**Breakfast Program**

Breakfast is considered to be extremely important, however, research across Australia is showing that approximately one in four children are skipping this meal. Breakfast is important because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

At school, a hungry child can lose concentration in class, have low energy for playtime and may end up snacking on unhealthy foods, such as chips or biscuits. A calm and nutritious breakfast every day is the best defense against this happening. It also helps children to get into good habits that they can carry through life.

“A 20 year Tasmanian study found that skipping breakfast from childhood onwards results in more fat around the waist and high blood levels of insulin and cholesterol – all factors that significantly raise the risk of heart disease and diabetes.”  

Dr Rosemary Stanton

**Extensive research in Australia and overseas has found that:**

- Skipping breakfast may diminish mental performance. Eating breakfast may aid learning, as you are better able to pay attention and are more interested in learning.

- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.

- People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to be hungry for snacks during the day.

**References:**  
https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Breakfast-for-Learning.aspx

Bryon and our team of student helpers work hard to ensure that our daily breakfast program runs smoothly and that children are settled and ready for learning by 9:00am.

A 20c donation from each student to help with the costs is much appreciated.

**Safety at School**

It is essential that all persons visiting the school other than staff, students or families attending school-based activities during school hours report to the school office. If you or your child have any concerns about unauthorised persons on school grounds during school hours please be sure to report this to myself or Scott.

Karen
**MERIT CERTIFICATES**

To be presented at assembly tomorrow (Friday) at 11.15am in the school hall. Presented by 4/5/6D

<table>
<thead>
<tr>
<th>Class</th>
<th>Teacher</th>
<th>Student</th>
<th>Reason for Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Mrs Watson</td>
<td>DECLAN DUDMAN-BUTTERS</td>
<td>For dedicated hard work</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ELLA MULLINS</td>
<td>For being such an amazing, hardworking student</td>
</tr>
<tr>
<td>1/2</td>
<td>Mrs Wood</td>
<td>JAMES SPEERS</td>
<td>For a great improvement with his writing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ASHTON SEMMENS</td>
<td>For his enthusiastic approach to his learning</td>
</tr>
<tr>
<td>1/2</td>
<td>Mr Wheeler / Mrs Turmine</td>
<td>TONI HUGES-KITTO</td>
<td>For being attentive and supportive with helping Mr Wheeler settle in at Waverley PS</td>
</tr>
<tr>
<td>3/4</td>
<td>Ms Dolbey</td>
<td>AYDAN WEGMAN</td>
<td>For being attentive and supportive with helping Mr Wheeler settle in Waverley PS</td>
</tr>
<tr>
<td>4/5/6</td>
<td>Mrs Djakic (Ms Hardy-relief teacher)</td>
<td>CHLOE FOLEY</td>
<td>For her resilience to continue to meet school expectation whilst her class teacher is away</td>
</tr>
<tr>
<td>4/5/6</td>
<td>Mr Bent/Mr Howell</td>
<td>DAN McCROSTIE</td>
<td>For his resilience to continue to meet school expectation whilst his class teacher is away</td>
</tr>
</tbody>
</table>

**PRINCIPAL’S AWARDS**

The following students were presented with their award certificate for their ongoing display of our school expectations at a special morning tea with their family today.

<table>
<thead>
<tr>
<th>1/2GALE</th>
<th>1/2 WOOD</th>
<th>3/4 DOLBEY</th>
<th>4/5/6 BENT/HOWELL</th>
<th>4/5/6 DJAKIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Declan Allan</td>
<td>Nate Jones</td>
<td>Arziah Bird</td>
<td>Emily Fazackerley</td>
<td>Niesha Beames</td>
</tr>
<tr>
<td>Bella Battese</td>
<td>Blayne Macleod</td>
<td>Ella Bishop</td>
<td>Lily Garwood</td>
<td>Regina Blair</td>
</tr>
<tr>
<td>Matanna Hill</td>
<td>Titan Palmer</td>
<td>Brayden Cox-Pregnall</td>
<td>Chloe Nolan</td>
<td>Chloe Foley</td>
</tr>
<tr>
<td>Amber Nolan</td>
<td>Cohen Williams</td>
<td>Amber Semmens</td>
<td>Seth Roney</td>
<td>Bella Garwood</td>
</tr>
<tr>
<td>Mickaella Beard</td>
<td>Imogen tipper</td>
<td>Mia Smith</td>
<td>Taiye Whiting</td>
<td>Fynn Perkins</td>
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**EXCURSION**

Prep Watson will be visiting Heritage Forest this Friday 1st July. They will be leaving school on the bus at 12.30pm and returning at approximately 2.45pm.

Children are required to wear their school uniform, bring along healthy snacks and water in plastic drink bottle.

A coat will be essential, and gumboots will be best if they have them.

This excursion is a celebration of all our great learning throughout the first half of the year.

**SCHOOL HOLIDAYS**

Last day for Term 2 is this Friday 1st July

**SCHOOL WILL RESUME ON TUESDAY 19th JULY**

Monday 18th July is a staff professional learning day

**HAPPY HOLIDAYS**

WAVERLEY PRIMARY SCHOOL
DEPARTMENT OF EDUCATION
Our Kindergarten students enjoyed a very busy and fun filled day out and about learning about how the supermarket works, and the importance of regular visits to the dentist.

Our Wednesday group also enjoyed a very active visit to Heritage Park.
3/4D had an interesting day exploring Campbelltown as part of their History work on early settlement.

Lots of valuable learning, and some fantastic photography from the group!
Welcome Mr Chris Wheeler

Mr Wheeler will be working full-time with 1/2 Gale for term 3 for Mrs Gale who has needed to take extended sick leave.

We wish Mrs Gale all the best for a speedy return to good health.

FAREWELL

This week we farewell Ann Davies our School Nurse.

We have greatly enjoyed having Ann as part of the Waverley PS team. We have appreciated her expertise and professionalism within her role as School Nurse.

We are hoping to provide details of our new School Nurse early in term 3.

Waverley Team for the Tasmanian Primary all Schools Cross Country
(Iziah Blake absent from photo)