As you can see, water is the best option. Choose water as a drink whenever possible. Amanda Swain

<table>
<thead>
<tr>
<th>Drink</th>
<th>Sugar content (teaspoons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drink 375ml</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink 600ml</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice 250ml</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial 250ml diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, these drinks should be reserved only for special occasions. High consumption of these drinks may lead to weight gain and tooth decay.

As you can see, water is the best option. Choose water as a drink whenever possible. Amanda Swain

Welcome to Week 8 Term 3

Congratulations

• To the Ben Venue Rugby Union Boys who were Runners Up in the State PSSA Rugby Union Knockout competition. Thank you to the many businesses in town who supported the boys’ accommodation costs – ExServices Club, Royal Hotel and also those who supported in other ways – Sportspower, Independent Sports and Sporting Gifts New England. Thank you also to our P&C who assisted the students to get to the finals. Thank you to Andrew Watson and James Waters for the on-going coaching. Congratulations to Benji Marshall who was chosen as the Player of the Finals.

• To the Girls Hockey team who are through to the Finals (last four in the state). The girls will play in Narellan (Sydney). They were successful in a tight match against Westlawn in Grafton (2-1). Great news girls and best wishes for the finals.

Both teams are great ambassadors for Ben Venue with very positive feedback coming from rival teams.

• To the students who were successful in being chosen at North West level to attend the State Athletics in October - Jacob Betts, Benji Marshall, Liam Northam, Matthew Smith, Darcy Booth, Nicholas Jackson, Hayden Schumacher, Dougal Payne, Niam Evans, Nadesha Smith-Atkinson.

• In the Assembly this Thursday (Yrs 3-6) the remaining Athletics ribbons from the Ben Venue Athletics will be given out as well as the ribbons from the District Athletics.

Judy Graham

NOTICE TO PARENTS

It has come to my attention that a number of students are concealing mobile phones in their pockets or in their bags. Students who NEED to have a phone at school must sign it in at the Front Office and collect it in the afternoon (sign it out). All messages regarding information or changes for students must be phoned through to the Front Office and a message will be given to the student.

Lately there have been some ‘coincidental’ visits from parents after minor playground issues and some students upset about the use of phone cameras. There are fairness and privacy issues involved and these must be respected. Twice in the past, phones and ipods have gone missing from bags but as they are not supposed to be at school students understand that there will not be any follow up. These are expensive items and shouldn’t be at primary school.
From the Deputy’s Desk …..

We currently have two very important Orientation Programs running in the school. Many of our Year 6 students have finalised their school placement for 2015 and have begun to make visits to their school of choice. These visits will continue over the next few weeks. In addition to this, students who will be starting school next year for the first time will soon be visiting Ben Venue to experience snippets of a day in the life of a Kindergarten student.

Please be aware of the following dates as it is important for your child to attend these sessions. These days assist the students to feel comfortable in their new surroundings and confident to approach year with enthusiasm.

High School Transition

Armidale High School is holding two experience days for students on Wednesday 3 September and Wednesday 10 September. On these days students will take part in mini lessons designed to give them a ‘taster’ of what to expect next year. Students will also have the opportunity to have a look around the school and meet some of the teaching staff. Notes have been sent home with students who have indicated they will be attending AHS in 2015. If you did not receive a note, additional copies can be obtained from me. Duval High School will hold a full day Orientation Day on Thursday 6 November. Details will follow closer to the date.

Duval High School

Students who are undecided about their choice of school for next year are welcome to attend any of these days. Please contact the school as soon as possible to complete an enrolment application. Karen Watson

Kindergarten 2015

The Kindergarten Information Evening for parents will be held on Thursday 9 October in the school library. This evening is a wonderful opportunity for parents to learn more about Ben Venue and ask any questions they may have.

The school experience days for students will begin early next term and we are currently finalising names and numbers for these sessions. If you have a child who will be beginning school in 2015, or know of family or friends who do, it is important to enrol through the school office for these experience days. If we do not have an enrolment form for your child with contact details, we will be unable to send out the invitation to these days. Please contact the school as soon as possible to complete an enrolment application. Karen Watson

AROUND THE CLASSROOMS

Kindergarten students thoroughly enjoyed their very first Book Week Parade last week. Students came dressed in a variety of their favourite book characters and many of these have featured in discussions relating to our English unit ‘The Journey Home’. Last week our focus was on pirates, students followed instructions to make pirate hats, wrote pirate stories, created pirate whip artworks and had lots of fun playing pirate games in their classrooms.

Just a reminder for your child to keep returning their home readers and practise their sight words regularly.

There will be a K-2 Athletics Carnival on Thursday September 18. It will be held on Bruce Browning Oval. More details will follow soon. Sue Lye and Julliann Porter

3J had a wonderful time at the Book Week Parade and Book Fair last week. There are some photos of our wonderful costumes. Thank you Jennine Wilson and Kerry Barrett for organising this event!

“We had a Book Parade on Thursday and I was Jake the dog from Adventure Time. Eden was a pirate and Jordan was Shawn the Sheep. The funniest costume in our class was William, he was the tooth fairy. Riley was a soccer player. Callan, Toby and Alyssa were rough and tough nuts. Orrin was from Minecraft and he had a box on his head with red eyes. We had a wonderful time and we walked around in front of the rest of the school and our parents.” Dylan Rush

3J are working on a great Maths unit with Miss Cole about ‘Time’. We are doing lots of fun activities with digital and analog clocks. In English we are undertaking the unit ‘Pictures Tell the Story’ which includes studying wordless books and short films. Bronwyn Jones

No K-2 Assembly this week due to the Fundamental Movement Course being conducted in the hall.

Hockey News

Last Tuesday the girls hockey team travelled to Grafton to play their quarter final match against Westlawn PS in the PSSA State Knockout Competition. In a tightly contested game, with the score 1-1 at half time, the girls approached the second half with determination and commitment and were rewarded with a second goal with ten minutes to go. From there, Ben Venue was able to hold off the tenacious Westlawn attack to win the match 2-1. For the second year in a row, they are one of the top four primary school teams in the state and will travel to Sydney next week to play in the finals.

Thank you to the wonderful support crew who travelled to Grafton to cheer the team on and a special thank you to John Schuman for umpiring.

Congratulations girls, we are so proud of you and wish you all the best next week in Sydney. Sue Lye

Indoor Hockey

The Summer indoor hockey competition is open to all students K-6 and is run on Friday afternoons from 4:00pm at Armidale High School. I am currently taking team and individual names for registration. If there is still anyone who would like further information, please see me as registrations close soon. Sue Lye

Junior Cricket Registration Day

When: Sunday September 14 Time: 10:30am– 22:30am

CSC: Rologas Club House— Mark McDermott 0413 452 492

Hillgrove: Armidale Bowling Club—Tony Jones 0400 328 539

North Armidale: Harris Park—Dale Northam 0409 045 813

Uralla: Andre Page 6778 3258

Time:

– 10:00am

– 10:30am

– 11:00am

– 22:30am

Gyra: Monday September 15 at 3:45-5:00pm at Gyra Central School James Stewart—0421 774 835

Milo in2Cricket: for players under 8 years old Rologas Fields Saturday October 11 9:00am—10:00am

Michael Dennis email: michael.and.helen13@gmail.com