



# CARLISLE RIVER PRIMARY SCHOOL

## NEWSLETTER

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Monday 5<sup>th</sup> October 2020

Dear Parents & Friends,

### Welcome to Term 4.

**As part of the Covid19 guidelines** – the school will be cleaned every day – also all staff and students will have their temperature checked each morning –

- Students/staff members who are unwell, even in the absence of a fever, should stay home.

#### Temperature thresholds and required actions

TEMPERATURE READING	REQUIRED ACTION
Less than 37.5°	Student /staff proceed to class.
Equal to or greater than 37.5° on first reading	The student/staff member should be asked to wait in a separate room and have their temperature re-checked in 15 minutes. If the student is wearing outerwear, the staff member should suggest the child remove this once they are indoors.
Equal to or greater than 37.5° on second reading	The student/staffmember should return home with their parent/carer. If parent/carer is not present, the student will need to be isolated and the parent/carer contacted to collect them from school as soon as possible. Families should be encouraged to seek the advice of their healthcare professional who can advise on next steps and coronavirus (COVID-19) testing.

**School Council** meets **THIS evening** at 7.30pm via WebEx.

**We will be holding** our annual overnight camp at school with the family BBQ on Thursday 6th November - subject to covid19 restrictions

Have a great week  
Mr Jeff Douma



SCHOOL CALENDAR							updated weekly
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 <sup>th</sup> October First day Term 4 onsite learning School council meeting 7.30pm Webex	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>  ART	9 <sup>th</sup>			
12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>  LIBRARY	16 <sup>th</sup>			
19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>  ART	23 <sup>rd</sup> Public Holiday – Thank you Day			
26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>  LIBRARY	30 <sup>th</sup>			
3 <sup>rd</sup> November	4 <sup>th</sup> Public Holiday Melbourne Cup Day	5 <sup>th</sup>	6 <sup>th</sup>  ART  Overnight Camp at school – Family BBQ	7 <sup>th</sup>  Overnight Camp Breakfast			

## Jump Rope for Heart kicks off this term!

Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 36 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work.



It's important you [register your child online](http://www.jump rope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.

[www.jump rope.org.au/parents](http://www.jump rope.org.au/parents)

Students will be skipping *throughout the term at P.E – with Ms Maiya taking the classes-* during this time you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school **Jump Off Day on Friday 20<sup>th</sup> November**- this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills. *You are cordially invited to attend that day and join in the activities.*

Thank you for supporting the Jump Rope for Heart program

### About Jump Rope for Heart

- Since 1983, more than 10 million Aussie kids and more than 90% of Aussie schools have taken part in Jump Rope for Heart.
- Every year, more than one million Aussies are involved in Jump Rope for Heart as skippers, teachers and sponsors.
- The Heart Foundation's Jump Rope for Heart has been keeping Aussie kids active and healthy for more than 35 years while raising vital funds to fight heart disease – the single biggest killer of Australians.
- Jump Rope for Heart is one of Australia's favourite school activity programs, inspiring kids to embrace skipping as a fun way to get active.
- For more than 35 years, Jump Rope for Heart has encouraged kids to develop positive attitudes to exercise and healthy eating, and to develop healthy habits for life.
- Every year, more than 300,000 kids in over 1,300 schools take part in Jump Rope for Heart with the help of more than 500,000 generous sponsors including families, friends and community members.

- Since 1983, Australian schools have raised awareness and more than \$104 million for the Heart Foundation, making a difference to the lives of all Australians affected by heart disease.

### The facts

- Being active is one of the most important ways that Australian kids of all ages and abilities can improve their health and wellbeing, but about 3 in every 4 Aussie kids aged 5 to 12 years are not getting the recommended one hour of moderate to vigorous exercise every day;<sup>1</sup>
- For young people aged 13 to 17 years, the figure is even worse, with 92 per cent failing to meet the recommended exercise guidelines of at least 60 minutes of moderate to vigorous exercise every day. <sup>2</sup>
- Only 1 in 3 (35%) children aged 5 to 12 and 1 in 5 (20%) children aged 13 to 17 meet the sedentary screen-based behaviour guideline. (Limiting the use of electronic media for entertainment to no more than 120 minutes per day.)<sup>3</sup>
- Recent data shows that 1 in 4 (27%) children and adolescents aged 5 to 17 years are overweight or obese and 1 in 5 (20%) children aged 2 to 4 are overweight or obese. <sup>4</sup>
- Physical inactivity is a major contributor to heart disease in Australia and is estimated to be the main cause for about 30% of heart disease worldwide.<sup>5</sup>
- Heart disease is the leading single cause of death in Australia, affecting two out of three families.
- Low levels of physical activity have been shown to be associated with increased risk of high blood pressure and obesity among children as young as 12 years of age.

## Our Jump Rope for Heart Day is:

**Friday 20<sup>th</sup> November**

**along with our Fun Bike Ride**

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<sup>1</sup> Australian Institute of Health and Welfare. [Physical activity across the life stages](#), 2018.

<sup>2</sup> Australian Institute of Health and Welfare. [Physical activity across the life stages](#), 2018.

<sup>3</sup> Australian Institute of Health and Welfare. [Physical activity across the life stages](#), 2018.

<sup>4</sup> Australian institute of Health and Welfare. [A picture of overweight and obesity in Australia](#), 2017.

<sup>5</sup> World Health Organization. [Global Health Risks: mortality ad burden of disease attributable to selected major risks](#), 2009