Dear Parents,

Pupil Free Day

Next Tuesday 5th May, we have a Pupil Free Day. Whilst you are enjoying the company of your children at home, staff will be at school doing professional learning on Google Apps, in particular Google Drive. Google Drive is a tool the staff have been using for communicating and collaborating, allowing us to work more efficiently. It is also a tool that teachers will be using within the classroom to enhance student learning. Whilst staff and students have been using Google Drive in a limited way, this professional learning day is about building upon and enhancing the knowledge of all so that we may maximise the use of this tool.

Parking in Surrounding Streets

Recently we have received some concerning phone calls about some of our parents who park in surrounding streets whilst waiting to collect their children from school. The concern is that parents are parking there very early, enjoying coffees and other snack foods, then dumping the rubbish outside their vehicle so that it is left on the nature strip outside houses when they drive off. This behaviour displays a total lack of respect!

I would like to think that all members of our school community would live by the values we have here at school, where the overriding value is that of respect – for self, for others and for property. If you do enjoy a coffee and a snack as you are waiting for your child, please ensure that you take your rubbish home with you for disposal and do not leave it on the nature strip.

Healthy eating

The food your child eats at school can have a major influence on their eating habits, growth, energy, concentration levels and ability to learn. The promotion of healthy eating habits can have a life-long positive impact on children’s growth, development and health.

Breakfast is important: Food in the morning helps your child to stay active and concentrate at school. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.

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Medication at School

When children are sick, the best place for them to be is at home being cared for by parents. There are however, times where a child is well enough to come to school but does require a dose of medication during the day. We are happy to administer this medication. There are however some guidelines which need to be followed:

1. The medication must come to school in the dispensed packet or bottle.
2. A Medication Authorisation must be filled out at the office.
3. The medication is to be handed into the office and collected by a parent/guardian after school at the office.

No child is to be in possession of their own medication.

Office Staff

Pathway to Work Kitchen Hand and/or Cleaning Assistant

In this course you will develop:
- Essential food safety & hygiene practices for commercial kitchen work
- Safe@Work awareness
- Basic practices in cleaning premises & equipment
- Good work habits & self management skills
- Communication skills including interview preparation

Location: Merrilands Community Centre, Reservoir
Course details: 8 sessions, Tuesdays 26 May to Tues. 28 July, 9.30am—2.30pm (Excludes School Holidays)
Statement of Fees: Concession: & Full: $43, Fee for Service: $330 + Service & Amenities Fee

For more details ring PRACE on 9462 6077 or visit our www.prace.vic.edu.au

School lunches – foods and drinks to include

A packed lunch from home is a great way for your child to learn about healthy food. Stick to fresh, unprocessed foods as much as possible, and water or a tetra pack of milk (frozen in the warmer months). For a healthy lunchbox, include something from each of the five food groups, such as:
- fresh fruit
- washed and cut up raw vegetables
- milk, yoghurt or cheese or alternatives like calcium-fortified soy milk
- meat or a meat alternative like chicken strips, a boiled egg or hummus dip
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers
- [wholegrain or wholemeal choices are best] tap water.

School lunches – foods and drinks to limit

Highly processed, sugary, fatty and salty foods or drinks should only make up a very small part of your child’s diet. Avoid confectionery (including chocolate), crisps and sweet drinks in school.

Lunches

Many supermarkets have products that seem conveniently packed and are marketed for school lunches, but sweet drinks, biscuits, fruit straps, chips and other products can be high in sugar, salt and fat. Check the labels carefully as these products are often packaged to appear ‘healthy’.

Robyn Baker - Principal

MOTHERS DAY STALL
7th and 8th May 2015

Children have the opportunity to purchase a special gift for their mother/guardian.

Prices range from $2.00

Don’t forget to bring your money and spoil your mum/guardian on this special day.

Location to be advised

Parents Association

Absence Notes

Just a reminder that when children are away, you need to write a note explaining their absence, which is your responsibility as a parent.

We are required to have notes for every child’s absence. Please ensure your child has a note on their return to school.

Office Staff

Message Continued from the Principal

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Robyn Baker - Principal
Prep Enrolments 2016

We are currently taking Prep Enrolments for 2016. Please enrol your Prep student so that we can start our organisation for 2016. You are welcome to visit our school and come see our Preps working in their classrooms.

Children turning 5 by April 30th 2016 can be enrolled at school. If you know anyone in the community (neighbour/friend) who has a child starting school next year please let them know.

For further information please contact the school office on 9466 1322.

'Reading Books Online:"

Bedtime Stories:

PBS Kids: Reading Games
http://pbskids.org/games/reading.html

Books to read online: Magic keys
http://www.magickeys.com/books/

All ages: Help your child read - Books to read online and activities on books: Oxford Owl
http://www.oxfordowl.co.uk/Reading/

'Writing':

Get your children writing every day of the year with some interesting writing prompts:
http://havefunteaching.com/worksheets/writing-worksheets/writing-prompts/

Writing prompts:
http://www.dailyteachingtools.com/journal-writing-prompts.html

'Grammar and Punctuation':

http://resources.woodlands-junior.kent.sch.uk/interactive/literacy2.htm

Punctuation:
http://www.gamequarium.com/punctuation.html

Punctuation and Grammar grade 3-6
http://www.internet4classrooms.com/skill_builders/grammar_punctuation_language_arts_fifth_5th_grade.htm

'Helen Bezzina - Teaching & Learning'

'Literacy Learning At Home':

Parents please use these websites listed below with your children. Your children can practice skills that are taught to them at school. Be sure to save these websites into your favourites folder so your children can use them over and over again.
HEAD LICE INFORMATION

While children are at school, many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice. Head lice are small, wingless, blood-sucking insects.

Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head, they die very quickly (usually within 24 hours). People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs, so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them. Head lice are found on the hair itself and move to the scalp to feed. They have six legs, which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can’t be brushed off. Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

Step 1 Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

Step 2 Now comb sections of the hair with a fine tooth, head lice comb.

Step 3 Wipe the conditioner from the comb onto a paper towel or tissue.

Step 4 Look on the tissue and on the comb for lice and eggs.

Step 5 Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated. If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product

2. Using the conditioner and comb method (described under ‘finding head lice’) every second day until there have been no live lice found for ten days.

If you choose to use a head lice product, always read and follow the instructions provided with the product carefully.

The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs, so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person’s eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice. Concentrate on the head - there is no need to clean the house or the classroom. Only the pillowcase requires washing - either wash it in hot water (at least 60ºC) or dry it using a clothes dryer on the hot or warm setting.