebecca Gander.



DATES

AECG meeting – Thursday, 4th May

RDA – Friday, 5th May

Tennis with Robyn Louis – Thursday 11th May, 'Sporting Schools' starts in week 2 (fitness group until tennis) and finishes in week 9 each term

Seafood raffle – running from Friday, 7th April – 30th June, 2 adults are required from 5:30pm and it's all over by 8pm

P&C Meeting – Thurs 4th May - 6pm @ Imperial Hotel (Kids welcome)

WEEKLY NEWS

3rd May, 2017



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STAR OF THE WEEK



Lissy Fox – informative and helpful guide at the Wildlife Park during the excursion last term