Assembly Roster
This week’s assembly will be hosted by KW

Walk Safely to School Day
This Friday is Walk Safely to School Day. The day is held to encourage children and parents to walk to school, promoting the benefits of walking and helping to promote road crossing skills.

Thank you
Thank you to Nick from Koppers for the generous donation yesterday.

Parents in the School Grounds
To ensure the safety of all students, parents need to come to the office and sign in if staying to assist in classrooms. Parents are reminded that when they are in the school grounds they must follow any directions given by staff.

School Photos
A reminder that school photos will be taken this Thursday. Please ensure that students are in full school uniform.

P & C and School Council Meeting
Tomorrow there is a School Council Meeting at 5.00pm and a P & C Meeting at 7.00pm. Both meetings will be held in the staff room.

PSSA Netball
On Friday 15th May, the senior netball team (Hannah Capper, Lilly Black, Skye Duca, Allana Burt, Ella McDonald, Jessica Jarvis, Ada Capper) travelled to National Park Street courts to play Merewether Primary School. The girls played enthusiastically and displayed excellent sportsmanship in trying conditions. Blustery winds tested our shooters, however the girls rallied together and overcame the difficult conditions to defeat Merewether 14 to 4. All players played extremely well with special thanks to Mrs Capper and Mrs Burt for giving up their time to train, coach and umpire the girls.

Athletics Carnivals
This year our students in 3 - 6 will be participating in two Athletics Carnivals. On Tuesday 2nd June students will travel to Federal Park Wallsend to participate in a Field Events Carnival. Events involved in this carnival will be Long Jump, Shot Put and Discus. To help us on this day, there will be some Little Athletics volunteers.

The whole school, K - 6, will participate at our annual Athletics Carnival to be held at Stevenson Park Mayfield West on Thursday 4th June. This carnival will be for running events and novelty events like the sack races, beanbag races and egg and spoon races.

Notes for both of these carnivals will be sent home this week. Please note that there will be costs involved for these events.

Important Dates
19th May Cup Cake Day Pre Red
20th May School Council Meeting 5pm
20th May P&C Meeting 7pm
21st May School Photos
21st May Aim High
22nd May Cup Cake Day Pre Blue K – 6
2nd June Years 3 – 6 Athletics Field Event Carnival
4th June K – 6 Athletics Carnival
10th – 12th June Starstruck
26th June End of Term 2

Quality Kids
<table>
<thead>
<tr>
<th>2/3D</th>
<th>Dexter Bradley</th>
<th>Cameron Skellams</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3T</td>
<td>Maya Lam-Watson</td>
<td>Angelina Cubby</td>
</tr>
<tr>
<td>3C</td>
<td>Ella Manion</td>
<td>Beau Lane</td>
</tr>
<tr>
<td>4T</td>
<td>Aishu Jayakrishna</td>
<td>Nicholas George</td>
</tr>
<tr>
<td>4/5RP</td>
<td>Ashleigh Cummings</td>
<td>Chloe Miller</td>
</tr>
<tr>
<td>5/6M</td>
<td>Justice Bluegum</td>
<td>Lucy Williams</td>
</tr>
<tr>
<td>5/6P</td>
<td>Madesen Stevenson</td>
<td>Jessica Jarvis</td>
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Zone Cross Country
Congratulations to Tai Elers and Oliver Redhead who represented Mayfield West at the Zone Cross Country.
P&C News

Entertainment books
The new Entertainment Books are available from the school office. At $60 each, they make a perfect gift and the school receives $12 from each sale. With 25% off and 2-for-1 offers at businesses like Yoghurtland, The Stag and Hunter, cinemas, and hundreds more, you’ll cover the cost of your Membership in no time!

Follow the link below, and choose between a book or a digital copy which loads directly onto your smart phone.

Uniform Shop
In addition to Friday mornings the uniform shop will now be open on Monday afternoons from 2.45pm to 3.15pm. Thank you to Nat B for volunteering to assist the P&C and MWDS with this role.

Canteen News

<table>
<thead>
<tr>
<th>Date</th>
<th>Person(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 20th May</td>
<td>Kristy, Jess, Nat</td>
</tr>
<tr>
<td>Thursday 21st May</td>
<td>Tammy</td>
</tr>
<tr>
<td>Friday 22nd May</td>
<td>Mandie, Sarah (recess service)</td>
</tr>
<tr>
<td>Monday 25th May</td>
<td>Gayle</td>
</tr>
<tr>
<td>Tuesday 26th May</td>
<td>Jane</td>
</tr>
</tbody>
</table>

Cup Cake Day
Don’t forget that orders are due in by tomorrow. This is a recess item and will be delivered to your child’s classroom.

Help Needed
If you have a spare couple of hours once a week, fortnight or month and would like to help out preparing healthy lunches for the students please pop in and speak with either Lisa or Anne. We always have great fun and plenty of laughs.

Apple Slinky
Look what the Snack Shack can do with an apple. Free to Slinky if you bring your own apple to the canteen. Apples can be purchased from the canteen for 80¢. Available in the mornings and lunchtime only. If for Crunch ‘n’ Sip apples need to be slinkied in the morning before class.

Lost Property
A gold hoop earring has been handed into the office. If you this belongs to you please call into the office.

School Banking

Apple Slinky
Look what the Snack Shack can do with an apple. Free to Slinky if you bring your own apple to the canteen. Apples can be purchased from the canteen for 80¢. Available in the mornings and lunchtime only. If for Crunch ‘n’ Sip apples need to be slinkied in the morning before class.
**Active Kids Are Healthy Kids**

**Walk Safely to School Day**

**Friday 22 May**

Until they’re ten, children must always hold an adult’s hand when crossing the road.

**walk.com.au**

**Reading Aloud to a Child Today**

Where your child spends the most time annually:
- 7,800 hrs. Home
- 900 hrs. School

Which teacher has the biggest influence?

Interest in reading a book outside of school:
- Kindergarten: 100%
- 4th Grade: 54%
- 8th Grade: 30%
- 12th Grade: 19%

What changed in 4th grade?
Parents stopped reading to their kids.

Too much time spent with screen media is associated with:
- Childhood Obesities
- Sleep Disturbances
- Attention Span Issues

Children who have 100 pieces of printed material in their homes have higher reading scores than those with less.

**The Three BS:**
The three best places to keep a box of books for your children to read:
- Bed
- Bathroom
- Breakfast table

1,500+ children’s books available through Usborne Books & More.

www.UsborneUSA.com Nancy Ann Wartman
Cutting Back on Screen Time

Did you know it’s recommended that children 2-5 years spend no more than 1 hour per day in front of the screen?

Try these tips for keeping screen time in check:

♦ Have house rules about when watching TV is allowed
♦ Have meals together as a family and turn off the television
♦ Keep children’s bedrooms technology free
♦ Know what your children are watching and that it’s suitable
♦ Set timers when using computers, tablets or phones

There are many quiet activities to enjoy away from the TV, such as listening or dancing to music, drawing a picture, creating an artwork, reading stories, lego or play dough.

Promoting Fundamental Movement Skills (FMS)

Fundamental Movement Skills for Preschool Children

*RUNNING  *HOPPING
*CATCHING  *Dribbling a ball
*JUMPING  *SIDE-SLIDING
*KICKING  *STRIKING A BALL
*GALLOPING  *UNDERARM ROLLING
*LEAPING  *OVERARM THROWING

Why are Fundamental Movement Skills important?

Fundamental movement skills are important developmental skills for children. Children confident in these skills from a young age are more likely to continue to be physically active into adulthood.

These skills are not naturally acquired and children need to learn, and practice these skills.

The good news is the skills can be easily incorporated into favourite games and activities.

www.goodforkids.nsw.gov.au

NSW Government
Health
Hunter New England Local Health District