From the Principal….
Welcome back to all our families for another busy Term which includes: King of the Mountain and Gympie Zone Athletics next week. Children have already started planning for Mary Valley Lions poster and essay competitions and Mary Valley show entries. Later in the term we have the Mary Valley Bush Poetry competition, High Ropes for older students and, to end the Term, students will be presenting at a Sustainability Expo at Mary Valley College.

King of the Mountain…..
Next Sunday, 28th July, several of our older students will join with students from Amamoor and Kandanga students to form teams to compete in King of the Mountain School Relay teams at Pomona.

Gympie Zone Athletics…..
Congratulations to Cameron, Eli and Zac who have been nominated to compete in Gympie Zone Athletics on 1st and 2nd August.

First Aid training…..
Next Thursday, 25th July all students will participate in a St. John Ambulance first aid training session. Starting at 11.00 a.m. there will be 2 groups. This is a free workshop being offered and will be of interest and practical benefit to all students.

P&C Meeting…..
Due to a number of calendar commitments, our next P&C Meeting will be held on Tuesday, 30th July at 4.00 p.m.
**SCHOOL MUSICAL**

“Sisters of the Camel”

It’s time again for another James Nash State High musical. Following the success of “Rockin’ Robin”, “Zombied” and “Smithy”, this year JNSHS students will present the musical **“Sisters of the Camel”**. Written and directed by our own Tom Colley, it is sure to be another fantastic show.

**How did these camels get so smart?**  **Why do they sing and dance all the time?**  **What is a Zingbad?**  **Who is the most evil sister?**  **What’s a wizz bomb?**  **Will the Aussies save the day?**

You will find the answers to these and many other questions at James Nash’s amazing performance of “Sisters of the Camel”.

The students and staff involved, have put in many, many hours of hard work to make it a show you will not forget. Bring your family, bring your friends, come along to this year’s school musical. On stage in the James Nash SHS Performing Arts Auditorium on Thursday 8th at 7pm, Friday 9th at 7pm, and Saturday 10th August at 1pm and 7pm.

Tickets are on sale at the school office from Monday 15th July. Phone 54806333.

Adults $15, Children/Concession $10, Family $46, extra children $9.

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**TENNIS OPEN DAY**

Gympie & District Tennis Association Inc would like to invite all interested students and family members to a FREE Open Day of tennis fun and prizes.

The day will be held at the Reg English Courts off Cartwright Road on Sunday July 21 from 10.00am - 2.00pm and includes a free sausage sizzle.

If the event is washed out on Sunday, the program will be run on the following Thursday (July 25) from 3.30pm – 7.30pm

Come on and join in the FUN!

**What – Tennis Open Day**
**When – Sunday July 21, 10.00am – 2.00pm**
**Where – Reg English Tennis Courts**
**Why – Enjoy tennis, make friends, exercise and have FUN!!**

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**Personal Hygiene**

**Clothes**
- Clothes can get stained, dirty and grubby, so you need to change them often.
- Also change your underwear often.

**Shoes**
- Keep your shoes clean by brushing, polishing or washing them.

**Feet**
- Wash your feet well at least once a day when you have a shower.

**Hair**
- Wash regularly with shampoo, massage your scalp and rinse well. Use a wide toothed comb for wet hair as it is easier to pull through.

**Teeth**
- You should brush your teeth twice a day - after breakfast and before you go to bed.
- During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth.