Dear Parents,

I hope you thoroughly enjoyed our Christmas celebration on Tuesday afternoon. I know you'll agree, Kindergarten were just delightful! Special thanks to Marg Croese, Fran Devonald and Jenni Knight. Their planning and coordination to involve all the children was superb! I also thank Tony Ward for initiating the dance sessions with Tracy Spence. The children had the best fun learning the ‘hip hop’ moves. I must confess, the staff were pretty keen to shake it up during practices too! Thanks Tracy!

**Staffing 2013**

Yesterday you would have received the staffing details for 2013. I’m so pleased with the outcome for the new year. It is my pleasure to be welcoming Kerry Boyenga to the team. Her wealth of experience, teaching expertise and culture will further enrich the learning environment of our school. It also goes without saying that we’re thrilled that Jessica Afflick can continue in a full time capacity.

**Cheryl Davison - Aboriginal Artist**

The aboriginal artwork on the brickwork as you drive into the staff car park will be taking on a fresh look. Renowned local Artist, Cheryl Davison has been employed to feature her aboriginal impressions, and will begin work next Thursday. Cheryl writes, “I have always been inspired by my South Coast culture, people and its history. That is where my art comes from. I like to use my art to tell stories and to educate people on how beautiful my culture is, in particular the south coast. I enjoy teaching other people how to tell their stories through their art”.

Prior to the mural commencing, Matt Gill (dad to Kody, KD) will be preparing the surface by volunteering his time over the weekend. I sincerely thank Matt for offering his time on this project. Matt is an active parent as part of our aboriginal parent liaison group and has contributed to our planning and direction for promoting aboriginal culture throughout the school. I also would like to publicly thank Cameron’s Hardware for donating the paint. This is an enormous contribution and we are so grateful of their support.

**Student Leadership Speeches**

I congratulate all students who presented speeches yesterday in the hope of being elected to a leadership role for 2013. The standard of speeches were excellent and I commend students on their confidence, vision and passion for aspiring to a leadership role within the school. Successful candidates will be announced at our closing school Mass on Monday 17 December. Parents of the elected students will be contacted next week (secretly) so families can be present for the announcements at this Mass.

**Performing Arts Centre**

Work will commence on re-sanding and polishing the timber floor of the Performing Arts Centre as soon as school closes on the 19 December. All hall bookings have been cancelled during the holiday period to allow time for the floor to dry. As you’re aware, moisture under the floor has caused damage to the surface and the insurance company is now satisfied that the water issue has been resolved. All costs incurred with this issue have not been at the school’s expense.

**Year 6 Graduation Dinner**

Planning has been underway for some time now for the Year 6 dinner which is being held next Thursday evening. Thank you to our Year 6 parents who have assisted, and to coordinators Rebecca Norman and Karen Motyka. It is always a memorable celebration as we acknowledge and celebrate our senior class.

Next week will be our final newsletter for 2012. School starting dates and relevant ‘back to school’ details will be included for your convenience. Enjoy a lovely weekend.

Jacqueline Heffernan
Principal
School Leaders Liturgy
A big thank you to the members of the SRC and School Captains for their wonderful Focus Assembly last Monday. Special thanks to Mrs Afflick and Mrs Wain for their wonderful help and support to the students for this liturgy. The theme for this prayer service was Advent, a time to watch and be ready when Jesus comes to us at Christmas. The students were fantastic and after reading from the Bible they role played the story of a lady who was waiting for God to visit her. She didn’t recognise God in the person of a beggar and a homeless person, and sat waiting and waiting. We are also asked to watch and help people during Advent, especially those who need our support the most. One practical way we can do this is by giving to St Vincent de Paul, by visiting the lonely, by helping someone in need and by praying.

Christmas Story
What a fantastic afternoon was had by all last Tuesday when the Kinder children presented their story of Christmas. It was a great way to bring the spirit of Christmas to others. The children were exceptional in their roles as the family of Jesus, the stars, the kings, the angels, the shepherds, the donkey or the inn keepers. Our narrators Charlotte W and Kye Z were outstanding in their role and kept the play running smoothly. Thank you especially to our wonderful Kinder parents who helped prepare their children, and to all the staff who helped on the night.

Christmas Eve Mass
A reminder that the Nativity Story at the Christmas Eve Mass will be held under the shelter at St Mary’s Primary School. All children are most welcome to participate in this very special Mass. Any students who would like to read or dress up as a character from the Christmas Story please let Father Emil or myself know by next week. Thank you.

Carols by Candlelight
The St Mary’s Choir will be singing at the Carols by Candlelight next Saturday, 15 December after the 6pm Mass on St Mary’s School Oval. This is a great family night which brings the message of peace and joy to families and friends. There will be a wide range of musicians and singers at the Carols including, ‘Brothers Three’ from Tamworth, Carroll College singers, Sing Australia, David Byrne and the Moruya Town Band. We would love to see as many people as possible join us next Saturday (please bring chairs and blankets). There will be glow sticks, a barbecue by the Lion’s Club, drinks and ice-creams to purchase on the night.

A Christmas Prayer
Please forgive me for being so grumpy as I trudge through the never-ending tasks set before me this holiday season...

My to-do list seems to keep growing with shopping, church services, and family gatherings - and I'm running short of time!

Restore the joy of Christmas to my heart . . .
and help me to relax each day and make time for YOU - my one true Source of Joy. Amen.

(Author unknown)

Have a safe and happy weekend
Marg Croese
Religious Education Coordinator
**NUMERACY HINT**

Research has shown that children’s motivation and achievement improve when their parents are involved in their education. There are many everyday things you can do to encourage numeracy learning. These include:

- encouraging your child to use mathematical language — how much, how big, how small, how many.
- discussing the use of numbers, patterns and shapes in your day-to-day life — numbers found on library books, spatial patterns or shapes in playgrounds, in the home and architecture.
- talking about occasions when you are using mathematics in daily jobs and real life situations — cooking, map reading, building and playing sport.

**LITERACY HINT**

Literacy is vital to ensuring your child has the best chance to succeed in their schooling and everyday life. Literacy allows us to make sense of a range of written, visual and spoken texts including books, newspapers, magazines, timetables, DVDs, television and radio programs, signs, maps, conversations and instructions.

There are many everyday things you can do to encourage literacy learning. These include:

- encouraging your child to read and view a variety of texts such as newspapers, novels, comics, magazines, websites, emails, timetables, instructions and recipes
- encouraging your child to write and design for a variety of purposes using print and electronic resources — invitations, thank you notes, shopping lists, messages, journals and electronic slide shows
- encouraging your child to speak and listen for a variety of purposes — sharing a joke, giving instructions or asking for information


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**LIBRARY NEWS**

As we prepare to move the Library next week, it would be most appreciated if all Library books could be returned to school as soon as possible. There are still a number of overdue books and they must be returned before the end of the year. Could you please encourage your child/ren to search at home.

Also a special thank you to Lynn Johnston and Lynette Luff who have been busy covering the new books we received from Scholastic Book Club. As the students have passed through the Library this week, they have expressed how excited they are about the new additions. All new books will be ready to borrow at the beginning of next year.

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**Car Park - Care & Courtesy**

The car park is a busy part of our school, especially in the morning and during dismissal times. Care and consideration needs to be displayed at all times by all users of the car park to ensure the safety of children and adults alike. Thank you for your understanding in this matter.
VEGEMITE SURF GROMS PROGRAM
For 5 - 12 year olds this January: $175 for 5 day structured program with all equipment & log-book, including free Quicksilver backpack, towel, rash shirt and hat. Starting on January 7 and 21 limited places, all abilities welcome including past participants! Call Broulee Surf School on 44717370 or email info@brouleesurfschool.com.au

CLASSROOMS FOR 2013
Next year some grades will change their classroom location. The following classes will be in the following classrooms in 2013:
- Kinder will move to the current Year 5 classroom
- Year 1H will remain in the same room Year 1 classroom
- Year 1C will move to the current Year 3 classroom
- Year 2 will remain in the same classroom
- Year 3 will move to the current Year 4 classroom
- Year 4 will move to the current Library space
- Year 5 will move to the current Library space
- Year 6 will remain in the same classroom
- The Library will move upstairs to the current double Kinder classrooms

Week 8 Class Awards
Congratulations to the following children who received class awards this week.

<table>
<thead>
<tr>
<th>Kinder C</th>
<th>Kinder D</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taya B</td>
<td>Charlotte W</td>
<td>George T</td>
<td>Max M</td>
<td>Rhys F</td>
<td>Riley M</td>
<td>Callum H</td>
<td>Kayden B</td>
</tr>
<tr>
<td>Kye Z</td>
<td>Jasper Z</td>
<td>Zeke B</td>
<td>Ryan B</td>
<td>Ael H</td>
<td>Ethan M</td>
<td>Lachlan F</td>
<td>Maisie P</td>
</tr>
<tr>
<td>Nathan G</td>
<td>Jessica T</td>
<td></td>
<td>Taesha S</td>
<td>Alana S</td>
<td>Rheannan M</td>
<td>Grace N</td>
<td>Ethan T</td>
</tr>
</tbody>
</table>

It is great to see so many children working hard and receiving acknowledgment for their efforts – Well done to all!

School Fees
Thank you to all those families who have finalised payment of their school fees for the term. If you have not already done so, could you please make payment as soon as possible.

VEGEMITE SURF GROMS PROGRAM
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School Holiday Summer Tennis Clinic
Next Generation Tennis will be hosting an intensive tennis and multi sport clinic in January on Monday 7 - Friday 11 January 2013.
- 9.00am - 12.00pm beginner class and 9.00am - 2.00pm advanced training. Daily prizes and certificates / BBQ presentation on final day.
- Suitable for age’s 5 years up - All levels of ability welcome!
- Participation in group games, improve fitness, increase gross motor skills and learn match play. Meet new friends and have lots of fun!
- Your children will learn from dedicated and qualified tennis and fitness professionals including national winning athletes!

Clinic cost is only: Beginner - $30 per day per child or $100 for the 4 days. Advanced - $40 per day per child or $130 for the 4 days. Drinks, racquets and accessories available. Please provide snacks, water and Slip Slop Slap! For information and bookings please contact your local tennis pro Richard Sellick on 0414753941 or email rsellick@bigpond.com
Reading, writing, ‘rithmetic…and running

Getting kids moving during school breaks doesn’t just burn off their excess energy – it actually helps them to learn better, writes Karen Fontaine.

Article contributed by Karen Fontaine

With the children of Australia’s 2007 baby boom now gearing up to start Kindergarten, let’s take a look at the state of the schools at which they will spend six hours a day, five days a week and 40 weeks a year of the next 13 years.

Across Australia, many public schools are operating at maximum capacity, with hundreds of thousands of children learning their ‘three Rs’ inside yet more demountable classrooms that were introduced in the 1960s and ’70s to accommodate another baby boom – the children of the first wave of post-war baby boomers.

The upshot is that demountables continue their steady march across school grounds and ovals, an ever-decreasing amount of grassed area – even outdoor space – has meant that our school children have less opportunity to be physically active.

And indeed, new research shows children become less physically active during recess and lunch as they move through primary school, and become even more sedentary in secondary years.

Yet the games and sports they play in breaks contributes more to their total daily energy expenditure than anything they do outside of school, according to researchers at Deakin University.

These disturbing findings are the result of the world’s first long-term study into changes in students’ physical activity levels at recess and lunchtime.

Moreover, an increasingly crowded curriculum has led some schools to cut back on break times, further limiting play opportunities, the Deakin researchers, led by Dr Nicola Ridgers, point out.

In another study, researchers at the University of Western Australia explored the environmental characteristics of schools that helped boost children’s physical activities.

Dr Karen Martin offers her five top tips on how parents can keep kids moving and steer them away from other, more sedentary, options:

▶ “Set clear boundaries about screen use in discussion with kids, for example, the modem will be turned on for a total of two hours a day, and this will be during set times.”

▶ “Get kids outside into the garden. Research shows that time spent outside is linked to more physical activity.”

▶ “Encourage them to get out and about with friends in their neighbourhood – send them to the park!”

▶ “Be a good role model, exercise regularly and encourage the kids to come with you – walk the dog, ride a bike, play tennis.”

▶ “Ensure your home environment supports kids to play outside, which means uncluttering outside areas and checking equipment – do you have a basketball hoop, balls (not flat!), badminton racquets, a cricket bat?”
during recess and lunchtime. A key factor was the amount of space, including grassed area, available.

Associate Professor Karen Martin was the lead author of a paper on the research, published recently in The Australian and New Zealand Journal of Public Health.

Which is not doing children any favours, as those who are involved in rigorous daily activities benefit from better physical and mental health than their less-active peers, agree the researchers at both Deakin and the University of WA.

“The large majority of university-based, internationally published research in this field has found a positive association between children’s physical activity participation and academic achievement,” Dr Martin said.

“Replacing academic learning sessions with physical activity does not have a detrimental impact on school grades; indeed, some intervention research indicates that increased participation in physical activity leads to enhanced learning and better grades.

“Evidence also suggests that achieving a threshold amount of physical activity may be necessary to acquire learning benefits, and that participation in vigorous physical activity may further enhance learning.”

Dr Karen Martin offers her five top tips on how teachers can keep kids moving while at school:

▶ “Plan and hold fitness sessions for kids – the beginning of each day is perfect time – and the benefits are evident on students’ behaviour, cognitive processing and mental wellbeing as well as enhancing their physical health.”

▶ “Hold outdoor classes. Just getting kids outside increases their physical activity levels.”

▶ “Give children some free play time each day – even 10 minutes each day can boost their activity levels.”

▶ “Creative strategies to overcome barriers – such as space issues – are needed. ‘Loose parts’ such as recycled materials (eg Pods with recycled paraphernalia such as air-conditioning pipes) reward with hours of fun plus they also support physical activity, social interaction, team building and creativity (see PODs on www.playforlife.org.au and www.playpods.co.uk).”

▶ “Work with the school community to ensure the school environment supports sport and physical education, such as the quality and quantity of sporting equipment, and varied equipment such as tennis nets and table tennis.”

Karen Fontaine is a Sydney-based journalist.