FROM THE PRINCIPAL’S DESK

What wonderful and much welcome rain we have had over the past two weeks. It does though present us with some problems at school, especially with PE lessons. With renovations to the Gym, it means that most PE lessons are on the oval, which is soggy and wet. Once again I make the appeal that students have a change of clothes and shoes so they can change in to appropriate gear and remain warm and dry after the lesson. Several teachers have expressed continuing concern that a number of students are still coming to school not wearing a jumper. We are beginning to see a regular number of students with coughs and colds and other winter ailments at the front office. This of course is to be somewhat expected, but having children dressed appropriately may go some way to reducing the incidence.

Another concern raised this week is the number of students coming to school not having breakfast, and without enough food to get through the day. Lots of students are saying that they are hungry quite early in the morning. As many students do travel by bus and, for some, get on the bus quite early, a good breakfast is the best way to start the day. Research shows that students who eat breakfast are able to concentrate on their work and pick up learning more easily than a student who is hungry.

The Junior School has a Brain Food Time around 9.00-10.00am. It is called Brain Food making the link between good healthy food and learning. Class teachers sent home information earlier in the year about what is suitable as brain food. It includes food such as:
- Fruit
- Vegetables
- Cheese
- Yoghurt

It does not include chocolate, lollies, chips and snacks such as these. If you are unclear about the types of food that are healthy and help students focus on their learning, I am sure the class teacher will be happy to speak with you with some suggestions.

Governing Council

Over the next two terms, both the Homework Policy and the Student Behaviour Management Policy are to be reviewed. A Homework Review Committee and a Student Behaviour Management Review Committee are currently being established with representation of students, staff and parents. Governing Council invites interested parents to nominate to work on a committee. For further information and/or nomination please contact either Judy Appelkamp, Chair of Governing Council, or Monica Williams.

Parent Opinion Surveys

Every year as part of the Annual Report, parents are asked their opinions about how the school is going. This year as in previous years, DECS has randomly selected parents. A letter will be posted out to those parents selected early next week. The letter will explain how to go about completing the survey along with details about when it needs to be returned.

Student Opinion Surveys

Students will also complete the surveys on line at school. Once again students have been randomly selected. A process has been set up to make sure that those students have a chance to complete what is expected of them.

The SACE Formal

One of the most anticipated and exciting events on the school calendar this year is The SACE Formal, to be held...
on Friday 13th August at the Cheese Factory. Much organisation has gone into making this evening memorable. Students and their partners will officially arrive at the Cheese Factory as from 6.00pm. I am sure that students would welcome their families and community persons seeing them arrive at this official occasion in their finery.

**The Flags**

We fly both the Australian flag and the Aboriginal flag every day. The role of putting up the flags is the responsibility of the Year 5/6 class. The students are taught how to put up the flags and take them down. We follow strict protocols about flying the flags, but sometimes we get it wrong. Sometimes the flags may not always have gone right to the top of the pole. On the rare occasion a flag has been put up the wrong way or upside down. We appreciate the community letting us know promptly when they see this so that the mistake can be quickly corrected. It is most unusual for us to fly the flags at half mast. This usually relates to a directive from DECS.

Monica Williams

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**GERMAN NEWS**

*Liebe Eltern (Dear parents)*

Wie geht’s? (How are you?). I hope you all had a relaxing and enjoyable holiday and that you are ready for a new round of German.

We have been working on introducing ourselves.

Hallo. Hello.

Wie geht's? How are you?

Ich heiße…. My name is …

Ich bin ... Jahre alt. I am ... years old.

Another useful bit of information about ourselves is where we live.

Ich wohne in …. I live in …

Viel Spaß! (Have fun!)

Veruschka Crichton

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**Which type of mouthguard should I wear?**

There are many types of mouthguards available in Australia, ranging from cheap, over-the-counter products to professionally custom-fitted mouthguards.

The Australian Dental Association (ADA) strongly recommends wearing a custom-fitted mouthguard, which is available from your dentist.

Over-the-counter mouthguards provide inadequate protection and the significant cost associated with a dental injury means investing in a custom-fitted mouthguard is worthwhile.

**Custom-fitted mouthguards**

Custom-fitted mouthguards are made by a dentist, who takes an impression and creates a plaster model of your teeth. Custom fitting allows the dentist to accurately assess your mouth and provide the best fitting mouthguard that is most appropriate for your sport.

Custom-fitted mouthguards provide a better fit than other varieties, as they are made to suit your individual needs. A custom-fitted mouthguard is:

- Comfortable
- Tight-fitting
- Allows you to speak clearly
- Provides maximum resistance against being dislodged
- Won’t restrict breathing

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*Cathedral in Leipzig*
Over-the-counter (boil and bite) mouthguards
These mouthguards are significantly less effective than custom-fitted mouthguards. Over-the-counter mouthguards can include stock mouthguards that do not require fitting and mouthguards that are self-fitting by immersing in hot water and then biting into the mouthguard.

These mouthguards don’t fit as well as a custom-fitted mouthguard and are less comfortable to wear, which greatly decreases their effectiveness and sometimes can increase the risk of damage to your teeth. The ADA and Standards Australia do not recommend over-the-counter or ‘boil and bite’ mouthguards.

An over-the-counter mouthguard may be a short-term solution if there is absolutely no alternative available. However, even with careful attention to the directions, a poorly fitting mouthguard offers inadequate protection. Some studies place their degree of protection as only slightly better than wearing no mouthguard at all.

How long will my mouthguard last?
Have your mouthguard assessed by your dentist at your regular check-up to ensure it still fits correctly. You may need a replacement if new, permanent teeth have come through or if the mouthguard has been damaged.

How do I care for my mouthguard?
- Rinse in cold water after use
- Store in a rigid plastic container
- Keep out of direct sunlight - mouthguards will distort in high temperatures
- Occasionally rinse your mouthguard in a mouthwash
- Have your mouthguard assessed by your dentist at your regular check up
- Replace your mouthguard if it gets damaged

Information supplied by the Australian Dental Association

JUNIOR GOLF COACHING

WHEN: Commencing Sunday 5th September 2010 at 10.00 am and each following fortnight thereafter.
WHERE: At the Meningie Golf Club
WHO: All welcome - some golf clubs are available for use

CONTACT: Trevor Rasheed 0408824070, Dean Bagshaw 0409679054 or Cathy Harvey 85754255.

PaCSS NEWS

Uniforms
Now available
Polo shirts $26.00
Jumpers $28.00
Backpacks $37.00
Other items are also available
Enquiries at the front office

Next meeting
Monday 6th September at 2pm
MAS meeting room
All welcome!!

AUSTRALIAN AIR FORCE CADETS
Interest Night
7.30 p.m., Tuesday, 10th August
MULTI USER DEPOT
Caroline St Murray Bridge
The Australian Air Force Cadets (AAFC) will be conducting an Interest Night on Tuesday, 10th August 2010 at the Caroline St Army Depot.
We offer opportunities for flying, field craft, navigation, rock climbing and abseiling, basic military skills, activities at RAAF EDN and support our local community activities. Develop skills in leadership, discipline, drill, life skills in time management, initiative, self-reliance, teamwork and citizenship.
If you are between the ages of 13 and 17 looking for a challenge and fun in a military environment now is your opportunity to join the Air Force Cadets, come along to our Interest Night to learn more and get involved. If you live in the Murraylands this is your opportunity to join the premier youth organisation.
Murray Bridge Cadets Interest Night
When: Tuesday, 10th August 2010 at 7.30 p.m.
Where: Multi User Depot, Caroline St, Murray Bridge
Educates Challenges Excites
For further information, please contact
Our Staff
Lawrence Ng on 0408 083 923 or
Diane Bolton on 0417 867 697
Be Sunsmart!!

Some things I think you should know...

by Alana Standley (Year 9)

1. Cancer is a disease of our bodies cells.

2. The major cause of skin cancer is from over exposure to ultraviolet radiation from the sun.

3. People who produce more melanin (the stuff that makes us tan) are more protected from sunburn, but are not immune from cancer.

4. The main types of skin cancer in Australia are melanoma, squamous cell carcinoma and basal cell carcinoma.

5. If you have a suspicious mole that is changing you should see your doctor immediately.

6. Always make sure that your sunscreen has the sun protection factor 15 or higher.

7. You should use shade or stay out of the sun between 11am and 3pm because this is when the sun is at its strongest.

8. Melanoma is the deadliest kind of skin cancer.

9. Melanoma can occur from about 12/13 years of age onwards, but are most common between age 30 and 50.

10. If you get burnt regularly you are more likely to get cancer in your later years.

Always take care when outside!!