



UPCOMING EVENTS:

*** Wed 5 - 26 Jun:**
Gymnastics

*** Mon 10 Jun:**
Public Holiday

*** Mon 17 & 24 Jun:**
After School Sport

*** Tue 11 - 25 Jun :**
After School Sport

*** Fri 28 Jun:**
K-2 Excursion to
Aquarium

*** Week 10 (Mon 1—
Thu 4 Jul):**
Half-yearly student
reports and parent-
teacher interviews

*** Fri 5 Jul:**
Last day Term 2

Sefton Infants School Newsletter

Wednesday 5 June 2019

Principal's Report

Dear Parents/Carers,

Our students are making great progress with our Term 2 gymnastics program. They are certainly developing their flexibility, strength, balance and coordination during their lessons. Gymnastics can also be very beneficial for other areas of your child's development. Since gymnastics is a developmental sport, it builds skills through a progression of steps, requiring children to concentrate and focus. These skills can be transferred to learning tasks in the classroom. Gymnastics also involves goal setting, practise and mastery of new skills, fostering children's confidence. Furthermore, social skills are enhanced in gymnastics. During a gymnastics lesson, children will observe, wait their turn, follow directions, respect and work with others as they share spaces and equipment. As children achieve skills in gymnastics, they increase their self esteem, gain a sense of control over their body's movements which in turn increases healthy self empowerment and body awareness.



Did you know ? Researchers argue that extra time spent in physical activity can enhance learning. Studies show that higher test scores in reading, comprehension and maths are associated with regular participation in physical activity. Almost immediately after participating in physical activity students are better able to concentrate on tasks, remain focused on their learning. Short bouts of physical activity are associated with improvements in memory, concentration and on-task behaviour. Remaining sedentary for long periods of time can negatively impact memory, recall and the ability to multi-task.

Weekly sport, fitness times and the after school sport program are all ways Sefton Infants School aims to increase our students' participation in physical activity and to develop important fundamental movement skills.

Kind regards,
Sharna Labbe

Applications for enrolment in Preschool and Kindergarten 2020 are now available from the school office.



Playgroup for 0-5 years

**9:30-11:30am
Thursdays**

**Sefton
Community
Centre**

**73 Batt St
Sefton**

Enrolling Now for 2020

Applications for Preschool or Kindergarten enrolment for 2020 at Sefton Infants School are now available from the school office.

To apply for **Preschool** enrolment, your child must be **4 years of age by 31st July 2020**. It is strongly suggested that your child already be 4 years of age at the commencement of 2020 so that they are ready for a preschool setting. Sefton Infants Preschool is very popular. Student places for our preschool are limited to 40 children per year, therefore criteria for priority of enrolment are followed. This means priority is given to families who live within the school boundary, as well as to older children who must enrol in school the following year. Please refer to the Preschool Enrolment Policy on our school website for further information. It is also a government requirement that all children who attend all preschools must be up-to-date with their immunisation vaccinations.

To apply for **Kindergarten** enrolment, your child must be **5 years of age by 31st July 2020**. It is strongly advised that your child already be 5 years and turning 6 years of age in 2020 to start Kindergarten as he/she will then be more likely to be ready for formal schooling. Legally, children do not need to start school until the year that they are turning 6 years of age. By this age, they are more mature and ready for the academic, physical and social demands of school.

Please visit our school office to collect an application form or to seek any more information about Sefton Infants School and Preschool.

In addition to age requirements, priority enrolment criteria does apply, including initial places being offered to children living in the school's local boundary area and/or whether they have siblings already enrolled at our school. Thank you for sharing this information with family and friends who may have children ready to start their Preschool and Kindergarten education next year. The early childhood education programs that run at Sefton Infants School are highly regarded in the local community. Student places are limited, so we recommend completing application forms as soon as possible.

Visit to Local Playgroup

Have you got a child from 0-5 years of age?

Ms Labbe (Principal) and a group of families from Sefton Infants School will be visiting the Play2Learn Playgroup at Sefton Community Centre on **Thursday 20 June 2019**.

Playgroup is a wonderful way to support your child's early education and to meet with other families in the local area. The Play2Learn Playgroup is led by trained early childhood educators and each week local agencies such as speech therapists and child behaviour specialists also visit the playgroup to support families. This friendly and well-resourced playgroup meets each Thursday 9:30-11:30am at the Sefton Community Centre, near Sefton Infants School.

Join us in visiting the playgroup! Please see Ms Labbe in the school office if you have any further questions. We hope to see you there.

WHEN: 9:30 -11:30am Thursday 20 June
WHERE: Sefton Community Centre
73 Batt Street Sefton

All welcome!



Play2Learn
A good beginning for every child



Crunch and Sip

Crunch and Sip is a time each day when students can refuel on vegetables or fruit and rehydrate with water. Students who are not hungry and well hydrated perform better in the classroom, show increased concentration and are less likely to be irritable and disruptive. Because most Australian children are not eating enough vegetables and fruit, Crunch and Sip may assist students to meet daily intake requirements. All classes at Sefton Infants School and Preschool participate in Crunch and Sip. Most classes have Crunch and Sip as a mid-morning break in their classroom to refuel during their important academic learning. We thank our families who support this worthwhile initiative by ensuring their children bring vegetables and/or fruit and a drink bottle of water for Crunch and Sip. We encourage our families and students to continue with their healthy food choices for lunch and recess as well.

6 tips

to increase fruit and vegetables at home

1

Be a role model

Let your kids see you enjoying fruit, vegetables and water.

2

Get the kids involved

Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.

3

Make it accessible

At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.

4

Try Crunch&Sip® at home

Make time on weekends or during school holidays for a quick snack of fruit or veggies.



5

Keep trying!

Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!

6

Include it in every meal

Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.



Health

At Sefton Infants School we are safe, respectful learners.

SAFE

- * **Be in the right place.**
- * **Move safely.**
- * **Hands and feet to yourself.**

RESPECTFUL

- * **Follow teacher instructions.**
- * **Be kind to others.**
- * **Let others learn.**
- * **Care for our school.**

LEARNERS

- * **Try your best.**
- * **Be responsible for your own**

Super Sefton Awards

Congratulations to the following students for earning awards for their safe, respectful and excellent learning behaviours:

Principal's Award - 10 Super Sefton Awards

| | | | |
|-----------------------|----|-------------------|----|
| Ayah Yaghi | KB | Lachlan Tran | KB |
| Kevin Le | 1Y | Zain Abdul Khalek | 1Y |
| Nathan Nguyen | 1Y | Jonathan Tan | 2P |
| Ali Arbes | 2P | Cynthia Nguyen | 2P |
| Ilesha Hamida | 2P | Eric Wang | 10 |
| Zahra Abdullah | KB | Gwenee Ta | 1Y |
| Ali Chehade | 1Y | Emily Huynh | 1Y |
| Huzaifah Nadeem | KG | Yasmin Hadafmam | KG |
| Zahra Mostajaboldaveh | KG | Noah Aboulhaf | KG |
| Mariam Kheir | KG | Zayd Zahab | KG |

