Students in Grade 3 had a wonderful week getting to know each other and learning the 7 Habits. We were also very excited to have a visit from Mr Peterson who showed us a special magic trick.
Now that we are all back at school, here are a few easy ways to revise the habits at home.

**Be Proactive:** Take charge of setting a daily routine and sticking to it.

**Begin with the end in mind:** Write a plan for the week: when to do daily reading, weekly homework, etc.

**Put First Things First:** Go to bed early on school nights.

**Think Win Win:** Discuss win-win strategies to practise at home which could be used with peers at school as well.

**Seek First to Understand:** Wait for someone to finish talking before reacting or interrupting.

**Synergise:** Work together on home projects or even with daily routines.

**Sharpen the Saw:** Bring fruit snacks to school. Exercise, healthy eating, an active mind and a happy heart are all equally important.

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**Science Fact from Ms Ziogos**

Camels can drink 30 gallons (113 liters) of water in just 13 minutes. The water is stored in the camel bloodstream, rather than being stored in its fatty hump. The fatty hump serves as a source of nourishment when food is scarce.

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**Other reminders/notices**

**Parent Information Session**

We are looking forward to meeting all our Grade 3 parents at our Information session on Tuesday. It will be located in Miss Scheffer’s classroom and will begin at 6:00.

**The Leader in Me Parent Information Session**

Next Thursday February 12th from 9:15am to 9:45am

Laura Wapling and Jo Moriani will brief parents about the Leader in Me process in our new Grade 2 building (near the play equipment).

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This year as a school we are aiming to minimise the amount of rubbish collected at Parktone Primary. To help us with this aim we are asking all children to pack their lunchboxes with Nude Food.

**What is Nude Food?**

**Nude Food** is simply food that is not wrapped in foil, plastic or commercial packaging. The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly. Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health).

**Try to avoid:**

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Single use plastic forks and spoons
- Pre-packaged food, i.e. biscuits, snack bars and chips

**WRITING FOCUS:** Using capital letters and full stops in our recount writing.

**READING FOCUS:** Understanding the correct use of full stops in sentences.

**MATHEMATICS FOCUS:** To investigate the conditions required for a number to be odd or even. Identify odd and even numbers.

**Homework**

**Homework will begin in Week 4.**

*Hope you have a great week!*

*Miss Scheffer, Miss Southward and Mr. Curry*