Hello and welcome to our fortnightly newsletter

School Captains— Wednesday our whole school assembled to present our School Captains and Student Councillors with their badges.

Graeme Castles explained the process for voting; students made a speech explaining how they would be a great school captain and do their best to be a role model for younger students. Senior Years students and staff then filled out a ballot form at the designated polling booth.

I am very pleased to announce the following:

**School Captain**– Daniel Simpson

**Vice Captains**– Tanika Headland & Dom Barlow

School Councillors– Lazaro Tuyisabe, Mathilda Paul, Kane Harris, Ryan Goldsworthy, Maggie Korteman, Brayden Russo, Chloeann Millman, and Lana Ingram.

Congratulations to all our final year students; I’m sure you will represent our school proudly.

School Support Group Meetings.– Family and teacher meetings will be held on March 17th & 18th. Meetings will occur from 3:30pm – 6:30pm on Thursday, March 17th and from 8.30 am – 3:30 pm on Friday, March 18th.

Most of you will have already organised a time to meet with your child’s teacher and a reminder will be sent home to you closer to the day.

**Parents/ carers are encouraged to bring their student along to participate in part of the family / school meeting.**

Activities will be organised for siblings and students while parents meet teachers alone.

**Please note that the Early Education Program will run on this day**

Easter Raffle– donations for the Easter raffle are required; please leave at the front office.

**Hayley Parfett– Curriculum Day** Last Friday all staff participated in a most beneficial learning day with Hayley. She covered a lot of ground with topics such as:
- What is PODD,
- Overview of the purpose
- Features of PODD Communication Books
- Practice using PODD Communication Books.
- Providing opportunities
- Creating an aided Language Learning environment
- Communication Partner learning

Staff who were previously uncertain about using PODD’s can now really see the benefits of using them everyday in the classroom and have the confidence to give them a go at every opportunity. Hayley will back here working in the classroom’s on March 10th and 11th to further enhance our communication practices within our school.

**Our Carpark:** Car park pick up time is 3:15pm. This is to relieve the congestion in the Car Park and to ensure the safety of students and families. Please see the note later in the newsletter.

Prue Dobson
Acting Principal
Portable lunch ideas
Liven up your child’s school lunches with these tasty ideas

**Sweetcorn and zucchini fritters**

**Ingredients**
- 1 1/2 cups self-raising flour
- 1 cup milk
- 2 eggs
- 2 large corn cobs, kernels removed
- 1 zucchini, trimmed, grated
- olive oil, for shallow-frying
- 1 cup tzatziki dip, to serve

**Method**
1. Sift flour into a bowl. Season with salt and pepper. Using a fork, whisk milk and eggs together in a jug until combined. Pour over flour. Stir until smooth. Add corn and zucchini. Stir until well combined.
2. Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until hot. Using 1/4 cup of mixture per fritter, spoon mixture, 3 fritters at a time, into pan. Cook for 3 to 4 minutes each side or until golden and firm to touch in the centre. Transfer to a wire rack to cool.

**Rice cakes**

- 2/3 cup Basmati Rice
- 250g skinless smoked chicken breast supreme, diced
- 2/3 cup semi-dried tomatoes, roughly chopped
- 1 1/3 cups grated mozzarella cheese
- 3 green onions, thinly sliced
- 1/4 cup basil leaves, finely shredded
- 3 eggs, lightly beaten

1. Preheat oven to 200°C. Grease an 8 x 2/3-cup capacity mini loaf pan. Line bases of holes with baking paper.
3. Place rice, chicken, tomatoes, 1 cup of cheese, onions, basil, eggs, and pepper into a large bowl. Mix well to combine.
4. Spoon mixture into prepared pan. Sprinkle with remaining cheese. Bake for 15 to 20 minutes or until cakes are firm to the touch and light golden. Stand in pan for 5 minutes. Run a flat-edged knife around edges of cakes. Turn onto a wire rack. Allow to cool completely. Place into an airtight container. Refrigerate until ready to pack into lunch boxes.
**MASSAGE & FITNESS**

**Massage** has helped the students start the year more relaxed and calm. Students are excited and are looking forward to their weekly massage in class.

**Fitness** during lunchtime has had a change of format, introducing more activities other than Yoga & Pilates.

Activities include the following:

- **Monday**  Crossfit
- **Tuesday**  Exercise Balls
- **Wednesday**  Step Up
- **Thursday**  Circuit and Balance

Students are really enjoying the variety of activities in their lunch time activities!
RELATIONSHIPS

Why good friends are so important?
A lot of research has been done looking into the benefits of friendship, and it turns out that the better quality relationships you have, the more likely you are to be happy. Therefore it’s good for your happiness to be a great friend to someone and to have a group of good friends supporting you. But it can be hard to pinpoint exactly what makes a good friend.

Signs of a good friend
Friends will come and go in your life, but more important than how long a friendship lasts, is that a good friend will love you for who you are. The way you can tell the sign of a good friend is by looking at the actions they take—big and small—that show they care.

Some common signs of a good friend include
• Someone who will support you no matter what
• Someone you can trust and who won’t judge you
• Someone who won’t put you down or deliberately hurt your feelings
• Someone who is kind and has respect for you
• Someone who will love you because they choose to, not because they feel like they should
• Someone whose company you enjoy
• Showing loyalty
• Being trustworthy and willing to tell you the truth, even when it’s hard
• Someone who can laugh when you do
• Someone who is willing to stick around when things get tough
• Someone who makes you smile
• Someone who is there to listen
• Someone who will cry when you cry
• Someone who can be strong for you when you can’t

Let me encourage you to keep modelling to your children how to be a good friend and to talk with them about friendships and that if you want to have good friends it is important to be a good friend.

Your friend,

Darren Miles - Social Worker
Our class is having heaps of crunchy fun with our theme ‘How Food Changes’.
VERNEY ROAD SCHOOL 2016
APPLE DRIVE

Yes it’s on again. The seasonal APPLE DRIVE!! Providing you with juicy, fresh and crunchy apples. Not to mention locally grown, tasty and VERY HEALTHY.

We would like your orders and payment in NO LATER THAN APRIL 20TH
Please fill out this ORDER FORM with PAYMENT and send along to school

Funds raised are going towards an Outdoor Table Tennis Table
THANK YOU for your support.

Please make cheques payable to Verney Road School.

APPLE ORDER FORM 2016

ALL BAGS are 5 kilos

PINK LADIES $ 12.00 per bag
Due Late April/ Early May

GRANNIES $ 12.00 per bag
Due Mid May

MONEY ENCLOSED: $ ......................

NAME: ...........................................

TEACHER: ......................................
Daniel and Kay’s Class

We have had a fantastic start to the year. It has been so great to see the students being so respectful to each other and trying their best to be good learners.
CARPARK ARRANGEMENT IN THE AFTERNOON
At VRS we stagger the pick-up times for families who drive to Verney Road to collect their children. This is to relieve the car park congestion and to ensure the safety of all children.

The arrangements are:
- All students travelling by bus will leave their classroom at 3:00 pm and the contract buses will leave by 3:15 pm.
- Families who pick up their children are asked to drive into the car park at 3:15 pm. All buses will have left by this time.
- Children who are picked up at 3:15 pm will be supervised by staff before parents arrive to collect them.

If this arrangement is problematic for your family, just call me on 58218185, or call in to talk about it.

Prue Dobson
Verney Road School

EASTER RAFFLE

50 CENTS

1st prize  Hamper of Easter Eggs
2nd prize  Basket of Easter Eggs
3rd prize  Children’s Hamper of Easter Eggs

Prizes drawn Wednesday, March 23rd