



Calendar

2 August	PSSA Zone Athletics
6 August	Education Week Awards MHS
7 August	Book Club orders due
8 August	Meerkat Production Interaction Day
15 August	Education Expo – Open Classrooms
16 August	Books are Magic K-2 Paterson Preschool

Welcome back to Term 3!

Thank you to Bob for looking after the chickens over the break. This term we welcome Miss Flanagan to 4/5/6, 4 days a week. We would also like to welcome the Dungavell family to the Iona community, with Amelia joining Year 4. We have a very busy term once again so please make sure that you read each newsletter so you know what is coming up!

Meerkat Incursion

Notes will go home this week for all students to attend the performance of 'Room on a Rock' from Meerkat Productions. This is part of our Book Week interaction day activities with Mt Kanwary on Thursday 8 August. Please return notes and money prior to 5 August.

Parking after school

Please remember that when parking after school to drive to the top of the hill before safely turning into the school lane, then reverse park into the parking area in front of the school. Please don't drive from the road onto the grass as it is very unsafe—the brow of the hill makes this a blind spot for cars travelling past our school. We certainly don't want any accidents.

3 Way Conferences

We are holding 3 way conferences during the next two weeks if you would like to discuss anything with your class teacher.

Interview times available for K/1 are:-

Thurs July 25 – 9am until 10.40am.

Mon July 29 3.30pm, 3.50pm, 4.10pm

Tues July 30 8am, 8.20am, 3.15pm, 3.35pm, 3.55pm

Wed July 31 3.15pm, 3.35pm, 3.55pm

Thur August 1 1pm, 1.50pm, 2.10pm, 2.30pm, 2.50pm, 3.10pm, 3.30pm, 3.50pm, 4.10pm

Interview times available for 2/3 are:-

Tues July 23 - 3.15pm, 3.30pm, 3.45pm, 4pm, 4.15pm

Thurs July 25 - 12.00 until 3.30pm

Tues July 30 - 3.15pm, 3.30pm, 3.45pm, 4pm, 4.15pm

Wed July 31 - 3.15pm, 3.30pm, 3.45pm, 4pm, 4.15pm

Thurs August 1 – 9am until 11.15am.

Interview times available for 4/6 are:-

Mrs Genge will be coming in on Wednesday 31 July from 12pm until 3pm.

Please call the office to make a booking of your preferred time.

Headphones

The school has purchased all students their own set of headphones to use during IT activities. If these happen to get broken or misplaced, parents will be charged \$6 for their replacement.

Book Club

Please return all orders to the office by 7 August.

After School Supervision

We would like to remind all families about the after school supervision practices that have been in place at our school for many years-

- All children need to be picked up from the playground—when they are waiting, they need to sit down, on the metal seats, until their parent picks them up.
- No children are to play on the playground equipment, unless they are directly supervised by their own parent.
- The back playground is completely out of bounds after school. As you would be well aware, these procedures are in place for the wellbeing of all students. Please assist us by ensuring your children are supervised after school and that they know about these expectations.

Keep our Children Safe

Good for Kids good for life

CREATING OPPORTUNITIES FOR INCREASING PHYSICAL ACTIVITY

Children should be getting a least **60 minutes** of moderate to vigorous activity (that makes them 'huff and puff') across the day.

Limiting the use of small screen recreation to **less than 2 hours per day** can increase the time for children to be physically active. Small screen recreation includes using the computer, small screen games or watching TV.

Some tips to decrease the amount of small screen recreation use include:

- Work out a TV viewing schedule with your child.
- Limit the use of computers during the day time, where your child could be having fun playing outside.
- Lead by example and reduce your own screen time.
- Break up long periods of small screen use as often as possible.



Source: Healthy Kids



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



Education

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	¾ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

Check the time your school starts.
DON'T BE LATE!

