

Public Speaking Finals

The Public Speaking Finalists presented their speeches to the school last week. The below students were the finalists for each class:

KM	Brooklyn	Shae	Thomas
KR	Zara	Armani	Kai
1C	Charlie	Amy	Amaya
1R	Brandon	Coco	Knox
2C	Lexi	Felix	Ava
2W	Charlise	Ruby	Annabella
3/4P	Blade	Brooke	Oliver
3/4S	Ellie-Rain	Jobe	Shayla
3/4W	Finian	Nixon	Soraya
5/6C	Noah	Avalon	Pharai
5/6M	Nardia	Kaia	Haillie
5/6R	Nicole	Khan	Ariah

Congratulations to Armani Milson - KR, Brandon - 1R, Oliver - 3/4P and Ariah - 5/6R who were the winners of their Stage Finals.

Swans

Swans visit my house every day. I feed them cucumber and lettuce.

There is two of them and they are black with red beaks. They are friends with a pelican and also the seagulls.

They like to swim down the river in my backyard. They waddle up onto the sand and leave their footprints.

**Written by Armani
(Early Stage 1)**

Living in Rainbow Bay

My name is Brandon from 1R and I love where we live.

My family live at Rainbow Bay and there are lots of young kids my age that live there too and we are all friends.

Often, we play together at the beach or the children's playground. Sometimes we have BBQ's on the beach front and eat yummy rocky road then we ride our scooters and skateboards on the footpath.

I really like going surfing when the waves are small and perfect. At Rainbow Bay Beach you can surf really long rides.

Another activity I like is riding my blue motorcross push bike down the bumpy Greenmount grass hill. Going fast and riding over the bumps is lots of fun and doing high speed big back brake skids at the bottom really gets my heart pumping!

Yes, living at Rainbow Bay is the best. Another cool thing is it is just a short walk to this great school.

Written by Brandon (Stage 1)

Curiosity

It's a curious thing curiosity. I can't tell whether it's good or bad. Apparently curiosity killed the cat, well that doesn't sound too promising.

And what about that monkey 'Curious George', you know that pesky primate who is always needing to be rescued by some random dude in a yellow hat. Who even is that guy and why does he live in New York City with a monkey.

Please don't get me started on Alice in Wonder. All she ever says is curiouiser and curiouiser which is fine except **a)** it's not a word and **b)** it's almost always followed by her plummeting down a terrifying rabbit hole.

Another thing whenever I follow my parents around asking fascinating questions they never seem too pleased with my abundant curiosity, like "who would win in a battle to the death, Darth Vader or Voldemort?". I think Voldemort but moving on.

Nope it's not looking good for curiosity and yet I can't help but wonder "what if Alice's curiosity hadn't got the better of her if she'd never fallen down that rabbit hole. My dad is always is going down a rabbit hole on Instagram and he knows lots of cool stuff.

What about that super smart scientist Albert Einstein who once said I have no special talent. I am only partially curious. So.... after much curious conversations I've decided curiosity must be a great thing after all. Curiosity may have killed the cat but I reckon it would have.

Written by Oliver (Stage 2)

The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.

What do they mean?

Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. *The more stars, the healthier the product.*



Why?

63 percent of adult Australians, and 1/4 children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. ***Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!***

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