Why is physical activity so important for young children?

The benefits of being active for young children include:

- promoting healthy growth and development
- helping to achieve and maintain a healthy weight
- building strong bones and muscles
- improving cardiovascular fitness
- improving balance, coordination and strength
- maintaining and developing flexibility
- improving posture
- assisting with the development of gross motor and fine motor skills
- providing the opportunity to develop fundamental movement skills
- helping to establish connections between different parts of the brain
- improving concentration and thinking skills
- improving confidence and self-esteem
- relieving stress and promoting relaxation
- providing opportunities to develop social skills and make friends
- improving sleep.
Important Dates:

- Preschool Orientation: 3rd Dec
- Coin Challenge ends: 5th Dec
- Whole School Assembly: 5th Dec
- Celebration Concert: 12th Dec
- Support Unit Awards Day: 15th Dec
- Talent Quest Final: 15th Dec
- Presentation Day: 17th Dec
- Year 6 Farewell Dinner: 17th Dec
- Last day of Term 4: 17th Dec

The school’s web address is www.madangave-p.schools@nsw.edu.au.

Please help us to support the Toys’n’Tucker program by donating Christmas food or gifts for those who would otherwise go without.

For more information please see the school office staff.

P & C CHRISTMAS RAFFLE
- Drawn: 12th December
- Tickets: 3 for $1

Mt Druitt Zone PSSA
2014 11yrs Girls
Swimming Champion
Bridgette