



Mount Nelson Primary School

● THE PERFECT ENVIRONMENT ●



Healthfood replaces junk

Playground Blitz

MOUNT Nelson Primary School is taking the first steps towards becoming a more healthy and active school.

The school canteen has had a total make-over by replacing all the lollies with more fresh fruit, more salad items and bringing in fresh sushi.

The sushi is delivered from Sushomatic by Scott Allen, a Mt Nelson parent.

All the fizzy drinks have been removed and there are 100 per cent fruit juices.

Instead of lollies, cakes, chocolates and chips it now sells fruit smoothies and other dairy products.

The canteen also sells various vegies which are quite popular with the younger students.

The school has started a new Daily Fitness Program that is run by the grade sixes for 15 minutes every morning. The program includes aerobics, skipping, hoops and ball skills.

Having the chance to lead builds the grade sixes' confi-

dence and the program helps to keep all students fit.

The school is really striving to get everybody fit and healthy because children in today's society are becoming less active and are eating more and more unhealthy foods.

The school is currently involved in Jump Rope for Heart, a skipping program that raises valuable funds for the Heart Foundation and fitness for the students.

Earlier in the year the school was involved in the 40 Hour Famine and held a "big (nutritious) breakfast" in conjunction with the healthy eating theme.

In Term 2 the whole school went on an expedition and did various walks on Mt Wellington — to have fun and get fit which is what Mt Nelson strives for.

Mt Nelson is becoming a more active and healthy school to make sure the kids have a healthier life.



GET PHYSICAL: Mt Nelson Primary is striving to keep students healthy and fit.

MT NELSON Primary is getting a new playground.

The new equipment will be safer and more fun for the kids.

The new playground will be mostly climbing and upper body activities for the younger students.

A climbing wall will cater for the older students.

The playground will cost up to \$15,000.

Plans have been approved by Playsafe and it is being built at the factory.

The equipment will only take about two days to install.

The old playground was removed because there were some poisons in the treated pine that could be harmful to the children.

The area has been cleared already and is waiting for the equipment to arrive.

The slide will soon be moved to a hill that runs onto the oval.

This project has been strongly supported by the school community with many parents offering their labor for the construction of the new equipment.

Play on tour

THIS year Mt Nelson Primary principal Carl Lawton decided to create the play *Little Red and BB Wolf*.

This play will showcase the talents of the Grade 6 students.

The play is about a girl called Little Red, who is a very good singer and dancer.

BB Wolf wants to produce a CD of Little Red singing.

But of course Little Red refuses.

Mr Lawton wrote the script, but he was re-writing it with minor changes from his last *Little Red and BB Wolf* production to suit the personalities and special skills of this year's cast.

The production will be touring to schools in the local area in the second last week of this school year.

Producing plays has become an annual school tradition.

Mr Lawton is also a drama teacher and thinks it is very important to teach it.

He first started working in drama as a technician, but soon people started to say he should actually start performing.

He became part of the cast of numerous plays.

Mr Lawton took up acting with a passion.

This School Page was produced by Grade 6 students.

Program makes Christmas count



GIVERS: Students prepare presents to be sent to Thailand.

MANY students from across Mt Nelson Primary School choose to participate in Operation Christmas child.

This program involves less fortunate children in Thailand receiving shoe boxes full of presents, like personal hygiene items, sports objects and clothes for Christmas.

Students could choose whether they're sent to a girl or a boy.

The gifts were chosen to target ages from infants through to 14-year-olds.

This year the boxes that Tasmania students give are going to Thailand.

Tasmania's target is 14,000 shoe boxes.

Last year the whole of Australia sent more than 201,285 boxes to Papua New Guinea.

The shoe boxes were packed into containers that travel by ship which left last month to their destination.

They are then transported by truck to places where the children will receive the shoe boxes.

For only \$7 we have been able to send each box and make this Christmas a special event for others in our global community.

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A Principal of Macquarie Real Estate

&
A Happy Customer of Mount Nelson Primary School

When we opened Macquarie Real Estate in 1993 my son William had just been born. Since then both William, currently completing grade 6, and my eldest son, David, have gone through and enjoyed their time at the Mount Nelson Primary School, showing excellent development in all their areas of endeavour.

My association with the school is now drawing to a close, but as a company Macquarie Real Estate is pleased to support the Mount Nelson Primary School and looks forward to assisting families with their Real Estate needs in the future.

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