Hello and welcome to our fortnightly newsletter

Thankyou– I am extremely pleased to return to school yesterday after an extended absence caring for my husband Greg, who has been very unwell. I’d like to thank Prue, the leaders and staff for ensuring an excellent start to the school year in my absence.

I was very excited to see the students all settled in their new classrooms and was amazed by how much some of them have grown in my absence. It has also been excellent to meet our new students for 2016. I am learning all their names!

Interschool Swimming Sports – Senior and Middle Years students had a fabulous day, despite the heat, at the Mooroopna Pool on Tuesday. Students competed against their peers from Wangaratta SDS and Cobram Special School.

A shortened program due to the heat saw students participate in freestyle & backstroke events as well as relay and novelty races.

Congratulations to all our students who competed, it was a fun day. My thanks to Troy Watts for his organisation, in particular erecting many shade tents before all arrived! Thankyou to the parents who came along.

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

Teachers will send home reminder notes with your interview time.

Parents/ carers are encouraged to bring their student along to participate in the family / school meeting where appropriate. Senior and Middle Years students are expected to sit in on at least part of the meeting.

Activities will be available for siblings and students when they are not in SSG’s.

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

Whole School Assembly– will be held on Wednesday, March 23rd at 10:45 am. Our Outstanding Achievers for Term I will be announced.

All Welcome

Hayley Parfett visit– Hayley has spent the last two days in our classrooms, coaching staff and students in the use of the Pragmatic Organisation Dynamic Display (PODD).

We are working towards improvement in both staff and student usage of the PODD; giving our students the best chance at maximising communication.

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

Last Day of Term for Students– will be Thursday, March 24th, with classes finishing at 2:00 pm on this day, one hour earlier than normal.

Janet Gill Kirkman
Principal
**Persian chicken and roasted plum salad**

**Ingredients**
- 1 cup (200g) pearl barley
- 800g butternut pumpkin, seeded, peeled, cut into 2cm pieces
- 2 tablespoons olive oil
- 2 teaspoons cumin seeds
- 4 just-ripe plums, quartered
- 2 teaspoons sweet paprika
- 1/2 teaspoon ground cinnamon
- 1 tablespoon mint, finely chopped
- 2 large Chicken Breast Fillets
- 1/4 cup (35g) pistachios, toasted, coarsely chopped
- 100g marinated fetta, coarsely crumbled
- 1/2 cup mint leaves
- 1/2 cup flat-leaf parsley leaves
- 1 lemon, zested, juiced

**Method**
1. Preheat oven to 180C. Cook the barley in a large saucepan of boiling water for 20 mins or until tender. Refresh under cold water. Drain well.
2. Meanwhile, line a baking tray with baking paper. Scatter the pumpkin over the lined tray. Drizzle with 1 tsp of the oil. Sprinkle with 1/2 teaspoon of cumin seeds and season. Roast for 15 mins. Add the plums to the baking tray and roast for a further 10 mins or until the pumpkin is tender and the plums are just softened.
3. While the pumpkin is roasting, combine the paprika, cinnamon, chopped mint, 1 tablespoon of remaining oil and the remaining cumin in a large bowl. Add the chicken and toss to evenly coat in the spice mixture. Season.
4. Place the chicken on a baking tray lined with baking paper. Bake with the pumpkin for the last 12-15 mins of cooking time or until cooked through. Cover the chicken with foil and set aside for 5 mins to rest. Coarsely shred the chicken.
5. Place the barley in a large bowl. Add the pumpkin, plum, chicken, pistachios, fetta, mint leaves and parsley. Drizzle with lemon juice and remaining oil and gently toss to combine. Divide the salad mixture among serving plates. Sprinkle with lemon zest to serve.

**Macadamia and coconut balls**

**Have a ball with these sweet, on-the-go snacks that are free from refined sugar and gluten.**

**Ingredients**
- 12 medjool dates, pitted
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1/2 cup coconut spread
- 2/3 cup macadamia meal
- 1/2 cup shredded coconut
- 1/4 cup roughly chopped dried apricots
- 1 tablespoon cocoa powder

**Method**
1. Place dates, honey, vanilla, coconut spread, 1/2 cup macadamia meal, 1/4 cup coconut, apricots and cocoa powder in a food processor. Process until well combined and mixture forms a thick paste-like consistency.
2. Combine remaining macadamia meal and coconut in a small bowl.
3. Roll level tablespoons of mixture into balls. Roll in coconut mixture to lightly coat. Place balls on a plate. Refrigerate for 20 minutes or until firm. Serve.
So far this year we have been learning to be terrific learners! We have participated in many different learning experiences and have achieved great things! Here are some of the highlights.
Discuss ‘dis with DJ Miles……..

So…. How’s everyone travelling? The weather has been stifling. The kids are restless because it’s too hot to go outside. Everyone is cranky. It’s time to relax, but not just with a nice stiff drink!

Relax. You deserve it, it's good for you, and it takes less time than you think.

You don't need a spa weekend or a retreat. Each of these stress-relieving tips can get you from OMG to “om!” in less than 15 minutes.

1. Meditate

A few minutes of practice per day can help ease anxiety. Research suggests that daily meditation may alter the brain’s neural pathways, making you more resilient to stress. It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting (out loud or silently) a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your tummy and work its way to the top of your head. Reverse the process as you exhale through your mouth.

Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

3. Be Present

SLOW DOWN…… Take 5 minutes to focus and centre your thoughts with mindfulness. That means being aware of what is going on in the moment. Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others; preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects us each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. Simply be aware of places you feel tight or loose without trying to change anything. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

Stay tuned for more stress busters next time. Be chilled and relaxed.

Ommmmm!,
Darren Miles- Social Worker
Riding has only just begun for 2016 but the students have already shown that they are ready to learn and have a great time at RDA. Several students attended last year and have settled right back into the saddle. Some students are attending for the first time this year and are excited about the new experiences they will have.
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
Bag No....................... Due Late April/ Early May

GRANNIES $ 12.00 per bag
Bag No....................... Due Mid May

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

NAME:............................................
TEACHER.........................................
Jamie and Robyn’s class of SUPERSTARS!!!

Corey!

Jon!

Yhya!

Nawres!

Dragon!

Ayden!

Mohamad!

Daniel!

Jake!

Jhett!
SWIMMING SPORTS 2016
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<td>EASTER RAFFLE</td>
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<td>1&lt;sup&gt;st&lt;/sup&gt; prize</td>
<td>Hamper of Easter Eggs</td>
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<td>2&lt;sup&gt;nd&lt;/sup&gt; prize</td>
<td>Basket of Easter Eggs</td>
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<td>Children’s Hamper of Easter Eggs</td>
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<td>Prizes drawn Wednesday, March 23rd</td>
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Have your say

Autism Spectrum Disorder Information Forum

The Parliament of Victoria’s Family and Community Development Committee is holding an Inquiry into Services for People with Autism Spectrum Disorder. We are encouraging people with Autism, their families, carers and service providers to make a submission to the Inquiry.

WHEN:
Wednesday
March 16
5:30pm to 7pm

WHERE:
Senior Citizens Centre
90 Welsford Street
Shepparton

Guest Speakers

Dr Peter Eastaugh  Paediatrician
Braedan Hogan  Amaze

Convenor:
Suzanna Sheed

RSVP:
Monday March 14
Leanne.Raditsas@parliament.vic.gov.au
or 03 5831 6944

Funded from Parliament’s Electorate Office and Communications budget. Authorised by: Suzanna Sheed, 5 Vaughan Street, Shepparton VIC 3630.