CHILDREN NEED TO PLAY OUTSIDE

We can’t expect children to sit for hours on end, interspersed with little movement breaks and not expect consequences to their development. Some experts believe children need at least three hours of outdoor play on a daily basis in order to foster healthy sensory and motor development. They need opportunities to climb trees, run as fast as they can, use their imagination, test their strength, roll, climb, balance and even spin in circles. All of these activities use their brain, activate their muscles both big and small and engage the senses. This lays the foundation for being able to pay attention, listen and learn in a classroom setting.

So the next time you pick your children up from school, take them to a park and let them run around for a while. On the weekends spend the day at the beach, even if it’s not sunny and warm — there are benefits in being outside in all kinds of weather. Encourage them to ride their bikes to friends’ houses. Get to know your neighbours and create a community that watches out for the children so that they can play outdoors whether you live in an urban or a rural setting.

Studies indicate that when children switch from spending hours primarily indoors and sitting at a desk to one where the child is free to move and play throughout the day, the results can be far-reaching. Problems of poor attention all but disappear and children become attentive and active learners. Time spent playing outdoors fosters a joy of learning and confidence in one’s abilities — two critical elements in the classroom and in life. All it takes is some time and a place to play outside.

As a society we’re making great strides toward obesity prevention. While we are working to keep our children at healthy weights, we must also strive to ensure healthy behaviours, attitudes, sensory function, strength and coordination. This is true health, and to get it, our children should be introduced to a lot more outdoor playtime with their peers.

Acknowledgement: Valerie Strauss, Washington Post, 7 June 2016

CELEBRATING THINGS WE DO

• Students in Years 5 & 6 are learning coding on their computers and are developing engineering skills, building their own robots and coding instructions for their movements.
• The Numeracy Specialist, Tracey Armstrong is leading the charge on developing numeracy skills across the year levels. Teachers are planning and sharing ideas. Our commitment to the whole school approach has resulted in improved levels of achievement.
• Our Playgroup meets every Friday in the old Kindy and is well attended.
• Our teachers are talking about reading, writing, speaking and listening and exploring ways to engage the students.
• Our school Canteen is serving up nutritious tasty food stuffs, all in line with the Traffic Lights approach.
• Our teachers are working hard to give the best learning experiences to our students.

Cheers, Marg
A year in the making! The Yarning Circle is nearing completion. A big thank you to everyone who is making this possible; The Clontarf Volunteer group (associated with SVSHS), Volunteer Australia and Deloitte Volunteer group.

Around the School

Library News

Book Week!!
We are preparing for Book Week 20th-26th August. 2016 with this year’s theme “Australia: Story Country”. Our Book Week Parade will be held on Tuesday 23rd at 9:00am. All students are encouraged to participate—come along as your favourite character and join in the fun.

Our Canteen will also have a special menu for Book Week!!

Claire Brockway, Library Officer.

Yarning Circle

A year in the making! The Yarning Circle is nearing completion. A big thank you to everyone who is making this possible; The Clontarf Volunteer group (associated with SVSHS), Volunteer Australia and Deloitte Volunteer group.

Australian Mathematics Competition

A group of Year 3,4,5,6 students participated in a mathematics competition online on Thursday 28th July. This competition was very challenging and the students showed courage and determination to complete the tasks.

Congratulations to all of the following students who received honour certificates.

A Block recipients
A1 Dylan Arjoon-Cloghan Seranna Martin
A6 KC Balmes Sebastian Cassey
A7 Gouri ManojKumar Kaitlyn Hull

B Block recipients
B2 Olivia Frangiamore Dorothy Moore
B3 Savannah Kelly Roze Munro
B4 Tyson Ryder Teia Hemopo
B5 Isabella Bunter Uvindu Abeyesinghe
B6 Connor Hills Lily Shoemark

C Block recipients
C1 Edarnah Humphries Josh Snow
C4 Jordan Vincent Jack Smith

Early Childhood Unit
EC4 Isabella Corasiniti Alex Fowler
EC5 James Reynolds Ella Detloff
Sports Tenaya Humphries Kaylen Lynch
Science Mckenzie Hemopo
Music Bella Geracitano
“Bring a Can” Campaign

Ascension Emergency Food Relief.
Ascension Anglican Church in Midland
8 Spring Park Road, Midland 6056

(AEFR) is open every Friday morning, between 10.00am and 12noon in order to assist people who are struggling to cope with everyday expenses, by providing them with a food parcel.

The idea is for each school/class to encourage students to regularly bring a can of food to be donated.

Thank you.

Canteen News

LUNCHBOX FUN-RAISING with Tupperware.

We’re all about lunches here at the Canteen so when I came across this fundraiser I thought it was a great idea for everyone and with the profits we can purchase storage containers for the canteen.

A catalogue of Tupperware’s full range of products is available at the Canteen, the office and Early Childhood. Please complete order form and return to the Canteen.

Thank you for your support.

Teresa Elizer
Canteen Manager

Book Week!

Tuesday 23rd August Meal Deal
Pie, sauce and a choc milk for $6.50
Join us for damper at recess all week!

Parents Night

Come by the Canteen on Parents Night for Hot & Cold drinks and a hot meal.

Environmental News

Cummins, The Diesel Motor Group, sent volunteers to our school to help out with our class environment lessons. Here are some pictures of their hard labour filling vegetable containers (made by Cummins) for our classes to use.
Well done Cummins!

A. Durant
Environment Co-ordinator

Crafty Friends

Do you like to scrap book, make cards and do paper crafts?
Do you like to do this with friends?
Do you like to learn new techniques?

If the answer to this is yes, then this is the group for you.
Crafty Friends meet on the 3rd Wednesday of each month from 10am—2pm
There is a cost of $10 which covers the cost of the project of the day.
Bring along any paper craft projects that you are working on.
BYO lunch. Tea, coffee and snacks are provided.

For more details contact Karen on 0429 960 259 or Alisa on 0438 724 227. Join our Facebook group.
**Free Skateboarding Events!!**

Clinics and Comps are run for all ages and abilities! Don’t have your own skateboard? Don’t worry Skateboarding WA provides all the equipment you will need to have a go!

When:
- **Sunday** Aug 28, 1:30pm-3:30pm Ballajura Skate park, Skate Clinic
- **Wednesday** Sept 28, 3pm-6pm Aveley Skate park—Clinic/Games/Prizes
- **Friday** Sept 30, 3pm-5pm Ballajura Skate park—Skate Clinic
- **Monday** Oct 3, 3pm-5pm Gidgegannup Skate park—Skate Clinic
- **Friday** Jan 13, 4:30pm-7:30pm Gidgegannup Skate park—Clinic/Games/Prizes
- **Sunday** Jan 15, 3pm-7pm Ballajura Skate park—Clinic/Best Trick Comp/Prizes
- **Tuesday** Jan 17, 4:30pm—7:30pm, Ellenbrook Skate park—Clinic/Games/Prizes
- **Saturday** March 4, 2pm-4pm Ballajura Skate park—Skate Clinic
- **Saturday** April 8, 12pm-4pm Ellenbrook Skate park—Full Competition City wide

For more information check out **Skateboard WA Facebook** page.

For registration forms or visit [www.swan.wa.gov.au/events](http://www.swan.wa.gov.au/events) for details of each event.

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**Swan Districts Baseball Registration & Pre Season Training**

Registrations for the 2016/2017 Swan Districts Junior Baseball Season are commencing now, either by attending the registration days listed below or by contacting the Registrar:

**When:** Saturday 20th & 27th of August  
**Time:** 1:00pm to 4:00pm  
**Where:** Ron Jose Oval, Gray Drive, Midvale (behind Swan Aquatic Centre)  
**Registrar—Lynn Carter 0498 688 108—registrar.sdjbc@gmail.com**  
**Age groups**—Aussie Tee ball (4-7yrs), Machine Pitch (u/10), Little League (u/13), Junior League (u/15), Senior League (u/17) and Big League (u/19).

Preseason Training will commence on the 20th August at same location.

**When:** Saturday 20th August—Saturday 17th September  
**Time:** 1:00pm—3:00pm

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**Swan View Junior Cricket Club**

Bruce Douglas Pavilion,  
Brown Park,  
Salisbury Road,  
Swan View

In2Cricket to U/17’s  
Saturday 13th August or Saturday 27th August 2pm to 4pm.

**Email:** swanviewjcc@hotmail.com  
“Google”: Swan View Junior Cricket  
**Phone:** Stacey 0433 459 178