

HEALTH / P.E. NEWSLETTER

Curriculum:

Junior primary students have been working on their morning Fitness program. The focus area has been on underarm throwing. The concepts of positioning and weight transfer have been focused on

Primary students have been working on their fitness levels and Tennis. Tournament style play has been used to determine standings. They have also all completed a timed 200m or 500m run.

SAPSASA:

Congratulations to the following students who competed in the recent SAPSASA swimming championships: Chelsea C, Jovana O, Harrish R, Annabel A, Siddarth D, Jesse W and Jake T.

Outstanding results were achieved by all, in particular Annabel and Jake who both won through to the State Championships.

Thankyou to all the parent support on the day, especially John Weber for taking on the role as timer. Most appreciated.



Special mentions also to Chelsea K, Louisa W, Inika W and Hayley R who have been

selected in the upcoming SAPSASA Softball Championships.

We wish you all the very best girls.



Others:

As part of winning a \$3000 Sporting Schools grant all students will be taking part in a Gym program run by Tri-Skills Australia.

Specialist instructors and equipment will be used to introduce students to this sport



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Kind regards

Michael and Des

MAWSON LAKES SCHOOL WALK-A-THON FUNDRAISER

Friday May 5th

“ENCOURAGING ACTIVE LIFESTYLES 2017”

- Dear Parents/Guardians,
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We will be having our WALK-A-THON FUNDRAISER for the students on Friday May 5th. Our walk-a-thon is a fun and fit activity for the whole school. All students will be encouraged to participate in raising funds for our school. Our 'Kids Council' will then talk to our students about how we can best use the money raised in our school. We hope that each family will participate in the walk-a-thon to the best of their ability. We are hoping to make this walk-a-thon the best ever, so the more contributions you raise, the more successful we will be at achieving our goals! We are asking for your support by seeking sponsor **donations** for the event – it is the major school fundraiser for the year!

ALL STUDENTS WILL RECEIVE A CERTIFICATE TO COMMEMORATE THEIR ACHIEVEMENT ON COMPLETION OF THE COURSE

There will be 3 separate prize pools for the child that raises the most amount of money for the school:

Years R-1, 2-4, 5-7



1st - \$100 gift card, 2nd - \$75 gift card, 3rd - \$50 gift card

We ask you to seek WALK-A-THON donations on a \$2, \$4, \$5 or \$10 per sponsor. By making a set amount for the sponsorship contribution up front rather than a sponsorship per lap, you don't have to go back to the sponsor, a second time.

TIMELINES

Friday 5 th May	Walk-a-thon for the students
NO LATER THAN Friday 12th May	<i>Sponsorship cards and monies returned to the School Administration Office</i>

Please return your sponsorship form and monies by Friday 12th May to the School Administration Office. Please ask at the Office if you require an extra form. Please ensure that the student's name, amount and class are recorded on the sponsorship form and any envelopes containing money.

HOW DO YOU OBTAIN SPONSORS?

- PHONE relatives (Aunts and Uncles, Grandparents etc.)
- Ask the neighbours and your friends
- Take the sponsorship form to work – ask your workmates to sponsor the children
- Take the sponsorship form to sporting activities

Thank you in advance for your participation and support.

Michael Lukacs and Des Deuter (P.E. Teachers), on behalf of the Fundraising Committee.