



Here we are ... The first day of December

Children practicing for the Christmas concert, teachers finishing reports, hot, humid days and the countdown has started.

Looking forward to our camp starting on Monday. See all the attached details as discussed at the P and C meeting yesterday. Just a reminder – we need **to be** at Binna Burra at 10:30 (NSW time) and bring your lunch.

Yesterday we had a session with the Yoganauts which the students thought was great. This was an introduction session for the school at no cost. If we want to go further with a program next year, then we will look at what program and time may suit. The students were very keen to have them back.

Yoga and mindfulness exercises have been scientifically proven to improve the brain function of children. A recent study by the journal Developmental Psychology suggests that fourth and fifth graders who practised mindfulness exercises showed a 15% increase in Maths scores on their peers.

In this age of short attention spans and the dominance of screen-based media, learning techniques for focus, balance, positivity and yoga breathing are increasingly important for a child's development.

Their programs are curriculum based for both New South Wales and Victoria and cover Growth & Development, Active Lifestyles, Interpersonal Relationships (Yoganauts Super Zone Program) and Games and Sport.

Yesterday I also discussed with the students what focus they would like next year for languages and sport. At the moment it is a toss-up between French, Chinese and Bundjalung. Tennis was also a request along with soccer and gymnastics.

### Upcoming Events

#### December 1

DUE - Payment for Family Camp

#### December 4

Scripture Christmas Presentation

#### December 7

3 day Family Camp –  
Binna Burra Lodge  
Lamington National Park  
(7 - 9 Dec)

#### December 15

School Christmas Concert

#### December 16

LAST DAY 2015



I would really love to see our parents back in the school with projects. Tumble Creek Landcare has offered to help us make a frog pond. The calendar is ready if you would like to book in some sessions.

Regards,

Alison



### Limit Screen time to Two hours

- 40% of children aged 5 - 12 years watch an average of two or more hours of television or videos a day. This does not include time on other kinds of screens.
- Studies have shown that we use less energy watching TV than just sitting still.
- TV influences the food choice of kids - Australia has a high rate of food advertising during children's viewing hours.
- TV replaces time a child can be active and enjoy the *Great Outdoors*.
- There is an association between TV watching and being overweight.

## SCHOOL CAMP

**Next week (Monday 7 December) we go on camp to Binna Burra Lamington National Park.**

**Accommodation:** as we will be staying in **The Grooms Cottage and Bunkhouse**, the following is a list of items each student and adult attending will need to bring:

1. **Warm old clothing:** temperatures are generally 5 degrees cooler than Brisbane. Please bring at least one set of warm clothes for summer camps)
2. **2 Pairs of Shoes:** comfortable, sturdy, ankle supporting shoes (runners or hiking boots)
3. **1 Hat with a Brim:** we will take our school hats. Adults attending will need to bring their own.
4. **Waterproof Raincoat:** preferably the plastic kind.
5. **Toiletries and a Towel:** if swimming, please bring second towel.
6. **Sunscreen**
7. **Sleeping Bag:** (or sheets & blanket), bottom sheet and pillow.
8. **1L Drink Bottle:** used soft drink bottles are ideal and cheap and an excellent example of recycling
9. **Any Medications:** to be handed to the teacher where appropriate
10. **A School Bag:** sturdy day pack – for walks.

Optional items: insect repellent, board games for free time, binoculars, torch, camera, pocket money for souvenirs.

**Grooms Cottage:** Downstairs is equipped with kitchenette facilities including fridge-freezer, stove, microwave and wood-burner.

#### **Food:**

**MONDAY:** Please pack your own lunch. Afternoon tea: (Fruit-apples/orange/banana/pear and Slice or biscuits). Dinner: (Spaghetti Bolognaise/salad).

**TUESDAY:** Breakfast: Weetbix, Toast, Sausages. Morning & Afternoon tea: (Fruit-apples/orange/banana/pear and Slice or biscuits). Lunch: Ham/Salami Salad Sandwich. Dinner (BBQ/Salad – Steak, Sausages, Chicken bits)

**WEDNESDAY:** Breakfast: Weetbix, Toast, Sausages. Morning tea: (Fruit-apples/orange/banana/pear and Slice or biscuits).

Spence family are doing group shop for items. Kerry – Spaghetti Bol sauce. Wendy/Kathleen/Jo/Yeleena –

slice/biscuits/spinach & cheese triangles/muffins. We will need some other “snacks” to share for morning & afternoon teas.

Microwave popcorn might be a good idea to also bring.

**2 Full Day Environmental Camp**  
**BINNA BURRA - Grooms Cottage & Bunkhouse**  
**DAY 1**

| <b>TIME</b> | <b>GROUP 1</b>   |
|-------------|--|
| 9:30        | Arrive at Binna Burra                                    |
| 9.45        | Morning tea (Students to bring)                          |
| 10.00       | Introductions and settle in to cabins                    |
| 10.30       | Low Ropes Course   |
| 12:30       | Lunch at the Cottage (Students to bring)                 |
| 1:00        | Rainforest Walk to Yangahla lookout<br>Afternoon Tea     |
| 4:00        | Return to Cottage for showers and preparation for dinner |
| 5:30        | Dinner   |
| 7:00        | Spotlighting with Binna Burra staff                      |
| 8:30        | Binna Burra staff depart - prepare for bed               |

**DAY 2**

| <b>TIME</b> | <b>GROUP 1</b>   |
|-------------|--|
| 6:15        | Rise and prepare for the day (cabin tidy, pack daypack)        |
| 6:45        | Breakfast  |
| 7:45        | Cabin tidy and inspection                                      |
| 9:00        | Flying Fox<br>Morning Tea                                      |
| 12:30       | Lunch at Grooms Cottage & Bunkhouse                            |
| 1:00        | Environmental Initiative Games & Senses Trail<br>Afternoon Tea |
| 4:00        | Return to Cottage for showers and preparation for dinner       |
| 5:30        | Dinner   |
| 7:00        | Evening Activities with Teachers                               |
| 8.30        | Prepare for bed  |

**DAY 3**

| <b>TIME</b> | <b>GROUP 1</b>  |
|-------------|---|
| 6:15        | Rise and prepare for the day (cabin CLEAN, pack daypack)  |
| 6:45        | Breakfast   |
| 7:45        | Cabin tidy and inspection                                 |
| 9:00        | Dip Netting, Wildlife Walk, and Magic Spot<br>Morning Tea |
| 11:30       | Lunch   |

Please note: Any activities before 9:00am and after 8.30pm are the responsibility of the school/teachers/accompanying adults.



The Channon Village Christmas Carols and Bush-dance by Sunset  
 - Friday 11<sup>th</sup> December at The Channon Tavern from 5:30pm



Join 'The Ragged Blossoms' and your local community at The Channon Butter-Factory Tavern from 5:30pm Friday 11<sup>th</sup> December for an evening to celebrate the festive season with friends, carol-singing and bush-dancing. Relax on a rug on the grass, sing with gusto or dance the night away. Santa will be there just after local kids perform a well-rehearsed set of contemporary and traditional Christmas carols.

See you there!



## SUMMER KIDS' CAMPS THE PERFECT CHRISTMAS GIFT

- ✔ New friendships
- ✔ Great value
- ✔ Fun
- ✔ Safe

Summer is all about having FUN in the great outdoors. There is no better way for kids to jam-pack their school holidays with adventure and excitement than by attending a Sport and Recreation Kids' Camp.

Choose from day programs and residential camps to Duke of Edinburgh's Award journeys. Activities include raft building, mountain biking, flying fox, giant swing, cookouts and more. With so many programs on offer, you'll be sure to find a camp your kids will love.

Kids' day camps start from \$50. Residential camps include 24-hour supervision, accommodation, meals and activities, and many offer supervised transport to and from Central Station, Sydney.



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