



VERNEY ROAD SCHOOL

NEWSLETTER

ISSUE #16 14th October 2016



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UPCOMING EVENTS

Tuesday, October 18th.....School Council meeting 7:00pm
Thursday, October 20th.....Apprenticeship Factory Awards Night
Thursday & Friday, October 20th & 21st. Haylee Parfett at VRS
Tuesday, November 1st.....Melbourne Cup Public Holiday



Hello and welcome to our fortnightly newsletter.



CONGRATULATIONS TO OUR CHEER LEADERS-

We are extremely proud of The Dragon Cheerleading Team who competed in the State Championships at the Melbourne Sports and Aquatic Centre on the first Saturday of the school holidays. Our students performed so well and showed great sportsmanship towards other teams. They looked fabulous in their uniforms and their routine was very polished after many hours of practice throughout the year. They came second in their division and proudly display their trophy in the front foyer here at school

Many thanks to Kelli Dodman, Mel Calogero, Linda Alblas and Ben Anderson who took time out of their school holidays to support our students in this amazing experience. Thanks again also to the Community Fund GV for supporting this experience.



CONGRATULATIONS TO OUR TEACHER'S GAMES TEAM-

We are also extremely proud of our Victorian Teacher's Games Team, who competed in Lawn Bowls, Ultimate Frisbee, Mixed Netball, Go Karts and Trivia during the first week of the School Holidays.

Our team brought home the **Minister's Cup, which goes to** the school at the games that displays excellent spirit, encouragement and sportsmanship. Well done everyone who represented VRS!

HAT POLICY - We are a Sunsmart school and expect all children to wear a broad brimmed hat whilst in the yard.



I ask parents to please provide your children with a named hat so they are protected in the yard.



EARLY YEARS SLEEPOVER- this afternoon our Early Years students are staying at school for a range of activities and then having a sleepover as part of our introduction to school camps program. Following afternoon tea they will have fun at Go Jump, Aquamoves and enjoy a movie before bedtime. They will enjoy breakfast before being collected at 8:00 am Saturday morning. Many thanks to staff for giving up a night at home with their families to provide this fabulous experience for our students



MELBOURNE CUP PUBLIC HOLIDAY- Tuesday, November 1st is a Public Holiday and there will be no school on this day.

Janet Gill Kirkman

Janet Gill Kirkman
Principal

HEALTHY EATING

STICKY CHICKEN DRUMSTICKS

The whole family will love these sweet, sticky chicken drumsticks. Serve them with salad for a complete weeknight meal.

Ingredients

- 1/3 cup (80ml) tomato sauce
- 1/3 cup (80ml) barbeque sauce
- 2 teaspoons Worcestershire sauce
- 1 garlic clove, crushed
- 1/4 cup brown sugar
- Salt & pepper
- 8 chicken drumsticks (about 1.2kg)
- 1 tablespoon sesame seeds



Method

- Step 1 Combine sauces, garlic, sugar, salt and pepper in a jug. Stir well. Line an ovenproof dish with non-stick paper.
- Step 2 Put chicken in dish. Reserve 1/4 cup of marinade and pour remainder over chicken, turning to coat. Cover and refrigerate for 4 hours or overnight. Remove from fridge 15 mins before cooking.
- Step 3 Preheat oven to 200°C. Sprinkle chicken with sesame seeds. Roast on the top shelf for 30 minutes.
- Step 4 Baste with reserved marinade during cooking. Chicken is cooked when juices are clear. Serve with salad.

EASY GREEN SUPERFOOD SALAD

Sprouts and a tangy dressing give this lean, green salad texture and bite. Cubes of creamy avocado make it a meal.

Ingredients

- 4 cups mixed green salad leaves, tightly packed
- 2 cups sprouts such as broccoli, sunflower, snowpea or alfalfa
- 2 medium cucumbers, chopped
- 1 avocado, cubed
- 1 tablespoon chia seeds
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds

Fresh curly parsley, to serve

Dressing

- 1 tablespoon lemon juice
- 1/8 cup raw apple cider vinegar
- 1/4 cup cold pressed olive oil
- 1/2 heaped tablespoons wholegrain mustard

Himalayan pink salt and pepper, to taste

Method

- Step 1 Place all ingredients for the salad in a large salad bowl and toss until combined.
- Step 2 In a medium screw-top jar, shake up ingredients for the dressing until smooth. Pour over salad, toss thoroughly and top with fresh parsley to serve





Literacy Day

On Wednesday all the first and second years Senior Years students read to the Early Years students. We read all sorts of books. We enjoyed reading to the Early Years and we did all sort of things like making sheep, colouring pages etc. The most popular story was 'What's more scary than a Shark?'

By Zoe





DISCUSS THIS...

with D.J. Miles

Parenting Skills Part 1

Unfortunately kids don't come with a parenting manual and there's no course that teaches the necessary skills to become a parent. Parenting requires a multitude of skills and no parent is proficient with all parenting skills all the time, instead it is a work in progress.

Depending on your child's age and behaviour, there will likely be times that some skills are easier to use than others. Sharpening those skills over time takes practice. Parenting books, classes and support groups can be excellent resources to help parents sharpen their skills.

Over the next couple of newsletters I would like to focus on 8 important strategies. Whilst these are not the only ones to focus on, these are some I have chosen. Whatever you choose to do as a parent, make sure that you are consistent in your approach. If you say you are going to do something, it is vital that you follow through.

1: Recognize Safety Issues

The most effective parents seem to be able to sniff out danger a mile away. They understand internet safety and will enforce guidelines to keep their child as safe as possible from child predators. They find a balance between overprotecting a child and letting them to do whatever they want. They allow for natural consequences only when it is safe to do so and teach children skills to make healthy decisions. Remember, you are the parent and it is vital that you play that role.



2: Provide a Positive Example

Parents who say, "Do as I say, not as I do," often find this isn't very effective. Parents who yell when they're angry tend to raise children who yell out of anger. However, parents who model how to handle anger by taking a break, tend to have children who do the same. Modelling appropriate behaviours is an essential parenting skill. Kids are watching all the time and they'll learn far more from what they see than what they hear.



3: Set Appropriate Limits

It's essential that parents can set appropriate limits for kids, even when a child protests. Effective parents can tolerate their child being angry with them and they don't try to be their child's friend. Instead, they focus on what is in the best interest of the child. Setting appropriate limits means the child has clear rules and the parent uses developmentally appropriate discipline strategies.



4: Enforce Consequences Consistently

Effective parents don't just threaten consequences, they follow through with them. Being consistent with consequences is a vital skill for parents. If a child only receives negative consequence for his behaviour half the time, the behaviour isn't likely to stop. It's essential that kids know the consequences and that they know they can count on the consequences being consistent.

Hope you found these helpful, in that they affirm what you are doing already or are strategies that you could add to your parenting tool box.



Darren

DARREN MILES
SOCIAL WORKER



PROUD STUDENT MOMENTS



Congratulations to Senior Year's student Brayden Russo, who turned 18 during the holidays and got his Driver's Licence that day!

Brayden Foley is a Dual State Champion.



The event was the RDA Victorian State Championships held at Ayr Hill Equestrian Centre.

He competed in the assisted trot events on Caerlean Preidot - Peri for short









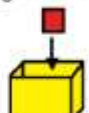

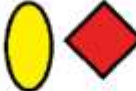

He received a 1st in showjumping - first ever showjumping course for both horse and rider

He received a 1st and a 2nd in dressage tests then got an =1st in the dressage championships


He received a 4th for the Trec event!!

Peri the horse was voted by all judges as the winner of the 1st ever Mr Beau Jangles Memorial Trophy for Allround Champion Mount. This is a trophy for horses displaying ideal RDA qualities

AIDED LANGUAGE DISPLAY (ALD) MATHEMATICS

6 6	4 4	0 0	take / less 	equal =	count 
2 2	1 1	10 10	write 	how many 	1 dollar 
5 5	9 9	7 7	more 	finish 	turn the page 
8 8	3 3	give / add 	I need help 	different 	I don't know 

Example 1: Count from 1 to 10

count 	1 1	10 10
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Example 2: $2 + 3 = 5$

2 2	give / add 	3 3	equal =	5 5
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Room A27 - Donna, Lauren & Julia
Our favourite school activities so far...



dress ups!



cooking!



Literacy groups!



Special activity days!



P.E!



coming to school!



excursions, especially the zoo!



Science & painting!



Numeracy!



familycare Community Forum

Would you like to make comment or ask questions about FamilyCare's services? Are you interested in finding out more about what we do at FamilyCare? We are hosting a community forum that will showcase FamilyCare's services and provide the opportunity to ask questions and network with other likeminded community members. Presentations will include:

Child FIRST

Child and Family Services

Carer Support Services

Disability Support Services

Community Development

Wednesday 9 November 2016

12:00—3:00 (you can drop in anytime or come for the whole program)

FamilyCare, 19 Welsford Street, Shepparton

A light lunch will be provided.

[Click here](#) to register your attendance or call 5823 7000