

# CHAMPIONSHIP TROPHY AND MEDAL WINNERS

## VPSSA 2018

Girls U/7 Champion	Milla Ballantyne	CAL 42 points
Girls U/7 Runner Up	Alexis Sewell	GOOM 40 points
Boys U/7 Champion	Jaxon Smith	GOOM 48 points
Boys U/7 Runner Up	Harvey Smith	GOOM 28 points
Girls U/9 Champion	Emilee Glass	CAL 42 points
	Zoe Macnamara	CDX 42 points
Girls U/9 Runner Up	Josie Edmonds	BOL 38 points
Boys U/9 Champion	Jordan Raynor	SH 42 points
Boys U/9 Runner Up	George Davidson	CAL 40 points
Girls U/11 Champion	Makenzie Smith	GOOM 60 points
Girls U/11 Runner Up	Vashti Fuchsichler	CAD 58 points
Boys U/11 Champion	Jayden Clarke	GOOM 66 points
Boys U/11 Runner up	Zachary Lord	SH 54 points
Girls Open Champion	Lataya Drayton	GOOM 71 points
Girls Open Runner Up	Natayla Gould	CDX 64.5 ppnts
Boys Open Champion	Max Quartermaine	SH 78 points
Boys Open Runner Up	Rory Purser	YER 60 points

### JD Milner Trophy

Champion School	Goom	1066pts
2 <sup>nd</sup>	Sacred Heart	800pts
3 <sup>rd</sup>	Yerecoin	561.5pts
4 <sup>th</sup>	Bolgart	487pts
5 <sup>th</sup>	Calingiri	447 pts

### Meritorious Shield – Handicapped

1 <sup>st</sup>	Goomalling	1066
2 <sup>nd</sup>	Sacred Heart	816
3 <sup>rd</sup>	Yerecoin	709.5
4 <sup>th</sup>	Bolgart	703
5 <sup>th</sup>	Calingiri	655
6 <sup>th</sup>	Cadoux	705.5

# Go Health!

## Screen time

Sitting less and moving more is important for everybody's health. Children and adolescents should not spend more than two hours a day on screen based activities. Excessive screen time often leads to poor health, poor fitness and overweight. Activities like surfing the net, social networking, watching TV and playing screen games can be educational and fun, but all involve sitting still for long periods of time. Set family rules around screen time and encourage your child to try a range of active pastimes, especially during daylight hours. Being a positive role model by participating in activities with children and having your own active lifestyles can have a great effect on children's attitudes to physical activity.

Even basic (non-sport focused) activities as a family can help instill active lifestyle habits as well as developing motor skills in children from an early age.

For more information, go to <http://raisingchildren.net.au> and [www.livighter.com.au](http://www.livighter.com.au)

## Quick Tip

For a range of great indoor and outdoor activities to get the whole family moving more, go to: <https://livighter.com.au/LiveLighter-for-Families/At-Home/Family-Time/Getting-Active-at-Home/>

## Recipe Link

<https://livighter.com.au/Recipe/389/baked-chicken-parma-with-sweet-potato-mash>



Term Three Issue Five

19th September 2018

Goomalling Primary School  
"Every Child, Every Chance to Shine"

# The Goomalling Gazette

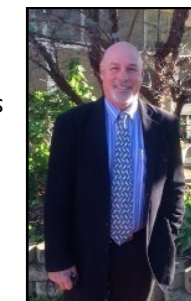
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Dear Parents/Guardians, Staff and Students,

This is my last newsletter for this term and I would like to thank the school and community for such a fantastic time. There has been so much support from the P & C, Shire Council and parents during the busy time of sports carnivals.

Our students have excelled at the Mortlock Athletics with many champions, runner-ups and great sportsmanship. Special thanks to Gordon – School Gardener for all his help in preparation and set up. Thankyou to our office staff for all your assistance in preparation for the Mortlock and VPSSA Carnivals.



Last Friday we travelled to Calingiri to compete in the VPSSA. The Students achieved great results winning the champion school and also the handicap. ( Which cannot be awarded if also Champion School). The students proved to be outstanding representatives with their positive and committed approach to all events. Congratulations to our Champions and Runner Ups:-

Champion Open Girl:	Lataya Drayton
Champion Under 11 Girl:	Makenzie Smith
Champion Under 11 Boy:	Jayden Clarke
Champion Under 7 Boy:	Jaxon Smith
Runner Up Under 7 Girl:	Alexis Sewell
Runner Up Under 7 Boy:	Harvey Smith

Well done to all students that participated in both carnivals.

Kim Anderson  
*Principal*

**Students and Staff will commence Term 4 on Monday 8th October 2018.**

**Our school development day will be held on Monday 5th November 2018, in which students are not required to attend school on this day.**

**Free Dress Day—Friday 21st September 2018**

**Our last day of school will be Free Dress for all students.  
Students are required to bring a gold donation**

## Library News



We will be having another Book Fair in Term 4. It is only for a short time, Friday, 12th October to Wednesday, 17th October 2018.

When you purchase a book you are entitled to another book to the same value (or lesser value) which will be free. There will be no posters or stationery available. I can not re-order any books. This is only a trial, to see if we like it. After the event, your opinion will be valued.

Happy Reading  
Mrs Sheila

## Thank You

A special Thank You to Darren West MLC for sourcing and providing our school with new Australian and Aboriginal Flags. Our new flags are flown daily at school, and we thank Mr West for this kind gesture.

## Uniform Jackets

There are a large number of un-labelled jackets again in the office. If your child is missing their jacket please come and collect from the office by the end of term.

## Head Lice

It has come to our attention that head lice are present in the school.

This is a continual problem which causes much frustration and anxiety for parents.

However if EVERYONE is watchful and does regular treatment and checks, the spread of head lice can be brought under control.

Please check your child's hair thoroughly and treat if head lice are present. Your child should not return to school until they are clear of the infestation.

Listed below is the recommended treatment from the Department of Health.

1. Wash the hair and apply a head lice treatment.
2. Apply conditioner.
3. Use a fine tooth nit comb to comb through the conditioner.

**REPEAT 1, 2 & 3 every day for 10 days if necessary.**

### OTHER TIPS

- Wash all pillowcases, brushes and combs.
  - Have long hair PLAITED tight to the head.
- Have boys hair cut very short.

Thank you for your diligence and assistance with this important health issue.

## Mortlock Athletics Carnival

Host School - Goomalling Primary School  
Friday 7<sup>th</sup> September 2018

### Champions 2018

#### Under 7

Champion Girl: Alexis Sewell 48pts

Champion Boy: Jaxon Smith 48pts

R/up: Mia Sewell 38 pts

R/up: Harvey Smith 40pts

#### Under 9

Champion Girl: Susan Drayton 48pts

Champion Boy: Liam Dow & Jordan Rayner 44pts

R/up: Tasmin Clarke 40pts

R/up: Lachlan O'Brien 36pts

#### Under 11

Champion Girl: Makenzie Smith 80pts

Champion Boy: Jayden Clarke 64pts

R/up: Ava Bywaters 68pts

R/up: Daniel Candeloro 58pts

#### Open

Champion Girl: Lataya Drayton 92pts

Champion Boy: Max Quartermaine 93pts

R/up: Kalicia Warmdean 84pts

R/up: William Lord 65pts

#### Champion School

Goomalling PS 1428.5

Sacred Heart CS 1172.5

#### New Records:

Makenzie Smith Girls	U/11 Long Jump	3.27m	GPS
	Girls U/11 75m	12.03	GPS
Jaxon Smith	Boys U/7 Flag	17.06	GPS
Susan Drayton	Girls U/9 Flag	16.47	GPS
Daniel Candeloro	Boys U/11 Flag	14.78	SHCS
	U/11 Passball	GPS 22.34	
	U/9 Tunnellball	GPS 30.91	
	U/7 Leaderball	GPS 41.79	
	U/9 Leaderball	GPS 48.59	
	U/11 Leaderball	GPS 43.97	