

WHAT'S BEEN HAPPENING IN SENIOR SCHOOL?

There are many alternatives to prime energy drinks that are healthier and more cost effective. Some alternative options include milk which is high in calcium and therefore has many health benefits towards teeth and bone health. As well as coconut water, and because it is loaded with electrolytes, minerals and salts that help regulate nerve function and maintain fluid balance in your cells it is sometimes called nature's sport drink. There are also many fresh and sugar free fruit juices that contain essential antioxidants that reduce the risk of certain health issues. Finally something we mustn't forget is the most extraordinarily healthy drink; water, not only is water the most hydrating drink and is essential for life, if it is too bland for your taste you can always flavor it with fruits or other flavorings! In conclusion this variety of delicious drinks are great alternatives to the horribly addictive drink, Prime.

got for reasoning of caffeine and sugar which both lead to severe health outcomes. They seem plausible solutions through advertising there are many cheaper and healthier options on the market.

There are many alternatives here to prime energy drink that are healthier and more cost effective.

1) Alternative water milk coconut water fresh juices fresh mineral water

2) water bone health fresh juice keep hydrated and healthy state without artificial sugar water that protects heart health milk juice

3) water = free hydrating flavoring easy essential for life BEST alternative

In conclusion this variety of drinks are great alternatives to the addictive drink prime.

This week in Text Construction student's have been working collaboratively to create a persuasive text about the energy drink Prime and the harmful effects.

In Numeracy student's have been working hard on their fractions knowledge. They have been ordering them on number lines, adding and subtracting and exploring improper and mixed numeral fractions.

Handwritten notes on grid paper showing fraction addition and subtraction with visual representations using shaded boxes:

- $1\frac{1}{3} + \frac{1}{3} = 2$
- $2\frac{1}{3} + \frac{1}{3} = 3$
- $\frac{2}{5} + \frac{1}{5} = \frac{3}{5}$
- $2\frac{1}{3} + \frac{2}{3} = 4$
- $3\frac{2}{3} + 1\frac{1}{3} = 5$
- $2\frac{1}{3} + 1\frac{2}{3} = 4$

SKILL IN FOCUS: SENTENCE TYPES

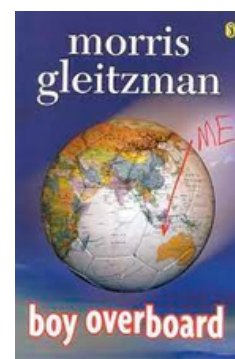
During the week Senior students will be working on improving their writing by including a range of sentence types.

There are four types of sentences:

- **Statement**
The ball is round.
- **Question**
What shape is the ball?
- **Command**
Get me the ball now.
- **Exclamation**
This round ball the best ball ever!

Have a go transforming this statement into the other sentence types:

Taylor Swift recently visited Melbourne.



UPCOMING FOCUS

Content Knowledge: Novel study of "Boy Overboard" by Morris Gleitzman

Text Construction: Narrative writing

Maths: Place value: Mixed and Improper fractions

REMINDERS:

Please make sure you are coming to school prepared with your iPad charged.

