

WARRAGUL NORTH PRIMARY SCHOOL NEWSLE #16

20th November 2019





Remembrance Day

Lest we forget



CALENDAR 2019

21 Nov Term 4 Musical Soiree

Mon 25 Nov Year 4 students leave for Mt

Evelyn Camp

Tues 26 Nov Hoop Time State Final at

Dandenong

Wed 27 Nov Year 6 Tradie for a Day

excursion

Year 4 students return from

Mt Evelyn Camp

Fri 29 Nov Junior Assembly

Wed 4 Dec 2020 Foundation Orientation

Second Hand Uniform Sale

Thur 5 Dec Junior Sports Day

Thank You Morning Tea

Fri 13 Dec Senior Assembly

Wed 18 Dec Year 6 Graduation

TERM FOUR ASSEMBLIES

Friday 29th November - Foundation to Year 2

Friday 13th December - Years 3 to 6

Principal's Report

Remembrance Day Ceremony

Remembrance Day falls on the 11th of November each year. On the 11th hour on the 11th day of the 11th month, a minutes silence is observed and dedicated to those who died or suffered for Australia's cause in all wars and armed conflicts.

On Monday 11th November, Remembrance Day, our School Captains, Angus Parker and Emily Rhodes, laid a wreath at the Warragul Cenotaph on behalf of the Warragul North Primary School Community.

Corinne Collins Principal



Warragul North Primary School Values



School Values



Student engagement underpins effective student learning. Student engagement can be defined as three interrelated components; behavioural, emotional and cognitive.

- Behavioural engagement refers to students' participation in education, including the academic, social and extracurricular activities of the school.
- Emotional engagement encompasses students' emotional reactions in the classroom and in the school. It can be defined as students' sense of belonging or connectedness to the school.
- Cognitive engagement relates to students' investment in learning and their intrinsic motivation and self-regulation.

In a 'nutshell' Engagement means being actively involved and focused on your learning.

NUMERACY - Year Three - Sienna (3CO)

NUMERACY - Year Five - Addison (5PS)

INTEGRITY - Year Four - Kayli (4HA)

GETTING ALONG – Year Five – Tara (4/5P) Held over from 18th October

GETTING ALONG - Year Six - Eleanor (5/6P)





Hello from the Acorn Room



With Christmas just around the corner, you may be starting to feel a sense of anticipation and excitement as the festivities start to approach. Alternatively, you may be feeling a little apprehensive or drained when you think of everything that is going to have to happen to get through it all. As much as I'd like

to be looking forward to Christmas, I know I'm falling more on the side of feelings of dread than I should be. I love the joy of Christmas, the generosity of giving it brings out in people, the festivity of socialising and of good food and the warmth of connecting with family and friends. However, I struggle with the excess and waste of too many/ unnecessary gifts, especially when there are people in the world who have so little, and because our consumerist lifestyle harms our planet. I don't like it when I'm so busy that the way I care for my own immediate family suffers. I want to be teaching my kids about love, generosity, the joy of giving and how to be responsible custodians of the earth. Here are a number of ideas of ways to do Christmas slightly differently in response to one or more of the above concerns.

- © Talk with family about doing a Kris Kringle instead of traditional gift giving this year.
- © Consider making gifts or buying second hand gifts instead of purchasing new items.
- Make a donation in lieu of giving a gift e.g. through World Vision, Oxfam or similar organisations.
- © Give vouchers for 'experiences' rather than giving toys to children e.g. trip to the zoo.
- ☼ Instead of the usual Advent Calendar where you open a door or get a little gift or chocolate, set aside an item to give away each day. For example, a non-perishable food item to donate to Warragul Combined Churches Food Relief or a toy to donate to a local op shop.
- ② Another advent calendar alternative is to do an act of kindness each day e.g. walk a neighbour's dog, do a sibling's chore for them or pay for a stranger's coffee.

- © Wrap 25 books from around the house (or even some new ones) in Christmas paper, especially books about Christmas, and make it a special time of family bonding as you take the time out each day in the lead up to Christmas to read one together as a family.
- © Use the opportunities various local businesses provide for donating gifts to underprivileged children, especially for a child the same age/gender as your child
- ☼ Limit family gifts to four gifts per person something they want, something they need, something to wear and something to read.
- © Get your kids involved in purchasing gifts to give (not just receiving!).
- © Connect with the broader significance of Christmas by attending a community Carol service or Christmas event.
- © Don't wrap your gifts this year (alternatively, put gifts in colourful pillow cases and tie with reusable bows!).
- © Don't be afraid to say 'no' to people when you need to.
- © Simplify gifts or food.

I encourage you to use this list to inspire you to make just one small change to the way you do Christmas this year.

Mrs Sheryn Cutler WNPS Chaplain

Warragul North Primary School offers chaplaincy and pastoral care to students and families in the Acorn Room on Tuesdays and Thursdays.





The Staff of Warragul North Primary School would like to thank you for your assistance during 2019.

To show our appreciation we would like to invite you to a morning tea in our staffroom on:

Thursday 5th December at 11.00am.

Wg hopg you can join us on this day.

Thank You Morning Tea For 2019 Volunteers

An invitation is extended to all our wonderful volunteers who have helped in any way during 2019 to attend a 'thank you morning tea'. The staff of Warragul North Primary School would like to thank you for your assistance during the year.

Thank you to those that have helped in the canteen, been part of the Parent Club and School Council, worked on the Mother's Day and Father's Day stalls, assisted in classrooms, attended excursions and camps. To show our appreciation we would like to invite you to a 'Morning Tea' on Thursday 5th December at 11.00am in the staffroom.

We hope you can join us on this day.



E. 'Wall of Fame'

Every week in Physical Education one student from the Junior (Years 1/2), Middle (Years 3/4) and Senior (Years 5/6) school is rewarded with being named the P.E Wall of Fame champion for that week.

The P.E Wall of Fame champion is a student who has shown great determination, effort, encouragement, sportsmanship and resilience during their Physical Education class.

Mrs Lisa Pyle, Mrs Deb Magyar and Ms Karyn Porch **Physical Education Teachers**

Term Four - Week 5 Champions

Iunior



Middle



Senior



Term Four - Week 6 Champions

Middle

Iunior







Canteen Roster

PLEASE NOTE THAT THE CANTEEN IS ONLY OPEN ON THURSDAYS AND FRIDAYS.

DATE	TIME	VOLUNTEER	
Thursday 21st November	9.00am to 10.15am	Cheryle-Leigh Pratt	
Friday 22nd November	9.00am to 10.15am	Tracey Armstrong Denise Pratt	
	1.00pm to 2.15pm	Anton Meyer	
Thursday 28th November	9.00am to 10.15am	Melissa Dawson	
Friday 15th November	9.00am to 10.15am	Linda Love	
	1.00pm to 2.15pm	Kylie Sage	
Thursday 5th December	9.00am to 10.15am	Jo Cameron	
Friday 6th December	9.00am to 10.15am	Belinda Hogan Victoria Lee	
	1.00pm to 2.15pm	Anton Meyer	

School Council Report



Hello, my name is Brett
Kersten and I serve on the
Warragul North Primary
School Council as a parent
representative. I also hold
the portfolio as the Buildings
and Grounds Convenor.
This is my sixth year serving
the school in this role. I
have had my two children
attend the Warragul North
Primary School since their
preparation year. My son
Ben moved onto secondary

school this year, and my daughter Claire is about to complete Year Five. Over the years, I have been grateful that I have had the opportunity to sit on School Council and observe and share in my children's schooling experience.

I have watched my children grow, and develop their individual personalities. They have learnt much academically, so much that I sometimes struggle to understand what they are asking me when they are completing homework and class assignments. Maybe there is a demand for our children to be smarter in what seems a more competitive world. I am so grateful to our teaching staff and I thank them for their dedication, ability, persistence and patience in teaching and caring for our children.

As the Buildings and Grounds Convenor, I would like to reflect back with you over this year and what has been achieved in, and around our school. Within the school at the beginning of this year, we saw the arrival and use of the temporary portable classrooms positioned around the school oval in preparation for the demolition and removal of the old building. With the old building demolished and removed, we watched on as two new beautiful, modern, modular buildings took its place. With the modular buildings finished, furnished and fitted out, the area was landscaped and this project completed. In October we saw the removal of the portable classrooms from the school grounds.

Outside the school and at the request of the WNPS Council to the Baw Baw Shire Council, we had a new school crossing completed in Princess Street directly outside the school and manned daily by a school crossing supervisor. This crossing was requested to enhance the safety of the children and our greater school community due to the growing student population of the school and the subsequent rise in

traffic flow. We also had the footpath extended along Normanby Street, opposite Ellen Close, with new bus stop shelters, and a safer road crossing point for students entering and leaving the bus stop area. A safety pedestrian island was also added at the crossing point. The old school crossing situated in O'Dowd's Road, was demolished and removed at our request, with a new wheel chair and pram friendly 'School Crossing' erected. The footpath situated at the intersection of Balmoral Street and O'Dowd's Road was also altered to allow for safer wheel chair access to the school. All of these safety upgrades outside the school were made possible by the cooperation and assistance of the Baw Baw Shire Council. I would like to thank Mr Alex Metric, Baw Baw Shire Engineer (Traffic), for his commitment, and the speed in which he undertook to see the safety upgrades of the O'Dowd's Road School Crossing, and the alteration to the Balmoral Street footpath completed during the most recent school holiday break.

On Friday the 18th of October, we had the official opening of the Marble Alley Playground. This project cost in excess of \$100k and was made possible by our WNPS School Councillor, Terri Wilks, who was successful in her application in obtaining a grant from the State Government's, 'Pick My Project' program. Well done Terri. This project was a long and complicated one. The initial works in Marble Alley started at the beginning of the 2018/2019 summer holiday break in December 2018, with Josh Lane and his team from Aussie Garden and Home Maintenance Solutions, in liaison with Prue Metcalfe Landscape Designs, finishing the bulk of the works before the start of the 2019 school year. The finishing touches concluded around July.







I would like to take the opportunity to also acknowledge WNPS Councillor, Mrs Kylie McNair. The Marble Alley project was complicated. There were strict, state government and local government guidelines. Tight, and sometimes what seemed like impossible time frames to be adhered to. The paperwork seemed never ending and overwhelming, however, Kylie took charge of this process and with thorough attention to detail, initiative, drive, leadership and many long hours kept the momentum of the Marble Alley project going until its successful conclusion.

Thank you to Kylie, and to her lovely supporting family, Darren, Zara, Gemma and Harper. It is my belief that the Marble Alley Playground will be enjoyed and bring much pleasure to generations of Warragul North Primary School students for many years to come. I would also like to acknowledge and thank the following people for the success of this project. Ms Corinne Collins, (Principal), and Mr Stuart Konstanty, (Business Manager), for the trust given to the Marble Alley Subcommittee team. Terri and Dane Wilks, Grants and Sponsorships. Mrs Kylie McNair and family. The WNPS Administration Staff for their assistance and much appreciated patience. Mr Russell Coote, Ian Snape, Keith Aitken, John Huggins, Maurice, and the team at the Warragul, (Woodies), Wood Workers Shed. Josh Lane and team of Aussie Garden and Home Maintenance Solutions. Prue Metcalfe Landscape Designs. The many families who gave their time volunteering to help and complete this project. My family, Linda, Ben and Claire for their ongoing patience and support. Mr Danny Goss, Deputy Mayor of Baw Baw Shire Council and Ms Harriet Shing, MLC for their role in the official opening of the Marble Alley Playground.

Finally, as we draw near to the end of another school year, I would like to wish all the families of our greater Warragul North Primary School Community a successful conclusion to the year, and a happy, safe and fulfilling year in 2020.

Mr Brett Kersten School Councillor and Buildings and Grounds Convenor

Chess Tournament 2019

Warragul North Primary School has offered chess club as a lunch time activity during Terms Two and Three providing the opportunity for children from all year levels to play chess. The children played games of chess against each other, culminating in a chess tournament at the beginning of Term Four. The results of the 2019 Chess Tournament for senior students are:

Senior Champion – Thomas (5/6P)

Senior Runner-up – Sasha (5WI)

Senior Third Place - Ashby (4HA)

Trophies, medals and certificates were presented at assembly on Friday 15th November.



YEAR SIX GRADUATION WEDNESDAY 18TH DECEMBER



Year Six Graduation preparations are in full swing. The day will commence at 9.00am with a graduation ceremony in the gymnasium, followed by morning tea in the staffroom for parents and graduating students. Year Six children are to go home following the morning tea.

A diligent band of parents have worked tirelessly to arrange a dinner and dance for the graduating children which will be held in the evening, commencing at 6.30pm and concluding at 9.00pm. Year Six students are reminded that the graduation dinner is a fairly formal occasion and the children are encouraged to dress accordingly (shirt and pants for boys) without going over the top.

A big thank you to everyone who has assisted in the planning and preparation for this very special occasion to ensure that the evening will be a great success and form fond memories for our graduating students as the final social event in their primary school years!

JUNIOR SCHOOL SPORTS DAY THURSDAY 5TH DECEMBER



The Junior School Sports Day will take place on **Thursday 5th December** at school for Foundation to Year Two children. A note with all the details and a timetable was sent home earlier this week.

'Catch 'em being good' raffle

Our 'Catch 'em being good' raffle winner is **Ella (6TH)** Well done!



School Costs 2020

The school costs for 2020 were confirmed at the October meeting of School Council.

Statements will be posted out to all families at the beginning of 2020 with payment due as soon as possible. Families wishing to pay in two instalments should pay the first instalment by the end of Term One and the second instalment by the end of Term Two.

Payment can be made in person at the school office, by sending the payment in a named envelope with your child or online using internet banking. Our bank details are: BSB 313-140 ACCOUNT NO. 12012190.

Families who are in receipt of a Centrelink payment (e.g. Family Tax Benefit, Parenting Payment, etc) are able to set up a Centrepay facility to pay their school account in fortnightly instalments. Please call at the school office for further information or to set up Centrepay.

WARRAGUL NORTH PRIMARY SCHOOL SCHOOL COSTS 2020:

The school charges for the 2020 year as set by School Council are as follows:

\$250.00 FOR FOUNDATION STUDENTS \$240.00 FOR YEAR 1 - 6 STUDENTS



To ensure all WNPS students have the stationery supplies needed for the academic year the Warragul North School Council makes a bulk purchase from reputable suppliers on behalf of parents. This ensures parents are able to purchase their child's supplies very cost effectively and easily. The bulk purchase also means all students have the same supplies (e.g. pencils, pens, rulers, paper, paint, glue, etc).

This cost also includes materials and equipment for Visual Arts, Performing Arts and Physical Education. On the school account statement that parents receive the student supplies are charged as 'Essential Education Items' as per the Department of Education guidelines. Foundation students receive a WNPS satchel, a whiteboard and a set of headphones.

Included in the student supplies cost are Maths Online and Wushka. These are educational websites for Mathematics and reading that the children will use at school and will also have access to at home.



'FOR THE RECORD' SCHOOL YEARBOOK \$30.00 PER FAMILY

The school yearbook is issued at the end of the year to the eldest child in each family. It is a fantastic record of the Warragul North Primary School year and includes photos of the many activities the children take part in during the year such as concerts, production, camps, excursions and incursions.

VOLUNTARY CONTRIBUTIONS PER FAMILY

(These voluntary contributions will not appear on your statement however your payment of these items would be greatly appreciated)

GROUNDS MAINTENANCE CHARGE \$40.00

Parents are keen to see the school's buildings and grounds properly maintained in order to provide their children with a clean, tidy and safe learning environment. To assist in achieving this goal payment of the grounds maintenance charge will allow the school to engage paid labour.



WORKING BEE \$60.00

The Buildings and Grounds sub-committee of School Council hold a minimum of two working bees each year. At Warragul North Primary School we recognise that parents cannot always be available on these days. The working bee charge enables families to contribute in lieu of attendance.

Book Club LOOP

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform.

Commencing January 2020, please order your Book Club orders online. No orders can be accepted at the school office.

Head to scholastic.com.au/LOOP





Follow these easy steps!

- Simply grab your child's Book Club catalogue and either SIGN-IN or REGISTER your account.
- Add your child's first name and last initial (so the school knows who the book is for), then select your SCHOOL and your CHILD'S CLASS.

Note: You can order for multiple children at once if they attend the same school.

Looking for MORE product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.



- 3 Click on ORDER and enter the item number from the Book Club catalogue.
- All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.



Book Club

The **Gift Function** enables you to tag **Book Club** orders on **LOOP** that are intended as a surprise gift. This feature can be used throughout the year, providing your **Book Club Organiser** has enabled the gift function for your school. **LOOP** orders tagged as a gift will be delivered to school and marked accordingly, for the **Book Club Organiser** to set aside at the school office for you to collect.

How to use the **Gift Function** on **Book Club LOOP** scholastic.com.au/LOOP

Follow these **easy** steps!

- **1** LOG-IN
- 2 Select the ORDER tab
- 3 Select your ISSUE
- Oheck the box GIFT ORDER

 NOTE: ALL ITEMS ON THIS ORDER WILL

 BE MARKED AS A GIFT.



- 5 Enter the book number shown on the Catalogue
- 6 Select NEXT to finalise your order PLEASE NOTE, THE ITEMS DO NOT COME GIFT WRAPPED.

Please email the school to advise that you have gifts arriving in the next Bo

₩SCHOLASTIC

PARKING | TRAFFIC FLOW DISABLED PARKING



Please be aware that the 'reserved' parking permit area near the administration building is for staff use only and permits must be displayed on the windscreen.

If everyone adheres to the agreed parking areas and

direction of traffic flow it creates a safer environment for children during drop off and pick up times.

Just a friendly reminder that the disabled parking space provided outside the administration building is for people with a disabled parking permit only. It is also requested that you be mindful of other people who use this space and not double park across it. Please do not park across this specially designated car space. Thank you.

To assist families to clearly understand the various parking signs displayed around our school, in our newsletters we will include detailed information from the VicRoads website.

Bus Zone Signs

Only public buses can park or stop in a bus zone.



2020 FOUNDATION (PREP) ENROLMENTS



Enrolment forms are available from the school office for families wishing to enrol a child for 2020 in Foundation (Prep). Please enrol siblings as soon as possible to assist with class planning for

2020 and to ensure all children can be included in the orientation program which has now commenced.

ARE YOU MOVING?



If you plan on leaving Warragul North Primary School at the end of 2019, it would be appreciated if you could notify the school office as soon as possible. This will assist us with our class

planning for 2020 and also enable us to forward a transfer note to your children's new school. Thanks!

CLASS STRUCTURES FOR 2020

Foundation x 4 Year 3 x 3 Year 5 x 4

Year 1 x 4 Year 3/4 x 1 Year 6 x 4

Year 2 x 4 Year 4 x 3

All students will have access to Physical Education, Performing Arts, Visual Arts, Library and Digital Technologies.

2020 CLASS ALLOCATIONS

Children will be placed in their 2020 classes for half an hour on Thursday 19th December. This will provide an opportunity for the children to become familiar with their 2020 classroom, classmates and if possible their new teacher in preparation for next year. Students will be dismissed at 3.30pm.

The last day of the term will be a cleaning up and moving furniture day in preparation for 2020. Students who attend school on this day must wear full school uniform and will be helping teachers clean up. Students will be dismissed at 1.30pm on Friday 20th December. THERE WILL BE NO BUSES ON FRIDAY 20TH DECEMBER.

The first day of school for 2020 is Thursday 30th January, 2020.

ABSENCE REPORTING LINE





Warragul North Primary School

To coincide with one of the orientation days for 2020 Foundation children, we will be holding a second hand uniform sale on

Wednesday 4th December

in the conference room near the office between

11.30am and 1.30pm

All items \$5.00 each

Payment may be made by cash, cheque, eftpos and credit card.









WNPS Environment and Sustainability News

Baw Baw Council Opportunities

A couple of opportunities have arisen through the Baw Baw Council that members of the school and wider community may wish to support.

Community Waste Services Survey

The first is a survey of waste services in the area. This can be completed online (click on the picture), and is a good opportunity to improve these services. One suggestion is to ask for an 'Organics' bin. This isn't just for your garden waste, it is also used to collect a range of kitchen waste.

There are many items that can go into an Organics bin. These range from leftover food, meat products, ash, garden prunings, you name it. To see a more comprehensive list, visit the 'Surf Coast Shire' (Anglesea's Council) website. They have an Organics collection service already in place (https://www.surfcoast.vic.gov.au).



There are two main advantages to an Organics collection system:

- 1. Around 40% of landfill is made up of organics, and these are one of the main producers of 'methane gas' this is a greenhouse gas 25 times more potent than carbon dioxide! Diverting our organics from landfill reduces methane, and reduces the area needed to contain landfill.
- 2. It's composted and broken down into soil. Experts claim that human activity around the world is depleting quality topsoil. This is an excellent way of regenerating soil in our area. This can then be used to produce better crops and gardens for locals.

The Council also has a rebate for compost bins which is great, but experience suggests it is not the best way to go for maximum impact:

- Most people don't know how to compost properly, so end up with a stinky (methane producing) compost bin;
- One compost bin per household is not enough (I have four at my property and this is barely enough);
- Most people cannot get hold of enough 'carbon rich' material (such as dead leaves, shredded paper) to provide a balanced compost system.

For this reason, I believe it's up to the Council to provide a better system, and that's why an Organics service is the way to go.

The more members of the community that complete this survey, the more chance we have of it actually happening.



Free E-waste Drop off Day

The second opportunity, is a 'Free e-waste drop off day. Please refer to the attached picture.



By supporting programs such as those outlined above, you support the health of our community and contribute to a more positive future for our children.

Mr Brendan Cox

Environment and Sustainability Coordinator



University of N.S.W. English & Mathematics Competition

Warragul North Primary School is committed to providing opportunities for all students to be challenged and extended in their learning. In 2019, students in Years Three to Six had the opportunity to compete in the highly regarded ICAS (International Competitions and Assessments for Schools) competitions through the University of New South Wales. The results for the Digital Technologies, Science and Spelling Bee competitions are:

Digital Technologies

CREDIT	MERIT	PARTICIPATION
Haridu (6TH)	Patrick (4HA)	Vhairi (4CU)
Marcel (5PS)		
Jack (3GA)		

Congratulations to all children who participated in the Digital Technologies, Science and Spelling Bee competitions. Top effort!

Digital Tashyalagias Lash Dataish Havidy and

Digital Technologies – Jack, Patrick, Haridu and Vhairi. (Absent from photo – Marcel).



Science - Back row - Kamryn, Vhairi, Veronica and Abi. Middle row - Hannah and Haridu. Front row - Finn and Angus.

Science

DISTINCTION	CREDIT	PARTICIPATION
Angus (6TH)	Haridu (6TH)	Kamryn (6HI)
Finn (5JE)	Hannah (6BA) Abi (5/6P)	Veronica (5/6P) Vhairi (4CU)

Spelling Bee

CREDIT	MERIT	PARTICIPATION
Summer (6HI)	Ella (4HA)	Kamryn (6HI)
Allanah (5WI)	Lucas (3GA)	Rianna (6BA)
		Haridu (6TH)
		Rylee (6TH)
		Thomas (5/6P)
		Jack (3GA)



Spelling Bee – Back row – Kamryn, Allanah, Rylee and Thomas. Front row – Summer, Jack, Haridu and Ella.

Community News

WE'RE IN TOWN

Roll up your sleeves and give blood



Warragul Mobile Donor Centre

Logan Park, enter via Howitt Street

Appointments available:

Tue 19 Nov	10.00am – 6.30pm	Tue 2 Dec	10.30am – 6.15pm
Wed 20 Nov	10.30am – 6.30pm	Wed 3 Dec	10.30am – 6.30pm
Thu 21 Nov	10.30am – 6.30pm	Thu 4 Dec	10.30am – 6.15pm
Fri 22 Nov	8.30am – 4.00pm	Fri 5 Dec	8.30am – 4.00pm
Tue 26 Nov	10.30am – 6.30pm	Tue 9 Dec	10.30am – 6.30pm
Wed 27 Nov	10.30am – 6.30pm	Wed 10 Dec	10.30am – 6.15pm
Thu 28 Nov	10.30am – 6.30pm	Thu 11 Dec	10.30am – 6.30pm
Fri 29 Nov	8.30am – 4.00pm	Fri 12 Dec	8.30am – 3.15pm

Make an appointment today

Call 13 14 95 or visit donateblood.com.au



Keeping Kids Hydrated

While the weather is warm, it is important to ensure your children are drinking enough fluids.

Children need ~ **1.5Litres** of water per day.

On warm days, or, on days when kids have undertaken physical activity kids may need over **2 litres**.

The best hydrating fluid for children is water.

Tips for keeping kids hydrated in the warmer months:
Pack a water bottle in your child's lunch box each day
Freeze the drink bottle the night before and place it in the
lunch box for a cool drink throughout the day
Juice based icy poles

Offer high water volume foods i.e apples, yoghurt, milk, celery, cucumber, watermelon etc

www.health.kaboose.com/kids-health/water-works

Courtesy of Health Promotion Officer - Angela Greenall











Shoes & Discounted items excluded. Some other exclusions apply.