Goonawarra is G.R.E.A.T!
At Goonawarra we all aim to be -
Generous  Responsible  Enthusiastic  Ambitious  Trustworthy

Register to get your electronic copy of the newsletter via the 'Document' tab on our website. Make our webpage your homepage.

‘Creating, Nurturing & Expanding Learning Opportunities through Quality Education.’

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<td>15th National Science Week</td>
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<td>4th 2017 Preps PMP Sessions’</td>
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<td>8th</td>
<td>9th PUPIL FREE DAY</td>
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<td>1st AUGUST School Council 6:30</td>
<td>16th BOOK FAIR PREVIEW</td>
<td>17th BOOK FAIR 8:30am-9am</td>
<td>18th BOOK FAIR 8:30am-9am</td>
<td>19th BOOK FAIR 8:30am-9am</td>
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OUT OF UNIFORM DAY TOMORROW:
Tomorrow, Friday 29th will be Out of Uniform Day. The money raised will go to support the programs our Chaplain runs. For a gold coin donation students are able to wear casual clothes for the day.

PAYMENT REMINDER:
3-4 Camp Arrabri Lodge.
Final payment of $215.00: due by Friday 9th September.

*** TURN OFF THE COMPUTER AND GO OUTSIDE AND PLAY!***

*** TURN OFF THE TV AND GO TO SLEEP! I SAID NOW!***

How many times have these two statements been made in your house?

Many studies have been conducted on the time children spend interacting with a screen and the time engaged in physical activity or sleep. Research indicates there can be other harmful effects of screen time on children as well.

Here is some of the research – believe it or not – it’s your choice -
- Toddlers and pre-schoolers (aged 2-4 years) spend an average of around 6 hours per day engaged in physical activity. They also spent almost one and a half hours (83 minutes) in the sedentary activities of watching TV, DVDs or playing electronic games.
• On average, children and young people aged 5–17 years spend one and a half hours (91 minutes) per day on physical activity and over two hours a day (136 minutes) in screen-based activity with physical activity decreasing and screen-based activity increasing as age increased.
• Just under half (44%) of all children and young people (2–17 years) had at least one type of screen-based item (e.g. TV, computer, or game console) in their bedroom.
• 80% of parents believe technology and gadgets are good for kids, aiding in their development.
• 38% of two- to five-year-olds own an Android tablet, and 32% own an iPad; almost a third (32 %) of these kids also have a mobile phone.

In a study of pre-schoolers (ages 1-4), a child's risk of being overweight increases by 6% for every hour of television watched per day. If that child has a TV in his or her bedroom, the odds of being overweight jump an additional 31% for every hour watched. Pre-school children with TVs in their bedroom watch an additional 4.8 hours of TV or videos every week.

Children who have more than 2 hours of screen time a day are more likely to:
> be overweight
> be less physically active
> drink more sugary drinks
> snack on foods high in sugar, salt and fat
> have fewer social interactions.

Excessive TV has been linked to other negative outcomes such as poor cognitive performance, antisocial behaviour and reduced sleep time.
Research now indicates that for every hour of television children watch each day, their risk of developing attention-related problems later increases by 10%. For example, if a child watches three hours of television each day, the child would be 30% more likely to develop attention deficit disorder (ADD).

Watching television or using computers, mobile phones and other electronic mobile devices in the last two hours before bedtime may be having a large and negative impact on children’s sleep patterns, which in turn makes children very tired in the mornings and can have detrimental effects on their learning at school.

Worth a discussion around the kitchen table?  
Maybe do your own research.  
Make any changes? Share them with me.

PARENT OPINION SURVEY – DUE TOMORROW:
We require 100% of the surveys (60) to be returned so that the true opinion of the community is represented. A small return rate has the potential to skew the results in a certain direction.

All surveys need to be returned by TOMORROW.
YOUR OPINION MATTERS - SHARE IT WITH US!

PUPIL FREE DAY – Tuesday 9th August.
The next Pupil Free Day will be on Tuesday 9th August. The staff will be undergoing compulsory First Aid training as well as reviewing and organising curriculum resources.

NEW ART WORK IN FOYER:
Our school values of being Generous, Responsible, Enthusiastic, Ambitious and Trustworthy have been captured in paintings in the foyer near the library. Have you seen them?
Here is AMBITIOUS –
SCHOOL UNIFORM SHOP:
As previously announced, the School based Uniform Shop has been closed down. From now on our school uniforms are available from Primary School Wear. Their shop is located near Aldi in Gap Road. It is across the carpark from Aldi and in the lower shops underneath Chemist Warehouse. Enter from the lower carpark. The shop is open on Wednesdays – Fridays between 10am – 4pm and Saturdays between 10am-1pm.

FINAL SALE!
There are still many items of various sizes available from school which are being sold at a reduced price. Don’t miss out! The office staff will gladly show you the range available.

NEW FURNITURE:
Throughout the next 12 months the school is moving towards upgrading all the student tables and chairs in the school. There will be a lot of excess furniture to deal with. If you or an organisation you are involved with could use some, please let the office know. Various sized items will become available at different times.

2017 PREPS:
The first Prep Transition Session will be held next Thursday 4th August. There are two sessions, one at 9.15am and the other at 10.15am. If you have a child attending these sessions, please contact the office to secure your place.

Individual tours are available for any families looking for a school for their children. These can be arranged at a suitable time by contacting the office on 9744 7137.

If you have received an enrolment form for a sibling starting school next year please endeavour to return it to the office ASAP.

100 DAYS OF PREPS:
On Monday 25th July, our Preps celebrated their first 100 days of being at school! This was a day of great fun and excitement! A huge thankyou to the Irvine family for arranging an enormous jumping castle and slide for the Preps. They all had an absolute ball!

Alan Fairweather
Principal
fairweather.alan.e@edumail.vic.gov.au

Term Dates for 2016:
Term 3: 11th July to 16th September
Term 4: 3rd October to 20th December

Term Dates for 2017
Term 1: 30th Jan (teachers start) 31st Jan (students start) to 31 March
Term 2: 18th April (Tuesday) to 30th June
Term 3: 17th July to 22nd September
Term 4: 9th October to 22nd December

Please keep up with school events by reading the newsletter each week. It is also available in colour each Thursday afternoon on the school website at www.goonawarra.vic.edu.au

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<th>CANTEEN ROSTER</th>
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<tr>
<td>Friday 29th July</td>
<td>Nicole Huybers, Melissa Bah, Nicole Brown</td>
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<td>Monday 1st August</td>
<td>Nicole Huybers, Katrina Scicluna</td>
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CAMP AUSTRALIA – GOONAWARRA OSHC:
Congratulations to Jessica for getting our Spoc-tacular award this week.

Upcoming Events: We are excited to announce that we are participating in National Tree Day in July! The trees will be planted on Monday 1st August. If anyone has any child size gardening equipment, we would really appreciate it if we could borrow it for the day.

Did you know? The Australian Native gum tree, the Mountain Ash, grows to a staggering 95 meters tall!

A reminder of where we are during the week:
Tuesday: After School Care Library
Wednesday: Before School Care Library
Thursday: We are in the Gym this term!

ART ROOM:
The Arts Program requires umbrellas for weaving. If you have an old umbrella that is not used please send it along to the art room. Thank you Sonja.

Goonawarra Classifieds