Dear Parents,

Last night on ‘A Current Affair’, there was a report on childhood obesity and exercise. Australia was rated one of the lowest in the developed world for the amount of exercise children are doing. At Laura PS, students are fortunate to have plenty of play space and activities available to them and during playtime, they are very active in using play equipment and playing ball games. There is no doubt that children are more engaged in sedentary activities whether it be television or technology based games or communications. The challenge for parents is to establish boundaries around the time for sedentary activities V time for physical activity. We encourage students and parents to join us tomorrow morning for our walk to school.

**Walk Safely to School Day**

Friday May 23rd May is National Walk Safely to School day. On this day, students are encouraged to walk to school to promote road safety skills, health benefits and build regular walking habits. To promote this event, Morgan Slattery and I will be walking with students and parents (if they wish to join us) from the Civic Centre. Morgan will be meeting with students/parents at 8.10am to depart at 8.15am. A light breakfast of fruit and Weet-Bix will be provided for all students who walk to school. For more information or to download the free application visit [www.walk.com.au](http://www.walk.com.au)

**Mathematics – basic skills**

It may sound old fashioned but knowledge of tables is a pre-requisite for students being able to successfully execute number processing that leads to solving more complex problems. We do spend time learning tables during school time but the most successful students practice these at home. Playing tables games, quizzing your child while cooking the evening meal are simple and fun ways to help your child become a mathematician and successful problem solver. Every little bit helps!

**Premiers Reading Challenge**

**What is the Challenge?** The Premier’s Reading Challenge is a literacy engagement program that was introduced by the Premier in 2004 to:

- Encourage students to read more books and enjoy reading
- Improve literacy levels.

The Challenge requires students to read 12 books between the beginning of the school year and early September. A brochure with full details is attached to this newsletter.

**2014 School Fees**

Thank you to those families who have paid their 2014 School Fees. There are still a few accounts outstanding. Overdue accounts are being sent home today. If you have not yet paid and wish to organise an instalment plan, please contact Emma Grossman to discuss.

Mark Shadiac
Principal
Last Thursday Laura Primary School held a successful fundraiser for the Childhood Cancer Association. $300.00 was raised by selling cupcakes to students and having a morning tea and lunch for the staff. This cheque was presented to the ambassador of the Childhood Cancer Foundation Michelle Den Dekker at the Premier League Netball match, Netball SA, on Friday night. Michelle also has a child affected by cancer. The Tango sponsors got behind this event and had special uniforms printed for this match.

Elliot - supporting kids with cancer

It was New Year’s Day 2012 that we noticed a small lump under our Eldest son Jake’s left arm....we thought it was his way of fighting infection...within 5 days we were faced with the our worst nightmare that Jake had Hodgkin’s Lymphoma stage 3B which is Advanced stage Lymphoma.

This was just such a shock to our family and in particular Jake who at the time was 15 and ready to take on his year 11 studies and simply enjoy the many sports he was participating in at the time.

We faced 4 rounds of Chemotherapy and 3 weeks of Radiation and during our 6 months at the Women’s and Children’s Hospital many wonderful people and support organisations supported our family.

The Childhood Council Association came in to see Jake and our family and provided us with love, care, compassion and guidance to the many wonderful support systems we could access should we require them...WHICH WE DID !!!

The CCA Councillor’s gave Jake and our youngest son Riley (9) an Elliot. For those of you who don’t know him, Elliot is the Childhood Cancer Association's mascot and friend to all kids with cancer (including their brothers and sisters). Both boys love Elliot, and still today, he takes pride places on their beds. The boys were also able to write to Elliot through a post box in the Women’s and Children’s Hospital and Elliot replied to them offering them encouragement and support...It was wonderful !!!

I hope that in some small way the promotion of Elliot through my Website and Clinics assists the wonderful work the Childhood Cancer Association provides to families such as ours.


Cheers,

Michelle den Dekker OAM
24fit Tango Netball Club
Premier League Head Coach

On Thursday 29th May, (Week 5) the 4/5/6/7 Class is having a fundraiser for their camp to Mylor in August. We will be selling pumpkin soup at lunch time. $1.50 without bread and $2.00 with!
This week another eight students planned and served an afternoon tea for their guests. Georga Nettle and Kyesha Perry showed great leadership skills assisting the younger students in their roles in their Café. Well done to all students who gave up some of their lunch breaks to make that yummy caramel slice prepared beforehand so that it could be set in time for Café. The next group of families will receive their notices in their diary today. Please notify me at school if your date does not suit as early as possible so that it may be swapped around. 

Helen Wurst

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**SCHOOL PHOTOGRAPHS**

For anyone wishing to order additional Whole School or Year 7 photographs, there are envelopes available in the front office.

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**Obesity Prevention and Active Lifestyle Grant**

The school has been successful in obtaining a $500 grant from the OPAL program, which is run by the Northern Areas Council. The grant will fund the purchasing of plants, gardening tools and fertiliser to grow a range of vegetables. Each class will be in charge of a garden bed. The classes will select the vegetables they wish to grow, will harvest them and participate in cooking lessons to see the different ways the vegetables can be used. Parents will be invited to be a part of the cooking. More information will be sent home at a later date.
Caring for your child's smile

All babies, children & young people under 18 are welcome.

Dental care is FREE for most children and the School Dental Service will bulk bill Medicare.

Make an appointment with your School Dental Service clinic now.

To find your local clinic, call SA Dental Service on 8222 8222 or visit www.sadental.sa.gov.au

Give your child's teeth a healthy start....

> Clean your child's teeth and gums with a small soft toothbrush, after breakfast and before bed at night.
> Children aged up to 17 months do not need toothpaste.
> Children aged 18 months to five years, use a pea size amount of low fluoride children's toothpaste.
> For children aged six years up, use a pea size amount of adult fluoride toothpaste.
> Encourage your child to spit toothpaste out – but don't rinse!
> Children will need an adult to help them brush until they are eight years old.
> Choose healthy snacks for your child. Avoid frequent snacks, soft drinks and juices.
> Plain tap water is the best drink.