



VERNEY ROAD SCHOOL

NEWSLETTER

ISSUE #20 9th December, 2016



Principal: Janet Gill Kirkman
Assistant Principal: Prudence Dobson
Website: <http://verneyrd.vic.edu.au>
Email: verney.road.sch@edumail.vic.gov.au

PO Box 1551
Shepparton 3632
Phone 5821 8185
Fax 5822 2915

UPCOMING EVENTS

Monday, December 12th
Monday, December 12th
Thursday, December 15th
Monday, December 19th
Tuesday, January 31st, 2017

Early & Middle Years' Graduation

Senior Years Graduation- 6.30pm Shepp. East Bowls.
Whole School Assembly- 11.30am Bouchier St. PS.
Last Day for Students
First Day of Term 1 for Students, 2017



Hello and welcome to our fortnightly newsletter.

WHOLE SCHOOL ASSEMBLY & CHRISTMAS SING-ALONG On Thursday, December 15th we will hold a Whole School Assembly at the Bouchier St. Hall starting at 11.30am. Please be seated before then.

Outstanding Achievers and Attenders for the term will be presented with their certificates and we will have a Christmas Sing-along as well. I would like to welcome as many families as possible to attend and join in on the festive spirit.

GREATER SHEPPARTON CITY COUNCIL HEALTH GRANT- VRS received news last week of a successful application to the Council's Health Grant. We will

now purchase 3 Plasma car's, which will help with vestibular dysfunction; this affects the sensory system causing dizziness, clumsiness and problems with balance. One form of therapy involves children spinning; the plasmacar uses kid power to propel the car forward and can spin using the natural forces of friction.



STAFFING FOR 2017- We are farewelling a number of staff this year. As you already know Prue Dobson and Ann Hoskin are retiring from VRS after many years of service. A special thanks for your commitment to VRS!

We will also farewell teachers Natalie Price (returning to Wilmot Rd PS), Linda Willis and Tania Broadwood, and our trainees Claire Ireland and Julia Kildey- wish them both every success with their future studies at University.

Sincere thanks to all our staff leaving us, your commitment to our students has been outstanding!

Joining the Verney Road teaching teams are Georgia Bell & Katie Heard (Early Years) and Kelli Robinson (Senior Years).

Our new Early Years Trainees are Abbey Favaro and Alexandra Crowe



SCHOOL REPORTS- Reports for Semester 2 will be posted home on Monday, December 12th. Prue and I have enjoyed reading **teachers' positive comments** about the progress your children have made.

CHRISTMAS RAFFLE- We are calling for donations towards the Christmas Raffle; these can be left at the front office.

Priscilla Pomeroy has once again donated a Gingerbread House as 1st Prize for the raffle, many thanks Priscilla, for your wonderful handiwork. Tickets are available in this newsletter.



LAST DAY OF TERM- for students will be Monday, December 19th. School will finish at 3.00pm on this day so buses will run as normal.

Classes for students will commence on Tuesday January 31st, 2017

Janet Gill Kirkman

HEALTHY EATING

BARBECUED CORN AND CHORIZO SALAD

Delicious salad the colors of Christmas

Ingredients

- 4 corn cobs, husks and silk removed
- 2 (125g each) chorizo sausages, sliced
- 1 medium green capsicum, finely chopped
- 1 medium avocado, chopped
- 100g baby roma tomatoes, halved
- 1/2 cup fresh coriander leaves, chopped
- 2 tablespoons lime juice



Method

Step 1 Place corn on a microwave-safe plate. Cover with plastic wrap. Microwave on HIGH (100%) for 4 minutes.

Step 2 Heat barbecue plate on medium heat. Cook corn, turning, for 8 to 10 minutes or until browned. Transfer to a plate. Set aside for 2 minutes to cool slightly. Add chorizo to barbecue plate. Cook, turning, for 2 minutes or until browned all over. Remove.

Step 3 When corn is cool enough to handle, use a sharp knife to slice kernels from cob. Place corn kernels, chorizo, capsicum, avocado, tomato, coriander and lime juice in a bowl. Season with salt and pepper. Toss to combine. Serve.

RASPBERRY & PISTACHIO ICE-CREAM PUDDING

This has all the things you love about pudding, fruit, nuts and a classic dome shape, plus what you want in a summer Christmas dessert -- ice-cream!

Ingredients

- 2.25L Streets Blue Ribbon Vanilla Ice-Cream, softened
- 2 x 125g punnets fresh raspberries
- 80g unsalted pistachio kernels, coarsely chopped
- 1 teaspoon rosewater essence (see note)
- Honey, to drizzle
- Fresh raspberries, extra, to serve
- Unsalted pistachio kernels, extra, finely chopped, to serve



Method

Step 1 Line a 2.5L (10-cup) capacity pudding basin with a double layer of plastic wrap, allowing the sides to overhang.

Step 2 Place the ice-cream in a large bowl. Gently fold in the raspberries, pistachio and rosewater. Transfer to the prepared basin. Cover the surface with overhanging plastic wrap. Place in the freezer for 8 hours or overnight until firm.

Step 3 Place a serving platter in the freezer to chill slightly. Turn the pudding onto the platter. Remove the plastic wrap and place in the freezer for 20 minutes or until firm.

Step 4 Drizzle over honey. Top with extra raspberries and pistachio.

Independent Living Skills – Travel Training

This semester the Middle Year's Engagement Class has been learning the skills to be able to travel independently. All the students can now confidently locate a timetable, purchase a ticket and can name landmarks on route from school to the central business district. On a recent trip to town we completed a scavenger hunt, locating places of interest.

Great work Sarrah, Ben and Daneil



Waiting for the Bus in Verney Road



Ben is checking the timetable to see if the Bus was on time.



This photo shows the students on the Chinese Bridge in



DISCUSS THIS...

with D.J. Miles

Things Every Parent Should Know Part 2

I have continued on with the same theme as the previous newsletter and have come up with a top 20 list. So here are numbers 7-10.

7) Make time to enjoy your kids

As parents it is so easy to become wrapped up in the business of life and overschedule ourselves. Whilst everything on your calendar is important, it's also important to make time to play, laugh, be silly and just enjoy your kids. Read to them, snuggle with them, and engage with them around what's important in their worlds. Make memories, because they are only children once.

8) You will be obligated to make heart wrenching decisions.

No one said that parenting would be easy, and as the parent of a special needs child, you will have to make painful decisions that hurt your heart and leave you questioning everything you thought you knew or understood. Know that you are doing your best. Talk through your challenging situation with others who 'get it' and trust yourself to make the best decision. Make the decision, move on, and once it's made don't rethink it. I know, this is easier said than done, but worth a try!

9) You won't always get it right.

Many of the choices you are forced to make have no right answer, just the lesser of the hard and painful wrong choices. You will do your best but you won't always get it right no matter how many sleepless nights you spend agonizing over how to handle a situation. One thing that I have learnt over the years of working with children and raising my own, is that kids are resilient, often more resilient than we give them credit for. When we get it wrong they do bounce back.

10) Forgive yourself.

Yes, you will 'screw things up' sometimes despite the very best of intentions. No amount of torturing yourself will make you feel better, nor will it help you to make better choices. Remember many of the toughest decisions have no right answer and you are not alone in what you are feeling or what you have gone/are going through.



Alternative Activities Week in Seniors.

In Seniors we experienced an Alternative Activities Week. The Activities included on Monday a Games day, Tuesday was Tie-Dye, Wednesday was a great trip to Kids Town, Thursday included fun in the pool at Aquamoves and Friday was our Advance program. An action packed week and fun had by all Seniors.



CHERRY DRIVE 2016
 Will be available (while stocks last)
 for delivery on:

Date	Bag no:	Box no:
Dec 14th		
Dec 16th		
Dec 19th		

1kg Bag \$10 or 5kg Box \$40

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

NAME:.....

TEACHER.....



AIDED LANGUAGE DISPLAY (ALD) CHRISTMAS CAROL TIME

All I Want For Christmas

All I want for Christmas is my two front teeth,
 my two front teeth, see my two front teeth
 Gee, if I could only have my two front teeth,
 then I could wish you "Merry Christmas."



Sydney Camp



12 intrepid Seniors spent last week in Sydney. They flew up in a plane and travelled back by train. They swam at Bondi, walked across the Sydney Harbour Bridge, sailed a yacht around the harbour and enjoyed all the sights. Everyone had a wonderful time.



<p style="text-align: center;">Verney Road School</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p style="text-align: center;">Thank You</p>	<p style="text-align: center;">Verney Road School</p> <p style="text-align: center;">CHRISTMAS RAFFLE 50 CENTS A TICKET Many great prizes Drawn Thursday 15th December Prizewinners to be notified</p>
<p style="text-align: center;">Verney Road School</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p style="text-align: center;">Thank You</p>	<p style="text-align: center;">Verney Road School</p> <p style="text-align: center;">CHRISTMAS RAFFLE 50 CENTS A TICKET Many great prizes Drawn Thursday 15th December Prizewinners to be notified</p>
<p style="text-align: center;">Verney Road School</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p style="text-align: center;">Thank You</p>	<p style="text-align: center;">Verney Road School</p> <p style="text-align: center;">CHRISTMAS RAFFLE 50 CENTS A TICKET Many great prizes Drawn Thursday 15th December Prizewinners to be notified</p>
<p style="text-align: center;">Verney Road School</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p style="text-align: center;">Thank You</p>	<p style="text-align: center;">Verney Road School</p> <p style="text-align: center;">CHRISTMAS RAFFLE 50 CENTS A TICKET Many great prizes Drawn Thursday 15th December Prizewinners to be notified</p>
<p style="text-align: center;">Verney Road School</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p style="text-align: center;">Thank You</p>	<p style="text-align: center;">Verney Road School</p> <p style="text-align: center;">CHRISTMAS RAFFLE 50 CENTS A TICKET Many great prizes Drawn Thursday 15th December Prizewinners to be notified</p>
<p style="text-align: center;">Verney Road School</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Phone _____</p> <p style="text-align: center;">Thank You</p>	<p style="text-align: center;">Verney Road School</p> <p style="text-align: center;">CHRISTMAS RAFFLE 50 CENTS A TICKET Many great prizes Drawn Thursday 15th December Prizewinners to be notified</p>