Friday, 29 August 2014

Values:

Resilience  Respect  Honesty  Responsibility  Learning

Purpose:
To develop confident and resilient students through the provision of a diverse range of learning experiences and challenges which encourage curiosity, excitement for learning, thirst for knowledge and connectedness to their community.

This is underpinned by a whole school community whose moral purpose is committed to promoting success for all students.

IMPORTANT DATES FOR YOUR CALENDAR

School Website: www.greenvaleps.vic.edu.au

SEPTEMBER

Monday  1st  Year 4 Melbourne Zoo Excursion
Friday  5th  Father’s Day Stall - All gifts $5.00
           Year 3 Day & Night Star Lab In-School Activity
Monday  8th  Year 2 ‘How Objects Move’ In-School Activity
Tuesday  9th  Year 5 Planetarium/Scienceworks Excursion
Wednesday  10th  Year 5 Roxburgh Park Secondary College Excursion
Thursday  11th  ‘Art Show’ Whole School Event - 4:30 – 7:30pm

From The Principal’s Desk

Angelika Ireland

Happy Father’s Day to all our Dad’s for next Sunday

A male role model is vital for a child’s wellbeing, learning and development.

Fathers or father figures, such as grandfathers, stepfathers, older brothers, uncles, cousins, educators, coaches and/or youth leaders, significantly influence a child’s social, cognitive (brain function and thinking ability), emotional and physical wellbeing from childhood through adolescence and into adulthood.

A University of Western Australia based not-for-profit team of professionals, identified that children with high levels of father involvement had more advanced cognitive and social skills, a greater capacity for empathy, self-control and high levels of self-esteem, positive interactions with siblings, fewer education difficulties and better academic results.

They suggest there is a strong link between involved fathers and positive outcomes for children. According to their research, an absence of a father or father figure could impact a child’s education; resulting in a negative attitude to school, lack of academic or school involvement or respect for educators, increased levels of truancy and disciplinary issues and likelihood of bullying, health; with a greater incidence of substance abuse and mental health issues such as depression, and juvenile crime.

It is important to recognise the crucial role a father or father figure plays in a child’s development and within the family unit. There has been a societal shift in attitudes to fathering and traditional parenting roles, due largely to changed work practices. Last year’s Australian Bureau of Statistics figures revealed that there are now 39,300 stay-at-home dads. Additionally, more men are directly participating in a child’s upbringing rather than solely through a financial contribution.

While both parents play critical roles in their child’s wellbeing, learning and development, the father and mother figures can enrich a child’s life in different ways to enable them to gain a well-rounded understanding of their identity and world. Where mothers tend to take on a more nurturing role, fathers are more likely to be involved in play, particularly active play and rough-and-tumble play. These play experiences develop a child’s gross and fine motor
skills and social and emotional competencies as they learn to manage and self-regulate their emotions and interactions through physical activity. A positive relationship with a father or father figure fosters a child’s independence, self-esteem, confidence, encourages learning through trial and error and an exploration of the outside world.

Father’s Day is a chance for children to demonstrate their appreciation to their fathers. Just a reminder that we have our Father’s Day stall at school on Friday 5 September. Our Parent Helpers source all sorts of wonderful gifts that our students can purchase for their fathers.

**Literacy Week / Numeracy Week**
It was great to see all the buddy classes join together to celebrate Literacy and Numeracy Week this week. Teachers planned a Maths and reading activity that each class would do with their buddy class. Literacy and Numeracy are the main focus areas of our Strategic Plan with the intent of continually ‘raising the bar’ in these areas. Pictured are students from OKK and 4ML.

**Education Support Staff**
Last week we acknowledged the work of our Education Support staff allowing us the opportunity to highlight the important role they play in our school. At Greenvale Primary School we are very fortunate to have a wonderful team of Education Support staff helping to educate and care for our children, and contribute positively in the running of the school. Most members of the school community have met some of our Education Support staff, however the full team includes:

- Suzanne Leahy who looks after the school finances and makes sure that all our bills are paid.
- Diann Cuffe, Trish Nelson and Eva Aristodou who always welcome our parents, members of the school community and visitors with a warm welcoming smile and never is a request too difficult for them to fulfil
- Esen Saban who works with the students to assist in their language development and is always supportive, patient and kind
- Sheena Johns, Margaret Hatton, Wendy Glover Kay Kirk, Leanne Romans and Lisa Saddler who support the learning of our students in the Program for Students with Disabilities and for their flexibility and compassion when working with these students
- Meredith Martell, our Library Technician, who is always a welcoming face in the library. What would we do without her?
- Our Technician, Neil Fahey, who keeps our netbooks and ICT equipment operating and always does so with a friendly smile.

**Hip Hip Hooray to all of them!!**

**Healthy Eating**
As our lunch break does not occur until 1.30pm, it is really important that students bring a substantial playlunch to eat at the first school break at 11.00am as it is too long for a child to wait until that time to have something nutritious to eat.

You may have heard of Green, Amber and Red foods? Foods in your child’s lunchbox are best chosen from the Green Foods as they provide the best nutrition and the least sugars and fats. Please avoid foods from the Red Foods list. We promote healthy eating to our students to give them an understanding of what impact their food choice has on their health. If a child consumes more energy than they use, the extra energy is stored as body fat. It doesn’t take much extra food intake each day to result in a substantial weight gain over a year.

So what does all this green, amber and red food and drinks mean? After you have packed your child’s lunchbox, see what type of foods you have included?

**GREEN - have plenty**
Encourage and promote these foods and drinks because they:
- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)

**GREEN - foods and drinks**
- Water
- All types of breads, preferably wholegrain
- Fruits – fresh, dried, canned
- Vegetables – fresh and frozen
- Legumes – kidney beans, lentils, chick-peas
• Reduced-fat dairy products including flavoured milks
• Lean meat, fish and poultry and alternatives

**AMBER - select carefully**
Do not let these foods and drinks dominate
Avoid large serving sizes because they:
• have limited nutritional value
• have moderate levels of saturated fat and/or added sugar and/or salt
• can, in large serve sizes, contribute excess energy (kJ)

**AMBER - foods and drinks**
• Full-fat dairy foods
• Savoury commercial products
• Processed meats
• Some snack food bars
• Some savoury biscuits, popcorn, crisp breads
• Some cakes, muffins, sweet biscuits
• Some ice-creams, milk-based ice confections and dairy desserts
• Fruit juices (100%)

• Breakfast cereals – refined with added sugars

**RED – Occasionally**
Because they:
• lack adequate nutritional value
• are high in saturated fat and/or added sugar and/or salt
• can contribute excess energy (kJ)

**RED - foods and drinks**
• Soft drinks
• Energy drinks
• Flavoured mineral water
• Confectionery
• Deep fried foods
• Crisps, chips and similar products
• Sweet pastries
• Chocolate coated and premium ice-creams
• Croissants
• Doughnuts
• Cream-filled buns/cakes/slices
• Large serves of cakes and muffins

**Food For Thought:**
‘Education is the key to unlock the golden door of freedom’. - George Washington Carver

**SunSmart - ‘Hat’s On’**
Please ensure your children are ready for “Hat’s On Day” from Monday 1st September. All students must wear their school hats when outside from Monday 1st September.

From September, five things to remember.
Please remind children to…
1. **Slip** on clothing that covers their skin.
2. **Slop** on SPF 30 or higher broad spectrum sunscreen before going outside. Please ask them to remember to pack their sunscreen each day and get a buddy to help them reapply.
3. **Slap** on a hat that shades their head, face, eyes, ears and neck. Encourage them to remember their school hat each day so they can play outside the sun safe way.
4. **Seek** shady spots in the playground.
5. **Slide** on sunglasses labelled AS 1067 if the school says it’s ok.

**Community Events News**
Jodie Howitt – Community Events Convenor

**FATHER’S DAY**
Community Events committee is gearing up for the ‘Father’s Day Stall’ on Friday 5th September. We have a variety of gifts which are on display in the front office. All gifts are $5.

If you are interested in helping on the day please return your Parent Helper form which was sent home last Friday or call or text Sharon Matuauto on 0421 576 682 or Jodie Howitt on 0416 140 496.

**ART SHOW**
In conjunction with the school Art Show, the Community Events committee is also providing a variety of activities on the night. It will be a spectacular night with lots of artwork to look at and art based activities for you to try.
We do required some community help to run these activities, so if you are able to give up some of your time on the night, please return the Parent Helper forms that was sent home yesterday or call or text Sharon or Jodie on the above numbers.

**Uniform Shop News**
**Dianne Barresi**

**Uniform Shop Days and Hours**
- During Term 3, the Uniform shop is only open **fortnightly between the hours of 8:45am and 11:30am. No sales will be available from the shop outside of these days / hours, except as a classroom order.**
- The next Shop day is **9th August 2014** (last day for Term 3)
- The shop will re-open in **Term 4 on 7th October 2014**
- During term 4, the Uniform shop is open weekly

**Year 6 2014 Uniform Sale**
The Uniform Shop has a limited amount of Year 6 Polo Tops remaining. Please note that these tops do not have any children's names on them. They are selling for $25 each. Please see Dianne Barresi from the Uniform Shop if you are interested in purchasing one of these tops.

**Year 5 Students - Special Year 6 Uniforms – 2015**
- Just a reminder that the Uniform Shop has commenced the ordering process for all current Year 5 students to order their Year 6 Uniform for next year.
- Fittings have been completed, so please contact the Uniform shop ASAP if you still need your child fitted.
- This is the only chance to order, as we are unable to place further orders next year.
- Please ensure that you order the appropriate size, so that your child will be able to wear their uniform for all of 2015.

**All orders and payment must be returned to school by Friday 12th September 2014.**

**Sale...Sale...Sale**

**Boys Streetwear Pants / Girls Bootleg Pants** - Sizes 14 and 16 Only - Reduced to **$15.00 each**

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**Community News**

**Greenvale Kangaroos Cricket Club - Junior Cricket Registration for season 2014/2015**

Saturday 6th September 2014 from 9:30am to 12:00 noon at Greenvale Kangaroos Cricket Club, Section Rd, Greenvale (melways map 178 G7)

*Registrations for Under 10s, 12s, 14s, 16s & 17s will be accepted*

*There will be a **free cricket clinic** on the oval (weather permitting) commencing at 9:30am and concluding at 10:30am*

*Each child will receive a **free hot dog & drink** after the clinic*

*Children that register and make payment to play cricket with our club will receive a **free club cap***

**Other Programs offered at our Club:**

**Milo In2 Cricket** - For 5-8 year olds

**Milo In2 Cricket program is back on FRIDAY nights.** First Session and Registration is on **Friday October 10th 2014** between 4:45pm and 6:00pm at Section Road

**T20 Blast Cricket** - For 8-12 year olds

Our Club is seeking interested boys and girls to join a team to represent the Greenvale Kangaroos Cricket Club to play in this new program.
Games will be played at Highgate Reserve, Craigieburn. More details on this program can be found at [www.t20blast.com.au/](http://www.t20blast.com.au/) Register your interest at [jbou8978@bigpond.net.au](mailto:jbou8978@bigpond.net.au)

**Senior Cricket** (offer both 1 and 2 day competitions)  **Premier Cricket** (4 teams)

For any further enquiries please contact Jill Boundy on 0418 525 481 or Ken Hutchinson on 0418 582 902

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ONE NETBALL

**FREE COME & TRY NETBALL CLINIC.**

Monday 8 September 2014
4.30pm - 5.30pm
Broadmeadows Leisure Centre
Peacock Parade, Broadmeadows

- **COME AND PLAY NETBALL!**
- **FUN GAMES AND ACTIVITIES FOR PRIMARY SCHOOL AGED CHILDREN!**
- **MEET A VIXENS PLAYER!**

To register for this FREE event please contact Cassandra Hadson. From beginner to advanced, all playing levels are welcome.
Email: Cassandra.Hadson@netballvic.com.au
Phone: 03 9221 2227

CONNECT WITH OUR COMMUNITY
[ONENETBALL.ORG.AU](http://www.onenetball.org.au)
Community Advertising Section

Self-development through drama!
Boost your child’s creativity, confidence and communication skills.

Enrolling Now – Ages 5 to 17
Contact the Principal
Joanna Melo Howard - 90168928