Hello and welcome to our fortnightly newsletter

Welcome for 2016– Welcome back to the new school year. Our students have settled really well into their new rooms. Our enrolments are 180 in Foundation–12 and another 20 enrolled in our Early Education Program.

New Staff– I would like to welcome Andrew Renato, Tania Broadwood, Linda Willis and Natalie Price to our teaching staff.

A warm welcome also to Ben Anderson, Marcus Theile, Julia Kildey, Claire Ireland and Danielle Gleaves who have joined our Education Support team.

I send a special welcome to all the new students and their families to our school. I trust that your involvement with our school will be rewarding and enjoyable. Please feel free to contact us, no question is trivial!

Parents/ Carers visiting the school
For safety reasons all parents and carers must sign in at reception when visiting the school. Please ring ahead if you wish to see a teacher as teaching and learning time is paramount. We will make sure we will arrange a meeting time for you.

Permission Notes - For your children to participate in all school programs we need your signed permission forms. Please send the forms back to school ASAP.

School Council Election
Accompanying this newsletter is the notice of election and call for nominations for School Council this year. Information regarding School Council is attached to this newsletter. There are vacancies for 5 parent reps and 2 DET reps. Further information is available from me. Just give me a call.

Next School Council meeting is Tuesday, February 16th at 7.00pm. Nomination forms can be obtained from the office.

Family BBQ
I would like to invite you to our welcome barbeque on Tuesday, February 9th. As the children come from such a wide area, it is an opportunity for us all to meet together. The staff at the school enjoy taking the time to meet with you on an informal basis. Teachers will be available to meet you in the classrooms between 5:00 pm and 5:30 pm with the BBQ to follow

Hat Policy - As we are a Sunsmart school, we expect all children to wear a brimmed hat whilst in the yard during Term 1 and 4.

Sunscreen will be provided to students prior to going out to play. We adopt a "no hat no play" policy meaning that children without hats will be expected to remain under the sheltered area during recess and lunchtime.

Prue Dobson
Acting Principal
Whether it's for school or work, packing a lunch box can be a bit of a chore, but this collection will make it easier.

Macaroni and vegetable frittatas

Ingredients
- 120g (3/4 cup) macaroni pasta
- Olive oil, to grease
- 2 x 125g cans corn kernels, rinsed, drained
- 1 small red capsicum, halved, deseeded, finely chopped
- 1 medium carrot, peeled, coarsely grated
- 80g (1 cup) coarsely grated cheddar
- 7 eggs, lightly whisked
- 125ml (1/2 cup) milk

Method
1. Cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain. Refresh under cold running water. Drain well.
2. Preheat oven to 180°C. Brush six 185ml (3/4-cup) capacity non-stick Texas muffin pans with oil to lightly grease. Combine the macaroni, corn, capsicum, carrot and cheddar in a large bowl. Spoon evenly among prepared pans.
3. Whisk together the egg and milk in a jug and pour over the macaroni mixture. Bake in preheated oven for 20-23 minutes or until just set. Remove from oven. Set aside in the pan for 5 minutes before carefully turning onto a wire rack to cool.

Mini chicken and vegetable platter

Ingredients
- 1/4 cup soy sauce
- 1/4 cup tomato sauce
- 1 tablespoon honey
- 12 chicken drumettes
- 125g sugar snap peas, trimmed
- 1 large carrot, cut into sticks
- 2 celery stalks, cut into sticks

Method
1. Preheat the oven to 200°C. Line a baking tray with foil.
2. Combine soy sauce, tomato sauce and honey in a bowl. Add chicken and stir to coat. Arrange chicken, in a single layer, on prepared tray. Bake, turning twice, for 30 minutes or until golden and cooked through. Set aside to cool.
4. Pack chicken and vegetables in lunchboxes.

Chicken and corn wraps

Ingredients
- 125g cherry tomatoes, quartered
- 125g can corn kernels, drained
- 2 green onions, finely sliced
- 2 tablespoons sweet chilli sauce (optional)
- 8 butter lettuce leaves
- 4 sheets wholemeal lavash bread
- 1 1/2 cups shredded barbecued chicken (see note)
- 1 cup grated tasty cheese

Method
1. Combine tomatoes, corn, onion, and sauce (if using) in a bowl.
2. Arrange 2 lettuce leaves over 1 half of each lavash sheet. Top with tomato mixture, chicken and cheese. Roll up tightly from 1 short end to enclose filling.
3. Cut each wrap in half. Secure with baking paper or string.
Dear School Councillors, Parents & Carers,

‘Holidays’ did not go as planned for our family. The week before school finished my husband Greg was very unwell with what we incorrectly assumed was flu.

However on the last day of school we landed in Emergency. Then the bad news kept coming. He had heart issues, severe infection markers and a stroke. The infection was a Community Staph. and it was attacking key organs of his body.

Greg spent four days in Intensive Care in Shepparton. It was here they diagnosed the infection had moved to the heart, so he was transferred to the Epworth in Richmond. So alas 33 days in December and January were spent in hospital.

So at last we are home. Greg is having ‘Hospital in the Home.’ His long term prognosis is very good as all the Specialists believe he will make a full recovery, albeit it will take some months.

As a result, I am unable to return to school. I hope to be back by the China trip in the second last week of term, but even that remains a tentative plan.

So, Prue Dobson will be Acting Principal. Ann Hoskin will be Acting Assistant Principal. Kylie Freeman will lead the Early Year’s Unit, Jesse Whitaker will lead the Middle Year’s Unit and Janine Thorne will lead the Senior Years Unit.

I apologise for my absence in advance, but I know our Leadership Team (Prue, Ann, Janine and Jesse) are highly capable of ‘holding the fort.’

Thankyou for supporting this Term 1 arrangement. I wish you and your family an excellent start to the 2016 school year.

Kind Regards,

Jan
(Janet Gill Kirkman~ Principal)

My husband Greg and our two grandchildren Jesse and Ryder
An election is to be conducted for members of the School Council of Verney Road School.

Nomination forms may be obtained from the school and must be lodged by 4.00 pm on Tuesday, February 16th, 2016.

The ballot will close at 4.00 pm on Tuesday, 1st March 2016.

Following the closing of nominations, a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows –

<table>
<thead>
<tr>
<th>Membership category</th>
<th>Term of office</th>
<th>Number of positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent member</td>
<td>From the day after the date of the declaration of the poll in 2016 to and inclusive of the date of the declaration of the poll in 2018</td>
<td>5</td>
</tr>
<tr>
<td>DET employee member</td>
<td>From the day after the date of the declaration of the poll in 2016 to and inclusive of the date of the declaration of the poll in 2018</td>
<td>2</td>
</tr>
</tbody>
</table>

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Prue Dobson
Acting Principal
WELCOME TO NEW STAFF

Andrew Renato – Teacher
G’day I am very excited at the opportunity to teach at Verney Road this year. This is my first year of full time teaching as I have completed a year of emergency teaching at Notre Dame, Bendigo Catholic college and Verney Road last year. I enjoy a variety of sports including football, cricket and Rugby. I recently became engaged to my long time girlfriend Chelsea and we hope to marry in early 2017.

Tania Broadwood – Teacher
Hello, I’m Tania and I have previously taught at Strathmerton Primary School and was a CRT at Verney Road last year. I live on a property at Yalea and I love animals, in particular horses and enjoy driving my miniature horses in a cart. I look forward to teaching in Senior Years this year, sharing a class with Janine Guymer.

Natalie Price – Teacher
I have been a teacher for 16 years at 6 different schools. I have been teaching at Wilmot Road Primary School for the last 8 years and am looking forward to my time at Verney Road School. I like to run with my dog and am working on being able to swim for a longer time.

Linda Willis – Teacher
Hi, I’m Linda and this year I’m excited to be working in Early Years here at Verney Road School! I’m looking forward to working with the children and families in my class and getting to know them throughout the year. I moved back to the area in July last year and worked as a relief teacher at many schools around the area. I enjoy travelling and wish to do more in the future.

Danielle Gleaves - Education Support
Hi, I’m Danielle and I moved to Australia 3 years ago from the UK. I love the outdoors and spending my weekends at the river. I am very excited to be working at Verney Road School, no more bar work!!!!

Ben Anderson - Education Support
Hello, my name is Benjamin, I am 27 years old and live in Shepparton, with my two dogs Simba and Jewell. Previous to Verney Road I spent 6 years in the Defence Force, before coming home to be closer to family. I then drove grain trucks for Barastoc in Moorooroopna for 3 years. I love all sports; mostly cricket and football. I barrack for the best team ever St Kilda!! I’m looking forward to a great 2016 with Verney Road School.

Marcus Theile - Education Support
Hi, my name is Marcus Theile (pronounced Tyler). I have moved to Benalla from Mitcham as my wife gained the Principal’s position at FCJ College, Benalla. For the past 6 years I have been working with children with autism. I look forward to working with the children & staff here at Verney Rd. We have two older children who live in Melbourne. Both my wife and I love to travel.

Claire Ireland – Education Support Trainee
Hi, my name is Claire and I am 18 years old and graduated Year 12 last year. I will be studying Occupational Therapy at ACU in Melbourne in 2017. I have 2 older brothers and live in Numurkah. In my spare time I like to play soccer and read.

Julia Kildey - Education Support Trainee
Hi, my name is Julia, I have a younger sister and an older brother. I live with my family near Dookie and I play netball for Dookie United Football Netball Club. I am very excited to be working at Verney Road. My career goal is to become a Primary School Teacher and to study a Bachelor of Education at La Trobe University, Bendigo next year. I enjoy spending time with friends and keeping fit and just having fun!
Welcome back to Verney Road and I hope that 2016 will be a fantastic year for you and your family. As I pen this edition which is the second day of the new year for students I have been really impressed with how quickly the students have got back in to the routine of school. After six weeks on holidays it can be very difficult to get back in to the routine of reasonable bed times, getting to sleep and up in the morning ready for a new day.

Routine enables so many aspects of healthy living, good habits and good behaviour that even the slightest structure is necessary in day-to-day life. We all know that kids need routine, but did you know that they desire routine – even if they don’t know it! There are plenty of ways to get them going by building a schedule that works for the whole family. There are many positive side effects for establishing strong routines for kids. Kids don’t have a lot of control in their lives and it can give them a sense of organization, stability and comfort. That, in turn, should help develop better behaviour and some sense of personal control. This is always a challenge, especially with young kids.

Doing things like bathing and brushing teeth as part of morning and/or night time routines can help establish good personal hygiene and health habits. Having a built in chore time somewhere in the week or day like having them help pick up at the end of dinner, setting the table for meals, putting the bins out or tidy up the house at the end of a day of playing establishes responsibility and work ethic.

I would like to look at one aspect of a healthy routine that can often make or break a family.

Sleep
Getting kids to sleep, whether it is for a nap or for the night, is one of the greatest challenges for parents. Kids always think they are missing something if they have to shut their eyes, plus there is so much more fun to be had running around rather than lying down.

Obviously, children who aren’t well rested can throw a spanner in any lifestyle. Sticking to a solid sleep schedule may be one of the most important aspects of routine. Sticking to the same bedtimes and the same aspects will make this so ingrained that less fighting and whining will take place and hopefully better sleep will result.

For bedtime, brushing teeth, going to the bathroom, taking a bath, reading a story and finally lights out can be comforting and rewarding for the kids. They know what the next step is and what the expected end result will be. Stray from whatever ritual you use and getting those lights off and eyes closed becomes more of a challenge.

For younger kids needing naps, timing is everything. Try for a nap too early and they may fight the entire time and never get to sleep. Go too long and they may be over tired, leading to more restlessness. Little things before a nap may help in the same ways as going down for the night – stories, tucking in, changing nappies, etc.

Some flexibility may be OK around sleep times if special activities or events are going on, but a good sleep routine can keep a family sane.

Take care and sweet dreams!

Darren Miles – Social Worker
Parents/Carers and immediate family members are invited to come to school on Tuesday, February 9th to visit your child’s room and hear about 2016 expectations from 5.00 – 5.30pm followed a BBQ Tea with staff, students and families.
For catering purposes please fill out the form below and return to school by Monday, February 8th

Family BBQ and Information Night

Student’s name

No: attending

Adults

Children
Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Sharon Wandin your local Saver Plus Worker:
(03) 5828 8100 / 0439 067 021
or swandin@berrystreet.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Greater Shepparton by Berry Street. The program is funded by ANZ and the Australian Government.

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Goulburn Child FIRST Network News
January 2016

Happy New Year and glad to be back for hot Australian Summer! We look forward to another Year of working together, sharing curiosity and courage when working with our families and our colleagues. The Royal Commission into Family Violence will release its report in March 2016. I’m sure many of us are hoping for new approaches and resources to continue the battle against violence toward women and children.

The Alliance welcomes new funding from DHHS to bolster its capacity across all of our five Local Government areas. The new funding will be implemented in 2016 together with our partners the Bridge Youth service and Rumbalara Family services.

The Child FIRST Alliance will soon be providing a range of training opportunities for professionals in our sector and the calendar of events will be out soon.

Like always, if you have any ideas or feedback please pass them on. There are a number of exciting events in our sector this year including the Australian Childhood Foundation International Childhood Trauma Conference in June, Finding Dostori and Family Violence Conference in April in Sydney and the Early Childhood Australia National Conference 2016 in Darwin in October just to name a few.

The new Minister has settled into her role and I’m sure we will see her priorities more clearly outlined in the first half of 2016. As we hear of any announcements we will keep you posted. In the Goulburn region, many of us will also be busy with the implementation of the 12 month Taskforce 1000 action plan.

As the chair of the Alliance, I look forward to working with you again, in what looks like another challenging year ahead.

Ange

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Baskets of Joy for the City of Greater Shepparton 2015

To assist with the annual FamilyCare Christmas Appeal, The Community Fund Goulburn Valley and Greater Shepparton City Council encouraged local organisations to participate in the Baskets of Joy Drive which aimed to collect donations of food items for families in need for Christmas.

The Baskets of Joy collection was on Monday 14 December and what an overwhelming response we had from the Shepparton Community. The variety of foodstuffs and extra gifts was remarkable and there was some obvious thought put into the donations.

Thank you all who donated and assisted with this great initiative and for helping provide our local families with a better and brighter Christmas.
Gather a group of friends together and enjoy breakfast with

LISA ALEXANDER

Head Coach of Australian National Netball Team, The Diamonds.

Whether you are a netballer, student or just someone wanting to be the best you can be, Lisa will inspire you with her journey to success. Growing up in the country, she will share her insights into how to make the most of opportunities and be your best on and off the court.

Lisa's coaching career spans 10 years and she is also a former Victorian State player and Australian squad member.

TUESDAY, FEBRUARY 23, 2016

Time: 7.00am - 8.30am
Venue: The Aussie Hotel, 73 Fryers Street, Shepparton
Tickets: $33 (Plus small booking fee).

All proceeds from profits to ConnectGV to provide respite services for local families of children with Autism. Hear how they benefit directly from your support.

THANK YOU TO OUR PARTNERS

For more information please call ConnectGV on 5821 2466
www.connectgv.com.au