

NEWSLETTER

View Street, Healesville 3777

Telephone 59 624053

Facsimile 59 626201

www.hps.vic.edu.au

Edition 4

19th February, 2015

A NOTE FROM THE PRINCIPAL

Hon James Merlino – State Education Minister

Today Healesville Primary School had a visit from James Merlino – State Education Minister. Mr Merlino visited several classrooms and was very interested to see student work and talk to students about Healesville Primary School. We also discussed developing the educational opportunities for the Healesville area as well as funding opportunities that may be available. Thank to Mr Merlino and his office for visiting our school as we are very proud of our school and our students and welcome any chance to show off.

Parent Teacher Interviews

Tuesday night this week the Parent teacher interviews took place. The sharing of information by both parents and teachers is an integral part of your child's education and gives you a great opportunity to

- learn more about your child's academic, emotional and social development
- meet and get to know your child's teachers
- help your child's teachers understand more about your child
- make plans with the teacher about how you can both support your child
- build a relationship with your child's teacher and school

Thank you to all parents who attended interviews. If you would like to make a time to talk to your child's teacher at any stage during the year please organise a mutual time that suits both teacher and parent.

Parent Helpers

Completing my weekly visits to each classroom, I have been encouraged to see so many parents helping whether it is with reading, displays, sporting events, numeracy or literacy. Healesville Primary School like many schools depends on the help of parents to keep some school activities and events running effectively. When parents pitch in to help where they're needed, everyone involved benefits in one way or another. If you're interested in getting more involved with your child's education, there are plenty of ways for you to do so. Please contact your child's teacher or the school office to discuss ways you can become involved.

Benefits for Students

First and foremost, when a parent is a part of their child's education, it can greatly benefit that student. When your child sees your interest in what he's doing at school, it can increase his/her chances of success. She/He sees how much you're invested in her/his education and school activities, teaching her/him the importance of learning. Your child is more likely to experience better outcomes educationally and emotionally, have good attendance, display appropriate behavior, and exhibit better social skills when you're involved.

(continued page 3.....)

SCHOOL EVENTS

FEBRUARY

Friday 20th

Camp Quality Incursion Puppet Show

Wednesday 25th

Healesville Soccer Club Clinics

Parents & Friends Get-Together

1.30pm – Bristol Room

Friday 27th

Interschool Swimming Carnival

MARCH

Monday 9th

Labour Day, - Public Holiday

Monday 16th

School Council Meeting

Wednesday 18th

CURRICULUM DAY – PUPIL FREE DAY

CANBERRA CAMP

Deposit of \$150.00 for the Canberra camp is due by Friday **March 13th**.

Bookclub News

Our first issue of the Scholastic Bookclub will be sent home next month. The school does get benefits like loyalty points for all purchases that are made through this club so it's a win/win, win when you place an order. If you do choose to make an order please ensure you have included your child's name, grade and the correct money as we cannot give change. You can pay online or by cheque (made payable to Scholastic Aust).

Thanks,

Tanya Dale & Maidi Mitchell

STUDENT AWARDS

PC: Tilly MacK

PP: Georgia W

1K: Felicity D

1D: Ivy C

1/2A: Amber L

2R: Emma N

3/4L: Alyssa M

4C: Reece S

5K: Isabella S

5/6G: Sophie M

6S: Josh MacK

6W: Aysha N

Art: Kye Tanaka

CANTEEN

FEBRUARY 2015

Mon & Tues	CANTEEN CLOSED	
Wed 25th	Tash Bassett	
Thurs 26th	Rebecca Church	Skye Hamilton
Fri 27th	Kylie Mayor	Samantha Stribbling

Try a Muesli/Yogurt tub.... Yummy only 50c from your Canteen. Also Icy poles for sale on Monday and Tuesday at morning play and lunch until sold out.

Literacy and numeracy at home - TOP IDEAS

Look through photo albums (you can even use your computer albums) and create captions to go with the events. Or tell the stories that you remember from those events.



Parents & Friends Club

*Order forms for honey should have come home yesterday. If you didn't get one, please contact the office where there are extras. Don't forget to ask your family and friends for orders too. Please return all order forms WITH payment by next Thursday for delivery mid-March.

*Our first get-together for 2015 is next **Wednesday Feb 25th from 1:30pm in the Bristol**. Please come along and find out what we're all about. Tea and coffee provided. If you can't make it, but are interested or have questions or ideas, please leave a message at the office and someone will get back to you.

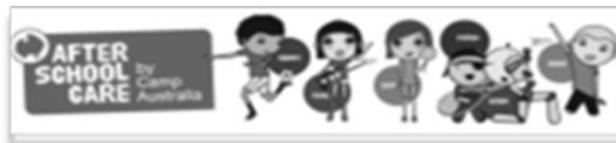
*Standby for details of another fun after-school snack event run by Eastern Health featuring a bicycle-powered smoothie-maker!!

Thanks for your support, Maida Mitchell and Kylie Short

School Prayer Meeting

Would you like to pray for our school?

Join us at 3:00pm on Friday 27th February in room 9 or 10. If you have any questions or prayer requests please contact Cherida on 5962 6620 or cherida@netspace.net.au



What an exciting week with paper plane making then taking them outside and testing the distance that they travel. (We could make a movie from this!!) The children loved making their own styles from stunt planes to javelin type. Thanks to a couple of dads for their involvement too.

This week I would like to introduce our newest staff member Stacey Marriott and her philosophy to the service is:-

"I enjoy working with all ages of children, I love seeing the smiles on their faces."

I have just started with Camp Australia this year and I have worked in After School care for many years now, and I enjoy seeing the children create new craft ideas. I have studied my Diploma in Children's services in 2014 for approx 14 months before that I worked in Child Care for 6 years. I enjoy craft and cooking with the children.

We would love to hear feedback from you, whether your child is enjoying our program, food and staff and whether you have any suggestions/compliments/complaints about our service. We have a feedback form available at our service at the sign-in table.

This week we are looking at "Allergies" and how we can help each other and how we can prevent ourselves from having reactions.

Your Bob, Michelle, Stacey, Angelina and Nicola from
Camp Australia

Swimming

Interschool Swimming Sports- Friday February 27 Healesville Outdoor Pool

As a result of today's House Swimming Sports a number of students have been selected to represent the school at the Interschool Swimming Carnival next Friday at the Healesville Outdoor Pool.

Children who have been selected need to have these forms in by next **Monday, February 23** to enable us to send in our entries to the District. Congratulations to all students on their efforts today. Results will be published in next week's newsletter.

Chris Kent

Apology Day Flag Raising Ceremony HPS 13th February, 2015

Teghan Voce gave the 'Welcome to Country' to open our anniversary of the apology given by the then Prime Minister Kevin Rudd in Parliament. We held a special assembly in front of the flagpoles which was attended by the whole school to celebrate this anniversary date. Fenna Hogg gave a speech about 'Sorry Day' so that all students would understand the history behind the event. The then Prime Minister Mr. Kevin Rudd said 'For the breaking up of families, to those of the stolen generation, especially for the removal of children from their families - we are sorry. The parliament said sorry as part of the healing of the nation and to reflect upon the past mistreatment and injustices of Australia's first peoples.

Our Indigenous people had waited a long time. It was a sincere and moving apology.

Ace Daykin raised the Aboriginal flag as a sign of respect for Australia's first people and the whole school applauded.

Fenna Hogg



School Benefits

Schools benefit from parental involvement in all sorts of ways. It can help to improve student achievements, teacher morale and create valuable relationships between teachers and parents.

Swimming Sports

Congratulations to all Healesville Year 3- 6 students who competed in the Swimming Sports today. The behaviour of our students was fantastic today and I was really excited to see them competing and having fun but also encouraging others.

National Sorry Day

Thank you to Fenna Hogg and all the students who helped organise and run our special assembly for National Sorry Day last week. It is very important that we recognise the difficulty and hardship our native peoples have gone through. A full report is in the body of this newsletter.

School Improvement Team (SIT)

Over the past few weeks the staff have discussed and formulated a team of teachers who have formed the School Improvement Team. The role and responsibility of the SIT is to ensure that our School Strategic Plan is being followed by all staff and to ensure student outcomes are being met at all levels.

Recent topics include:

- How we as a school collect student data and how we analyse that data in order to maximise every learning opportunity to enhance students; outcomes.
- Monitoring and developing Learning Intentions and Success Criteria to ensure students fully understand exactly what the teacher is teaching and requiring from them as learners.
- Staff are planning together.
- The Specialist timetable has been adjusted to ensure 9.00am – 11.00am is not interrupted. Each class has only 1 day that is interrupted per week.
- The 3.10pm bus bell has been switched off to maximise learning time.
- A Literacy coach has been working with Year 3-6 staff around reader's workshop.

Environmental Leaders

As students move through primary school it is vital that leadership opportunities be available in a wide variety of areas. In the next few weeks the Year 6 students will have the opportunity to apply for a number of leadership roles. One role that is being offered is Environmental Leaders. The responsibility of Environmental Leaders is to take care of a particular area of the school grounds. Each week the Environmental Leaders will be given 1 hour supervised by an adult in their area to take care of plants, cleaning, mulching, watering, weeding and developing a master plan for their area.

For any program such as this to be successful parental assistance is vital. We are looking for parents who can be the parent leader of a group of 6 students in charge of an area around the school.

If you are able to assist please contact, Cameron Heath, via the school office as soon as possible.

The times available are:

Monday	2.30pm-3.30pm
Tuesday	2.30pm-3.30pm
Thursday	2.30pm-3.30pm
Friday	12.30am-1.30pm

Parent Helpers

Completing my weekly visits to each classroom, I have been encouraged to see so many parents helping whether it is with reading, displays, sporting events, numeracy or literacy. Healesville Primary School like many schools depend on the help of parents to keep some school activities and events running smoothly. When parents pitch in to help where they're needed, everyone involved benefits in one way or another. If you're interested in getting more involved with your child's education, there are plenty of ways for you to do so. Please contact your child's teacher or the school office to discuss ways you can become involved.

Benefits for Students

First and foremost, when a parent is a part of their child's education, it can greatly benefit that student. When your child sees your interest in what he's doing at school, it can increase his/her chances of success. She/He sees how much you're invested in her/his education and school activities, teaching her/him the importance of learning. Your child is more likely to experience better outcomes educationally and emotionally, have good attendance, display appropriate behavior, and exhibit better social skills when you're involved.

Tips on Talking!

The beginning of the school year is a new and exciting time! It is the perfect opportunity for parents to engage in some great conversations with their children. Our students have many different learning experiences throughout the day, focussing on different curriculum aspects and learning concepts. Yet, often when asked about their day, the response can be very broad “It was good”, “I played cricket”, “Not much happened”. If you want specifics we need to think of explicit questions about key aspects of the day- “What books did you read/listen to today” “Did you write a story today, what was it about?- how are you trying to improve your writing”.

In a broader sense, the links between school achievement and parents’ ability and propensity to engage in conversation with children from a young age is indisputable. The language stimulation they receive when they talk with parents is one factor. The language of first borns is generally more extensive and richer than their siblings who spend less time in one-on-one situations with a parent. In many ways it is through conversations that children get a real sense of us and who we are. It is by talking with our children that we impart some of our knowledge, ideas, wisdom and thoughts as well as how we get a window into their world and how they think.

Getting conversations going with some children can be a massive challenge. Busy schedules, homes designed for individual enjoyment rather than group living, and kids that clam up are some of the blockers to conversation that parents meet.

Here are five ideas from Michael Grose (Parent Educator) to help you get more conversation going in your family:

1. **Turn off the TV (and other screens):** Most homes have a range of electronic screens that you compete with to get their attention. Don’t be afraid to take control of those screens and create a little conversational space. Start with a screen-free day each week or screen-free hour each day if you are a home full of screen junkies.
2. **Turn on the TV (and other screens):** If you can’t beat them, join them. Some television programs provide great conversational fodder particularly for older children and teens. This can range from “who’s going to win Australian Idol?”, “what happens to the winners of Australian Idol?” to “what is the point of Australian Idol?”
3. **Have more mealtimes (with the TV off):** The family that eats together talks together...or they should. So make mealtimes special and insist that kids sit until everyone finishes rather than they eat all their peas. Avoid turning mealtimes into food fights that you can’t win.
4. **Move more:** If sitting and chatting is not your child’s thing then try getting them up and moving. Boys will often talk when they walk or play so consider getting some action happening. When their hands are busy the tongues will often loosen up.
5. **Try shoulder-to-shoulder parenting:** Sitting together in a car, washing dishes and playing a game can provide opportunities for talk. Take the eye contact out of the equation and you may find the talk just flows with some kids.

Every family has their own way of getting the talk happening. Figure out what works for you and make sure it happens.

Cameron Heath, Principal

Welfare & Support at Healesville PS in 2015

Hello everyone! For those of you who might be new to the school community, my name is Joel Hawting and I am the School Chaplain here at Healesville Primary School. I regularly write and share information on a variety of topics in the school newsletter that parents might find useful in better parenting their children. The first one for the year will be in next week’s newsletter so watch this space!

I thought it would be good to outline clearly at the start of the year how welfare is handled at Healesville PS. At Healesville, we have a Welfare team consisting of myself (Mondays and Tuesdays), Anne Hocking (Wednesdays and Thursdays), and Rebekah Clarke (Fridays). We are a team who are dedicated to the wellbeing of the whole school community. We are available to provide support to parents, students, teachers, staff and anyone else who are linked to the school who require assistance. This support could include basic one-on-one sessions with children, group work interventions, parenting support, as well as referrals to outside organisations that provide counselling or other relevant services.

To put it simply, we are here and are available for you. So if you or someone you know needs support, why don’t you encourage them to call the school and ask for one of us? We are always willing to provide support to you, your children or anyone else in the school community who needs a hand.

Joel Hawting, Chaplain

Bushfire At-Risk Register - Schools

Version 1 | December 2010

School procedures for the bushfire season

Fire danger ratings and warnings are used in Victoria to provide clear direction on the safest options for preserving life.

Schools and children's services listed on the DET Bushfire At-Risk Register (BARR) will be closed when a Code Red fire danger rating day is determined in their Bureau of Meteorology district. **Our school has been identified as being one of those at high bushfire risk and is listed on the BARR.**



Where possible, we will provide parents with up to four days notice of a potential Code Red day closure by letter, SMS, TiqBiz and on our website. A Code Red day will be determined by the Emergency Management Commissioner no later than 1.00 pm the day before the potential closure. Once we are advised of the confirmation of the Code Red day we will provide you with advice before the end of the school day.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast.

This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Code Red day.
- Out-of-school-hours care will also be cancelled on these days
- School camps will be cancelled if a Code Red fire danger rating day is determined for the Bureau of Meteorology district in which the camp is located.
- All bus routes will be cancelled.

On these Code Red days families are encouraged to enact their Bushfire Survival Plan – **on such days children should never be left at home or in the care of older children.**

For those of us living in a bushfire prone area, the CFA advise that when Code Red days are forecast, the safest option is to leave the night before or early on the morning of the Code Red day.

As part of preparing our school for potential hazards such as fire, we have updated and completed our Emergency Management Plan.

What can parents do?

- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed.
- Ensure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters, [by checking our website, www.hps.vic.edu.au and by talking to your child's teacher or any other member of the teaching staff about our emergency management plan.
- Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.
- If your child is old enough, talk to them about bushfires and your family's bushfire survival plan.
- You can access more information about children's services closures on the Department of Education and Training website – see <http://www.education.vic.gov.au/about/programs/health/pages/closures.aspx>

For up-to-date information on this year's fire season, visit the CFA website at www.cfa.vic.gov.au or call the 24-hour Victorian Bushfires Information Line on 1800 240 667.



Nuts Power-packs of nutrients!

Nuts are natural power-packs of nutrients, with each nut containing a unique range of vitamins, minerals, important antioxidants, protein and dietary fibre.

Nuts are a stand out in the new Health Star Rating system, with all nuts receiving between a four and five star rating, just like fresh fruit and vegetables. Take a look at the comparison of the Health Star Rating for nuts against other common snack foods.

Did you know?

Children who regularly eat nuts are better protected against heart disease later in life.

Nutritious nutty recipe

Nuts are a fun and healthy food for children. Here is one of our favorite recipes for boosting your child's nut intake:

Berries With Pistachio Yoghurt Compote

- 1 ½ cups frozen mixed berries, thawed
- 2 cups low fat natural yoghurt
- 1 tablespoon orange juice
- 1 teaspoon finely grated orange rind
- 1/3 cup chopped pistachios
- 1 tablespoon maple syrup

Place the berries and their juices in base of small glass jars. Combine yoghurt with orange juice and rind. Spoon on top of berries. Top yoghurt with pistachios then drizzle with maple syrup to serve.

Serves 4 - 10g nuts per serve (1/3 of a handful)

Tree Nuts: Healthy Star Ratings

Almond (raw)	★★★★★
Brazil nut (raw)	★★★★★
Cashew (raw)	★★★★☆
Chestnut (roasted)	★★★★★
Hazelnut (raw)	★★★★★
Macadamia (raw)	★★★★★
Pecan (raw)	★★★★☆
Pine nut (raw)	★★★★☆
Pistachio (raw)	★★★★★
Walnut (raw)	★★★★★

NB: all stars based on nutrient composition per 100g

Star Checks: Afternoon Snacks

Yog of mixed nuts	★★★★★
A red apple	★★★★☆
A choc chip biscuit	*
A banana	★★★★☆
Low fat yoghurt	★★★★★
A plain muesli bar	★★★☆☆
Processed cheese	★★★
Rice crackers	★★★☆☆
A choc chip muffin	★★
Small take-away cappuccino	★★
An average energy drink	*

NB: all stars based on nutrient composition per 100g



Visit www.nutsforlife.com.au or www.nutritionaustralia.org for more ideas and a selection of nutritious recipes to include nuts in your family's diet.