Calendar of Events
17/6 P&C Meeting – 6pm
18/6 AFL Skills at Empire Vale PS
19/6 Small School Athletics Carnival
26/6 Stages 2 and 3 AFL Skills at Empire Vale PS

David’s Discourse
Welcome back to Term 3! Where has the year gone so far? I hope that everyone has had a good holiday and are ready for yet another busy term starting with our annual AFL competition on Thursday 18th July, closely followed on Friday 19th July by the Small Schools Athletics Carnival. I would like to take this opportunity to thank the parents and community for all their help with our schools athletics carnival held in Term 2 on Wednesday 26th June. Without your help and support events such as this would not run as smoothly and I look forward to working with you all again this term.

AFL Skills
In preparation for the annual AFL competition for Stage 2 and Stage 3 against other schools, we will be attending a training afternoon on Thursday 18th of July and Friday 26th of July at Empire Vale PS. If you are able to assist in transporting students on these days, please contact the school.

Small School’s Athletics Carnival
On Friday 19th July we will be participating in the Small Athletics Carnival at Wardell recreation grounds. If you have some spare time we would love your assistance with running some of the events. Please let the school know if you can donate some time on the day.

Positive Behaviour for Learning
Staff are continuing to focus on rewarding students in the playground, classroom, library and office for doing the right thing and behaving appropriately. Students received Wardell Winners for following the school rules:

- Being Safe
- Being Fair
- Being Respectful
- Being a Learner

4680 Wardell Winners were given out to our 38 students last term! The average received per student was 18 Wardell Winners each week.

If you have any questions about PBL or would like more information, please contact Miss Crealy at school.

David Owen
Principal

Actions, looks, words and steps form the alphabet by which you may spell character.
Johan Kasper Lavater
Joke of the Week

Do you have a joke that you think is funnier than these?

Q. Which famous cat never got his feet wet?
A. Puss in boots!

Q. Which pet snakes do very well in Mathematics?
A. The adders!

Q. Can anything be smarter than a cat that can count?
A. Yes, a spelling bee!

If so email your joke to the school email address: wardell-p.school@det.nsw.edu.au

Please make sure your jokes are age and language appropriate and suitable for publication on our school website. The staff will decide which are the funniest jokes and they will be published in the following week’s newsletter.

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Responsible Pet Ownership

Last Term, K12 students were lucky to participate in the Responsible Pet Handling Program. Here are some photos that recount the visit.

Miss Crealy
5 Ways to Eating Healthy

Our school is participating in Live Life Well at School.

In the classroom and playground we will be building the knowledge, skills and attitudes of your children to help make them more active, more often, as well as helping students to make healthy eating choices.

At home, with good food habits and daily physical activity the family will be well on their way to a healthy life. Easy to say, but sometimes not so easy to do! Our busy lifestyles can be hard on our family’s health. Rushing to and from school and work can make it hard to find time to be physically active.

We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer.

However, these choices can be dangerous for our health and our children’s health – both now and in the long-term. That’s why it’s so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

- Choose water as a drink
- Eat fewer snacks and select healthier alternatives
- Get active each day
- Turn off the TV or computer and get active
- Eat more fruit and vegies