Hello and welcome to our fortnightly newsletter

**Mothers Day High Tea**– What a fabulous morning we had today with our 2nd annual ‘High Tea’ for mums and special people of our students! The room was abuzz with lots of conversations and the hall was beautifully decorated by staff. Delicious scones were supplied by one of our parents, Belal Bajouk, who owns Zewadi Bakery in St. Georges Road. Many thanks to the students who performed for our guests and congratulations to our many raffle winners. Thanks also to all our staff who helped make this a special day for parents. Where possible, parents should inform the school in advance of upcoming absences, such as medical appointments, so important learning is not missed.

Please find further in the newsletter a page ‘Every Day Counts’ and slips to send in if your child is absent. A phone call or email will also suffice if your child is away. Thankyou for ensuring your child is at school, every day they are well!

**Anzac Day Service**– Our School Captains Daniel Simpson, Tanika Headland and Dom Barlow presented this beautiful wreath at the service at the Cenotaph in Shepparton last week.

**Student Attendance- Parent Responsibilities**
Parents are required to ensure their child attends school every day they are well and to provide an explanation for their child's absence from school.

Parents should inform the school of the reason for their child’s absence so that the school can determine the appropriate follow up to ensure the child’s education and wellbeing is supported.

Communication Morning Tea-
Parents who want to find out more about PODD and Aided Language Displays (ALD) are invited to a Morning Tea on Wednesday, May 18th at 10:00am.

Australia’s Biggest Morning Tea-
Our Health & Wellbeing Committee will host Australia’s Biggest Morning Tea here at Verney Road School on Wednesday, May 11th from 11:20am– 11:50 am. You are most welcome to join us. The cost of the Morning Tea is $5

On Leave– today we farewelled our Office Manager Kim Farrell who is taking seven weeks Long Service Leave to travel through the Kimberley. If you normally email Kim with Student Absences can you either email the VRS address (see above) or phone in while she is away. Jane Torriero will replace Kim for the first three weeks and Maddie Wong for the next four weeks.

**Janet Gill Kirkman Principal**
Happy Mother’s Day

Smashing pumpkin soup
Pumpkin season is in full swing so make a big batch of our sweet-flavoured soup, then dress it up with dukkah for a warming dinner that's as easy as 1-2-3.

Ingredients
- 1 tablespoon olive oil
- 1 brown onion, coarsely chopped
- 2 teaspoons ground cumin
- 1.2 kg butternut pumpkin, peeled, seeded, coarsely chopped
- 1L (4 cups) Campbell's Real Stock Chicken or Vegetable
- Dollop of natural yoghurt
- 1 garlic clove
- Turkish bread, extra virgin olive oil and dukkah, to serve

Method
1. Spice up the base: Heat 1 tablespoon olive oil in a large saucepan over medium heat. Cook onion, stirring, for 5 minutes or until golden. Add cumin and cook, stirring for 1 minute or until aromatic.
2. Simmer the soup: Add pumpkin and stir to coat. Add stock. Simmer for 20 minutes or until the pumpkin is soft. Set aside to cool slightly. Use a stick blender to blend until smooth.
3. Serve it up: Cut Turkish bread in half and cook on a chargrill until golden. Drizzle with extra virgin olive oil and rub with the cut side of a garlic clove. Ladle soup among serving bowls. Top with a dollop of natural yoghurt. Sprinkle with dukkah. Serve with the bread.

Lemonade scones

Ingredients
- 4 cups self-raising flour, sifted
- 1 can of lemonade
- 1 cup of cream

Method
1. Preheat the oven to 220C. Lightly grease a baking tray.
2. Place the flour, add the cream and lemonade and mix to form a soft dough. Turn out onto a lightly floured workbench and knead lightly until combined. Press the dough with your hands to a thickness of about 2cm. Use a 6cm round cutter to cut out 16 scones, place on baking tray and brush the tops with some milk. Re-roll scraps to make a few extra scones. Bake for 10-15 minutes until lightly browned.
3. Serve warm with your favourite jam.
Discuss ‘dis with DJ Miles……..

Food Additives

I remember when I was a child in primary school and ‘bouncing off the walls.’ ADD and ADHD were not disorders. I was just a hyperactive kid. There were no drugs or medication to curb the energy levels. What my parents employed was lots of outside active play, organised sport and a diet free from artificial flavours, colours and preservatives.

I was not allowed to eat ice cream; I could not eat lollies or soft drink or have things that were bright red or green. These foods set me off, and my parents knew that if I consumed this stuff they were in for a hard time. I can remember many occasions when I was at school and I would climb up on to the roof and run around. I was hard work. Today we don’t seem to talk about the importance of diet and what we eat and the potential impact it can have on us, especially those of us with ADD and ADHD. Research has shown that the food additives used in hundreds of children's foods and drinks can cause temper tantrums and disruptive behaviour.

There have been many studies that confirm what many parents have long suspected about the effect of chemicals put into sweets, biscuits and foods. Colourings in products such as Smarties, Jelly Babies and fizzy drinks could start behaviour changes in up to a quarter of young children.

Research into a group of three year-olds (UK based study) found they were more likely to lack concentration, lose their temper, interrupt others and struggle to get to sleep when they drank fruit juice dosed with colourings and preservatives. It was later discovered that 200 children's foods and drinks contain one or more of the additives called into question by the research.

The scientists concluded that significant changes in children's hyperactive behaviour could be produced by removing colourings and additives from their diet. They added: 'The findings suggest that benefit would accrue for all children from such a change - and not just for those already showing hyperactive behaviour or who are at risk of allergic reactions.'

Which Additives Do We Need To Look Out For?

Colours
Artificial 102, 104, 107, 110, 122, 123, 124, 127, 128, 129, 132, 133, 142, 151, 155, 160a is a safe alternative
Natural 160b annatto (in yoghurts, icecreams, popcorn etc.)

Preservatives
200-203 sorbates (in margarine, dips, cakes, fruit products)
210-213 benzoates (in juices, soft drinks, cordials, syrups, medications)
220-228 sulphites (in dried fruit, fruit drinks, sausages, and many others)
249-252 nitrates & nitrites (in processed meats like ham)
280-283 propionates (in bread, crumpets, bakery products)

Antioxidants
310-312 gallates (306-309 are safe alternatives)
319-321 TBHQ, BHA, BHT (306-309 are safe alternatives)

Flavour enhancers
(in flavoured crackers like Sakatas, snacks like BBQ shapes, takeaways like Chinese, instant noodles like Maggi 2min noodles, soups)
620-625 glutamates incl. MSG
627 disodium guanylate
631 disodium inosinate
635 ribonucleotides
HVP hydrolysed vegetable protein

Contrary to what many parents think, additives - more importantly than just sugar - are to blame for behaviour problems. Reactions are related to dose, so the more additives children eat, the more likely they are to be affected.

Additives are now used widely in foods such as bread, butter, crackers, yogurt, juice and muesli bars as well as in junk food. Parents who say ‘we eat healthy food’ are generally shocked to find that their children can be consuming 20 additives or more per day.

Irritability, temper outbursts, oppositional defiance, restlessness and difficulty falling asleep are the main behavioural effects of additives. But parents rarely realise that food chemicals can be associated with many other effects including arguing with siblings, making silly noises, speech delay, anxiety, depression or difficulty concentrating. Additive-free children are generally calmer, happier and more cooperative.

Rashes, headaches, bed wetting, stomach aches, sneaky poos, constipation or asthma can also be a problem. Parents of asthmatic children are usually unaware that sulphite preservatives (220-228) in foods such as dried fruits, sausages, cordials and some fruit drinks can irritate airways.

So what can we eat? Read ingredient labels. Choose preservative-free bread. Buy colour-free yogurts, ice creams and lollies such as caramels and toffees. Choose plain rather than flavoured chips, crackers and noodles. Go for fresh healthy snacks rather than those in packaging. Encourage your children to drink water as their main drink.

Darren Miles- Social Worker
Foundation Literacy
Vegetable Garden
‘Oliver’s Vegetables’
Dear (Teacher’s name)……………………………………

Student’s name…………………………………………………

Absence date……………………………………………………

Reason………………………………………………………………

Parent/ Guardian signature
This term we have been learning about the ANZACS who fought in Gallipoli and WW1. We found out that some of us have Great Grandparents who fought for our country. Esther presented us with some really old pictures and interesting information of her family members who served in the War. We visited the Mooroopna and Shepparton War Memorials and did some quiet reflecting. Brandon’s Mum came in to help us cook a yummy jelly and chocolate slice! We also had a visit from Paulie the Parrot who belongs to one of our students, Kasey. He was happy to provide us with some entertainment and lots of kisses! We still have a full year ahead with lots more learning to do.

Until next time: Harry, Kasey, Reece, Esther, Brayden, Maddison, Olivia, Brandon, Ben, Aden, Jo and Bec.
Going to school every day is the single most important part of your child’s education. Students learn new things at school every day—missing school puts them behind.

Why it’s important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school—each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early

Attendance patterns are established early—a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It’s vital that students go to school every day—even in the early years of primary school.

What we can do

The main reasons for absence are:

Sickness—There are always times when students need to miss school, such as when they’re ill. It’s vital that they’re only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It’s vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

“Day off”—Think twice before letting your child have a “day off” as they could fall behind their classmates—every day counts.

Truancy—This is when students choose not to go to school without their parent’s permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don’t fall behind:

• Speak with your classroom teacher and find out what work your child needs to do to keep up.

• Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child’s school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Early Childhood Development Regional Director who has authority to follow up attendance issues. Attendance issues that are escalated can lead to an Infringement Notice.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child back in school every day.

For more information and resources to help address attendance issues, visit:
Athletics Day

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.