

Dear Parents and Friends,

Welcome back to a very exciting Term 4. We hope everyone enjoyed the school holidays and the warmer weather.

Athletics

Best of luck to our PP5 relay runners Mack, Liam, Joseph, Shiralee and reserve Ki who will be competing in the State Athletics Carnival at Homebush.

Shiralee will also be running in the 100m and 200m. Go Spring Hill!!!

Welcome to Miss Williams

Hi All, my name is Lauren Williams and I am Mrs Mac's latest intern. I am completing my Masters of Primary Education and will spend the last 5 weeks of my course here at Spring Hill. I am very excited and am looking forward to my remaining time here.

Miss Williams

**Swimming**

Our intense swimming program commences this Friday at the Orange Aquatic Centre. (Bus pick up from school) Students will be put into appropriate groups based on their ability. The swimming lesson will be for 60 minutes followed by a 10 minute supervised free time (depending on behaviour). All students will get out of the pool at 3:10pm for roll call and then be released into parents care. Parents are asked to pick up their children no later than 3:15pm and ensure their

Dates for the Diary

19th & 20th October – State Athletics – Sydney
29th November – Infants Excursion
7th-9th December – Primary Excursion- Canberra
1st December – End of Year Presentation

child is marked off the roll before leaving.

What your child needs: Towel, swimmers, goggles and a swimming cap.

Invoices: Invoices for swimming went home at the end of last term please make sure these are paid in full by 14/10/16.

BYB Thursday

Next term Bring Your Own Bike will be on a Thursday, due to Friday afternoon swimming. If you have not yet returned the note for riding your bike at school please do so. If you need another please see the office.

State Drama Festival

Good Luck to Eliza, Jordan and Jacob who are representing Spring Hill in the OSSA Drama Ensemble at the Seymour Centre in Sydney.

Robotics

A huge thankyou to Kerrie who has been teaching all of our students how to use our Bee Bots. Monday afternoons is now our Robotics time. We would also like to thank Dr. McNulty who has kindly offered his time to work with our students on our robotics program. We look forward to the arrival of our new Blue Bots in Term 4.

Road Safety

We have been working with the students over the last couple of terms on road Safety. Please make sure you discuss this with your children as we have noticed that they sometimes leave the grounds of the school and run across the road if you are parked on the other side. If you are picking up students from school and you are parked on the opposite side of the road please walk across and meet your children. The

following information has been supplied by the transport department.

decorate the tree please send it into the school.

Today the students had a lovely time playing in the trees and building fairy houses



Where's your head at?

It's easy to become complacent about safety, especially on a familiar route such as on your way to or from work. Taking risks and not being mindful on the roads can have serious consequences. It's important to have your head in the moment and make safe decisions when crossing the road.

Before you cross the road:

- Look before you cross. Just because someone else decides to cross, doesn't mean it's safe for you
- Unplug your earphones and put away your phone
- Never assume that an approaching vehicle can see you, or will stop for you – wait until all vehicles have stopped before you step off the kerb
- Avoid crossing between parked cars or at the front or back of buses and large vehicles
- At intersections, check for turning vehicles before you leave the kerb, and while you are crossing the road
- Wear bright, light coloured clothing at night or in reduced visibility conditions.



When crossing the road:

- Always use pedestrian crossings
- Wait for the walk signal. [Pedestrian countdown timers](#) show how many seconds you have left to finish crossing before oncoming vehicles will be given a green light. If you haven't started to cross, the countdown timers can help you decide if it's safe to do so
- At traffic lights, don't enter the road if vehicles are moving through the crossing or if the red don't walk signal shows.

Fairy Tree House

As you would have noticed one of the large trees out the front has died and we have had it cut back. We are turning it into a fairy treehouse. If you have anything at home that we could use to make wind chimes or



Children & hydration



Our bodies are made up of approximately 70 percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming **dehydrated**. Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognise that they're thirsty, and if they're not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated.

How do I know if my child is hydrated?

Frequent bathroom breaks or wet nappies are the easiest way to tell if your child is hydrated. You can also look out for these common symptoms of dehydration:

- Headaches
- Poor concentration
- Thirst
- Cracked lips
- Dry mouth
- Constipation
- Lethargy

- Dark urine

How much water does my child need?

The amount your child needs will vary depending on their age, size and level of activity. For children under 8 years of age, at least 4-6 glasses of water is recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended.

If your child is playing sports or is very active they will need extra fluid, see our section on **hydration for active kids**. Kids will also need more fluid on hot days or when unwell.

Tips to help your kids stay hydrated!

- Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.
- Encourage your child to drink water before, after and during physical activity
- Always offer water with meals and snacks
- Encourage your child to drink water, even if they don't like it!

Tips for kids who don't like water

- Try adding slices of fruits such as lemon or orange to water, for variety and flavour.
- Let your kids choose their own drink bottle or serve water in colourful glasses or jugs.
- Be a role model! Make a point of drinking water with your kids.
- Experiment with temperature; try having a jug of water in the fridge, adding ice-cubes, or even warm water in winter.

Water is the best choice to keep your kids hydrated throughout the day. Water contains no extra energy and can quench your thirst. Other fluids such as milk, juice and sweetened drinks can also contribute to your child's fluid intake.