



VERNEY ROAD SCHOOL

NEWSLETTER

ISSUE #11 15th July 2016



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UPCOMING EVENTS

Tuesday, July 19th.....School Council meeting 7:00pm
Wednesday, August 3rd.....Fun Run
Thursday & Friday, August 4th & 5th.....SSG Parent Teacher meetings



Hello and welcome to our fortnightly newsletter. News from the principal's desk...

WELCOME BACK I hope you all had a restful time over the holidays and have quickly returned to the school routine. Welcome back to Kim at the front office, who has had a wonderful trip exploring N.T. and W.A.

Staff on Long Service leave at the moment are:

Ann Hoskin, Donna Allen, Linda Alblas, Marcus Theile and Kay Birthisel .

This term we welcome Kayla Whittaker and Karyn Fletcher to Early Years; and welcome back Tarnya Bruinier and Bek Watts, also to Early Years, following family leave.



SCHOOL SUPPORT GROUP MEETINGS Family and teacher meetings are on August 4th & 5th. Meetings will occur from 3:30pm-6:30 pm on Thursday, August 4th and from 8.30 am - 4:00 pm on Friday, August 5th.

All Parents are encouraged to bring their child along to school. Senior and Middle Years' students will participate in all or part of the family meeting.

A form has been sent home with your child, could you please return to school with two preferred times for your **appointment**. Your child's teacher will then make contact to confirm your appointment time. I look forward to seeing all families on these two days.

SCHOOL PHOTO'S have been sent home this week, I hope you are pleased with the packages from Master School Portraits.



ADIDAS SCHOOL FUN RUN will be held on Wednesday, August 3rd from 11:50 am- 12:50 pm here in the school grounds. Sponsorship forms have been sent home and can be returned to the front office on or before the day. This is a healthy, fun and active fundraiser and parents/ carers are most welcome to come along and enjoy the day with their child. We are having a BBQ. following the run



EVERY DAY COUNTS-Thankyou to all families who send their children to school every day they are well. Consistent schooling is so important for your child's learning. It's very hard for students to 'catch up' when they

have intermittent days off school. However, cold & flu season is upon us, so if your child is sick, they must stay home until they are well, to ensure any contagion does not spread.



BEANIES FOR STUDENTS Navy and Burgundy coloured beanies are available at the School Uniform Shop in Corio St for \$7.95. For a few extra dollars they will put the school logo on them for you.



PARENT OPINION SURVEY- Surveys were recently sent out to a number of randomly selected families. Thankyou to those who have returned their survey.

The survey is a very important indicator of the direction we are taking and your opinions are a valuable guide. Surveys are due to be returned by Friday, July 29th

Janet Gill Kirkman
Principal

HEALTHY EATING

Good Old Fashioned Comfort Food

COTTAGE PIE

Ingredients

- 1 tablespoon olive oil
- 1 medium brown onion, chopped
- 600g lean beef mince
- 1 large carrot, peeled, finely chopped
- 1 medium zucchini, finely chopped
- 3 celery stalks, trimmed, finely chopped
- 2 tablespoons salt-reduced tomato paste
- 400g can salt-reduced chopped tomatoes
- 1/2 cup beef stock
- 850g potatoes, peeled, chopped
- 1/4 cup milk
- 10g butter
- 2 tablespoons grated tasty cheese

Mixed salad leaves, to serve



Method

1. Heat oil in a frying pan over medium-high heat. Cook onion, stirring, for 3 minutes or until softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 minutes or until browned.
2. Add carrot, zucchini and celery. Cook, stirring, for 3 minutes. Add tomato paste, tomato and stock. Stir to combine. Reduce heat to medium-low. Cover. Simmer for 15 minutes or until vegetables are tender. Preheat oven to 200°C/180°C fan-forced.
3. Meanwhile, cook potato in a large saucepan of boiling water for 8 to 10 minutes or until tender. Drain. Return to saucepan over low heat. Mash. Stir in milk and butter. Remove from heat.
4. Spoon mince mixture into four 1 3/4 cup capacity ovenproof dishes. Top with mash. Sprinkle with cheese. Bake for 15 to 20 minutes or until golden.

BAKED RICE PUDDING

Ingredients

- cups (500ml) milk
- 300ml thin cream
- 1/2 cup (110g) rice, rinsed, drained
- 1/3 cup (70g) caster sugar
- 1 cinnamon stick
- 2 teaspoons vanilla bean paste
- 2 egg yolks
- Pinch of ground nutmeg

























Method

1. Preheat oven to 160°C. Combine milk, cream, rice, sugar, cinnamon and vanilla in a medium saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until mixture just comes to a simmer. Remove from heat and set aside for 15 minutes for the flavours to infuse.
2. Remove and discard cinnamon. Add egg yolks; stir to combine. Pour rice mixture into a 4-cup (1 litre) capacity ovenproof dish. Sprinkle with nutmeg. Bake, stirring occasionally, for 1 hour or until rice is tender and custard is set. Remove and set aside for 10 minutes to rest before serving.
























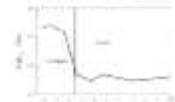
Term 3 Unit for Early Years is weather. Please use the Boardmaker chart to discuss the weather with your child.

Term 3 science unit : weather

what 	blue 	red 	grey 	white 	yellow 
think 	cool 	gentle 	strong 	light energy 	symbols 
I wonder 	weather reporter 	summer 	spring 	winter 	autumn 
stormy 	symbols 	like 	don't like 	journal 	draw 

Term 3 Unit for Middle Years is Earthquakes. Please use the Boardmaker chart to discuss earthquakes with your child.

Term 3 science unit : earthquakes

what 	earthquake 	magnitude, size 	intensity 	measure 	damage 
think 	build 	plasticine 	egg 	building 	tectonic plate 
I wonder 	mountain 	continent 	million years 	seismometer 	
describe 	seismologist 	solid 	earth layers 	flexible 	





DISCUSS THIS...

with D.J. Miles

BALANCING TECHNOLOGY AND MEDIA – GUIDELINES FOR HEALTHY FAMILIES.

How much is too much technology for kids?

Research shows that when children are “plugged in” all the time, they’re not as happy as kids who spend less time using media and technology. The parenting challenge here is not to prevent children from using media and technology, but to achieve a healthy balance between time spent connected to technology and having it unplugged at home. Developing a family media use policy is an excellent way to achieve balance in the amount of time your children spend on mobile phones, watching TV and using computers and tablets with time spent outside, playing board games, reading and other non-electrical play.

Family Media/technology Use Policy

Nobody knows or loves your kids quite like you do. A personalized family media use policy sets the ground rules for how much is enough and gives your children clear guidelines to operate within. These are important steps in helping them become responsible, honest and caring adults.

1. Who: Decide who can use a computer, TV and mobile phone in your home. Consider the ages of your children to determine whether or not they are old enough for a mobile phone or to use the computer independently. If your child is younger than 11, he or she may not have a need for a mobile phone. Make a decision that reflects your understanding of your child’s maturity and needs. Just ‘cause everyone else has one is not reason enough!



2. When: Set limits on when your children can talk or send texts, watch TV and use the computer. Consider taking your children’s phones away at bedtime so they don’t stay up late sending texts that you can’t monitor. Night time is for sleeping not receiving and sending messages.

3. Where: Make sure your children understand where they can and can’t use mobile phones and computers and watch TV. Discuss, for example, that places like church, school and the dinner table are inappropriate places to talk on the phone or send text messages. Keep TV’s out of the kids bedrooms. Encourage TV and computer usage to occur in one common area in your home, as this will help you monitor usage and stay connected as a family.



4. What: Develop expectations about what your children can and can’t do online; who they can and can’t talk to on their phones; and what they can and can’t watch on TV. Ask them what their friends are doing online or talking/texting about on their phones. Discuss the harmful effects of gossiping or slandering people, for example, online or over the phone.

Helping your children understand how to use technology in a safe and healthy manner is the best way to prepare them for life as adults, which will surely involve using media and technology. The time spent and work you do setting

DARREN MILES
SOCIAL WORKER



PBS HOME MATRIX

Hello Parents and Caregivers.

We hope you all had a relaxing break through the holidays. It was challenging given the cold weather - a good chance to watch a movie as a family!

We are continuing to promote the use of "Positive Behaviour Support" at school (PBS). Research has found that it is best to focus on the behaviours that we want to see and try to ignore negative behaviours as far as possible - this can be a challenge to all of us at times!



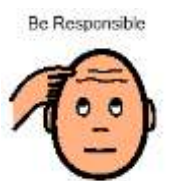

We have developed our school matrix of behaviours and also a home-based matrix of behaviours to offer support at home. We know with our students that consistency is a key for success. Our matrix use clear and explicit language and we have added Boardmaker symbols to illustrate our expectations - **'Be Safe', 'Be Respectful', 'Be Responsible' and 'Be a Learner'**. **We hope this may be of help to you. This fortnight our matrix is the one developed for Early Years students. Keep watching as in the next newsletter we will include the matrix for Middle Years. Of course, if any parents would like a copy of the Middle Years or Senior Years home matrix before then please feel free to ask your child's teacher.**

Here's to happy and successful moments in parenting! Remember to take care of yourself as well as your children!

With warm wishes,

Colette Burgemeister (PBS Leader)

Matrix of Home Expectations Early Years- Positive Behaviour Support.




At Home	Expectation	Getting Ready for School	Meals	Bath	Bed	At Play	Outings
Be Safe		We wear clean clothes every day.	We sit at a table to eat until finished	We always sit, not stand up in the bath.	We have a consistent bed time each night.	We never hurt other people when we play.	We stay with our mum, dad, carer at all times.
Be Respectful		We do what our mum/ dad or carer asks.	We use a knife, fork or spoon to eat.	We use soap to clean all over our body	We clean our teeth before we go to bed.	We use inside voices when we play inside.	We always use our manners when we talk to other people.
Be Responsible		We get dressed by ourselves if we can.	We say please and thankyou.	We have a bath every day or night.	When we go to bed, we stay in bed.	We share our toys and games.	We wear our seat belt in the car.
Be a Learner		We clean our teeth, brush our hair and wash our faces after breakfast.	We try different foods.	We can play in the bath with bath toys.	We have a story with an adult before bed.	We try hard to work things out and ask for help.	We walk across the road with an adult.



Two staff members from Connect GV are taking a team of 6 competitors to compete in the Tri State Games in Horsham, Victoria in November. They need to raise \$5,000 to cover accommodation, uniforms, food, bus and fuel. They are **holding a number of fundraisers, one of them being selling product's from their Woodwork Program.** Please use the order form below. All cash donations to their cause are tax deductible. Please support these 6 athletes to participate and represent the GV in an event that will bring much purpose and meaning to their lives

Name: _____ Address: _____

Mobile: _____ Email: _____

ITEM	COST	QUANTITY	TOTAL
Chopping board Solid Tasi Oak hardwood 45cm x 27cm 	\$60.00 each		
Wine Rack Various other designs can be made to order. Prices may vary. 	\$ 30.00 each		
Wine and glass holder 	\$15.00 each		

All forms and money please return to: Darryl Markey, Connect GV

12 Bowenhall St, Shepparton. Ph 0358 212466