Dear Students & Families,

If you have been to visit school lately you will have noticed that the Senior garden which is located at the front of the school has been undergoing some major renovations. As I mentioned a few weeks ago we had a landscape gardener come and help us redesign a few elements of the garden so the space could be best utilised. Groups of Seniors students and staff have been working very hard repositioning gardening boxes and moving lots of dirt and garden sleepers. A rotary hoe was hired on Friday to prepare the soil for a large range of fruit trees which are to be planted later this term. We can’t wait to see how the garden progresses. A big thank you and well done to all the students and staff who have been working tirelessly to ensure this program continues to grow and moves forward in to the future.

During this term students are completing lots of activities which will continue to demonstrate how they are going in relation to their goals set earlier in the year. Using this information, staff will then be writing your child’s mid-year school report. On Friday, June 3rd there is no school for students, as teachers and allied staff are utilising this day as a Report Writing Day. In the following weeks, reports are finalized and will be sent home on Thursday, June 23rd. If you know in advance that your child will be away on this date please let us know so we can organize to send the report home.

Congratulations to our Junior Unit students and staff who represented our school at the Specialist Schools Safety Awareness Day. Students had a fantastic time riding bikes, patting animals at the petting zoo and playing on the jumping castle. A special thanks to Michael Morgan for organising pick up of the bikes for our students to use on the day.

Alesha
Students enjoying activities in the therapy room.
Middle Student of the Week Room 7
Bernadette for demonstrating kindness to all students.

Middle Student of the Week Room 11
Ramon for focusing & completing work.

Middle Student of the Week Room 1
Harrison for using communication book & engaging in classroom activities.

Senior Student of the Week Award Room 14
Callum for his resilience.

Fundraising brochure to come home with next weeks newsletter.

Bus Supervisors contact details:-

Drouin Bus—Supervisor: Kelly Serong 0400 922 051
Labertouche Bus—Supervisor: Megan McIntosh 0457 801 462
Nar Nar Goon Bus—Supervisor : Julie Kerr 0428 235 371
Neerim South Bus—Supervisor: Deb Hudson 0428 235 370
Poowong North Bus—Supervisor: Tess Livingstone 0429 499 557
Trafalgar Bus—Supervisor : Jodie Jasper 0409 525 420
Yannathan Bus—Supervisor: Helen Hoult 0428 235 372
You’re invited to our
Book Fair!

Find these and hundreds more books at the fair!

Happy Mother’s Day to all the Mothers and Carers out there. It’s definitely not always the easiest job! but it is the most rewarding.

All purchases benefit our school!

Date: 16th-20th MAY
Time: 9 – 4 daily
Place: ART ROOM: W+D+S+S

Kids who read SUCCEED!
Be part of the game

Kids love it when their parents are engaged and involved in playing with them; it is also a great way to connect and stay connected as a family. You don’t need anything, just a sense of active play and a commitment to having fun.

Let your child lead, let them decide what you are going to do and how to do it.

Be a role model

Kids who have active parents are 6 times more likely to be active themselves. ‘Do as I do’ is the message that children get.

If you regularly participate in active pursuits that you enjoy and let your kids see and hear how much you enjoy them then you’re much more likely to have active children.

Recognise and value effort and learning

Be interested in your child’s play and exploration; ask what they have been doing and how it made them feel. Having these conversations helps children understand that learning is continuous and valued. Confidence and self esteem is developed when children get to experience success on their own, whatever the achievement.

Being active is not about being sporty; think outside the square, outside the oval

Whether your child is interested in organised sport or not encourage other activities; walking the dog, riding to school, climbing trees, dancing or visiting the local park. Share these activities with another if possible. Be patient it may take a bit of trial and error before you get the right fit.

Don’t let your fears become their fears

Of course you want to protect your children and ensure they are safe however we also need to accept that exploration and curiosity is essential for their development. “Don’t run so fast, don’t climb that, be careful, you’ll hurt yourself” – all reasonable messages at different times – but they can also build fear and make a child reluctant to take on a challenge, try new things or get outside our comfort zone.

Make it part of everyday family life, include friends

Make activity part of the family routine; use active transport whenever you can, go for walks, focus family outings around being active. Kids also love to hang out with their friends, so welcome others into your home or take them to playgrounds. Have space for active play both inside and outside your home.

Make it fun

Make sure the focus is on making it fun and recognise everyone’s participation. Children love to play and it doesn’t require specialised equipment just some space and a positive attitude. Get them to move like animals - to stretch like a cat, run like a tiger, or jump like a kangaroo. Walk without making a sound.
Activity ideas for children and families

• The physical environment of your house will either promote or discourage activity. Consider the layout, furniture and fittings with this in mind. What outdoor space do you have for play, a basketball hoop, a trampoline or cubby hut?

• Notice the number of labour saving devices such as remote controls, in your house and make practical changes.

• Dress for activity – put your running shoes on before heading out as a family and if the occasion arises for an impromptu walk or detour past your favourite local park, you’re good to go!

• Create a brightly decorated ‘activity box’ to collect any ideas that you or your family have to get active. When you feel like moving, just open the box and sort through your options. Or for those who want to mix things up a little bit, randomly select an activity from the box of suggestions.

• If you need to sit, try sitting on the ground. (For most of us – if you can’t sit comfortably on the ground, it’s only because you don’t. This reminds us of the age old adage “If you don’t use it – you lose it”.

• Explore your local environment, parks, bike trails, rebound walls, play spaces, walks. Get to know as much as you can about everything within 1km of your home.

• Create a family play-list of everyone’s favourite music and have a dancing contest. This one is guaranteed to get some laughs.

Limit screen time

The Australian National Guidelines recommend that kids get no more than two hours of screen time a day whether that’s watching TV, surfing the Internet, or playing video games.

Keeping screens in shared spaces in the house can help you supervise screen time, but you probably also need an agreement with your children around sedentary and/or screen time. Children under two should avoid screens altogether.

WE DON’T STOP PLAYING BECAUSE WE GET OLD,
WE GET OLD BECAUSE WE STOP PLAYING.

GEORGE BERNARD SHAW

MOVING LIVES
# Canteen 2016 - Term 2

**Student Name:**

**Room / Teacher:**

## Lunch Orders

Please tick what you would like to order:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade Sausage Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Wraps (lettuce, carrot cucumber &amp; cheese)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Dim Sims (3)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chicken Nuggets (6)</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

## Other Items

These are purchased with cash, by students from the canteen at the beginning of lunch time.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frog in a Pond</td>
<td>$1.50</td>
</tr>
<tr>
<td>Chocolate Fudge</td>
<td>$2.00</td>
</tr>
<tr>
<td>Icy Pole</td>
<td>$0.50</td>
</tr>
<tr>
<td>Fruit Bites</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

## Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry milk</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tropical Juice</td>
<td>$2.50</td>
</tr>
<tr>
<td>Apple &amp; Blackcurrant Juice</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

**Total:** $________

**Money Enclosed:** $________

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→ **Chicken Strips for wraps are made by students using fresh chicken breast fillets and contain no artificial colours / flavourings**

→ **Sausage Rolls are made by students using no artificial colours / flavourings**

→ **If you have any concerns re ingredients and potential food intolerances please contact the school**