



Get Ready!

2008 PACIFIC SCHOOL GAMES
CANBERRA

30 November - 6 December

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



ISSUE 3 • JUNE/JULY 08



THE PACIFIC SCHOOL GAMES IS AN INTERNATIONAL SPORTING EVENT FOR PRIMARY AND SECONDARY SCHOOL STUDENTS - AND THIS YEAR IT'S COMING TO CANBERRA!

MEET OUR NEW AMBASSADORS

1 "I remember competing as a 15 year old at the Australian School Girls National Basketball Championships held in Canberra and having lots of fun. My advice to young athletes is essentially to have fun and enjoy yourself. Don't get carried away with the moment. Work hard and do your best."

Lauren Jackson

2 "I remember back in 1992 how exciting it was to be involved in such a big event like the Pacific School Games. For a young guy growing up in Canberra

it was an awesome experience, and with the Barcelona Olympics on that year, it made you feel like you were an Olympic star. For me competing in the 100m, 200m and the long jump was a great experience and heaps of fun."

Lincoln Withers

3 "I participated in the Pacific School Games in Melbourne, 2005 and had a wonderful time. I would urge all participants to make the most of the opportunities that the Games has to offer and have fun." Patrick Mills



NEWS around the schools

- Students from Higgins Primary School assisted with ushering guests and VIP's at the 2008 PSG Volunteers Launch.
- Finalist of the 2008 PSG Song Competition, Subashini Gnanendran from Telopea Park School and Jarrod Synott from Alfred Deakin High School were invited to perform their songs at the 2008 PSG Volunteers Launch.
- Students from Lake Ginninderra College Computer Aided Drawing Design (CADD) class will be assisting the 2008 PSG with the creation of all 2008 PSG Venue Maps.
- A group of Year 5 and 6 students from Higgins Primary School participated in a focus group that led to the development of the designs for the Student Assistant Uniforms.
- Year 10 V Tech students from Canberra High School are assisting with the production of equipment for the Basketball competition.
- Students from Dickson College Building and Construction class are assisting the 2008 PSG with the production of Dive Number Boards for the Diving competition.

John Jakeman at Higgins Primary School

Higgins Primary School children at the 2008 PSG Volunteers Launch



The Canberra Times



YOUR Sport

SunSmart

Tragically, Australia has the highest rate of skin cancer in the world. Each year, more than 1600 Australians die from this preventable disease. To avoid getting sunburnt, all 2008 PSG participants are encouraged to take the following precautions to protect themselves.

1. Slip on some sun-protective clothing - that covers as much skin as possible.
2. Slop on SPF30+ broad-spectrum sunscreen.
3. Slap on a hat - that protects your face, head, neck and ears.
4. Slide on some sunglasses.
5. Seek shade.

During the 2008 Pacific School Games it will be vital that all participants and spectators are SunSmart and follow the 5 sun protection measures.

WINNERS!

These were our 6 winners from the 'Name the Flag Competition' Get Ready Issue 2.

- Matthew Harrison - Yarralumla Primary School
- Oliver Mill - Kaleen Primary School
- Annabell Mill - Kaleen Primary School
- Justen Tran - Hawker Primary School
- Harrison Whalan - St. Monica's Primary School
- Amy Cook - Gowrie, ACT

This was the winning entry from Dominique Holland, Year 2 from St. Joseph Primary, Grenfell for Your Good Sports Competition.

"It is important to be a good sport because if you are not playing properly, then someone could get hurt. If you do something wrong, then you could get disqualified. You might feel bad after you do the wrong thing. Here are some ways you can be a good sport. When someone is hurt, help them, do the right thing and follow the rules. No put downs."

Well done to all competition winners.

ACTIVITY 1:

Write 1 or 2 paragraphs on why it is important to be SunSmart and some of the measures you take to be SunSmart.

ACTIVITY 2:

Word Scramble - Find the following 2008 PSG Ambassadors in this puzzle. 5 lucky winners will receive an exclusive 2008 PSG prize pack.

2008 PSG Ambassadors

Adam	Pat	Sally	Peta
Lincoln	Petria	John	Adrian
Lauren	Deahnne	Chris	

P	E	T	A	H	L	Q	R	T	V
B	P	Q	E	H	A	I	P	A	T
D	R	I	K	J	U	V	X	B	A
F	E	S	C	H	R	I	S	I	D
Y	W	A	N	E	E	I	R	Q	R
G	D	L	H	J	N	T	A	H	I
A	L	L	N	N	E	U	D	M	A
M	Y	Y	R	P	N	I	A	H	N
J	O	H	N	E	I	E	M	C	B
B	R	V	L	I	N	C	O	L	N
A	X	Y	N	T	K	J	Z	W	F

Activity Prizes

Complete the activities in Get Ready and send it 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 31 JULY 2008.** We welcome your feedback or ideas for Get Ready!

Editor:

E info@pacificschoolgames.edu.au
P 6205 8388

✉ PO Box 4743 Higgins ACT 2615

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Subashini Gnanendran from Teloepa Park School.
Anthony Smith from Canberra Youth Music plays the song entry by Jarrod Synnott from Alfred Deakin High School.

