



Boggabilla Central Newsletter

Term 4 Week 9 2017

Boggabilla Central School wishes everyone a safe & happy holiday.

School resumes 5 February 2018



Responsibility
Respect
Pride Safety



Boggabilla Central School

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Just a few friendly reminders for 2018

- Students will commence school on **MONDAY 5 February 2018.**
- Centrepay is no longer a payment option at Boggabilla Central School. All payments will need to be cash or Eftpos.
- Uniforms will be available from the office from 1 & 2 February 2018.
- Enrolment forms for new enrolments are available anytime from the front office. When returning new enrolment forms please include birth certificate, proof of residence & medicare card details.
- Final Preschool interviews will take place first week back in Term 1 2018.

Waraba Classroom Update!

Waraba update.

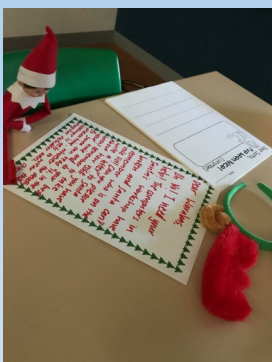
Yaama everyone! What an exciting term 4 we have had in the Waraba classroom. We have been learning how to write persuasive texts in writing this term. We have particularly enjoyed writing about why it would be fantastic to be a Christmas elf!

In maths we have been doing some STEM activities to work on our growth mindset. Some of the activities we have loved have been creating mazes with LEGO, and building an igloo by only using toothpicks and marshmallows.

We had a special delivery arrive in our classroom last week. All the way from the North Pole! Chippy the elf has joined our classroom and so far has been very cheeky! Have a look at what he has been up to.

Have a safe and relaxing holiday.

Miss Coster J



Highlights of 2017



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Good for Kids good for life

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THE BENEFITS OF PHYSICAL ACTIVITY

Being active is very important for children. Not only for their physical health but also for their mental wellbeing.

Some benefits of being active include:

- Promoting healthy growth and development
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improves balance, coordination and strength
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Improving sleep

Children aged 5-12 years should participate in at least 60 minutes of moderate to vigorous intensity (makes you huff and puff) physical activity every day.



Health
Hunter New England
Local Health District

PHONE 4924 6499

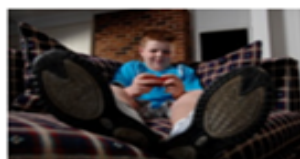
Good for Kids good for life

LIMITING SCREEN TIME

Do you need some ideas for distracting your child from 'technology' or watching television?

Try some of these ideas:

- Go screen free on weekdays (except for educational purposes)
- Tech free Saturdays
- Simple restrictions on when your child has access, such as 'no screen time before dinner or bed'
- Try 'Imagination Wednesdays' where you and your child do things together that don't involve a screen
- Provide seven 30 minutes vouchers on a Friday afternoon to last for the following week. When your child watches the TV or plays on the computer they hand the vouchers back for every 30 minutes they're looking at a small screen. This limits your child to 3.5 hours of screen time over a week.



Adapted from: Murrumbidgee Local Health District



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