Dear Parents and Kingstown Community,

Yes, this will be fun! Tomorrow we will be travelling into Armidale Gymnastics Centre for a one hour gym workshop. Brian’s two buses will be leaving school at 9.15am. Ms Bennett, Mrs Hamilton and I will be accompanying the students. Students are reminded to wear shorts, comfortable clothing, bring a water bottle and their normal recess and lunch.

After the workshop we will visit NERAM and go on to the Arboretum Park for lunch.

**Pirate Day**

Next Thursday, 25th June, senior students will be holding a Pirate Day with a gold coin donation to raise money for childhood cancer. Activities will be organised and students are encouraged to dress in pirate attire for the day. There will be a prize for the best pirate and best pirate name.

This Friday afternoon, Uralla Shire Council will be presenting an Enviro-Mentor Workshop for our students. This is provided as part of the Keep NSW Beautiful program.

Thank you to Heather Hamilton for her wonderful support in the Lower Division class over this semester. Heather provides one to one support in reading, writing and numeracy to our younger students. She is the best!!
In recent weeks Upper Division has been looking at different texts designed to inform the reader. We have been reading, interpreting, questioning and summarising factual texts in our HSIE studies and are now focusing on instructional texts.

Last week students took a ‘hands on’ approach, writing what we predicted would be a simple set of instructions to guide a partner from one area of the playground to another. Our partners had to follow our instructions exactly, with some amusing results! Thank goodness for the padding on the poles in the COLA!

Also engaging in some ‘hands on’ activities was the Year 4 maths group. They have been measuring and comparing capacity, this week measuring overflow as objects are added to water. In connecting this with previous activities on mass they used their liquid measurements to order objects from lightest to heaviest.
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**Terms 2/3 2015 Calendar**

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**NSW Government**

**Hunter New England Local Health District**

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- Narrabri
- Nelson Bay
- Newcastle
- Raymond Terrace
- Scone
- Singleton
- Tamworth
- Taree
- Toronto
- Wallabadah
- Windale

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**It's Parent Assembly!**

**Next Thursday**

**June 25th @ 12.00 pm**

**ARRRRAAAARRRGGGHHH**

**Welcome!**
Good for Kids good for life

Fundamental Movement Skills

Did you know?...Children do not automatically know how to catch, throw, kick, run and jump. These are known as fundamental movement skills (FMS). In the same way children need to learn the alphabet in order to read, they need to learn basic movement skills in order to lead a physically active, healthy life.

Our school is committed to providing students with opportunities to practise these skills within their PE lessons, school sport, using playground markings, fixed equipment and access to equipment such as balls, skipping ropes etc.

There are many ways parents can support their children to practice these skills at home, which include:

- Encouraging them to play in the backyard, dance to music, run or swim or play sports
- Encourage children to make their own obstacle course at home using the garden hose as a tight-rope, chairs to crawl under and the clothes line to run around.
- Negotiate a limit on sedentary activities such as watching TV and playing computer games

Below is a home fun activity that you can enjoy with your children:

**Rebound Catch**

Using a brick wall and a ball practise catching for 10 minutes. Throw the ball (soft medium-sized ball) at the wall under-arm and try to catch the ball with two hands.

See how many times you can catch the ball off the wall without letting the ball touch the ground, standing:

- 2m away from the wall
- 3m away from the wall
- 4m away from the wall

Write down your highest score and work towards improving it each time.

Reference:

1 Get Skilled, Get Active. NSW Department of Education and Training, 2000.

2 Good for Kids Fundamental Movement Skills Lesson Plan Resource

NSW Health Hunter New England Local Health District

PHONE 1300 657 197