**Principal’s message**

As we race towards the end of term it is important that students are looking after themselves to maximise their learning opportunities.

Now that we are in the colder months of the year a coat would be a very handy item to be wearing. Please make sure that you have your name on it so when it ends up in lost property it can be collected.

We have a great collection of items in lost property at the moment. We are not far away from having to send it away as we have limited storage space. Please check it for any lost items as it will be sent away to a new home at the end of term.

**NETBALL CANCELLED**

Tomorrow’s Primary School Winter Sports are cancelled due to the weather. Rescheduled for Friday 21st of June.

**Colourful Dress Up Day**

The Student Delegates will be holding a Dress Up Day on Wednesday June 26th at both campuses. The theme is Colourful or dress as a butterfly! The delegates are aiming to raise money for the Deafness Foundation. Butterfly Badges from the Deafness Foundation will be on sale on the day for $2 each. So, dress up and come along with a donation for the Deafness Foundation, or buy a Butterfly Badge.

**Whole School Dates to remember**

- **Jun 28th** Last day of term 2
- **July 15th** First Day Term 3
- **Jun 26th** Colourful Dress up day

**Flagstaff Campus Dates to remember**

- **Jun 12th** Pet Ownership program P-6
- **Jun 17th-21st** Bike Ed
- **Jun 19th** Performance Tour Omeo P-6
- **Jun 28th** Rewards day bike ride

**Tambo Campus Dates to remember**

- **Jun 11-14th** Yr 10 to 12 Exam week

**Active After School**

AAS has started on Mondays and Wednesdays. This term the program will be facilitated Nick Tait. Please fill in the after school arrangement form. This will ensure children are sent to the correct location after school. The form has been sent home this week.

**Auskick**


**Bike Ed**

Next week Flagstaff students will be starting Bike Ed program, so students please arrange your bikes and helmets to school on Monday.
**Body Image**

Flagstaff Grade 5/6 students have been participating in the Butterfly Foundation - Body Image program called – **Free to Be**.

Today there are so many messages given to young people through the media, that in order to be happy, they must look a certain way and conform to a perfect and mostly unattainable image.

The aims of the program are:

- For young people to acknowledge that everybody is different and have their own special attributes.
- To learn how the media manipulates and influences how we feel about ourselves.
- How we can build our self-esteem and feel good about ourselves, through identifying our strengths.
- To treat each other with respect regardless of our differences.
- To encourage young people to aim to keep healthy through a balance of healthy eating, regular, moderate exercise, getting enough rest and participating in activities that make them happy.

One of the activities involved the students suggesting words/ acronyms that fitted in with the letters of **HEALTHY BODY** in the statement - For a **Healthy Body and Mind** I will:

- **H** - Keep Hydrated, Eat when Hungry, do things that make me Happy.
- **E** - Eat a well-balanced diet, Exercise.
- **A** – be Active, Athletic, Acrobatic and Aerobic, eat Apples.
- **L** – Listen to health messages and to one another, Learn about how my body works, Laugh a lot, eat Leafy Vegies, Look after my Lungs.
- **T** - Brush my Teeth, Talk over my Troubles, do things Together as a family.
- **H** – Help one another, enjoy Humour.
- **Y** – do Yoga, eat Yoghurt.

- **B** – look after my Brain – Balance rest and exercise, Breathe easily, have a healthy Body image/esteem.
- **O** – be Open to new ideas, eat Oranges for Vitamin C, aim to be over 40!
- **D** - avoid Danger, Drugs and Depression, stress and Drama. I will have a goal or Direction.
- **Y** - enjoy You tube time, You/me time and Yummy Food!

Heather Daly

School Nurse

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**Interstate Trip for Years 7-12**

Recently we called for expressions of interest in a trip to Central Australia. We have had some replies, but unfortunately not enough to allow this trip to go ahead.

We are now considering a shorter, cheaper alternative trip, to Tasmania. This trip will be 5 or 6 days at a maximum cost of $500.00. We would hope to be able to reduce this cost but it is largely dependent on numbers.

We need to find out the level of interest in this option, so please complete and return this slip by Friday June 14th.

My child / children .......................................................... are interested in a trip to Tasmania.

I am willing to pay up to $500.00 for the trip.

Parent signature ..........................................................