**Year 5 Combined Schools Camp**

Aaron, Austin and Jeordy were fortunate to be invited to the Year 5 Combined Schools Camp, hosted by the Forbes Shire Council, at Lake Burrendong between Wednesday 11th and Friday 13th June.

They enjoyed interacting with students from Forbes North Public School and St Laurence’s School participating in activities such as orienteering, low ropes, bush walks, rock climbing, paintball and camp fires.

We sincerely thank Ms Natalie Walker and the Forbes Shire Council and Mr Doyle from Forbes North Public School for making this possible for our students.

**A Healthy Tomorrow for Today’s Children**

Thursday 19th June, students hosted ‘A Healthy Today for Tomorrow’s Children’, a day to focus on the principles of healthy eating and good health practices.

A warming winter ‘Doctor Ditto’s’ Sri Lankan chicken curry, with brown rice and condiments was prepared for eighteen guests at lunch time. From this, students discussed the differences in making a recipe at home rather than purchasing pre-packaged food.

Students and guests were also fortunate to benefit from the knowledge of three visiting health professionals. Louise, a Dietician, talked to students about how to read labels on packaged food and re-inforced their knowledge of the five food groups; dairy, carbohydrates, protein, fruit and vegetables and reminded them again that these food groups play a very important part in our everyday diet.

Mrs Mercia Crowe or ‘Merce the Nurse’, as Mrs Ridley fondly calls her sister also visited. Nurse Merce tested our blood pressure; to test our blood pressure she used a sphygmomanometer that reads your blood pressure; thankfully, all our readings were great.

Finally, Caroline from the Forbes Dental Clinic visited to kindly and gently check students’ teeth and remind them how to brush and floss.

This day was a fantastic opportunity for students, parents and health professionals to interact to help create a healthy tomorrow for today’s children.

We thank our visitors very much for sharing their knowledge and our parents for enjoying the day with us.

**Home Reading**

75 Nights: Madison Burbage!!!

62 Nights: Aaron Mickan

55 Nights: Jeordy Carty, Karla Osborne, Lacey Osborne & Melody Osborne

51 Nights: Austin Fay

**Weekly Assembly**

STUDENTS OF THE WEEK

Melody Osborne - Listening & Doing
Free community education seminar

Navigating teenage DEPRESSION

You will learn about:
- What is depression and bipolar disorder?
- How to spot early warning signs in young people
- When and where to seek help
- How to support a young person you care about
- How to build resilience

About this presentation
This one-hour presentation is delivered by a Black Dog Institute presenter who has a personal experience of a mood disorder or of caring for a loved one. It is suitable for parents, teachers and people who work with young people and provides a quality introduction to the subject.

Where: Forbes High School Hall, 18 Wyndham Avenue, Forbes
When: Monday 14 July 2014 - 6pm to 7pm
For more information: Please contact Trudi Weyman, Forbes High School — Phone 6852 2666
www.blackdoginstitute.org.au