Hello and welcome to our fortnightly newsletter.

UPCOMING EVENTS
Tuesday, November 1st..............................Melbourne Cup Public Holiday
Wednesday-Friday November 2nd-4th......Alternative Camp to Echuca for High Needs and MY
Wednesday-Friday November 2nd-4th......Blackwood Super Ride for ‘Up & Out’ Bike Riders
Tuesday, November 15th............................School Council
Monday- Friday, November 28th-December 2nd.....Senior Years Sydney Camp

HAYLEE PARFETT VISIT - Haylee was here last week assessing individual students and modelling using the PODD / Aided language to whole classes. She has introduce the Group PODD method of learning and staff enjoyed a very interactive Professional Learning session.

LEADING TEACHER- Kylie Freeman has been appointed as the Early Years Unit Leader for 2017. Kylie will replace Ann Hoskin who is retiring at the end of this year. Congratulations Kylie.

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

TOMATO SEEDLINGS FOR SALE - Melbourne Cup week is the optimum time to get your tomato seedlings in and our Horticulture students have been busy raising seedlings and will be available for purchase next week.

They have available an interesting variety of tomatoes at the most reasonable price of 50 cents per plant. Please support our students in their enterprise!

PARENT OPINION SURVEY – Many thanks to all who completed the survey this year, we had a great response and the data indicates very positive feedback about our school systems.

Once again parent engagement rated very highly; parents have had more opportunities to participate in school activities and with the trial of Tiq Biz, communication between parents and teachers has increased. Parents and the wider community have embraced our Facebook page which is regularly updated with news and events, enabling them to see the fantastic learning outcomes our students achieve.

PRINCIPAL/ TEACHER VISIT- On Wednesday morning we had guests from Violet Town, Euroa, and Katandra West Principal Group here to observe our Classroom Practice and to see how we put our Instructional Model into action.

They were very impressed by the way we use this model and were full of praise for our teaching staff and the way they engage with our students during learning time.

Janet Gill Kirkman
Principal
GREEK STYLE SLOW ROAST LAMB
Spring lamb — slow-roasted in a cuisine from the Mediterranean.

**Ingredients**
- 2kg leg or shoulder of lamb
- 1 tablespoon olive oil
- 2 teaspoons sea salt flakes
- 4 garlic cloves, thickly sliced
- 12 oregano sprigs
- 1 1/2 cups (375ml) Chicken Stock
- 1/2 cup (125ml) dry white wine
- 2 red onions, quartered
- 12 kipfler potatoes, halved lengthways
- 2 lemons, quartered
- 1 cup (175g) kalamata olives

**Method**
Step 1 Preheat oven to 180°C. Place the lamb in a large roasting pan. Drizzle with oil and sprinkle with salt. Use a small, sharp knife to cut small slits, about 2cm deep, over the surface of the lamb. Place a slice of garlic and oregano sprig in each slit.
Step 2 Drizzle the chicken stock and wine around the lamb and cover with foil. Cook in preheated oven for 1 hour. Remove from the oven and spoon pan juices over the lamb. Arrange the onion, potato, lemon and olives around the lamb. Cover with foil and roast for a further hour.
Step 3 Remove the foil and roast for a further 30 minutes or until lamb is golden brown and very tender. Remove from oven. Cover with foil and set aside for 15 minutes to rest.
Step 4 Thickly slice the lamb and arrange on serving plates with onion, potato and olives and drizzle with pan juices. Serve immediately.

AVOCADO, PROSCIUTTO & PECAN SALAD
A super-easy and intricate side salad packed with luxurious flavour and texture.

**Ingredients**
- 8 slices prosciutto, thin
- 3 avocados
- 1 tablespoon lime rind, finely grated
- 1/3 cup lime juice
- 1/4 cup extra virgin olive oil
- 1 cup fresh coriander leaves
- 1 cup fresh flat-leaf parsley leaves
- 2/3 cup pecans, toasted, roughly chopped
- 2 long red chillies, seeded, finely chopped

**Method**
Step 1 Heat a large frying pan over high heat. Add prosciutto. Cook for 2 minutes each side or until golden and crisp. Drain on paper towel. Break up into pieces.
Step 2 Peel and quarter avocados. Place in a bowl. Add lime rind, juice and oil. Season with salt and pepper. Toss gently to coat.
Step 3 Arrange avocado in a serving bowl. Sprinkle with prosciutto, coriander, parsley, pecans and chilli. Serve.
Verney Road School staff were very excited when it was announced that our Information Digital Media Technician Reece Wardle was named Certificate IV Trainee of the Year at the Apprenticeship Factory Awards Night last week.

Imagine our excitement when he was announced the overall ‘Trainee of the Year’! The room erupted as winners are grinners!!!

Reece has been very much appreciated throughout the school with his willingness to fix all things IT,

updating our website, Facebook page, helping out in the Breakfast Program, Sporting School's Program and going on camp.

Congratulations Reece!

Certificate III Education Trainees

Congratulations also to our two Education Trainees Claire Ireland and Julia Kildey on their nominations at the Award Night.

Both girls have been fantastic in their roles assisting in the classrooms across Early Education & Early Years, helping in the Breakfast Program, and camps.

Well done Claire and Julia!
5. Choose Battles Wisely
Effective discipline requires that parents are able to recognise whether a battle is worth the fight. Sometimes behaviours just aren’t worth addressing if they are likely to lead to a power struggle. For example, if a six-year-old wants to wear her gumboots on a sunny day, allowing her to do so might make more sense than trying to convince her why her sneakers are a better choice if it will likely lead to a major meltdown.

6. Manage Stress Effectively
Parents who manage their stress effectively have much more success when disciplining a child. Stressed out parents are more likely to yell or be inconsistent with discipline. They are also more likely to use punishment rather than discipline. And when a parent is stressed out, it can lead to more behavioural problems from a child, which leads to more stress on the parent. Healthy stress management includes self-care and having support from friends and family.

7. Provide Positive Attention
Finding time to give kids daily positive attention can make a big difference in the child’s life. It makes all other discipline strategies much more effective. Finding time and energy to devote individual attention to each child can be difficult sometimes, especially for single parents or parents with multiple children.

8. Establish Clear Expectations
When kids don’t understand what is expected of them, it can be impossible for them to meet a parent’s expectations. The most effective parents are able to clearly tell kids what the expectations are in a way that a child can understand. An effective parent just doesn’t tell her ten-year-old to clean his room. Instead, she describes what a clean room looks like by saying, “Pick your clothes up off the floor, make your bed and vacuum the rug.”

I hope these parenting tips have been helpful. Parenting is a life long journey and we can always keep learning to be better parents. Let me know how they go. These have been tried and tested over many years with my own children and they are things I need to do constantly and consistently.

Darren
It has been a very busy year in P.E in 2016 with students participating in fitness testing, learning new games and activities and developing their physical education skills. In terms 1 and 4 students have participated in a variety of different fitness tests:

- Height
- Vertical jump test
- Standing jump test
- Beep test
- 20m sprint test
- Agility run test

Students in the Early Years have been working on developing their fundamental motor skills by participating in different obstacle courses and activities. Middle and Senior Years students have been developing sportsmanship and teamwork by playing different games that require teamwork or working together.

All students from Early and Middle Years have also had the opportunity to participate in a swimming program throughout the year.

This year students have participated in interschool swimming and athletic sports as well as the School Fun Run.

During Terms 1 and 2 the students in the Middle and Senior Years participated in the interschool swimming and athletics day against students from Cobram Special School, Wangaratta Special School and Echuca Special School. Students participated in traditional events as well as novelty events.

In Term 3 the whole school participated in the Adidas School Fun Run where students are encouraged to run or walk or be pushed around the 386m course that we had set around the school. This was a fantastic event and all the students enjoyed being active.
Example 1: Stand up and get your school bag, the bus is picking you up from home.

Example 2: Tomorrow you are going to respite.
Middle Year’s Room B8

Jo Sc. and Tamika

This term in our class we have been learning about Push and Pull in Science. We put this into practise by having a Tug of War competition. As you can see by the photos we had lots of fun.

Ben, Harry, Braydon, Maddi, Esther, Brandon, Kasey, Olivia, Reece, Aden.
Sexual Health Education for Parents of Pre & Primary School Age Children

Learn how to tailor conversations with your children about:
- Healthy & Respectful Relationships
- Body Safety & prevention of abuse
- What is Normal Early Childhood Sexual Behaviour
- How Babies Are Made
- Puberty Preparation
- Internet Safety

Learn how to choose suitable information about sexual health:
- What is appropriate for my family?
- How much do I need to tell them?
- At what age should I discuss these topics?

"...Vanessa’s presentation is probably one of the best parenting sessions I’ve ever attended. Honest, engaging, knowledgable, fantastic. Thank you..."

Primary School Parent March 2016

Tuesday
22nd Nov 2016
7.00pm - 8.30pm

Where: Bourchier Street Primary School,
Bourchier Street (Cnr Balaclava Rd), Shepparton
COST: Free (proudly sponsored by Primary Care Connect)

Who: All interested Parents and Carers in the local community are welcome (Not suitable for children to attend)

RSVP: Preferred but not essential. T: 5823 3244 or E: bourchier.street.ps.shepparton@edumail.vic.gov.au

Presented by Vanessa Hamilton
23 years experience as a Sexual Health Nurse & Educator and Mother of three
This week we have been reading ‘Chicka Chicka Boom Boom’.
We have made our own ‘Boom Boom Tree’ with the letters of our names and numbers, we have made our own book, tried some yucky coconuts and sung the Chicka Boom Boom song.
On Wednesday we made some ‘Boom Boom Toast’ (French toast) and ate our yummy names! Then we went for a walk to the lake and fed the ducks our spare bread crusts.
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