



Get Ready!

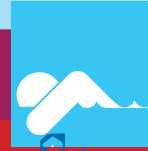
2008 PACIFIC SCHOOL GAMES
CANBERRA

30 November - 6 December

3 months to go to the 2008 Pacific School Games in Canberra



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The Pacific School Games is an international sporting event for primary and secondary school students - AND THIS YEAR IT COMES TO CANBERRA!

2008 PSG Ambassadors off to 2008 Beijing Olympics and Paralympics!

The following PSG Ambassadors will be representing Australia at the upcoming 2008 Olympics and Paralympics.

Lauren Jackson – Basketball **Patrick Mills** – Basketball
Adam Pine – Swimming **Deahne McIntyre** – Powerlifting

Your Sport

Nutrition - Growth and exercise increases your nutritional requirements and energy needs. A balanced and nutritious diet and an active lifestyle will lay the foundations for a healthy adult life. Here are a few tips on how to maintain a healthy and nutritious diet.

1. Use breakfast to jump start a healthy day. An ideal daily breakfast consists of fruit or fruit juice, a dairy product, cereals and bread.
2. Eat dairy products daily. 3 dairy serves each day is recommended.
3. Snack morning and afternoon. Regular snacks like plain or flavoured milk, yogurt, fruit, breakfast cereals and muesli bars are all nutritious snack choices.
4. Focus on lunch and dinner.
5. Drink a lot. Water and sports drinks are the best choices just before, during and after sports.
6. Choose a variety of foods from the core food groups:
 - Breads, cereals and other grain foods
 - Vegetables
 - Fruit
 - Milk, yogurt and cheese
 - Meat, fish, poultry, eggs and legumes
 to ensure an adequate intake of all the essential nutrients

NEWS around the schools

- Year 5 & 6 students from Higgins Primary School recently participated in a focus group that identified possible merchandise to be sold during the 2008 Pacific School Games (PSG).
- Students from St. Edmund's College and Hawker College participated in the 2008 PSG Technical Officials Training Program which provided students with a technical qualification and accreditation to officiate in the Basketball and Swimming competitions.
- 2008 PSG Ambassadors Pat Mills, John Jakeman and Deahne McIntyre visited St. Monica's Primary School, Stromolo High School and Charles Conder Primary School.
- Members of the 2008 PSG team visited Hawker Primary School and Yarralumla Primary School to present prizes to winners from the Get Ready Word Scramble competition.
- Students from a host of ACT Schools have expressed an interest in participating in a mass song and dance performance at the 2008 PSG Opening Ceremony.

CHECK OUT THE 2008 PSG WEBSITE FOR REGULAR AMBASSADOR UPDATES FROM THE BEIJING 2008 OLYMPIC GAMES.

WWW.PACIFICSCHOOLGAMES.EDU.AU



Winners!

These were our 5 lucky winners from the 'Word Scramble Competition' in Issue 3 of *Get Ready!*

- Marni Mount**
Holy Trinity Primary School
- Kayla Pheneey**
St. Francis of Assisi Primary School
- Maika Van Der Eng**
Weetangera Primary School
- Liam Richardson**
Latham Primary School
- George Gwaairgi**
Belconnen High School

This was the winning entry from the SunSmart Competition by Rhiannon Crooks from Rosary Primary School.



Well done to all competition winners.

ACTIVITY 1 :

Write one or two paragraphs on how and why it is important to maintain a healthy diet.

ACTIVITY 2 :

Match the following capital cities to the correct countries. 5 lucky winners will receive an exclusive 2008 PSG prize pack.

- | | |
|---------------------|-------------------------|
| Canberra | Philippines |
| Kuala Lumpur | Papua New Guinea |
| Beijing | Niue |
| Quito | Tuvalu |
| Suva | Ecuador |
| Papeete | New Zealand |
| Honolulu | French Polynesia |
| Wellington | Malaysia |
| Alofi | Fiji |
| Port Moresby | Australia |
| Manila | Hawaii |
| Funafuti | China |

Photos



Above: PSG Ambassador, Pat Mills with PSG prize winner Harrison Whalen from St. Monica's Primary School.



Above: Students from St. Edmund's College participating in the Technical Officials Training Program.



Above: PSG prize winner Justen Tran from Hawker Primary School.



Above: PSG prize winner Matthew Harrison from Yarralumla Primary School.



Above: Meet your favourite 2008 PSG Ambassadors.



Above: Year 10 Students from Canberra High School V Tech Class constructing ticket boxes for the 2008 PSG.

Activity Prizes

Complete the activities in *Get Ready!* and send your entries together with your name, school, address and contact number to the 2008 PSG Editor.

Best entries will be published in *Get Ready!* or on the 2008 PSG website and all winners will receive an exclusive 2008 PSG prize pack.

ALL ACTIVITY ENTRIES CLOSE 29 August 2008.

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We welcome your feedback or ideas for *Get Ready!*

Come and meet your favourite 2008 PSG Ambassadors and the 2008 PSG mascot at the 2008 PSG Less than 100 days to go show!

Date: Friday 29 August 2008.

Venue: Westfield Belconnen Mall, Centre Stage.

Time: 6.00 pm.

- Autograph signing by your favourite 2008 PSG Ambassadors.
- Exclusive 2008 PSG prize giveaways.
- Meet your 2008 PSG mascot and Prime Possum.
- Band, song and dance performances.