Jump Rope for Heart

During Term two our school is participating in Jump Rope for Heart. It is a physical activity and fundraising program for schools. It is a great way to keep our kids hearts healthy while raising some funds for the heart foundation. A sponsor ship form will be sent home with every child, we do not expect you to donate but more give you the option should you feel you would like to.

As a school we will be running skipping sessions as lunch time on Monday, Wednesday and Fridays- this will be supported by the PALS program. It doesn’t matter if you are a beginner or novice you can always improve. Also there will be a chance for students to be a part of a group which will practice once a week ot preform at the end of term assembly.

Be Active Challenge

This term also sees us taking part in the Premier’s BE Active Challenge. The Challenge is to do at least 60 minutes of physical activity on at least 5 days of the week for at least 4 weeks. Or be active for 20 minutes a day for 7 days over all of Term 2. Last year we had outstanding results and our school received an award from the Premier and received $1000 to put towards our new PE equipment. In classes students have their check lists so be sure to help your child tick themselves off by at least being active for 20 minutes a day on the weekend. Awards are also given to individual students similar to the Premiers Reading Challenge and these will be given out in PE week in Term 4.

SAPSASA Athletics

In Term 1 Week 11 a group of students from Yr4-7 represented our school at the District Athletics Day at Oakbank Area School. It was a great day students all competed to their best and we had some students even come away with ribbons-

- Under 12 girls relay team of Jaz B, Chichi, Imogen and Ella finished 2nd
- Jyah finished 3rd in Discus and 1st in Shot Put
- Seth finished 3rd in Discus

Jyah will now represent the Barker region at the state athletics event in Adelaide.

It was a great day and played in fantastic spirit.
The School Uniform is as follows:

**Tops:** Bell Polo with embroidered school logo from The Uniform Shop.

**Bottoms:** Long pants, shorts, skirts or skorts, are to be **plain black**.

**Jumper:** Bottle Green with collar and embroidered logo from The Uniform Shop.

**Dresses:** Green and white check.

**Shoes:** Sport shoes, sandals and lace-ups, are appropriate footwear.

**Hats:** Bottle Green Broad Brimmed Hat with logo, as they offer the best protection against damage from UV rays. Hats are to be worn during recess, lunch, PE lessons, excursions and after school programs for both terms 1 and 4.

All clothing worn at school (including footwear) should be sufficiently practical to enable students to move freely when playing or working, especially in Physical Education and Daily Fitness.

During colder weather if students require rain coats or scarves they are to be **Plain Black**.

Caps, Fashion jewellery such as dangling ear-rings, necklaces and bangles, together with coloured nail polish are not permitted.

**ALL CLOTHING AND OTHER STUDENT BELONGINGS ARE REQUIRED TO BE NAMED.**

**HAT POLICY**

Students are required to wear a school designated hat at all times they are outside during terms 1 and 4. Hats are broad brimmed with the school logo, and can be purchased from The Uniform Shop, The Homemaker Centre, Mt Barker. For safety, students not wearing appropriate hats will need to sit in the designated, Sun Smart Seating area.

The School Uniform is available from The Uniform Shop at The Homemaker Centre, Dutton Road, Mount Barker

Should you have any questions please do not hesitate in contacting The Uniform Shop on 8398 3983 or The School Front Office on 8391 1197.