Term 1 Edition 7 April 3rd 2014

The Overport Times

From the Principal's Desk

Dear Parents, Guardians and Students,,

Twilight Fair Results: While we still have a few small accounts to arrive and some dollars to come in from our silent auctions, it would appear that the profit from our Twilight Fair is $12,000. This is a fantastic effort! However, the greatest benefit is from the wonderful sense of community that the evening generated and the delight of the children; they simply loved it. Last Thursday the students presented flowers, cards and stories to Catherine Price and Wendy Lorimer on behalf of the fair committee to thank them.

District Track Events: At Friday's District Track event, Overport swept the field obtaining many placings. Overall we won the event and the children were very proud of their efforts. Thanks to Mr Broecker and the staff and parents who supported the 60 students that attended. What a wonderful result!

Danger of Energy Drinks: Suzie passed this article tome from the Herald Sun about the dangers of the new energy drinks: *"A petition calling for a ban on sale of energy drinks to kids has been backed by the Australia's largest women's organisation and doctors. The Australian Medical Association and the Country Women's Association of NSW have thrown their support behind a petition asking Government to ban energy drinks to those under 18 because of their harmful effects. High amounts of caffeine (a drug: also found in Coke)*

has been shown to cause insomnia, headaches, rapid heart rates, nervousness, hypertension, anxiety and diarrhoea". We see many students who stop at the shops on the way to school and buy red bull, V or Mother and drink them on the way to school. This has a significant effect on their capacity to learn and their behaviour. Is your child having trouble sleeping? If so, consider if they are having these during the week or even coke, especially in the evening.

Some further facts for you to consider.

FOOD OR DRINK	CAFFEINE CONTENT	SERVE
Instant Coffee	60-80mg	250mL cup
Café Coffee (e.g. latte or cappuccino)	113-282mg	250mL cup
Espresso/short black	107mg (25-214mg)	1 shot
Energy drink	80mg	250mL can
Cola	36-48mg	375mL can
Iced Coffee	30-200mg	500mL bottle
Starbucks Breakfast Blend brewed coffee	415mg (300-564mg)	600mL ("Venti")
Black Tea	25-110mg	250mL cup
Green Tea	30-50mg	250mL cup
Milk Chocolate	20mg	100g bar

Sources: Food Standards Australia New Zealand; Australian Institute of Sport Caffeine Fact Sheet.

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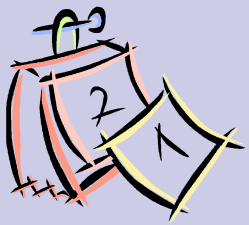
Diary Dates



Friday 4th April
Easter Hat Parade
9.15am
Last day of Term 1
School finishes at
2.30pm.

Tuesday 22nd April
Term 2 resumes.

Don't Forget
2.30pm
Dismissal
Tomorrow

Thought for the Week

Even a mistake can turn out to be the one thing necessary to a worthwhile achievement. Henry Ford.