

Well done everyone, we've all survived another school year! It has been another exciting year filled with lots of growing and new learning. So, with the summer holidays coming up, here's a reminder of a few handy tips to survive these holidays.



- Stay Sun smart – **slip** on a top with a collar, **slop** on some SPF 30+ or higher rated sunscreen, **slap** on a hat, **seek** some shade and **slide** on some sunnies.
- Stay hydrated – Water is the best choice of drink.
- Sleep – try to get the recommended hours of sleep per day.
Or, if you tend to stay up a little bit later over the holidays, attempt to get back into a good sleep routine at least 2 weeks before the start of school. It is recommended that primary school aged students get at least 10 hours of sleep per night.
- Try to have more of your “ALWAYS” foods once the Christmas season is over. These food include all fruit & vegetables, whole grains, legumes, lentils & pulses, lean protein foods, low fat dairy products or dairy alternatives and healthy fats such as extra virgin olive oil, oily fish, avocado, nuts and seeds.
- Enjoy precious time with family and loved ones!

Wishing our whole school community a safe and enjoyable holiday period. To our Grade 6s, good luck with this next step. May you remember to always be kind to yourself and others, the rest will fall in line. To everyone else, I look forward to working with you all again in 2020.

MERRY CHRISTMAS,

Nurse Andrea