**DATES TO REMEMBER**

**May**
- Thursday 8: Assembly 12.10pm Gr 4-5-6
- Monday 19: Cross Country
- Thursday 22: School Photos
- Thursday 22: Assembly 12.10pm Gr 3-4-5
- Friday 23: Walk Safely to School

**June**
- Monday 2-
  - Wednesday 4: Grade 6 Camp
- Thursday 5: Assembly 12.10pm Gr 2-3
- Monday 9: Queen's Birthday Holiday
- Thursday 19: Assembly 12.10pm P-1

**July**
- Thursday 3: Assembly 12.10pm K-P
- Friday 4: End of Term 2
- Monday 21: Student Free Day
- Tuesday 22: Start of Term 3

**HAPPY BIRTHDAY**
The staff, students and wider Westbury community wish the following student a very happy birthday for next week:

Lillie Lewis

**ATTENDANCE**
If your child is away for any reason, we would ask that you contact the school office to inform us of their absence on the day/s they are away. This then allows us to ensure accurate records of attendance at all times.

**DISCLAIMER**
Parents should note that advertisements for educational services, companies, activities or similar events are published as a ‘community service’. Westbury Primary School is in no way liable for the quality, supervision or integrity of the provider and strongly suggests that parents make their own enquiries before engaging with the advertised event.

Marcus Cramp A/Principal

---

**From the Principal**

Welcome back to Term 2. Although it is only a nine week term it will be a busy one with NAPLAN testing, Grade 6 camp, cross country carnival, Walk to School day, school photos and inter-school sport just to name a few events.

As we head into the colder months hats will no longer be required to be worn at school. These can be put safely away until Term 4.

Congratulations to our egg decorating competition winners who were selected on the last day of last term. The winners were: Henry Marston, Solomon Piercey, Olivia Brown, Emily Payne and Jordan Waddingham.

I would like to thank the Parent & Friends Association for their recent financial contributions to the school. They have donated $1000 toward much needed science equipment and $630 to pay for the bus hire for the Grade 6 camp.

While thanking people, I must pay tribute to Konrad Chung’s contribution to our school as the outgoing chair of the School Association. Konrad has been a member of the School Association for 18 months and was Chairperson for the last 12 months. His commitment to support the school and its staff has been outstanding and, on behalf of the whole school community, I would like to thank Konrad for all his hard work.

During the holidays a group of our students participated in the ANZAC day commemorations at Westbury. Thank you to the students who participated in the march (and to the parents that brought them) and congratulations to Mackenzie Webster and Archie Peck-McKinnon who spoke so well at the 11am service.

*continued on page 2*...
The annual school cross country carnival will be held on Monday 19 May at the Town Common commencing at 9.30am. Mr Leighton will provide more information closer to the time.

This Friday our Gr 5-6 students will be participating in a Soccer Gala Day organised by the Northern Midlands Sports Association at Hagley Farm School. Students will play in a 6-a-side round robin soccer competition with other schools from the Meander Valley. Students will travel by bus with Mr Bates departing at 9.30am. They will need their recess, lunch and suitable shoes.

The annual NAPLAN testing will take place next week for Grades 3 and 5 students around Australia. The testing timetable will be Language Conventions and Writing on Tuesday, Reading on Wednesday and the Numeracy test on Thursday.

Westbury Primary will be participating in the National Walk to School day on 23 May (see article inside the newsletter for more information.) Parents who are able to help supervise the walk and/or help prepare breakfast, please contact the main office.

Marcus Cramp

CROSS COUNTRY
MONDAY 19 MAY 2014
PROPOSED SCHEDULE
9.30am - Grade 6
9.40am - Grade 5
9.50am - Grade 4
10.00am - Grade 3
10.15am - Grade 2
10.25am - Grade 1
10.35am - Prep

Kinders are most welcome to join us on the day and will run immediately after the Preps if required.

Grade 3, 4, 5 and 6 students will walk to the town common at 9.00am SHARP and will walk back to school in time for their ‘normal’ recess.

The Prep students along with our Grade 1 and 2 students will leave school at 9.30am SHARP and will walk to the town common. They will return to school via bus by recess time.

HOT LUNCH ROSTER
May 8 J Cresswell
K Bullman

May 15 T Wilson
S Triffitt

PROBUS COOKING ROSTER
Thursday 15 May Sally-Anne Burns
Amanda Taylor
Rebecca Skepheard

Thursday 19 June Jayne Cresswell
Tracey Webster
Cindy Chung

Please leave cooking in the Parent Room by 9.00am on the morning of Probus.

NATIONAL WALK SAFELY TO SCHOOL DAY - Friday 23 May 2014

All primary school aged children around Australia are invited to participate in National Walk Safely to School Day 2014.

Walk Safely to School Day initiative will be celebrated on Friday 23 May 2014.

Walk Safely to School Day aims to encourage each Australian child to lead a healthier, more active lifestyle by including a walk at the beginning and end of each day to achieve at least 60 minutes of daily exercise to help prevent obesity and other health problems.

The event also promotes reduced car-dependency, greater use of public transport, cleaner air, improved diets and road safety to primary school children throughout Australia.

Westbury Primary will be participating in this event with an organised group walk from the Village Green to school.

Students will depart the White House end of the Village Green at 8.30am, walk up King Street, turn into Jones Street and then across the school oval.

Mr Cramp will be at the White House end at 8.20am.

The walk will be followed by a light breakfast in the school hall starting at approximately 8.45am.
SCHOOL PHOTOS
School Photo day is Thursday 22 May 2014.

Envelopes, with individual student’s names, have been sent home with children today.

Some points to remember:
♦ Do not seal envelopes inside each other.
♦ Family envelopes and family discount forms (if applicable) are available at the school office upon request.
♦ Please enclose correct money as change is not available. Cash, cheque and money orders are accepted. Credit cards can only be used for payment when ordering online.
♦ All children must have their envelope on photo day whether they are ordering photos or not.
♦ Online ordering is now available.
  • Log on to www.msp.com.au and click on ORDER ONLINE
  • Place your order using the system online
  ◊ Family/sibling photos cannot be ordered online
  ◊ Family discount cannot be claimed for online orders
  • Record your Reference Number on your child’s envelope
  • Each child must hand in their photo envelope on photo day

If you have more than two children in the family, you are entitled to a free pack for the 3rd and subsequent children (to the same or lesser value). This discount only applies to children attending Westbury Primary School.

Getting enough vitamin D over winter
In Tasmania in winter it is very difficult for our bodies to make enough vitamin D because there is less sunlight, UV levels are low and we cover up to keep warm. Even people who spend a lot of time outside in winter can have low vitamin D.

You need vitamin D for healthy bones and muscles and overall good health. Getting enough vitamin D will help prevent osteoporosis and rickets. In summer around one third of Tasmanian teens and adults do not have enough vitamin D and in winter and spring, around two thirds of Tasmanian teens and adults have low vitamin D levels.

Who is at risk of low vitamin D?
• People with naturally very dark skin.
• People with little or no sun exposure:
  – those in institutions, hospitals or housebound for long periods
  – those who always wear concealing clothing
  – those who deliberately avoid the sun.
• People overweight or obese
• Babies of vitamin D deficient mothers

Sunlight (UV light) is the best source of vitamin D. Your body produces vitamin D when your skin is exposed to UVB in sunlight. How much vitamin D your body makes depends on skin type, amount of skin exposed, UV level, time in the sun, and individual lifestyle and health factors. Some foods such as oily fish, eggs and mushrooms contain small amounts of vitamin D and some milk and soy products have vitamin D added however as food only has a small amount of vitamin D, it is difficult to get enough from diet alone.

How to get enough vitamin D

<table>
<thead>
<tr>
<th>Your skin type</th>
<th>December to January</th>
<th>mid-April to mid-September</th>
</tr>
</thead>
<tbody>
<tr>
<td>People with fair skin</td>
<td>Spend about 10-15 minutes a day in the sun mid-morning (11 am) or mid-afternoon (3 pm)</td>
<td>Spend at least 30 minutes in the sun a day at midday</td>
</tr>
<tr>
<td>People with naturally very dark skin</td>
<td>Spend about 30-90 minutes in the sun mid-morning (11 am) or mid-afternoon (3 pm)</td>
<td>Spend at least 1.5 to 3 hours in the sun around midday</td>
</tr>
</tbody>
</table>

• AVOID SUNBURN – it increases your risk of skin cancer
• You need sunlight on as much skin as possible, at least hands and arms
• Be outdoors and active every day to help make vitamin D
• During summer avoid the middle of the day when UV levels are highest
• When UV is 3 or above protect your skin and eyes from the sun if you are outside for longer periods
• March and October are good time to get some extra sun to boost vitamin D levels

Information Validation Forms
Last term Information Validation forms were sent out to enable parents/carers to update contact information and to make any changes to personal information that we may have on our system. Many forms have been returned but we are still awaiting on a few forms to come back to the office. If you have not returned your updated form, could you please do so as soon as possible. It is very important that we have up to date contact names and numbers in case of emergency situations.

If your circumstances change throughout the year, there is a form available at the office for you to complete to update your details.

Tasmanian teens and adults have low vitamin D levels.

Sunlight (UV light) is the best source of vitamin D. Your body added however as food only has a small amount of vitamin D,
Meander Valley Netball Association will be running Netball sessions on Saturday mornings in term 2 at the Deloraine High School for grade 4-6.

Sessions will involve training and games and will run for 8 weeks from 9:30am-10:30am Sat 10th May- 5th July (not including long weekend).

Cost is $60 which can be paid at first session.

Enquires Taneil 0439 809 996 Love to see you there!

Deloraine Devils Netball Club Inc. are very excited to announce they will be running the program for kinders to grade 4's on Wednesdays from 3:20pm-4:20pm at the Deloraine Primary School.

NetSetGo is an exciting, age appropriate program designed to teach the basic, to advanced skills and game of Netball.

Program cost is $50 (which includes bag and ball) and will run for 8 weeks from 14th May - 2nd July.

Registration forms will need to be in with money on first session - Wednesday 14th May.

Can’t wait to see you there!

Any enquires call Taneil Bloomfield 0439 809 996

Car Boot Sale
Westbury Baptist Church, Franklin Street
To raise funds for the chaplains at Hagley/Prospect, Westbury and Deloraine High Schools
Saturday May 24th
9.00—12.00
$10.00 per car
Hot drinks and barbecued sausages on sale.
Gates open at 8.00 for cars to set up.

Please support our chaplains!

Launceston PCYC
148 Abbott Street, Newstead
$3 Entry (kids free)

FREE two day workshop and information sessions for PARENTS/CARERS of school age students on the autism spectrum.

Venue: Deloraine Community Complex
8 Alveston Drive, Deloraine TAS 7304

Wednesday 14 & Thursday 15 May 2014

For details call 1300 881 971