UPCOMING EVENTS

Wednesday, 25th May
Athletics Carnival Middle & Senior Years, McEwen Reserve

Thursday/Friday, 2nd/3rd June
Haylee Parfett
Queen’s Birthday Public Holiday - No school
School Photos
School Council

Wednesday, 15th June
Whole School Assembly

Welcome to our fortnightly newsletter. I hope you enjoy our new newsletter format. It’s time for a change after sixteen years!

SCHOOL PHOTOS DAY
Master School Portraits Photography will be here on Wednesday, June 15th to take our school photos. Photos are usually taken first thing in the morning and students are to be in full school uniform on the day.

Forms will be sent home next week and can be sent back into school anytime prior to the day. Payment options include paying online, cash, cheque or credit card. Please make cheques payable to Master School Portraits.

ATHLETICS CARNIVAL
On Wednesday, May 25th students from Middle and Senior Years will be heading to McEwen Reserve Athletics track to participate against students from Echuca Special School, Cobram Special School, & Wangaratta District Special School. Students will be participating in some traditional athletic events such as long jump and sprints as well as novelty events such as lawn bowls and soccer kick. It would be great to see as many parents as possible down there cheering on their children. The day will kick off at 10.30am and conclude at about 1.30pm with relay events.

PUBLIC HOLIDAY
The Queen’s birthday is on Monday, June 13th, there is no school on this day.

PODD & AAC MORNING TEA
Thankyou to Merryn and the Communication team for organising our AAC morning tea. Twenty-five parents attended and did a great job learning how to use the Aided Language Displays and PODD.

C O N G R A T U L A T I O N S
HARRY GREEN
Harry is representing the Goulburn Valley in Under 15’s Hockey this weekend in the Country Championships! Harry is a middle year’s student in Jo and Bec’s class. Play well Harry!

MATHS ASSESSMENT
Staff are working hard to individually assess their students in the Working Towards Mathematics On - Line. This determines where your child is at with the next level of teaching and also supports Report Writing progress. We are entering the Report Writing timeline and reports will be posted out to families in the last week of Term 2.

OUR FACEBOOK PAGE
Please keep up with our school happenings on the Facebook page. You will see camp videos, classroom learning, school events. It’s a great way to keep track of school events and a terrific way to trial Facebook if social media is not ‘your thing.’

facebook.com/verneyroadschool

CONGRATULATIONS
HARRY GREEN
Harry is representing the Goulburn Valley in Under 15’s Hockey this weekend in the Country Championships! Harry is a middle year’s student in Jo and Bec’s class. Play well Harry!

Janet Gill Kirkman
Principal
CREAMY CAULIFLOWER PASTA WITH ALMONDS AND CRISPY SAGE

Ingredients
- 1 large eschalot, thinly sliced
- 2 garlic cloves, crushed
- 500g cauliflower, cut into small florets
- 1 1/2 cups milk
- 1/3 cup finely grated parmesan, plus extra to serve
- 375g dried pappardelle
- 1 tablespoon extra virgin olive oil
- 1/3 cup slivered almonds
- 2 tablespoons fresh sage leaves
- 1 1/2 cups sliced cooked chicken

Method
1. Place eschalot, garlic and cauliflower in a large heatproof bowl. Add 1 tablespoon water. Cover loosely with plastic wrap. Microwave on HIGH (100%) for 5 minutes or until very tender. Transfer mixture to a food processor. Add milk and parmesan. Season with salt and pepper. Process until smooth.
3. Heat oil in a large, deep frying pan over medium heat. Add almonds and sage. Cook for 1 to 2 minutes or until almonds are golden. Transfer half the mixture to a bowl. Reduce heat to low. Add cauliflower mixture, chicken and pasta. Season with salt and pepper. Stir for 1 to 2 minutes or until heated through. Sprinkle with remaining almond mixture and extra parmesan. Serve.

DUKKAH AND LEMON SALT KALE CHIPS

Ingredients
- 1 bunch (about 250g) curly kale
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt flakes
- 1/2 lemon, zested
- 1 tablespoon almond dukkah

Method
1. Preheat oven to 180C. Line 2 baking trays with baking paper.
2. Trim centre stems from kale and tear into small bite size pieces. Combine the oil, salt and lemon zest in a large bowl. Add kale leaves and sprinkle with dukkah. Toss to coat in oil mixture. Spread kale out in a single layer on prepared trays.
3. Bake, swapping trays halfway through cooking, for 15 minutes or until leaves are crisp.
HEALTHY HABITS FOR A GOOD NIGHTS SLEEP
By the age of two, most children have spent more time asleep than awake and overall, a child will spend 40 percent of his or her childhood asleep. Sleep is especially important for children as it directly impacts mental and physical development.
Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of us actually do not allow our children to get the critical sleep they need to develop and function properly.
It’s certainly not something we do on purpose. As a matter of fact, we often don’t think much of it, and that is the problem. With parents working long hours, schedules packed with school, after-school activities, and other lifestyle factors, naps are missed, bedtimes are pushed back, mornings start earlier and nights may be anything but peaceful. Missing naps or going to bed a little late may not seem like a big deal, but it is. It all adds up, with consequences that may last a lifetime.

Sleep and Pre-schoolers (3-5 years)

Pre-schoolers typically sleep 11-13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, pre-schoolers commonly experience night time fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years.

SLEEP TIPS FOR PRE-SCHOOLERS

- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- The child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark - and without a TV.

Sleep and School-aged Children (6-13 years)

Children aged six to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products - all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.
Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as ADHD and cognitive problems that impact on their ability to learn in school.

SLEEP TIPS FOR SCHOOL-AGED CHILDREN

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child’s bedroom conducive to sleep - dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

“Excellence In Supported Learning”

DISCUSS THIS... with Darren
AROUND OUR SCHOOL: EARLY EDUCATION ROOM A29

In Early Education we are learning to;
* develop a strong sense of identity
* be connected and contribute to our world
* develop a strong sense of wellbeing
* be confident and involved learners
* be effective communicators
Swimming is fun while we learn to be safe in the water ...
Some of the fun things we have been doing in B9 this year.

Cal, Linda & Julie's Class
VERNEY ROAD DRAGONS
CHEERLEADING

Our team are competing in the Victorian State Cheerleading Championships in September. We’d love your help to get there with a full set of matching uniforms.

Catherine from Renew You Fitness and 24Fit Gym in Shepparton is running a group fitness class open to all fitness levels. Families, friends and supporters of the school are invited to attend.

WEDNESDAY 1ST JUNE
5:30-6:30PM
VRS HALL

$10 ENTRY
The full amount will go straight towards sending the students to Melbourne for the cheer event

RSVP to verneyroadcheer@gmail.com
or by returning this slip to the school
Names of attendees for Cheerleading Fundraiser Fitness Class on June 1st