Dear Families

Family Planning Tasmania will be visiting our classes from Tuesday 23rd to Thursday 25th August to provide The Growing Up Program – a relationships, sexuality and protective behaviours program. The program will be available for all students from Kindergarten to Year 6. Kindergarten students will participate in one session, Prep to Year 4 students will have two sessions, and Year 5 and 6 students will have three sessions plus an all girl and an all boy session. Growing Up aims to provide your child with knowledge, skills and attitudes to help them make choices for positive emotional, physical and social health.

The program is age-appropriate and topics covered may include:

- Our bodies and how they work, including private body parts
- How my body has grown and changed – birth to present
- Rules about touch
- Conception, pregnancy and birth
- Feelings and emotions
- Healthy and safe relationships – face to face and online
- Decision making and communication skills
- Puberty changes
- Valuing diversity

You are invited to attend a parent information session to find out more about Growing Up so that you can feel confident about discussing the program with your child. The session will also include tips, strategies and resources for talking about relationships and sexuality.

**EAL Women Only**
- **Date:** Monday 22nd August
- **Time:** 12.30 pm - 1.30 pm
- **Venue:** PAC

**EAL Families**
- **Date:** Monday 22nd August
- **Time:** 2.00 pm - 2.50 pm
- **Venue:** PAC

**English Speaking Families**
- **Date:** Monday 22nd August
- **Time:** 3.05 pm - 3.45 pm
- **Venue:** PAC

Sharon
Diary
Thurs 11th Aug  Early Childhood Assembly 2.10 pm
Tues 16th Aug  Science Expo in PAC 9.30 am - 4.00 pm
Tues 16th Aug  Breakfast Club Cancelled today
Thurs 18th Aug  Whole School Assembly 2.05 pm
Sun 21st Aug  Maths Relay Competition 1.30 pm
Mon 22nd Aug  Growing Up Parent Meetings
Tues 23rd Aug  Book Week Dress Up Day
Tues 23rd Aug  Growing Up Program begins for students
Thurs 25th Aug  Early Childhood Assembly Cancelled
Tues 30th Aug  Gr 2/3 and Gr 3/4 Excursion
Wed 31st Aug  Gr 2/3 and Gr 3/4 Excursion
Wed 31st Aug  Pre-Kinder A & B Excursion to Museum
Thurs 1st Sept  Whole School Assembly 2.05 pm

Science Expo
On Tuesday the 16th of August we will be holding a Science Expo as part of National Science Week. The theme is drones, droids and robots. We will have lots of hands on Science experiments as well as many other activities to explore. It will be held in the PAC from 9:30 am until 4:00 pm.

Students will visit with their classes during the day. Parents are most welcome to attend during the school day or come along with your children after school.
Claire Ashman and Julie McKenzie
Science Co-ordinators

Breakfast Club & After School Care
Due to the Science Expo being held in the PAC on 16th August, there will be changes to Breakfast Club and After School Care on that day.
Breakfast Club will be cancelled and After School Care will be moved to the GP Room.

Student Awards
Merit Certificates: Last week’s winners were - Charlotte Adams, Zilin Wang, Tahlia Dunn, Joanne Hall, Brody Brown, Byron Horton, Aahratik Gautam, Conor Hawes, Bryce Turner, Rebekah Swift, Hamish Houston, Maddie Moore, Mary Soe, Ella Wheldon, Jake Wager, Vaphei Bielu, Shayla Brand, Rose Wani, Nathan Armstrong, Lily-May Patterson, Chelsea Hyde, Leigham Williams, Isabelle Whatley, Joseph Stevens, Christo Thenboih, Armeen Quazi, Madison Styles, Shaye Goss, Ellie James and Souad Salamo.

Our latest winners are - Layla Richardson, Shakira Walters, Olivia Armstrong, Miley Donohue, Conor Hawes, Harry Tecle, Dakota Cole, Tyrel Lonergan, Chase Mijts, Shayla Brand, Sudan Biswa, Liam Crawford, Reagen Simmons, Lachlan Johansen, Phoebe-Jane Armstrong, Hayden Fakes and Estia Busch.

Dollarmite Award
Last week’s winner was - Ryley Moston from Grade 3-4 Paulsen.

2016 Primary Schools Regional Basketball Tournament
Year 3/4 Boys and Girls  Saturday 15th and Sunday 16th October
Year 5/6 Boys and Girls  Saturday 22nd and Sunday 23rd October

Our school would like to once again enter this competition. To do so we require coaches and team managers for our four teams:
- Junior Boys (Year 3 & 4 students)
- Junior Girls (Year 3 & 4 students)
- Senior Boys (Year 5 & 6 students)
- Senior Girls (Year 5 & 6 students)

If anyone is interested please let me know as soon as possible so that we can register our school, organise teams, provide information to families, and get our training underway.

Let's go Mowbray!  Mrs Symes

No Friday Sport this week due to North/South Exchange
Dance Fever will go ahead at MHPS

Canteen News
As from Tuesday 16th August until Tuesday 26th August our Canteen will be offering a restricted menu due to staff absence. The following items will be available for lunch -

Everyday Hot Food
Nuggets - maximum 6  0.80
Corn Cobbette  0.90
Magnificent 7 Party Pie  1.70
Sausage Roll  3.00
Magnificent 7 Large Pie  3.50
Pizza - Cheese, Ham & Pineapple  3.50
Hawaiian Chicken Burger  4.20
(lettuce, cheese & pineapple)
Savaloy  3.00
Toasted sandwich - ham & cheese  2.70
Tomato Sauce - free
BBQ Sauce  0.20

Turkish Bread
Ham, Cheese, Pineapple  4.00
Chicken, Cheese, Tomato  4.50
Lamb, Cheese, Tomato, Onion  4.50
**P&C News**

Thank you to everyone who has supported the P & C Fundraising this year. Due to your generosity, we have been able to replace some of our ‘tired looking’ sports tops. We absolutely love having our children represent Mowbray Heights Primary School in a sports uniform that looks professional and smart. Our next Fundraiser is our Raffle.

This Fundraiser is usually our biggest for the year. Funds from last year went towards Christmas Craft for each class, the icy poles and BBQs to celebrate the end of the 2015 school year, and for many other student orientated activities.

**Are you able to help with donations of prizes for the raffle? Do you have a workplace who would be willing to donate a prize?**

We are desperately short of Fundraising volunteers so if you can help out in any way please contact Tanya Niekamp, in person or phone the school on 6326 1892 and leave a message.

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**Dress Up for Book Week**

This year Book Week is from 20th - 26th August. On **Tuesday 23rd August**, as part of Book Week, students are invited to come along dressed up as a favourite book character or as a reader. There is no cost involved to dress up. Students in Kindergarten to Grade 2/3 are asked to bring along the book which shows their dress up character.

If you are having trouble deciding on a book character or finding a book to match your costume, talk with your Class Teacher or come and speak with our Library Staff. There will also be a parade for Kindergarten to Grade 2/3 students at 9.00 am in the PAC. Families welcome!

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**Grade 5/6 Geography**

On Friday 12th August, to coincide with their Geography unit, Grade 5/6 students will be watching the film, ‘Eddie the Eagle’.

Inspired by true events, Eddie the Eagle is a feel-good story about Michael ‘Eddie’ Edwards, an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out.

Nicki Airey
Science Expo in PAC - 16th August 9.30 am - 4.00 pm

Drones, Droids and Robots

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national science week 2016