Key Dates for 2015

August 4th
Grade 5/6 Sports Day

August 11th
School Association 7:00 pm

August 14th
Science Competition

August 24th
Book Week Dress-up Day & Morning Tea

August 24th, 27th
Book Week Book Fair

September 4th
Footy Colours Day

September 7th - 9th
Devonport Eisteddfod

September 25th
Last Day Term 3

October 12th
First Day Term 4

Issue No. 20: July 22nd 2015

From the Principal
After a lovely winter break we are all very happy to be back at school with the children. We all look forward to having many exciting learning challenges this term.

Kind regards,
Emma Langton Principal

SENIOR CLASS TERM 3 QUOTE
This term we will be working on increasing our confidence through positive thinking and positive lifestyle choices. We will use our Health and Wellbeing lessons to learn more and increase our skills based on the quote below.

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY
SWIMMING & WATER SAFETY
SENIOR CLASS

The children were involved in a variety of activities over the 10 lessons last term. The skill and confidence attainment was superb and all of the children should be proud of the efforts they put into a tough learning experience.

ULVERSTONE KNITTED TREE
INSPIRATION
PREMIERS READING CHALLENGE REVIEWS

Many of the Senior Class children have submitted book reviews online. Guess who this one belongs to?

Book review by nutella

_Hocus Pocus versus the Stinky Pong_ by Laura Milligan
Reviewed by nutella, aged 12

👍👍👍

This book is...

Funny

This book is about...
a Young witch called Lucy who live on a floating elephant-shaped island called Hocus Pocus. Hocus Pocus is the most magical place to live in the entire world until it’s invaded by a mysterious (and a very stinky pong). Nobody knows what to do, so it is up to Lucy and her friend Joe to find out who or what is responsible...

What I like about this book is...
This book has so many funny things in it and it has really cool pictures. there are space super bunnies and weird wizards and people on the front of the book. one wizard made clothing that would disappear after an hour. there is an island shaped like a elephant and a sheep island, pig island and sausage dog island and this is the reason I like this book

What I don’t like about this book is...
there is nothing I A don’t like about this book I LOVE IT

Find a copy of this book at your local LINC or library

DONATION FOR SCHOOL CHILDREN IN VANUATU

At the end of last term Senator Anne Urquhart wrote to our school requesting a donation of any surplus school supplies for the cyclone ravaged school children of Vanuatu. The senior class learnt about the cyclone and the impact it had on the population, 7 out of 10 homes were destroyed along with most schools. The children with the help of school staff collected un-used exercise books and other supplies that the children of Vanuatu will now be able use to continue their education. The children also suggested that they could bring some old clothes from home to send to the school children. If families would like to send something small along to school we ask that they come before this Friday the 24th of July.

NEW OUTSIDE BLACKBOARD

Over the holidays we have installed a new blackboard learning space outside the Junior Classroom. During lunch this week the children have been getting busy being creative.
At lunchtime the girls are also enjoy our wonderful outside learning garden filled with flowers and insects.

OUR NEW FLAG
We would like to thank Eric Hutchinson MP for our new Australian Flag, we had to retire our last flag as it was looking very worn and tired. Mr Bindy worked over the holidays to install new wires to secure the flag and we were able to raise the new flag this week.

CROSS COUNTRY RESULTS
We apologise for failing to publish the results of our cross-country carnival from last term. The children’s results are below, again we would like to congratulate everyone a wonderful effort.

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<td>K</td>
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<td>P</td>
<td>Natalie Toby</td>
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New Office of the Children’s eSafety Commissioner
This new federal agency will enact the Enhancing Online Safety for Children Act 2015. Families are advised to use the website www.esafety.gov.au to access resources and information related to this important topic. Our school teaches Cyber safety as part of the HPE curriculum at developmentally appropriate grade levels.

ORAL HEALTH FOR CHILDREN
Our Health lessons this week focused on Oral Health and the following information may be of assistance to our families.

How do I help my children care for their teeth and prevent cavities?
Teaching your child proper oral care at a young age is an investment in his or her health that will pay lifelong dividends. You can start by setting an example; taking good care of your own teeth sends a message that oral health is something to be valued. Anything that makes taking care of teeth fun, like brushing along with your child or letting them choose their own toothbrush, also encourages proper oral care.

To help your children protect their teeth and gums and greatly reduce their risk of getting cavities, teach them to follow these simple steps:

- Brush twice a day with fluoride toothpaste to remove plaque, the sticky film on teeth that is the main cause of tooth decay.
- Floss daily to remove plaque from between your teeth and under the gumline, before it can harden into tartar. Once tartar has formed, it can only be removed by a professional cleaning.
- Eat a well-balanced diet that limits starchy or sugary foods, which produce plaque acids that cause tooth decay. When you do eat these
foods, try to eat them with your meal instead of as a snack. This limits the frequency of acid attacks on the teeth.

- Use dental products that contain fluoride, including toothpaste.
- Take your child to the dentist for regular check-ups.

What brushing techniques can I show my child?
You may want to supervise your children until they get the hang of these simple steps:

- Use a pea-sized amount of fluoride toothpaste. Take care that your child does not swallow the toothpaste.
- Using a soft-bristled toothbrush, brush the inside surface of each tooth first, where plaque may accumulate most. Use a gentle circular motion at the gumline.
- Clean the outer surfaces of each tooth. Angle the brush along the outer gumline. Use a gentle circular motion.
- Brush the chewing surface of each tooth. Gently brush back and forth.
- Use the tip of the brush to clean behind each front tooth, both top and bottom.
- It is always fun to brush the tongue!

When should my child begin flossing?
Because flossing removes food particles and plaque between teeth that brushing misses, the sooner your child masters how to use floss and it becomes a daily routine the better. A parent can assist young children. By the time they reach age eight, most children can begin flossing for themselves.

What is fluoride and how do I know if my child is getting the right amount?
Fluoride is one of the best ways to help prevent tooth decay. A naturally occurring mineral, fluoride combines with the tooth’s enamel to strengthen it. For most children who live in an area with fluoridated water, the proper use of fluoride toothpaste will be sufficient to help prevent decay. For children at high risk of dental decay and without access to fluoridated water, your child’s dentist may suggest using fluoride mouth rinse in addition to fluoride toothpaste.

How important is diet to my child’s oral health?
A balanced diet is necessary for your child to develop strong, decay-resistant teeth. In addition to a full range of vitamins and minerals, a child’s diet should include plenty of calcium, phosphorous, and proper levels of fluoride.

If fluoride is your child's greatest protection against tooth decay, then frequent snacking is the biggest enemy. The sugars and starches found in many foods like biscuits, sweets, soft drinks and even some savoury snacks are food for bacteria in dental plaque and are converted to acids. These acids attack the tooth enamel and can lead to cavities.

Each “plaque attack” can last up to 20 minutes after a meal or snack has been finished. Even a little nibble can create plaque acids, so it is best to limit snacking between meals.

SCIENCE COMPETITION – USING LIGHT

Design, Make, Evaluate & Demonstrate

Be Creative!

Use Your Torch to Create a Cool Science Investigation That Uses Light!

Bring your entry to school on Friday the 14th of August.

Make sure you also have: a paper copy of your design and evaluation (what worked and what didn’t work). In your presentation to the judges you could include photos or a video. Make sure you involve your parents.

The demonstration will be open to the public at 10am for you to present your amazing entry to the audience and judges.

For Sale
Computers and computer chairs
Please see Raelene if interested.

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