Hello and welcome to our fortnightly newsletter

Welcome back travellers!!!- Our International jetsetters unfortunately missed their connecting flight at Hong Kong this morning and will now arrive back on home turf tomorrow afternoon after an amazing trip to China. If you have been viewing our Facebook Page or Website you will have followed their adventure with up to the minute photos and commentary supplied by Graeme Castles. They’ve certainly enjoyed many fabulous experiences such as walking on The Great Wall of China, Tiananmen Square, visiting a Special School, dancing in the grounds of The Temple of Heaven, swimming in The Birdsnest and visiting The Cube built for the 2008 Olympics, visiting a Silk Factory, using chopsticks, eating dumplings as well as the staple of rice!

World Autism Awareness Day- is celebrated on April 2nd every year, however today Verney Road held a Funky Step Disco where students were asked to wear blue, the colour of Autism Awareness Day. All money raised will be forwarded to Amaze

Whole School Assembly– Yesterday we presented our Outstanding Achievers for Term 1. Congratulations to all our awardees:

Being SAFE

Being RESPECTFUL
Ashton Watts. Adam Walker. Ashley Cottrell.

Being RESPONSIBLE

Being a LEARNER

MUSIC– Caden Brewer
ART– Abbagail Ramadan
PHYSICAL EDUCATION– Nathan Naylor

Farewell– Today we farewell Bronwyn Bisley (EY Teacher) who has been at VRS for just over a year. She has accepted a Regional Position as a Travelling Teacher for the Deaf. We wish her well in this new chapter of her teaching career.

Happy Holidays- I wish you all a safe and happy holiday and Easter break. Our students and staff have learnt so much in their first term of 2016. Thankyou to everyone for making this term such a success.

First Day of Term 2 – is Monday, April 11th.

Janet Gill Kirkman
Principal
**Triple-choc hot cross buns**

Hot cross buns are delicious served fresh out of the oven with lashings of cold butter.

**Ingredients**

- 7g sachet dry yeast
- 1 cup milk, warmed
- 1/4 cup raw caster sugar
- 3 cups plain flour
- 1/4 cup cocoa powder
- 1 1/2 teaspoons mixed spice
- 60g butter, chilled, chopped
- 1 egg, lightly beaten
- 1/3 cup dark choc chips
- 1/3 cup white choc chips

**Paste for crosses**

- 1/4 cup plain flour
- 1 teaspoon raw caster sugar

**Glaze**

- 1 teaspoon gelatine powder
- 2 teaspoons raw caster sugar
- 1 tablespoon boiling water

**Method**

1. Grease a 6cm-deep, 23cm (base) square cake pan. Place yeast, milk and 1 tablespoon sugar in a bowl. Whisk to dissolve yeast. Cover. Set aside in a warm place for 10 minutes or until foamy.
2. Sift flour, cocoa and mixed spice into a bowl. Rub in butter until mixture resembles fine breadcrumbs. Make a well in the centre. Add yeast mixture, egg and remaining sugar. Stir to combine. Turn dough onto a lightly floured surface. Knead for 1 minute. Transfer to a lightly oiled bowl. Cover. Set aside in a warm place for 1 hour or until doubled in size.
3. Punch dough down. Turn onto a floured surface. Knead for 5 minutes or until smooth. Add the combined choc chips. Knead to combine. Roll into 16 equal-sized balls. Place in prepared pan. Cover. Set aside in a warm place for 30 minutes or until dough has almost doubled in size.
4. Meanwhile, preheat the oven to 200C/180C fan-forced.
5. Make Paste for crosses: Combine flour, sugar and 2 tablespoons of cold water in a bowl. Spoon the paste into a snap-lock bag and seal the bag. Snip 1 corner from bag. Pipe crosses onto the top of each bun. Bake for 10 minutes. Reduce heat to 180°C/160°C fan-forced. Cook for a further 20 minutes or until the buns are golden-brown and cooked through.

**Happy Easter!!**
WHOLE SCHOOL ASSEMBLY
Discuss ‘dis with DJ Miles……..

6. Decompress with a heat pack

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure.

7. Laugh Out Loud

A good belly laugh doesn’t just lighten the load mentally. It lowers cortisol, your body’s stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favourite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate and anxiety. Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece. You also can blow off steam by rocking out to more upbeat tunes or singing at the top of your lungs!

9. Get Moving

You don’t have to run in order to get a runner’s high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life—being grateful for your blessings cancels out negative thoughts and worries. Use these journals to remember the good experiences like a child’s smile, a sunshine-filled day, and good health. Don’t forget to celebrate accomplishments like mastering a new task at work or a new hobby.

When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters. The less stressed we are as parents, the less stressed our kids often are.

Stay chilled.

Darren Miles - Social Worker
HOODIE ORDER FORM

This popular hooded fleecy windcheater is extremely comfortable and durable, complete with front pocket and self-lined hood to keep the hands and heads warm. Please have order in by Thursday, March 26th

Student Name: ______________________

Please circle

Size:  4   6   8   10  12  14
Cost:  $33

Size:  16  S   M  L   XL
Cost:  $40

Please find enclosed $__________________
Natalie and Lance’s Class

Middle Years ~ B6

This term we have been learning about chemical reactions and changes in food. We have had fun experimenting with vinegar and baking soda, making peanut butter, play dough and turning cream into butter.
Working with Words in Kylie & Yvonne’s Room

Dale makes high frequency words using magnetic letters.

Bailey enjoys making words that he knows.

Brodie orders the alphabet using tiles.

Georgia can match and say all of the alphabet letters.

Liam finds the initial letter for everyone’s name.

Damian matches upper case and lowercase letters.

Kira practices her alphabet letters on the iPad.

James makes many different words with magnetic letters.

Will writes his name in shaving foam.
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**  ....................................