

NEWSLETTER

Term 1
February 9th, 2016

Exceptional Educational Experiences

DATES TO REMEMBER

Info & Welcome BBQ (tomorrow) 6pm **Wed 10th Dec**
School Council Meeting @ 7pm **Tues 16th Feb**
Swimming away 11:30-2:30: 18th, 19th, 22nd, 23rd Feb
Leadership Camp (selected Gr6's) 22nd-26th Feb
Grade 6 Sailing Camp 29th Feb - 4th March
Swimming away 11:30-2:30: 1st, 3rd, 8th, 10th March
Labour Day (Public Holiday) Mon 14th March
Grade 3-4 Camp (15 Mile Ck) 15th - 18th March
School council & AGM @ 7pm Tues 15th March
Parent/student/teacher interviews 22nd & 23rd March
Term 1 ends 2:30pm Thur 24th March

SCHOOL CALENDAR DATES

The school calendar dates in the pink text box above, provide you with the excursions and events that are happening at the school in the next few weeks. It is important that parents take notice of the events and dates (write them in your dairy/calendar), as we now have the general permission form for local school excursions during school times.

Stick the latest newsletter on your fridge !

SCHOOL COUNCIL MEETING

The next School Council meeting is **Tuesday 16th Feb** starting at 7:00pm. The following meeting is the AGM, it will be held on Tuesday 15th March @ 7.00pm. All parents are welcome to attend school council meetings. Please consider being part of this fantastic group that help shape the direction of our school.

PREPS REST DAYS

The new preps will continue to have rest days each Wednesday. Full week begins after the Labour Day public holiday.

OSH

Please phone **0448 298 467** to make bookings for OSH or to cancel a permanent booking. Please do not ring the school number for OSH or changes to end of school day arrangements.

All school newsletters are available on the school website;

www.whitfieldps.vic.edu.au

'THUMBS UP' AWARD

The Principal's 'Thumbs Up' Award recipients are students that have been seen doing great things at our school. The latest recipients are:

Normie: For being a great partner in class to new Preps.

Wirra: For working, focussing well and 'having a go' at all activities and discussions in class.

Cheniqua: For a great effort in making her Prep buddy feel welcome.



Numeracy corner

The school has purchased Mathletics for all students again this year. Students are able to log in at home and do some additional maths practice. Log in details remain the same for all existing students.

Students login details are the same as previous years. By the end of the week students should have their Mathletics (and Reading Eggs) login and passwords for use at home.

PARENT HELPERS

A huge thank you to all the parents that have helped out in many ways already this year ☺ The outdoor stage is coming along as is the playground redevelopment.

Thank you to the parents that have offered to help with the swimming program and to help listening to students read so far. We need one more parent for Fri 19th Feb. Please arrange a swap or let us know at school if you can not make the session.

Thanks to Nicky, Rosie and Kate G who have offered to listen to our little ones read. Please contact the school if you too would like to listen to reading. Thank you ☺

	Swimming helper		Swimming helper
Thursday 18th Feb	Rosie & Kate G	Tuesday 1st March	Cathy & Peter H
Friday 19th Feb	Sammy & [REDACTED]	Thursday 3rd March	Kate G & Suz
Monday 22nd Feb	Lindy & Suz	Tuesday 8th March	Cathy & Kate G
Tuesday 23rd Feb	Sandy & Peter H	Thursday 10th March	Rosie & Sammy

Whitfield District Primary School, 6182 Mansfield Road Whitfield 3733.

Phone: 5729 8286

email: whitfield.ps@edumail.vic.gov.au

web: www.whitfieldps.vic.edu.au

CAMPS

We have some great camps coming up this term. We have some grade 6's attending a Leadership Camp through the Outdoor School. The grade 6's have a cluster sailing & transition camp in Rye from the 29th Feb - 4th March. Students will complete a Yachting Australia – Start Sailing 1 course, and will have an awesome time while doing it.

The grade 3-4's have a 4 day/3 night camp at 15 Mile Creek with the cluster. Information, permission & medical forms for this camp will come home next week.

PAYMENT PLANS

Invoices/accounts for swimming and excursions will be sent out next week. As the year progresses we have many great excursions and camps to offer our students. The school and parents association subsidise a great proportion of the cost of these. We do rely on the payments from parents that we ask for.

As for previous years, parents are able to plan ahead and make payments towards camps and excursions coming up – or to pay off existing excursions in instalments.

Remember to make sure your family name is in any EFT – internet banking transfers.

Electronic Funds Transfer (EFT) details:

Acc. Name: Whitfield District Primary School

Acc. Number: 10107371

BSB Number: 063-531



Literacy corner

HOME READING

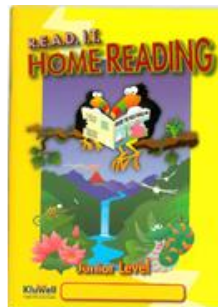
We again have the 'Home Reading' this year across the school. These little yellow books (P-2) and green books (3-6) have lots of great tips for parents to help their child learn to read and they have sticker awards to reward the children for their efforts. Praise and encouragement goes a long way and can be added to the comments section as well.

Your help and nightly practice is vital. Reading at home has many benefits for your child and you.

It gives your child time to.....

1. Practice reading using the strategies we have learnt at school. (This week we have been learning how to use the pictures, diagrams and illustrations to help us work out the words.)
2. Develop good habits to help with future homework demands. (Make a regular time to read, after school, before tea, before bed or after breakfast. Find a time that suits you and your child.)
3. Have quiet time and a cuddle with you as they learn to enjoy books.

If you have any questions have a chat with Mark, Dianne or Claire or come along to the information night tomorrow 10th February at 7pm.



Buddies - New Preps

The preps this year are Mike, Paige, Reuben, Vera and Inanay

Mike's buddy is Lachlan.

Mike likes motorbikes, the farms, lizards, Christmas and chocolate.



Paige's buddy is Viveka.

Paige likes lizards, spiders, snakes, pandas and dogs.



Reuben's buddy is Xander.

Reuben likes turtles, green, swings, ice cream and blue.



Vera's buddie is Cheniqua.

Vera likes monkey bars, climbing frame, sand pit, pink and swimming.



Inanay is my buddy.

Inanay likes horses, blue, motorbikes, swimming and school.



We have jobs at the end of the day we have gardens our buddies help us with the jobs and the gardens.

By Bella

Garden

Today in gardening Mr Van Bergen put lime on our garden while Paige and I did some weeding. We dug up some of a meat ants nest and they were going a bit crazy so we went and worked on the worm farm instead. It was kind of gross we had to go through the chook bin and get some fruit out of it with plastic gloves, then we put 5 moist pieces of newspaper on the top of it (that wasn't too gross). Then Paige watered the garden and I did a little too.

Garden Journal

Last year I did a garden journal. A garden journal is when you write about what you did in cooking and gardening each Monday. Near the end of the deadline I put photos, flowers, seeds, herbs and packets of some seeds to make it look more interesting. I edited it then I gave it to Jill and she sent it off. Today Jill told me some great news, I came one of the runner ups in the competition! I don't win anything but it is pretty cool. I put a lot of effort in it and it paid off. I am definitely doing it again, it was lots of fun. By Viveka



Before gardening



During gardening



After gardening

Music

Every Thursday we have a music session. We have it with Miss B in the music room. First we do a little activity such as little songs that we might do a dance to. Second we might do some writing in our music books, we might write some things that we are going to do or even write some actual music because our music books have music lines. This year we are going to have a music day at our school. Music day is where all the cluster schools come to our school and have a whole day just learning music! Also this year we are starting something called a listening log. Listening logs are when somebody brings a CD or their iPod or just something that has music on it. So we all get a sheet of paper to write on and the DJ tells everyone what the song is and then they play the song and we have to write down as many instruments that we hear in the song, then we have to write what order the sections of the song. In April we are seeing a play called Matilda and we are learning some songs. By Charlotte P

Water!!!

This term water is our main theme, we learn about water in Science, Integrated Studies and Maths. In Maths we measure how much water we've got, but so far in Maths we only found out how much water our water bottles hold and we are going to make a rain gauge. In Science so far we used our five senses with the water that Miss B collected around the school. In integrated studies we are learning some facts about water and some things that we already know. There's one fact that I really like, did you know that the water we've got now is all the water we have ever had and will ever have!! And that's why we have to try to save water and keep it clean. We filled a whiteboard full of writing about water!

By Cheniqua



Social Enterprise

This year we are working on a new topic called Social Enterprise. If you don't know what a social enterprise is it's like a fundraiser but you keep on selling things, not just do one thing then give the money to a cause. An example of a social enterprise is 'Thank you' water which you may have seen or bought.

Anyway our school is going to run a social enterprise and so far we have only done one session on it. But in that session we thought of what cause we would like to give our support to and we came up with a bunch of things such as

- *Refuges we could help by: equipment for houses

- *Poor Africans we could help by: school for girls, toilets, doctors, clean water and new homes

- *Homeless people we could help by: getting them homes, also food

- *Animals we could help by: supporting breeding programs and save the forest programs.

And we came up with so much more. We wrote all of our ideas on the big whiteboard and so did the Prep-2's. Then the 3-6's started to think of how we could give our support to that cause and how it would help. We still have so much more to think about and we all can't wait to get going. By Xander

Art & Library

In art the school is learning about a famous painter that does not use straight lines. There is a painting he did and it was about the war and plants are growing back and it looks so green.

The 3-6 class did all different types of dots, we did coloured dots.

When we finished the dots we did some tree and flower drawings. After that we did some painting then did some pin prickings.



In library we are learning about living things. Some people wrote posters and made some habitats and some people read books on living things.

Xander did a poster on ocean life and it was very good and I did a poster on fish and it was ok. Paul and Daphne made a habitat and some people just read.

By Lachlan

Excess Garden Produce

Is your garden producing more than you can use, preserve or you had so many that you simply don't want to see anymore of them?

Then the Kitchen Garden program may be able to use your excess produce.

Please let the school know and we will check if Carla can use them in Monday or Wednesday's cooking session.

Email: van.bergen.mark.e@edumail.vic.gov.au

Thanks to Ange Hambling for the bags of peaches and plums. The students preserved some peaches and made plum jam and plum sauce as well.



EVERY DAY COUNTS – school attendance

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Remember...

*Phone the school **5729 8286**,

*Phone or text the principal **0428 298 286**,

*email whitfield.ps@edumail.vic.gov.au

*or supply **a note** before or after the absence.

SCHOOL BUS TRAVELLERS

If your child is having a 'sleepover' at another student's house and is catching the bus to get there, please notify Wendy. It is important that the bus rolls are accurate.

Please call Wendy in the morning if your child is not catching the bus to school.

Mobile **0418 989 938**, her home phone **57 298**

331, and she is also on **UHF Ch 40**. With all these options available there are no barriers to offering Wendy the courtesy of informing her of changes to your child's bus usage. Thanks ☺

All school newsletters are available on the school website;

www.whitfieldps.vic.edu.au

COMMUNITY NOTICES

5 to 7 Years



Tier 1 NetSetGO! (Approx. Prep, Grade 1 & 2) WNA Friday 4.30-5.30pm
Visit <http://www.wangarattanetball.com.au> to find out more.
To register for NetSetGO! go to: <http://netsetgo.asn.au/>

8 to 10 Years



Tier 2 NetSetGO! (Approx. Grade 3 & 4) WNA Saturday 11.15am-12.15pm
Check with your school netball coordinator or visit <http://www.wangarattanetball.com.au> to find out more. To register for NetSetGO! go to: <http://netsetgo.asn.au/>

10-17 Years



Junior Netball Competition (10-17 years): WNA Saturday 8.30am – 11.15am.
Team registration information available from <http://www.wangarattanetball.com.au>
To register go to: <http://www.wangarattanetball.com.au> and follow the link on the Home page.

Further details visit: www.wangarattanetball.com.au

Have you changed your email? Or, you don't have an email address as part of your Netball Victoria membership or your just not sure, please email wangnetball@westnet.com.au with your details and we will add your email address so that you can purchase online.



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

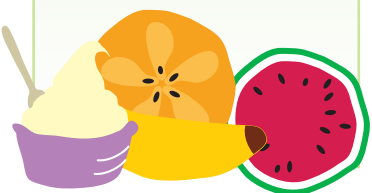
- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leak soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispsreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.

