Adopt a Class.

**Taking Care of Yourself Week.**

**I had the privilege of joining Class 5 this week as they embarked on learning how we look after our bodies through food and exercise.**

**The Children were enjoying a talk about healthy eating by Mr Branch and then took to the exercise mat and busted a few moves including the plank which was extremely entertaining.**

**Mr Saul followed on with getting the class to research using either computer or library. Which they impressively did followed by a quiz.**

**Mr Kophamel a (student Teacher) took class5 literacy lesson where they were creating a letter on the subject for and against of children attending school on a Saturday. I was very impressed with the children with some very heart felt comments. Main comments surrounded Family time, rested mind and financial cost to parent.**

**I will be eager to read the conclusion of this letter in due course.**

**A wonderful day in the life of class 5.**

 **Looking forward to seeing you all soon.**

**Sonja Taylor.**