

9th September 2010 Issue 4: Term 3

From the Principals Desk.....

Exercise, Diet and Sleep for the Brain

Exercise, diet and sleep improve your child's ability to learn! Physically fit children are mentally sharper and are able to concentrate and remain on task for a much longer period of time. Research has also shown that physically fit children are less likely to be disruptive in the classroom. Diet and sleep are also important. Sleep allows the brain to rest and be prepared to meet the challenges of a dynamic learning environment like a classroom. Latest research suggests that most primary aged children require between ten and twelve hours sleep to maximise brain function. It also suggests that most children do not receive the nutrients they require in their meals for their brain to thrive. Take the time to talk with your child about the different types of food that are everyday options to help the brain grow, what should be snacks to feed the brain throughout the day, and what are just treats. Maximise your child's ability to succeed and ensure they exercise, have nutritious food in their lunchbox to feed and sustain their brain throughout the day, and make sure they get a good night's sleep.

Regards

Craig Holt

Acting Principal

Citizens Awards

Congratulations to the following children for achieving Citizenship awards this past fortnight.....

- Dylan ; Emma (1)
- Emma ; Raina (2)
- Kate ; Emma (3)
- Schweta ; Michaela (4)
- Dhvani ; Te Aranui (5)
- Brieannen ; Lorenzo (6)
- Charlotte ; Elliott (7)
- Kavana ; Storm (8)
- Cody; Kyra (9)
- Jayden ; Alexis (10)
- Grace ; Waimarama (11)
- Praveena ; Liam (12)
- Jordan ; Dylan (13)
- Melissa ; William (14)
- Tahi ; Ashtyn (15)
- Samuel ; Nathaniel (16)
- Fraeya ; Shakira (17)

Timeline

- 9 Sept—Hearing & Vision
- 9 Sept—BOT Meeting
- 10 Sept—Lucky Book Orders CLOSE
- 14 Sept— School Production
- 15 Sept—School Production
- 14 to 17 Sept— Spell-a-thon

Spell-a-Thon

Unfortunately we have been unable to do our usual chocolate fundraiser this year. Instead we are running a spell-a-thon as our main fundraiser. This is also a great opportunity for your child to benefit from some extra learning while helping raise money for the school. Please help your child to gather as many sponsors as they can. Although there is no obligation for children to obtain sponsors, all children will participate in the Spell-a-thon.



Chickenpox

There have been several cases of chickenpox at Swanson School. If your child gets chicken pox they are contagious for 4 days whilst the spots are coming out and they need to stay at home until the blister have dried up.

Thank You

Thank you to Visual Energy Ltd who have donated \$200 worth of library books to our library.

We appreciate this generous donation

Swanson School Emergency Phone No. 027 237 8777

(The above number can be phoned in case of a power cut or nay other emergency where we cannot be reached on our main phone number -833 3500)

CELEBRATING LEARNING.

Swanson School Presents...

YOUNG HERCULES

Written by Jo Denver and Ian Dorricott



Over 100 students ranging from year 1 to year 8 are in the cast of our school production of Young Hercules.

The play follows the incredible magical journey of Young Hercules with the help of his friends to complete six labours.

The production is on Tuesday 14th Sept and Wednesday 15th Sept, starting at 7.00 pm

Tickets can be purchased from the school office \$5.00 Adult, \$2.00 child.

Come along and support our children.

This show would suit all ages from children to adults so come along and have a fun night.

We look forward to seeing you there