Why eat fruit and veg everyday?
Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:
- coronary heart disease
- some forms of cancer
- overweight and obesity
- constipation
- high blood pressure and blood cholesterol levels
- help improve control of diabetes.

Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits. Amanda Swain

BOOK WEEK 18-22 August

Book Fair 21 August 8:30am - 4:00pm in the Library

Book Week Parade 21 August 12:00pm - 1:00pm in the Hall

Students are invited to dress-up as their favourite book character. Parents, grandparents and friends are invited to come along and enjoy the parade.

Welcome to Week 4 Term 3
August 4, 2014

Thank you to all the wonderful parents who attended the assemblies last week. I would particularly like to thank the parents who made an effort to thank teachers for the awards. Too often the brickbats outweigh the bouquets and it was a lovely change. Thank you to the classes who performed – your contributions were much appreciated.

The Athletics Day was a very successful day - thanks to the great organisation by Robyn Hegney. Thank you to all teachers and parents who helped in many ways. The Zone Athletics will be held on Friday August 8. Students who are in Sydney will be informed by me today about the events they will be in.

Yesterday 40 students headed to Sydney to perform at the Opera House. They have a rehearsal this afternoon and early Tuesday. I know many parents are travelling down for this special occasion. Travel safely and enjoy the performances. I fly down today and will return on Wednesday morning. Karen Watson will be Relieving Principal in my absence.

Best wishes to the Ben Venue Rugby Union team who are in the final eight in the state. They play Edgecliff (Newcastle) at Scone on Thursday. Andrew Watson will follow through with this team and will go down with the boys. Thank you to James Waters who has been training the boys and helping to prepare them for this match.

Congratulations to Bailey Pattison who has been chosen as the Primary School Keynote Speaker at the Historical Celebration of Armidale Remembers on Wednesday August 13. Bailey’s speech was chosen by a panel of judges from entries across Armidale schools.

Ben Venue will celebrate NAIDOC WEEK in Week 5 (starting Monday August 11) beginning with a Flag Raising Ceremony and morning tea followed by an assembly on Monday August 11.

Thank you to the Parent Club helpers who raised around $1700 last week. This money is going towards the provision of a new play area for Kindergarten.

Judy Graham
and have begun a new COGs unit assembly. Enjoyed the sausage sizzle lunch after the present one of these dances at the 3 dances this term. Some students were chosen to have already learned and stylised three different 3H and 3/4B and they are very quick learners. They have also been learning some dances with 3J.

FLU SEASON IS HERE!
Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:
- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.
- If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

NEW ENGLAND SCHOOLS REMEMBER
The New England Schools Remember Ceremony is a commemorative service for the primary and secondary students of the New England Region and will be held in Armidale on 13 August. A small group of Year 6 students will attend this service as representatives of Ben Venue. Information will be sent home to interested students this week.

Congratulations to Bailey Pattison who has been selected to give the primary keynote address on this special occasion.

Karen Watson

AROUND THE CLASSROOMS
3H Term 3 has kicked off with a boom. 3H have had a space shuttle delivered to their classroom. Inside is a possum named Snook. Students are learning how to take care of our own spaceship, better known as Planet Earth. 3H has been learning all about the water cycle and were very surprised to discover that the water we use on Earth today has been recycled since the dinosaurs were alive! We will be heading out to Thalgarrah very soon to continue learning about our Spaceship Earth.

3H have also been learning some dances with 3J and 3/4B and they are very quick learners. They have already learned and stylised three different dances this term. Some students were chosen to present one of these dances at the 3-6 Education Week Assembly. They were very excited! 3H enjoyed the sausage sizzle lunch after the assembly. Rhianne Trotter

2H have been extremely busy since returning from their winter holiday. Students are working very hard and have begun a new COGs unit ‘Powering On’ where they are learning about the energy of powered toys and energy in the environment. This week 2H are going to Thalgarrah Environmental Education Centre where students will explore this topic further.

In English students are exploring different versions of popular stories, such as traditional fairy tales and are gaining an understanding of how a story can be told from different points of view.

Please ensure your child has all the necessary equipment needed for lessons each day at school. Some students require new glue sticks, pencils and erasers this term. Richard Cotter

Notice to Parents:
KL and 1D will be presenting their assembly items this week at 12:20pm on Wednesday. We hope you can come along!

NAIDOC WEEK CELEBRATIONS

Monday 11 August
- 10:40am Flag Raising Ceremony
- 11:30am Official NAIDOC Week Assembly

Tuesday 12 August
- Students Casual Dress Day
Students are asked to dress in Aboriginal prints or in the colours of the Aboriginal Flag

Thursday 13 August
- Parents and carers are invited to join our staff for morning tea in the Hall