



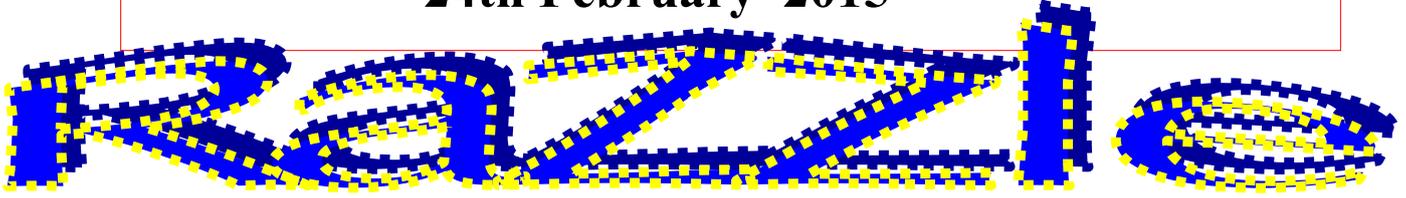
# Orbost North Primary School 4767

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## 24th February 2015



### Principal's Report

Dear Families,  
Last Wednesday three of our students competed at the District Swimming Sports in Orbost, **Shakira Clarke, Natalie Rixon and Dylan Millard**. They all swam brilliantly and Dylan will go on to Bairnsdale to compete with other students from MSN2 in the relay. Congratulations!



This week our awards went to **Jessie Hearl, Sara Tatti, Bryce Knight and Jacob Richards**, who starred in Reading and Science, fantastic! The Reading Raffles have begun again and our winners were: **Chad Sinclair, Kaylee Cameron and Alex Knight**. Keep up the terrific effort everyone of reading nightly!

### WHAT'S ON?

**Wed. 25th Feb**– Regional Swimming Comp. Bairnsdale

Puppets and Play 9 to 10am

**Fridays** – Lunch Orders from Rosie's

**Fri 27th Feb**– Marlo Primary here for afternoon activities.

**Mon 9th March**– Orbost Show; Labour Day Holiday

**Wed 18th March**– Puppets and Play 9 to 10am

School Photos 1.30pm

**Wed. 11th Mar**– School Council meeting 4.30pm in Staff room.



Adding on from my information last week on "screen time" I have found a few useful tips from last week's websites. which may benefit all children:



**GET MOVING:** It is well known that regular, moderate exercise can help improve mood, regulate sleep, and increase energy. However, more recent studies are also finding that exercise improves a whole host of neurological processes associated with attention, memory and behavior. One study from 2013 in the [Journal of Pediatrics](#) reported that children with ADHD who performed a quick, 20-minute bout of moderate aerobic exercise showed improvements in reading, arithmetic, and impulse control directly following exercise compared to a 20-minute reading session. Exercise is also known to strengthen very specific parts of the brain such as the hippocampus, an area associated with memory and learning. In one brain imaging study, the hippocampus was actually larger in children who were considered “higher-fit.” So not only does exercise make us feel and look great, but it literally makes us smarter!

This is one of the reasons we do “Huff and Puff” every morning between 9am and 9.25am.

Please note that we currently have vacancies on School Council and School Council membership is a great way for parents to get involved in having their say about their children’s education.

Please see me if you are interested in helping out anywhere at school. Also Julie would like to know if anyone has an over abundance of basil in their garden for our Italian cooking.

Thank you.

Have a great week.

Cheers,

*Jo Dacy-Broome*

**Principal**

#### **Library Books**

**Coral will be coming into school each Tuesday, helping the students to borrow from the Library! We begin today.**

**Thanks , Coral.**

#### **Playgroup—Puppets and Play on Wednesday**

Puppets and Play is on at Orbest North each **Wednesday** from 9 to 10am.

Come and join the fun. Friendly sessions for children under school age, promoting language, play an social interaction, great opportunity for school transition. Contact Jacque Archer 5154 6636.

#### **School Council Nominations**

Three of the current School Council members are coming to the end of their terms of office so nominations are called for **2** parent positions and **1** DET member position. Retiring members are very welcome to re-nominate. Nomination forms are available from the office and completed nominations must be received by 4.00pm Tuesday 10 March. Should nominations received exceed the number of positions available an election will be held to fill the available vacancies.