Welcome back for term 2! I will tell you in secret, that coming back to school after holidays is sometimes hard for me – this time mostly because my holiday life was sleeping in and working on my homework. Yes homework! That’s a long story, but Prescott Southern is back to full speed, looking very smart and warm in winter uniform, my homework will have to wait!

I’m especially excited about our theme for next week, Getting Fit with God. I think that wherever we look around us, someone will be giving us advice about being fit and healthy. Every time I turn into Pimpala Road, I think about getting fit while waiting at the lights: the gym on the corner looks so interesting. But then the lights change; I zoom off in my car and forget about aerobics! When I’m shopping I see little signs on the things on the shelves: 97% fat free! Low GI! Dolphin friendly! High in bran! You might have noticed some of these signs. They pop up on TV too. Did you know, that it is “healthier” for you to sit and do nothing than to watch TV? That’s because when you watch TV, your body slows down as if you were going to sleep. This means your heart beats slower, your breathing slows and your metabolism (the process of changing food to energy) slows too. That means that instead of using the energy, your body stores it as fat. Interesting! Meanwhile, all around us, there are reminders about having healthy bodies and hearts.

Getting Fit with God is not just about the food we eat, or how often we exercise. Of course, having a fit healthy body is very important. God’s picture of health is for us to also enjoy positive thoughts and emotions. If your body is strong but your heart is sad and heavy or your thoughts are filled with anger and worry, your whole body is out of balance. I believe God designed humans and the world we live in to have life that is bursting with goodness (Jesus said “My purpose is to give life in all it’s fullness!” John 10:10). As we have a special focus on healthy bodies and healthy hearts and thoughts, I hope that we will all be able to learn something new about God’s design, God’s love and about getting fit with God too!

Have a marvellous term!

Lili Panozzo
Chaplain

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**CALENDAR**

| Monday-Friday | 5—9 May | Mothers Day Stall |
| Friday | 9 May | Jump Rope for Heart Jump Off at 11.00am |
| Tuesday—Thursday | 13—15 May | National Assessment Program Grades 3,5,7 |
| Wednesday | 21 May | OHSW Committee 9.30am |
| Wednesday | 21 May | Fundraising Committee 7.30pm |
| Tuesday | 27 May | OSHC Committee 7.30pm |
| 26—30 May | Science Week |
| Thursday | 29 May | Science Dress Up Day |
COMING EVENTS

Mothers Day Stall
Monday 5 May—Friday 9 May
All next week on the Colonnade come and browse for the perfect Mothers Day gift. There will be a wide variety of items at various prices. Your support is always greatly appreciated.

Junior Choir
Please note that the Junior Choir performance at the Salvation Army that was planned for next Monday, May 5 has been cancelled.

FROM THE SCHOOL OFFICE

School Start Time
Just a reminder that school begins at 8.45am. Students who arrive after this time must get a late pass from Student Reception. The school yard is supervised from 8.30am and any students arriving before 8.30 must be at OSHC, as they cannot be in the school yard unsupervised. Thank you for your cooperation.

Book Club
The latest Book Club catalogues are enclosed. Please return orders and payment by Monday, May 12. If paying by cheque, please make cheques payable to Prescott Primary Southern, not Scholatic. For credit card payments, please follow the instructions on the back page of the catalogue. Thank you for your support of the Book Club program which helps the school to gain extra resources.

Koorong Kids
The latest catalogue from Koorong Books is also enclosed. You will find Christian books, DVDs and other merchandise for all age groups at discount prices. All orders must be returned by Friday, May 16 with correct money enclosed. Payment is by cash or cheque only. Please make cheques payable to Prescott Primary Southern. Your support is appreciated as the school gets to keep 10% of all sales

Brain Food Reminder
Each morning students are given a break to eat their brain food. This helps to enhance their concentration.

Brain food that is acceptable includes:
- Fresh Fruit—eg. Bananas, apples, grapes, etc.
- Tinned Fruit—sliced peaches, pears, etc.
- Dried Fruit—sultanas, apricots, pineapple, etc.
- Vegies—carrot sticks, celery sticks, tomatoes
- Cheese—cheese sticks, cheese slices

Foods not acceptable include:
- Yoghurt
- Cheese snacks with biscuits
- Muesli bars
- Roll-ups
- Packets of chips

Please ensure your child has brain food every day.

Lunchtime Chess
Lunchtime Chess will be starting again in Week 3 on both Tuesday and Wednesday. If your child is not already a regular chess player but would like to join please ask at the front office for a consent form. The cost is $24 which needs to be paid by Tuesday of Week 3.

After School Sports
The After School Sports program for this term begins next week. The program includes AFL on Tuesdays and Athletics on Wednesdays. Consent forms should have been returned by now, but if you still need to complete a form, please enquire at the front office for a copy.

Students are to meet the supervising staff member outside the Science/Music room straight after school, then the group will move to the sport area together. Students are to be collected by 5.00pm or they will be sent to OSHC where normal fees apply.

Lost Property
If you have any items that did not come home from camp last term, please check the lost property box in Student Reception. Please do so in the next two weeks because after this time the lost property box will be cleaned out.

New Staff Member
We would like to welcome Mrs Kathryn Drillis. Kathryn, who was a classroom teacher here before starting her family, has accepted the position of Counsellor. She will be at the school on Tuesdays and Wednesdays.

Cartons and Bottles Needed
Could you collect and bring in 1 litre milk cartons and plastic bottles with “star shaped” bottoms on them. These are needed for Wakakirri props. They can be left at Student Reception marked “Wakakirri”. Thank you.

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- Roll-ups
- Packets of chips

Please ensure your child has brain food every day.
To be ready for this record attempt please check off the following:

☐ Student’s permission form signed and returned.
   (these were enclosed in the last newsletter of Term 1—see front office if you need more)

☐ Sponsorship Forms –are you raising some much needed funds for JRFH?
   (don't forget there are great prizes to be earned & the school receives 10% of fundraising monies).
   Spare forms are available at office or you can complete your sponsor form on line at: www.heartfoundation.org.au/jumpforheart

☐ Students to wear full sports uniform on the Friday.
   (The event will be videoed and photographed!!!)

☐ Organise time as a parent to come and watch.
   (We would love to have your support)

WOULD YOU LIKE TO JOIN IN?

Parents/friends are most welcome to participate in the jump off and help the Guinness World Record Attempt in Australia to be successful.

To be an adult participant you will need to:
1. Skip for three minutes non-stop
2. Sign the adult permission form (available front office)
3. Sign the ‘Record of Participants’ form on the Jump Off Day
4. Supply your own skipping rope (sorry we have run out at school!!!)
5. Be at school no later than 10.40am

Friday
9th May
at 11.00am
3 minutes of non-stop skipping!!
COMMUNITY ANNOUNCEMENTS

From Morphett Vale Church Adventurers
All 5—9 year olds are invited to come along this Saturday night, May 3 for the next Adventurer meeting. Meet in the Church foyer from 6.30-9.00pm for games, stories, crafts and a lot of fun. Hope to see you there.

School Football
Southern Vales Christian College is looking for keen footballers from Years 4—7 to get involved in the Panther League school football. Training is on Tuesday afternoons at SVCC, Morphett Vale (just around the corner) from 4.00-5.00pm, with games on Saturday mornings. If you’re interested in getting involved in the Great Australian Game, contact Craig on 0438 887 159 as soon as possible and we’ll get you enrolled. Both boys and girls are welcome to join.

Seaview High School
Seaview High School is holding an Open Day on Wednesday, May 21.
Year 8 Centre & Principal’s Tour 9.30—10.30am
Whole School Open 5.30—8.00pm
Meet the Principal 6.00—7.00pm

Assembly Timetable for Term 2
Assembly is held on Monday mornings at 9.00am in the Church. Parents are welcome to join us.

Week 2  Full Assembly  Class 5
Week 3  Junior Primary  Class 8
Week 4  Full Assembly  Class 10
Week 5  Junior Primary  Class 1 & 2
Week 6  Full Assembly  Class 4
Week 7  No Assembly—Public Holiday
Week 8  Full Assembly  Class 6
Week 9  Junior Primary  Class 3
Week 10 Full Assembly  Class 7

FUNDRAISING

Classroom Fundraising Lunches
Classrooms will be taking turns to offer a Fundraising Lunch each week starting in Week 3. Order forms will be sent home each week in your child’s communication book/diary and need to be returned no later than Wednesday. Please note that there will be no canteen lunch orders on Thursdays during this term (only noodles etc. from Kids Canteen).

We would appreciate any help with donations or your time when your child’s class has their turn at lunches. Your support is always appreciated.

Recyclables
Don’t forget to drop your recyclable bottles, cans, cartons etc. into the orange bin at the rear of the office. Please remember to remove lids before putting bottles in the bin. Thank you.

Mothers Day Stall
Don’t forget to visit the Mothers Day Stall on the Colonnade every day before school next week. Come and get a bargain, make mum’s day and help the school all at the same time. You will find plenty of goodies to choose from. And thank you to those parents who gave up their time to help with the wrapping of gifts for the stall.

To Mum
You’re always there to guide me through each step along my way; Thank you, Mum, for being there and Happy Mothers Day!