Last Thursday, students from Mr Titmuss’ Grade 10 class participated in Polish, a programme aimed at preparing students for life after high school. After numerous sessions on listening skills, appropriate behaviour in an interview, and networking, students were treated to a lovely meal in the Donna Ritchie room with invited guests, including Mr Rene Hidding MP, Mr and Mrs McGee, and Mr Saltmarsh. 10 West will be participating in Polish later in third term. On behalf of 10 Titmuss, I would like to thank Andy and Sophie from the Beacon Foundation on hosting the day, the Early Bird Parents for cooking the fantastic lunch, and all the invited guests that joined us.

Thank you.

Logan Piper - Media Leader - Leadership Group
From the Principal

Both Senior and Primary sport is now well under way. This is a great opportunity for students to engage in some competitive sport while keeping fit and having fun with friends at the same time. It is also timely to remember that these sorts of events enable us to develop and maintain a positive perception in the broader community and therefore exemplary standards of behaviour, including sportsmanship are expected of students at all times.

Unfortunately the Inter-high Cross Country was postponed and will have been rescheduled by the time you receive this newsletter. We apologise for any inconvenience caused to families in this regard but the decision was beyond our control. I look forward to hearing about and sharing their achievement in due course.

The draft enrolment guidelines to clarify home areas and to give clear processes for out of area enrolments is now available. The feedback period is until the end of August. I will be looking at the proposed home areas maps to see how this could affect future enrolments and to see if it does reflect our understanding of "home areas". Any changes in the guidelines will not impact on current enrolment, including current families. Invitations to attend meetings focusing on this topic will be forthoming.

Congratulations to 10A for most positive engagement with the Polish program last week. A highlight of this for me was the professional table waiting by volunteer Grade 9 students. The article on the front page provides feedback on this great day of learning.

I have included a Parenting Ideas article about "How to read your child's report." I hope it is helpful and supports the process.

In fourteen days our fifteen students from Grade 9 and 10 will be in the air and on the way to Beijing. The excitement is escalating and I did not think that was possible! Some highlights of the excursion are Tiananmen Square, the Summer Palace, the Great Wall, the Imperial Palace and the historic Hutong area.

Miss Weustenfeld leaves for Thailand today to continue her learning as part of the BRIDGE Program. We wish her all the best and look forward to hearing about her adventures.

Annette

School Social Worker - Ms Keryn Geard

Our school Social Worker Ms Keryn Geard is available at our school every Wednesday and every second Thursday. She has a number of roles including:

- counselling and supporting students who are experiencing one or more of a vast range of issues,
- referrals to specialist agencies in our community where appropriate (eg CAMHS (Child and Mental Health Services), Relationships Australia, Baptcare Family Support)
- liaising with teachers, families and other stakeholders and
- providing financial support for uniform, where appropriate.

Our Social Worker also supports staff, families and students in addressing the issue of poor and non-attendance, with the goal of ensuring that all students are at school and able to engage in learning.

Some of our students experience difficulty in their lives. Some students require a one-off appointment, while others require ongoing intervention and support.

School staff and families are able to refer a student to our Social Worker by completing a referral form from the main office. When referrals are received they are prioritised to ensure the most urgent are attended to first. Students may also self refer through their Class Teacher.

Our Social Worker aims to work with families and schools to meet the best interests of students and ensure their best learning outcomes.
Behind the Classroom Door..............

Grade 9 English

If wickedly evil plots and psychologically twisted characters are your cup of tea you will love studying Roald Dahl’s adult short stories. We have been researching this author and learning how his beliefs, values and attitudes have positioned his audiences over the years. His style of writing is quite unique too. There is no doubt he is a gifted mastermind. We are now working on our final assignments with a choice of activities including critical literacy and writing our own macabre, sinister and gruesome short stories. This is what some students have learned or found interesting:

Ms Katie Lester - Class Teacher

“I loved Lamb to the Slaughter when the police ate the murder weapon, a leg of lamb.” Bobbi-Lee Brazendale

“Dahl writes very differently. His metaphorical writing is more colourful and he is good at it. His revolting rhyme, Cinderella, is an example.” Chelsea Burt

“I've learned to use figurative language a bit more and I've found starting a story the hardest part.” Taryn Hillard

“People put their own representation of reality into their writing.” Sharnee Johnstone

“Roald Dahl’s stories connect to his life. We have forty stories at home. My mum's obsessed.” Tahnee O'Toole

“Gambling, drugs and women often feature in his stories.” Doc Perry

“He has a very different style. It’s non mainstream, unpredictable and his plots are timeless classics.” Claire Tyrell

“Dahl is very influenced by his personal life more so than any other author I’ve read.” Caleb Clifford

“Dahl writes what he believes and doesn’t care what others think.” Lachlan Duhig

“I've learned to underline words that are incorrect and not to do ‘squashed flies' in my writing” “One of his stories took thirty-eight years to write.” Jordyn Neil

“Dahl always has the women as the antagonists who always win.” Annabelle Macqueen

“He has written fifty-nine books. I love reading them and watching them on YouTube. I would recommend them to anyone.” Adele Chugg

Upcoming Excursions

<table>
<thead>
<tr>
<th>Date of Excursion</th>
<th>Class</th>
<th>Excursion Details</th>
</tr>
</thead>
</table>
| Monday 1st July   | Grade 10 | UTAS Tour and Workshops - UTAS Mowbray  
Depart school at 9.00am - arrive back to school at 1.15pm |
Reading your child’s report

Reports can mean anxious times for children. Will my parents be disappointed or proud? This is the main concern of most children.

Could try harder . . . always does her best . . .
lacks concentration . . . easily distracted . . .
a pleasure to teach . . .

Do these comments, taken from a batch of student reports sound familiar?

Student reports bring mixed feelings for parents. Pleasure and pride if they are performing well but considerable angst when children are not progressing as you hoped.

Reports can mean anxious times for children too. Will my parents be disappointed or proud? This is the main concern of most children. Kids of all ages take their cues from their parents, so your reaction to their school report can affect the way they see themselves as learners and as people.

Before you rip open the sealed envelope containing the report do a little self-check to see if you are in the right frame of mind:

1. Are your expectations for your son or daughter realistic and in line with their ability?
   Expectations are tricky. If they are too high then kids can be turned off learning. Too low and there is nothing to strive for. Pitch your expectations in line with your child’s abilities. A quick check of your child’s last report cards may provide you with a good yardstick.

2. Do you believe that children learn at different rates?
   There are slow bloomers, late developers and steady-as-you-go kids in every classroom, so avoid comparing your child to siblings, your friends’ children and even yourself when you were a child. Instead look for individual progress.

3. Are you willing to safeguard your child’s self-esteem rather than deflate it?
   Self-confidence is a pre-requisite for learning, so be prepared to be as positive and encouraging as possible.

School reports come in different formats. Some are prescriptive while some use grading systems such as A, B, C, etc. with room for teacher comments. Regardless of the format school reports should provide you with an idea of your child’s progress in all subject areas, their attitude and social development.

Here are some ideas to consider when you open your child’s report:

- **Focus on strengths.** Do you look for strengths or weaknesses first? The challenge is to focus on strengths even if they are not in the traditional 3Rs or core subjects.

- **Take into account your child’s effort and attitude to learning.** If the report indicates that effort is below standard, then you have something to work on. If your child is putting in the required effort, then you cannot ask any more than that, regardless of the grading.

- **Broaden your focus away from academic performance** to form a picture of your child’s progress as a member of a social setting. How your child gets along with his or her peers will influence his happiness and well-being, as well as give an indicator to his future. The skills of independence and co-operation are highly valued by employers so don’t dismiss these as unimportant.

- **Take note of student self-assessment.** Kids are generally very honest and will give a realistic assessment of their progress. They are generally very perceptive so take note of their opinions.

- **Discuss the report with your son or daughter** talking about strengths first before looking at areas that need improvement. Ask for their opinion about how they performed and discuss their concerns.

After reports are read and discussed celebrate your child’s efforts with a special activity or treat. In this way you will recognise progress and remind them that the holidays are just around the corner when they can forget about assessment, tests and reports for a while.

Published by Michael Grose
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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
Launching into Learning
Fun was to be had by all. Monday 17th June saw eleven children and several mothers going to PCYC in Launceston for a Launching into Learning "Gym is Best" excursion. Children and parents joined a PCYC instructor learning some yoga moves, balancing on beams, climbing, exploring, turn taking, jumping on trampolines, running around, laughing and having fun playing. Children were given some free time to explore the equipment and their eyes darted from one area to another trying to decide where to go first. Thank you to all parents who have built on their children's life experiences and learning.

Ms Lyn Illingworth - Launching into Learning Teacher

Cressy's Northern Midlands Cross Country Team

Grade 3
Anastasia Hovington
Jessica Donohue
Jade McLennon
Mary-Anne Gleeson-Natoli
Courtney Farrow
Alwyin Brazendale
Aiden Bell
Rahman Barron
Luke McGee
Kyle Chapman

Grade 4
Dimity Gibbons
Georgina Baldwin
Jemmesen Beech
Dyontae Barnes
TY Kennewell
Jacob Donohue
Hayden Johnstone
Jake Jones
Fareed Hassan

Grade 5
Jordyn Batchelor
Sarah Everest
Shaynelle Armstrong
Tayla Luttrell
Kiarna Stonehouse
Isaac Chugg
Zac Connell
Varlen Barron
Luke Bowerman
Bradley McGee

Grade 6
Danielle Saltmarsh
Willow Chugg
Benjamin Donohue
Albert Brazendale
Jacob Glover
Connor Frankcombe
Nicholas Donaldson-Adams
With the organisation of the School Fair and Open Day in full swing Parents & Friends would like to acknowledge the following businesses so far for their donations:

- Westbury Maze
- Launceston Aquatic
- Banjo’s Kings Meadows
- McDonalds
- Timeless Elegance
- Tasmazia
- Bracknell Hotel
- Health Revival Aust
- Marcus’ IGA

150th Year - History

The Green family have had three generations attend Cressy District High School. Pictured here are David who attended CDHS from 1961 to 1972, his son Josh who attended from 1991 to 2001 and Ally, Josh’s daughter, who currently attends and is in Grade 1.

We would love to feature other three and four generation families in our newsletter. Please let us know if this applies to your family and you are interested. Phone 63976281

Notices Home since Last Newsletter

- Headlice - Prep
- Singfest - Preliminary Information - Primary Choir
- Inter High Cross Country Carnival

Next Week’s Canteen Special

1st - 5th July

Next week’s Canteen weekly special is **Nachos $3** (served with salsa, sour cream and cheese) This will be available Tuesday to Friday. Orders may be placed on the daily canteen order form.

Pride Award Nominations

Honouring life achievement of former students

Do you know of any former Cressy District High School students whose outstanding achievements would make them suitable candidates for our Pride Award for 2013?

Further details and nomination forms are available from our school office (Phone 63976281)

Please forward application to the Cressy District High School office.

Applications close Friday 26th July
Hi everybody,

It’s great to announce the arrival of some brand new lambs on the school farm. The first to arrive are a set of twins which is the first progeny from our new stud ram “Stokesy” and one of our best ewes. They were born on Saturday and all are looking well. The Kindergarten team, after great deliberation, have named them Sprinkle and Sparkle. They are in the first paddock as you walk up the farm lane.

What’s going on at the minute?
Grade 9/10 Ag Studies have been weaning the calves and last week they marked and inoculated the calves ready for open pasture grazing. We also crutched, drenched and gave our ewes a pre-lambing health check and rotated them to fresh pasture ready for lambing.

This week we weighed our show sheep team and we are pleased to report an additional 10kg improvement on our show ewes since Campbelltown Show which was only three weeks ago. The rams have hit a slow patch and growth has been steady over the same period but we will rotate them through a new feeding plan to stimulate growth.

Will Gibbons and his learning team have started constructing our new commercial sheep shearing platform and loading ramp. They have already completed the loading ramp and they will start constructing the pens next week. When this is complete, this will allow us to shear and care for our commercial ewe flock without risking contamination with our Suffolk sheep team.

Sheep Handling Team 2013
I would like to apologise for excluding Luke Walford from the Sheep Handling team last newsletter. Luke has been a valued member of the team for several seasons and he confidently handles a variety of sheep in the show arena.

Donations
Chris Waterworth – Donation of paddock to run sheep

Regards,
Mr Richard Goss - Agriculture Studies Coordinator

Fun in Japanese Lessons
Students have enjoyed dressing up in Ms Walkden’s Japanese clothing. The yukata is worn in summers to festivals. The middle one is formal and silk woven gown worn at weddings.

Ms Lisa Walkden - LOTE Teacher
**Wednesday Sport Results - Round 4**

**Football**
St Pats 21 -14 – 140 dft Cressy Bulldogs 4 – 1 – 25
Goals: D McCullagh 2, J Morgan 2
Best Players: J Morgan, J Arnol, C Johnstone, E Goss, M Hayward, B Fish

**Hockey**
Prospect – 1 drew Cressy – 1
Best Players: J Daley, H K-Chugg, B Richardson, C Clifford

**Netball**
(2nds) Cressy – 21 dft Exeter – 13
Best Players: L Horne, M Jordan, A Rossiter
(3rds) St Marys – 17 dft Cressy – 15
Best Players: K Pritchard, S Hawkins, M Campbell
(4ths) Kings Meadows – 18 dft Cressy – 2
Best Players: N Franklin, E Bernard

**Indoor Soccer**
Star of the Sea – 7 dft Cressy A – 0
Best Players: B Brazendale, S Johnstone, S Bell, C Purton
Cressy B – 8 dft St Pats C – 3
Best Players: A Barnes, R Beaumont, J Neil, S Johnstone

**Outdoor Soccer**
(2nds - McKinnon) Deloraine 3 – dft Cressy – 0
Best Players: A Chugg, S Faulkner, J Ward, B Rushton, C Connell
(3rds – Rae) St Pats – 8 dft Cressy – 5
Best Players – J Clarke, C Ricketts, M McKenzie

**Wednesday Sport Results - Round 5**

**Football**
Cressy Bulldogs 10 -9 – 69 dft Deloraine 7 – 10 – 52
Goals: J Arnol 4, J Robinson 1, B Neil 1, J Morgan 1, L Chugg 1, B Roberts 1, J Digney 1
Best Players: J Arnol, B Fish, D McCullagh, J Robinson, B Neil, B Roberts, J Digney

**Hockey**
Cressy – 2 – dft – St Pats Green 0
Best Players: H K-Chugg, T Chugg, J Daley, A Brough, S Barnes

**Netball**
(2nds) Cressy – 13 dft Exeter – 10
Best Players: S Baker, A Rossiter, Georgia Hayward
(3rds) Cressy – 19 dft Prospect – 10
Best Players: K Pritchard, S Hawkins, M Campbell, R Gleson-Natoli
(4ths) Riverside Gold – 18 dft Cressy – 7
Best Players: A Brazendale, K Campbell, T Barron, M Hillier

**Indoor Soccer**
Cressy A – Bye
Queechy C – 5 dft - Cressy B - 3
Best Players: A Barnes, S Johnstone, B Brazendale, M Saltmarsh

Nigel Bent / HPE Teacher
As I walk around our Primary classes I am always amazed at the quality of work being produced by our children. Today’s photos highlight the art work that is being produced by our students. If you get the chance please come into your child’s room and have a look at the work being displayed I am sure you too will be amazed.

Parent Teacher Interviews and Reports
Just a reminder, if you have not already done so please organise a time with your child’s teacher for a Parent Teacher interview. This is a great opportunity for you and your child’s teacher to reflect upon their learning so far this year through their reports. It is also a time to discuss how your child can continue to improve as the year progresses.

Football at Cressy
At Cressy we love to see our children playing sport on the oval, but we ask for your support in ensuring your children understand the reasons for rules being different at school to organised sports. This is apparent in football. At school we do not allow tackling as we are concerned for children’s safety. It would be greatly appreciated if you could support us with this by talking to your child.

Active After Schools
Active After Schools has finished for another term. Thank you again to our wonderful organisers Maurita Taylor, Matthew Betts, Petrina Goss and Nick Goss.

This Program will be continuing early Term 3.

Lost Property
There is a basket full of lost property in the Primary entrance way. If your child has lost a jumper, jacket, trousers or T shirt please come in and have a look as these pieces of clothing will be donated to the uniform pool if not claimed by the end of term.

Can we please ask that you NAME all pieces of your child’s uniform so we can return it when found.

5/6 Sport
28/6 Cressy play Campbell Town at Campbell Town
5/7 No Sport (last day of term)

Dates for your Diary
Monday 22nd July Term 3 starts – Student free day
Tuesday 23rd July Term 3 starts for students
Friday 26th July K– 6 Performance “The Magical World of Crazy Science”

Mrs Sandy Long - AST Primary
How can I encourage my child to read?

Talk with your child. Speaking and listening provides your child with different ways to learn and think about the world.

Provide a positive role model. Chat about what you are reading in books, newspapers and magazines, or viewing on screens.

Read to your child every day. This is not always possible but it may be that you point out words when you are travelling, read something aloud from a newspaper, magazine or book, or point out something interesting on screen.

Listen to your child read. All children like to receive positive feedback and listening to your child read is a great opportunity to congratulate him or her on what has been achieved.

Encourage your child to read from a wide range of sources.
There is much to learn and enjoy from reading picture books, short stories, poetry, comics, magazines, instruction manuals and so on.
The year is already moving on so fast, and it is now timely to announce the shape and form of our Expressions concert for 2013.

For the second time, the Expressions concert will be split over two events. The first concert will be a musical production of Alice in Wonderland. This production will solely consist of Performing Arts students from Grades 7-10 and it will be held on the Tuesday night of November 19.

The second concert will celebrate the Performing Arts in Grades Kinder-6. This concert will take place in the afternoon of Thursday December 5. It will be like an end-of-year variety concert where each class will perform item/s and also will include a performance by the Primary Choir and the Esk Band.

I very much look forward to the concerts this year and am excited about the varied format.

Mr Nelson Tabe – Music/ Drama Teacher

<table>
<thead>
<tr>
<th>TEACHER / CLASS</th>
<th>SUBJECT</th>
<th>DUE DATE</th>
<th>ASSIGNMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Bambridge 8B</td>
<td>English</td>
<td>ongoing</td>
<td>Fairy Tale / Satire assignment</td>
</tr>
<tr>
<td>Mr Davis / Mrs Baker 8A</td>
<td>English</td>
<td>ongoing</td>
<td>Fairy Tale / Satire assignment</td>
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<tr>
<td>Ms Lester 9A &amp; 9B</td>
<td>English</td>
<td>End of term</td>
<td>Roald Dahl final assignments</td>
</tr>
<tr>
<td>Ms Lester 10B</td>
<td>History</td>
<td>End of term</td>
<td>World War 2 final assignment</td>
</tr>
<tr>
<td>Ms Weustenfeld 10</td>
<td>English</td>
<td>6/6/2013</td>
<td>Non-fiction text assignment</td>
</tr>
<tr>
<td>Ms Weustenfeld 10A</td>
<td>History</td>
<td>Next term</td>
<td>Draft of World War 2 essay</td>
</tr>
<tr>
<td>Ms Weustenfeld 8A</td>
<td>History</td>
<td>Next term</td>
<td>Viking assignment</td>
</tr>
<tr>
<td>Mr Titmuss 10A</td>
<td>Mathematics</td>
<td>2/7/2013</td>
<td>Algebra Skills assignment</td>
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<tr>
<td>Mr Titmuss 10B</td>
<td>Mathematics</td>
<td>4/7/2013</td>
<td>Algebra Skills assignment</td>
</tr>
</tbody>
</table>
KIDS MATTER
Tailrace School Holiday Program

Monday to Friday 8.30am - 5pm
8th - 19th July
$180 per child for one week
$40 per day or $20 per morning/afternoon
Mowing and afternoon tea provided.
BYO lunch or purchase a lunch pack for $6 per day which includes a wrap, fruit, bottle of water & yoghurt.

* Bookings are essential *

Please call the Tailrace Centre on 63 274 538 to ensure an action-packed school holiday for your child. Suitable for girls and boys from 3 - 12 years old.

Now book, call 63 274 538
1 Waterfront Dr. Riverside
tailracecentre.com.au

Would you like to host a Japanese student in July/August?

Japanese Intensive Language Program coming in July...

This program is designed to enable high school students from Japan to experience Australian culture and improve their English language skills through intensive immersion in an Australian community. Attending the local high school and living with a host family, the students are provided with the opportunity to learn about Japanese and Australian culture and the host family experience can be as enriching as a formal study abroad program.

Host your own Japanese student...

We are looking for open-minded and caring families to host these wonderful young people from Japan. Host families come in all shapes and sizes. If you're ready to share your time and open your hearts to someone from another culture and share your culture with them, then we'd love you to become a host family.

AFS Host families are asked to provide the following:

* The opportunity to participate in the family's daily lives and events
* The same care, support, and comfort that would be provided to another member of the family
* Their own bed (not convertible or inflatable in nature), sharing a room with a sibling of the same gender is fine.
* Three quiet meals a day, including lunches and meals eaten as a family in restaurants

Your family will receive a comprehensive guide to being a host family, along with a detailed application of your hosted student. AFS offers local support, national and 24-hour emergency assistance. During their program, the students will be covered by the AFS Medical Plan which is a very comprehensive medical insurance policy and includes emergency evacuation.

Who is AFS Australia?

AFS Australia is a non-profit, volunteer driven part of a global network of AFS programs and offers international exchange programs in more than 50 countries. AFS has been enriching students throughout the world for over 50 years here in Australia, and over 60 years worldwide. For more information, please check out our website: www.afs.org.au

If you are interested in hosting one of the students from Japan, please contact your school representative.

Come and meet Krista!

Where? Ground Floor
Launceston LINC
When? Saturday 29 June at 10.30am

Visit Krista’s website at: www.kristabell.com

SOCCER SCHOOL HOLIDAY CLINICS!

Come along, build on your soccer skills and have some soccer fun during the school holiday break! Open to all children!

Thursday 11th & Friday 12th July 2013
Mitsubishi Park, Prospect

5 - 8 yrs 9am - 10.30am ($40 for both days)
9 - 12 yrs 11am - 1pm ($50 for both days)
13 - 17 yrs 2pm - 4pm ($50 for both days)

Attendance of 1 day is half the indicated rate.

Registration opens 30 mins prior to start time.

Attendees will receive:
* Expert football coaching from Kurt Reynolds & qualified Coaches
* All equipment provided
* Access to Club rooms (in case of poor weather)
* A drink & snack at end of session
* WDJSC Sticker
* Four Four Two Football Magazine

Attendees should bring:
* Football attire including boots, shin pads and wet weather clothing
* Water bottle
**Calendar of Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>JUNE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26th</td>
<td>Wednesday</td>
<td>Aurora Basketball for Schools Program - Grade 1 &amp; 2</td>
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<tr>
<td>26th</td>
<td>Wednesday</td>
<td>Try-a-skill for Grade 9 - Door of Hope</td>
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<tr>
<td>27th</td>
<td>Thursday</td>
<td>Hairspray Excursion - Production by Launceston College Grade 9 &amp; 10 - Princess Theatre</td>
</tr>
<tr>
<td>27th</td>
<td>Thursday</td>
<td>Middle School Assembly - 10.00am - Drama Room</td>
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<tr>
<td>JULY</td>
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<tr>
<td>1st</td>
<td>Monday</td>
<td>Parent Teacher Interviews</td>
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<tr>
<td>1st</td>
<td>Monday</td>
<td>University Visit - Grade 10's</td>
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<tr>
<td>2nd</td>
<td>Tuesday</td>
<td>Newstead College visiting Grade 10 - 1.30pm - Science Lab</td>
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<tr>
<td>4th</td>
<td>Thursday</td>
<td>Photos - Groups and Sports Teams</td>
</tr>
<tr>
<td>4th</td>
<td>Thursday</td>
<td>Primary Assembly - 2.05pm - Drama Room - Prep hosting</td>
</tr>
<tr>
<td>5th</td>
<td>Friday</td>
<td>Whole School Assembly - End of Term 2 - 11.00am - Multipurpose Hall</td>
</tr>
<tr>
<td>8th</td>
<td>Monday</td>
<td>Term 2 Holidays</td>
</tr>
<tr>
<td>10th</td>
<td>Wednesday</td>
<td>Students depart for Beijing International Summer Camp</td>
</tr>
<tr>
<td>22nd</td>
<td>Monday</td>
<td>Professional Learning Day - Students do not attend</td>
</tr>
<tr>
<td>23rd</td>
<td>Tuesday</td>
<td>Term 3 commences - Students return</td>
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**Health Revival Longford**

From the 1st July 2013

the **LONGFORD Sports, Health & Fitness Centre**

will be run by Health Revival Longford!

Of course, current programs and sporting activities will still remain, but in addition to this we are able to offer a STACK of Health, Fun & Fitness Options!!!

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
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<tbody>
<tr>
<td>Living Longer 11:30am - 12:30pm</td>
<td>MUUS’S &amp; BUBS 9:30am - 10:30am</td>
<td>Living Longer 11:00am - 12:00pm</td>
<td>MUUS’S &amp; BUBS 9:30am - 10:30am</td>
<td>Living Longer 11:00am - 12:30pm</td>
<td>Zumba® 9:00 - 10:00am</td>
</tr>
<tr>
<td>Living Longer 1:00pm - 2:00pm</td>
<td>After School KAFF/TAFF 3:00pm - 5:00pm</td>
<td>Living Longer 1:00pm - 2:00pm</td>
<td>After School KAFF/TAFF 3:00pm - 5:00pm</td>
<td>Junior Netball 3:00pm - 4:30pm</td>
<td>Karate 10:30am - 11:30am</td>
</tr>
<tr>
<td>Abs &amp; Thighs Butt 5:00pm - 6:00pm</td>
<td>Zumba® 5:30pm - 6:30pm</td>
<td>Abs &amp; Thighs Butt 5:00pm - 6:00pm</td>
<td>Zumba® 5:30pm - 6:30pm</td>
<td>Zumba® 7:00pm - 8:00pm</td>
<td>Youth Program 6pm - 8pm</td>
</tr>
<tr>
<td>Circuit 5:30pm - 6:30pm</td>
<td>Badminton 7:00pm - 9:00pm</td>
<td>Longford Netball 4:30pm - 8:30pm</td>
<td>Circuit 5:30pm - 6:30pm</td>
<td>Zumba® 7:00pm - 8:00pm</td>
<td></td>
</tr>
<tr>
<td>Ladies Social Netball 6:30pm - 8:00pm</td>
<td><strong>BOOTCAMP (outside)</strong> 6:30pm - 7:00pm</td>
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</tr>
</tbody>
</table>

**Health Revival Longford**

info@healthrevival.com.au

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**Program & Class Details**

- Living Longer Living Stronger - Over 45s Program, $3.50 per class, or unlimited classes membership option
- Kids Teams Active Fun & Fitness KAFF/TAFF Program, Ages 4-17 years, $3.50 per child or $20 per family or unlimited program membership options
- Junior Netball - Grades 1-4 $3.50 per child/$6.00 per family or unlimited program membership options
- Circuit - ages 16+ taken in the gym area, classes membership required to attend (for casual visits paid).
- Zumba® - A fitness/dance party! Loads of fun, memberships available, children under 10 with their parents attend for FREE!
- Abs & Thighs Butt - Group exercise class to music that works on toning the abs, thighs and butt!
- MUUS’S & BUBS - Bootcamps/Toning Class with the option to bring along a friend or your baby/babies/toddlers (not compulsory)
- **BOOTCAMP (outside)** - Fitness of any levels. BOOST your metabolism to BURN FAT, even while you sleep!
- Karate: Ladies Netball, Longford Netball Club, Badminton, etc. (any area) all run by private groups
- The gymnasium is available for use from 6:00am - 11:00pm using your FOB key ($25 deposit - available 18+ years)
- Squash courts are available Mon.-Wed. 4:00pm, Senior & Junior Squash Club play Thursday's 3:00pm - 9:00pm
- Mixed Netball will be run throughout Spring/Summer months
- Student memberships include after-school programs. Living Longer living Stronger is available on a membership also ($7.50 per week unlimited classes)
<table>
<thead>
<tr>
<th>CLASS</th>
<th>TEACHER</th>
<th>STUDENT</th>
<th>REASON</th>
<th>HOUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>Mrs Bevan / Mrs Wootton</td>
<td>Sherenia Glover Celeste James</td>
<td>For trying their best in our Kindergarten.</td>
<td>Sharks Eagles</td>
</tr>
<tr>
<td>Prep</td>
<td>Mrs Tubb</td>
<td>Frederick Lawrence Rhys Lewis</td>
<td>Trying hard to be a good friend.</td>
<td>Sharks x 2</td>
</tr>
<tr>
<td>1/2</td>
<td>Ms Richelme</td>
<td>Shailey Jones</td>
<td>Our champion Home Reader!</td>
<td>Devils</td>
</tr>
<tr>
<td>2/3</td>
<td>Mrs Oliver / Ms Sheedy</td>
<td>Charlie Jones Riley Hillard</td>
<td>For working hard in their spelling groups.</td>
<td>Devils Sharks</td>
</tr>
<tr>
<td>3/4</td>
<td>Mr Howlett</td>
<td>Ashya James Logan Brinckman Kyle Chapman</td>
<td>Helping others to complete their work. Dedication to improving their reading.</td>
<td>Eagles Sharks Devils</td>
</tr>
<tr>
<td>4/5</td>
<td>Ms Brophy</td>
<td>Sarah Everest Jacob Donahue</td>
<td>For giving her best effort in writing. For his great interest and work in Mathematics.</td>
<td>Eagles Devils</td>
</tr>
<tr>
<td>5/6</td>
<td>Mrs Sturgess</td>
<td>Danielle Saltmarsh Tayla Luttrell</td>
<td>Consistent work habits throughout Term 1 and 2.</td>
<td>Eagles Devils</td>
</tr>
<tr>
<td>7A</td>
<td>Mr Rae</td>
<td>Chase Duggan</td>
<td>For making a bitterly cold lunchtime so much warmer with his poetry recital!!</td>
<td>Sharks</td>
</tr>
<tr>
<td>8A</td>
<td>Mr Davis / Mrs Baker</td>
<td>Nathanael Harrold Jake Tubb Daniel McCullagh</td>
<td>For excellent participation and sportsmanship in Health and Wellbeing.</td>
<td>Sharks x 2 Devils</td>
</tr>
<tr>
<td>8B</td>
<td>Ms Bambridge</td>
<td>Alex Cross Brittany Goss Bianca Daley</td>
<td>Work well on writing Fairy Tales.</td>
<td>Eagles x 2 Devils</td>
</tr>
<tr>
<td>AST 7-8</td>
<td>Mr Marshall</td>
<td>Lachlan Waddington Brittany Kay</td>
<td>Outstand commitment to 7B’s Maths program. Starting her time at Cressy in such a positive way.</td>
<td>Devils x 2</td>
</tr>
<tr>
<td>Principal</td>
<td>Mrs Hollingsworth</td>
<td>Lachlan Duhig Sara Hawkins Chelsea Burt Ranni Beaumont Georgina Jenkins Jordyn Neil Bobbie-Lee Brazendale Tahnee O’Toole</td>
<td>For outstanding table waiting at the Polish luncheon.</td>
<td>Devils x 5 Sharks x 3</td>
</tr>
</tbody>
</table>