From the Principal

Last Wednesday a letter was sent home explaining that this year on the 15th of June 2012 we will be holding Parent-Teacher-Student Interviews, as requested by the parents. I remind you to ring the front office and make an appointment to see your child’s teacher/s so as you don’t miss out on a time. Due to all the teachers being involved in these interviews students will only be required at school for their interview time/s. These interviews are not about students that are below level but about how your child can improve on what they are already doing and about where to next, they are beneficial for all students. Please come prepared to these interviews (hints on the letter sent home) and remember you can collect your child’s report from 9:15am. It is recommended you collect it at least 5 minutes before the interview so as you can ask any questions surrounding the comments or levels. **Please make appointments by the 13th June 2012.**

Congratulations to Ashley Rowe on WINNING the CROSS COUNTRY in Ouyen last week, he now has the opportunity to go to the next level, and also on his nomination for the Rising Star in the SFNL. Ash is having a stellar year with his football and we wish him all the best.

Last week Mrs Blaby and Ms Hall took 9 secondary students on the Culture Trip to Melbourne. Once again our students behaved perfectly and from the photos I was sent had a wonderful time. They got to experience the art, food and way of life (using public transport to get around) that Melbourne has to offer. It also allows them to visit VCE TOP ARTS to help support them through their subjects and strive for excellence. I thank the two staff members for organising it and giving up their time (as they are part time they gave up days to do so), the students for your enthusiasm and behaviour and the parents for being organised and responsible when it came to getting your children to and from the bus. It makes our job as staff much easier when parents send the required notes and make arrangements with the school early and you all did this so again THANK YOU.
ILP Meetings
Thank you to all the parents & students who attended meetings during review week, the feedback has been very positive!

Alpine Camp- Visiting Weekend
The feedback following visitor’s weekend at Dinner Plain Alpine Campus was very positive. All students were extremely happy to see their family! Evie Rowe was extremely excited about the bucket of snow she collected and presented at our whole school assembly yesterday. It is pleasing to hear all of our Year 9 students are thriving in the tough conditions at Dinner Plain!

Log onto http://www.alpineschool.vic.edu.au/ to see photographs of the students and read their blogs.

Reading Awards
The benefit of parents reading with their children is undisputed (Epstein, 1996 cited in Persampieri, 2006). In 1985, the National Academy of Education reported ‘the single most important activity for building the knowledge required for eventual success in reading, is reading aloud to children’ (Huebner and Meltzoff, 2005). Reading within the home works to the educational advantage of all children regardless of their economic, racial, ethnic and educational background (Epstein, 1996 cited in Persampieri, 2006). Parents then, have a great opportunity to contribute positively to the academic success of their children as they work to extend their learning environment and provide one-to-one attention that formal schooling cannot provide (Christenson et al., 2001 cited in Persampieri, 2006).

Congratulations to the following students for reaching the 100 night milestone:

   Taylah Carter
   Jocelyn Muriwai

Shania Axford & Evie Rowe were enrolled in the the Lexile reading program this week, congratulations and good luck to both girls.

Division Cross Country
Congratulations to the five boys who competed in the division cross country event last Wednesday. Results:
9 & 10 Year Olds- Alex Pickering (21st), Tom Fox (29th), Colby Berry (32nd)
11 Year Olds- Riley Berry (15th)
12 Year Olds- Mitchell Roads (7th)

A number of Secondary students competed in the MDSSSA cross country on the same day, please read Mr Bamford’s report for full details.

Cluster Sport
Grade 4-6 students travelled to Kenny Park Merbein for the first round of winter sport. Our combined team performed well in all sports considering it was the first time students from the four schools have played together. The small amount of rain was enough to interrupt proceedings however not enough to cut the day short. Results:

Football
WP-12/Sunnycliffs/St J/NCPS   6 . 8 . 44
OLSH  1 . 3 . 9

Netball
WP-12/Sunnycliffs/St J/NCPS   5
OLSH  21

Girls Soccer
WP-12/Sunnycliffs/St J/NCPS   1
OLSH  5

Boys Soccer
WP-12/Sunnycliffs/St J/NCPS   0
OLSH  6
Hello again folks. Now I’ve been told to lay off the weather predictions and best wishes so I’ll go with the next and dearest thing to my heart which is the ultimate success of the Geelong Football Club. How about those Cats hey? And I know you’ll all join me in cheering them on to what I hope will be yet another successful year!

This week’s topic is the old chestnut of a healthy diet. Now I know from firsthand experience how difficult it can be to maintain a health and balanced diet, but it doesn’t mean that it is any less important. Coincidentally, healthy diets and nutrition are being studied across the school in both Primary and Secondary sections as we speak.

It has come to the attention of staff at the school that some students are bringing less than healthy options for lunch, but the thing of more concern is that a number of students are not eating before they go and play. This is being addressed by having students sit and eat prior to play and without actually searching every student’s bag and lunch box, teachers are making sure that students eat what food they have.

What we need from the parents side of things is to maintain your vigilance on making sure that lunch boxes are checked when students get home. We also need to be vigilant regarding the food being provided for lunch. No-one is saying that students can’t have a treat every so often and the school even supports this in practise by holding its “Thunder Thigh Thursdays”. However experts recommend only limited amounts of these; “Sometimes Foods”.

I would also recommend involving your child in the food being processed at home. Get them to help with the preparation and production of food at home. I do this as I cook almost all of the meals at home and although my daughter is still a little more fussy with her food than I would like, at least she can appreciate the effort put in its preparation as well as understanding the natural nature of the ingredients.

We will continue to monitor students eating their lunches and will ensure, as best they can, that any uneaten food returns home. If parents can check lunches at the end of the day we can hopefully ensure the nutritious lunch you are providing is doing for your child what you intended it to do.

Students are also reminded that the anonymous “Wellbeing Box” is set up in the library and that students can contact me through that should they require it. I can also be contacted on my email at morrison.kelly.j@edumail.vic.gov.au.

Helpful Hint:

Please do not hesitate to contact me at the school if you would like any assistance or more information on this.

Be Well

Kelly Morrison
Wellbeing Coordinator
Last Wednesday eight of our secondary students travelled to Ouyen to compete in the MDSSSA cross country. There was a chill in the air as we departed for the trip but after some interesting choices of pump up music from the DJ’s in the back of the car the kids were fired up and ready to have a red hot crack.

Our first competitors to race were Ashlyn Roads and Ebony Fox. After a getting off to a steady start the girls found themselves having to dodge, duck, dip, dive and dodge some more around other competitors on the narrow sections of the track. Ashlyn and Ebony both put in a terrific run to finish 11\(^{th}\) and 12\(^{th}\) respectively in their age groups.

Max Buffon and Kieran Simmons were up next and they were certainly looking the part in their matching outfits of a Werrimull P-12 School top, blue footy shorts and skins. The boys were also inseparable during the race as they ran side by side. Kieran kicked away in the final couple hundred meters to finish 14\(^{th}\) in his age group whilst Max was 18\(^{th}\).

This left us with the four senior boys in Mark Thomson, Logan Symes, Tom Skinner and Ash Rowe to round out competitors for the day. Ash decided a late change in uniform was a good idea and waltzed to the start line donning a MMM woollen footy jumper hoping to gain some sort of advantage. Mark and Ash took off at a cracking pace to find themselves in the leading bunch while Logan and Tom took a more conservative approach and settled in mid field.

By the midway of the race the boys were all in a reasonable position. Logan and Tom were still sitting mid field whilst Mark looked like he was in cruise control not far from the leaders. By the final lap it seemed Ash was regretting his last minute change of attire as the jumper started to itch and was potentially hindering his performance. He pushed through the discomfort to win his age group, completing the 4.75km course in a time of 18mins:47secs. Mark pushed hard to try and gain a position on the podium falling just short to finish 4\(^{th}\). Logan and Tom battled hard to finish a respectable 11\(^{th}\) and 19\(^{th}\).

The students should be very proud of the efforts from the day. Congratulations to Ash Rowe who won at Ouyen for the second consecutive year. Both he and Mark Thomson have qualified for the next round at St Arnaud next Tuesday.

A big thank you to Kylie Roads for driving.

**Paul Bamford**
*Sports Co-ordinator*
Happy Birthday
Luke Pickering         29th May

School Lunch orders are available this Wednesday & Thursday from the Hotel

Thank you everyone who came to Cupper for Cancer
We raised $93.10
Shaun Symes

Just a reminder that Tasty Thursdays are going out a little bit earlier and need to be in by the Monday for our mums to do the shopping.

Dates to Remember

June
Pupil free Day  8th June
Public Holiday  11th June
Keys Please  13th June
Student Lead Conferences  15th June
9-12 Exams  18th June
School Council  20th June
Students return from Alpine School  23rd June
Flying Start  25th –28th June
Xmas in June  29th June
FIRST AID for juniors

This short course is designed for students between 10-14 years of age. It prepares children to act in an emergency if the guardian is not there.

Topics covered:
- Pool Safety
- Basic First Aid
- CPR for Kids
- Snake bites
- Calling for assistance
- Choking
- Burns
- Allergies
- Plus lots more....

$35 per student
(Parents welcome free of charge)

Dates:
Friday 6 July
9.30am - 12.30pm
or
Friday 13 July.
9.30am - 12.30pm

To enrol or for more information:
MADEC Community College
133-137 Madden Avenue, Mildura
5023 7233 or visit www.madec.edu.au
What's Happening

In the next few weeks I will be including excerpts from the Welcome to Early Childhood Publication. We are attempting to get copies of this publication to send home, in the meantime I hope you find this information interesting.

What your child may be doing at 3–4 years:
• socialising with a broader range of people
• understanding how to share and play well with other children
• developing a sense of humour and concern for others
• using hands and fingers skilfully
• holding a pencil in a mature grip using a preferred hand
• decreasing temper tantrums
• speaking well

What your child may be doing at 4–5 years:
• asking lots of questions
• improving walking, running and climbing skills
• using a bicycle with training wheels
• improving drawing skills and learning to write some numbers and letters
• showing independence, but may become frustrated when tired, angry or embarrassed
• understanding the meaning of numbers
• developing relationships with friends and family
• showing confidence and increasing skill and speed in physical abilities
• having extended conversations

Dates to Remember

5th June  Library Day
7th June  Partnership visit to Kindergarten
19th June  Library Day
25th June  Last week of Term 2
28th June  Partnership visit to School

Shared Snack Ideas
- Fruit
- Vegetables
- Cheese
- Dry biscuits
- Dried fruit

Please remember to pack a drink bottle for your child every day. The weather is still warm and even in Winter we need to drink lots of water.