Hi Everyone,

Another week almost over and we are nearly half way through this term! This week we have had a lot going on at Wharminda Primary. Yesterday we held the Biggest Morning Tea combined with a school assembly. It was great to see a number of people pop into the school to see what the students have been up to and also to help raise money for a great cause while having a nibble and a chat. Cancer does not discriminate between ages nor city and country and we have all been touched by Cancer in our lives whether it is through a personal battle or with family and friends. Although small in numbers the community members, parents and staff that attended the school yesterday did their bit to help and it is much appreciated.

The assembly was rockin’ with cowboys and cowgirls singing their times tables, a few little Spanish Indians singing a song, as well as a Fijian welcoming ceremony, all tying into our Around the World theme. All students R-7 presented their model boats that they have been working on and there were many weird and wonderful concepts shown.

The Upper Primary students lead by the semi incapacitated teacher Mandy Nield have been blitzing their times tables as well as working on individually chosen projects on several international countries. We thank Mandy for bringing in several fresh ideas and talents and hope that she heals quickly so she doesn’t have to wear that big boot all term!

The Junior Primary class have had a mix of both Lou McDonough and myself over the last week and have been working on their Mexican projects. We have been excitedly rehearsing the Mexican Hat Dance... Mrs Mac has found how tiring it can be and somehow our reception student Fletcher ended up with me as a partner in the dance and pointed out that, “Mr Curry is really tall”... and Mr McCurry agrees with that!

Last Friday we started out our new Active after School program of Tap Dancing with Jasmine. All students from Reception to Year 7 are participating... and I am too! Every student both boys and girls have shown such enthusiasm with their new tap shoes and we are well on our way to becoming world famous tap dancers, even if we have only made it to the Wharminda Community Hall. After our first rehearsal on the wooden floors just be thankful we are keeping the shoes at school. If you want to drop in and see our progress we are in the hall on Friday afternoons.

Coming up at Wharminda Primary will be the leadership camp for Year 6 and 7 students from small schools all over the Eyre District. To accommodate them all I am putting out a call for good sized tents to be lent to use for our own student tent city. Please contact the school if you can assist. I look forward to the coming weeks and will keep you informed.

Cheers

Matthew McCurry
Principal
**Principal’s Awards**

**Presented to:**

**Scott Bates:** Good Attitude Award
- For having a positive attitude towards his school work.

**Abby Nield:** Good Work Award
- For good improvement in every area.

**Mikaela Jones:** Helping Hand Award
- For helping Fletcher settle into school life.

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**50 Nights Reading**

*Upper Primary students have been focusing on Italy the last few weeks.*

*They have just completed their projects and they look great.*

*Come in and have a look at what our students have been up to.*
BARB’S COMMUNITY CONCERT
Friday 13th June 2008
@ 7.30pm
Cleve District Hall

Adults: $10.00
Students: $5.00 3 yrs & over
Family: $25.00

Tickets available at Cleve Post Office

ARE YOU INTERESTED IN CRAFT??
How about spending a fun and social morning with friends learning to make cards for all occasions.
For more information contact Lorrae on 86202000

Media Release

For your kids’ sake – get active together!
Heart Week 4 May – 10 May 2008

With two out of three Australian families affected by heart disease, the Heart Foundation is using Heart Week 2008 to urge parents, grandparents and carers to get active with their kids - away from their screens and into the park!

Despite reports of increased activity rates in children, weight gain remains chronic and continues to rise in Australia with 20% or one in 5 of our kids overweight or obese, which puts them at greater risk of heart disease and diabetes than ever before.

At least 50% of overweight children have at least one other risk factor for cardiovascular disease, with 20% having 2 or more risk factors such as raised blood pressure, raised blood cholesterol levels and raised insulin levels.

“Recent research tells us that growing kids need at least 60 minutes of moderate to vigorous activity everyday – enough to make them huff and puff,” said Geoff Halsey CEO Heart Foundation.

“Kids should spend no more than two hours per day in front of a screen – surfing the net, playing computer games or watching television, especially during daylight, when they could be playing outside,” Mr Halsey said.

“We also know that children who have screens (TVs, computers and video games) in their bedrooms are also more likely to develop weight issues.”

Getting kids moving can have its own set of challenges. Children may not have friends in the area to play with, there may be no garden or outdoor space, and parents are often tired or time poor – it’s easier to simply turn on the television or the computer.

Keeping kids active is easier if it becomes part of the family lifestyle with parents setting aside some time each week to be active with their kids.

To help get Australian families moving, the Heart Foundation has developed a new practical guide entitled ‘Healthy Ideas for Young Hearts: Practical Ideas for Parents and Carers.’ The booklet is full of great ideas for being active - indoors and out - and enjoying healthy eating.

“Parents told us they wanted resources that were helpful, practical, simple and easy to understand,” said Mr Halsey “and they’ve given us the thumbs up, with our new booklet packed full of fun, safe and healthy activities for children, families and carers too”.

To get your free copy of Practical Ideas for Parents and Carers call the Heart Foundation 1300 36 27 87.

The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in wills to continue its lifesaving research, education and health promotion work. For further information go to www.heartfoundation.org.au or call 1300 36 27 87.

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For further information or to arrange an interview please contact: Alisha Marks Marketing & Events Manager P 8224 2841 M 0418 836 440 E Alisha.marks@heartfoundation.org.au