

YR 6 MINI CARNIVAL



FROM THE ASSISTANT PRINCIPAL

Supervision Times

It has come to our attention that many students are arriving to school very early in the morning. I wish to remind parents that supervision of students commences at 8.45am and concludes at 3.45pm. Between these times, when students are in the playground, they are supervised by teaching staff. There is no teacher supervision of students before 8.45am or after 3.35pm. I would suggest that if parents are having their children dropped off by carers, it is advisable to ensure that carers are informed of the times teacher supervision is available.

Helping Children Make Friends

Friendships are very important for a child's happiness and well-being. Below is a web address for a wonderful article on how we can help develop our children's social skills to enhance their ability of making friends.

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/making-friends.php>

Bee Stings


It's that time of year when the birds are singing and the bees are buzzing. Over the last couple of weeks we have had a few students stung by bees. If your child has an allergy to bee stings please ensure that the office is notified and student medical details are updated.

Parking Safety

Parents are reminded about the dangers of double and, sometimes, triple parking near the school. It is of great concern that the safety of children is being jeopardised by a most unsafe and illegal practice.

School Council has requested that City of Casey Law Enforcement Officers regularly patrol the school. By law, offenders can be fined. School Council has also been advised that registration numbers of offenders can be forwarded to the City of Casey Law Enforcement Officers and action will be taken.

Remembrance Day

The Chalcot family  will be commemorating Remembrance Day next Friday 11th November, commencing at 9.15am in the hall. Sergeant Nicolle Morgan will be addressing the assembly and our Chalcot Choir will be performing as part of the ceremony. It would be much appreciated if parents would send along a few flowers or small posy for their children to place under the Australian flag during the assembly.

Poppies are available for purchase in the classrooms for 50 cents. All proceeds are used in the welfare work carried out by the RSL for ex-servicemen, women and their families who are necessitous situations.

Parents and extended family members are most welcome to join us for this very special assembly. LEST WE FORGET

Hats WITH Logos

Just a reminder that our school hat is the bottle green broad brimmed style which bears our school's logo on the front. Some students are wearing hats without the logo and consequently are out of uniform. School uniform hats must be worn during terms 1 and 2 as part of our Sun smart policy. Hats are available for sale at our uniform supplier, Beleza School Uniforms, shop 7, 151 – 159 Princes Highway, Hallam.

Lunch boxes - menu planner

Healthy lunches and snacks help children concentrate, learn and play throughout the day. We know that children need to eat plenty of fruit and vegetables every day, as well as wholegrains, milk products (including cheese and yoghurt), meat and meat alternatives and water. You can include all of this in your child's lunch box and still make it fun and interesting to eat.

By planning ahead, you can make sure that your child's lunch box has each of the six key elements of a healthy lunchbox. These elements are:

- fresh fruit
- fresh crunchy vegetables
- milk, yoghurt or cheese (you can use reduced-fat options for children over the age of two years). For children who cannot tolerate milk products, offer appropriate alternatives like calcium fortified soy or rice drink, or soy yoghurt.
- a meat or meat alternative food like some lean meat (for example, chicken strips), hard boiled eggs, hummus or peanut butter. If your school has a nut-free policy, peanut butter and other nuts should not be included in your child's lunchbox.
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)

- fresh tap water.

Try some of these ‘everyday’ combinations and take the hard work out of deciding what to put in your child’s lunch box. Why not prepare lunch the night before to save time and get the kids to help?

School lunch menu planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Apple or mandarin	Celery boats filled with low-fat cream cheese and sultanas	Ham and zucchini muffin.	Snow peas and sliced capsicum with low-fat creamy capsicum dip.	Small bunch of grapes
Lunch	Two sushi hand rolls with vegetables and chicken filling. Vegetable sticks with hummus dip.	Wholegrain roll filled with shredded roast chicken (no skin) and one cup of coleslaw with low-fat dressing.	Pinwheel sandwich. Layer a slice of wholegrain flatbread with avocado, grated carrot, cucumber and lettuce, then roll up and cut in half. For variety and extra flavour, add sliced falafel balls to the sandwich	Wholegrain sandwich filled with mashed boiled egg, lettuce, avocado and alfalfa	Sesame chicken wrap. Spread tortilla bread with reduced-fat tzatziki and fill with slices of sesame chicken, diced tomato, cucumber and spinach leaves
Afternoon snack	Reduced-fat fruit yoghurt	Piece of fruit such as a kiwi or pear	Apple slices, cherry tomatoes and cubed low-fat cheese	Fresh sliced melon or fruit salad	Oat bran and apple muffin
Drink	Water	Water	Water	Water	Water
Tip	Buy some premade vegetable and chicken sushi the day before and keep in the fridge for lunch the next day	Use a water bottle that your child can refill throughout the day	Muffins can be frozen individually. For healthy savoury muffin recipes, visit the Better Health Channel recipe page	Choose fresh fruit or canned fruit in natural juices. Dried fruit is sticky and high in sugar so it should only be eaten occasionally	Cook Sesame chicken for dinner the night before, making sure that there is enough left over for lunch the next day. You can also cook a bulk batch of chicken and freeze sandwich-sized serves to use later on

Remember that not all children go to school with lunch boxes filled with chips and lollies, despite what your children might think and say. Changing children’s food preferences and habits can take time, but children will learn to eat what is familiar to them, so it is important to keep offering different healthy lunch box choices. It may take a little while, but with time, your children can learn to love eating a healthy lunch every day.

School lunch menu planner

This school lunch menu planner is a great way to help you get started with planning healthier school lunches. Now that you’re on the right track, try mixing and matching food ideas to make lunch boxes varied and interesting. Start with some of the healthy suggestions on the [Healthy ideas for school lunches](#) webpage.

Paul Poliviou
Assistant Principal



DIARY DATES

Friday	11 th	November	Remembrance Day Assembly	9.15am – Hall
Monday	14 th	November	Parent Club Meeting	2.30pm – Staffroom
Tuesday	15 th	November	Assembly	2.45pm – Hall
Friday	18 th	November	Parent Club Hot Dog lunch	
Tuesday	22 nd	November	DRI Excursion	Green Team
Wednesday	23 rd	November	Yr 6 Graduation Photos	9.00am
Wednesday	23 rd	November	Little Frogs Playgroup	Final day for 2016
Wednesday	23 rd	November	School Council	7.00pm – Staffroom
Friday	25 th	November	Nude Food Picnic	TBA
Tuesday	29 th	November	Yr 6 Production Rehearsal	School Hall – 9:30am & 11:30am
Tuesday	29 th	November	Assembly	2.45pm – Hall
Wednesday	30 th	November	Yr 6 Production	Hallam Senior College
Saturday	3 rd	December	Dance Crew at End/Hills S.C	10am start
Tuesday	6 th	December	Prep Transition Day	2.00pm – 3.30pm
Tuesday	6 th	December	Yr 6 Transition to Secondary School	
Wednesday	7 th	December	Choir Excursion	TBA
Friday	9 th	December	Concert Under the Oaks	TBA
Tuesday	13 th	December	Assembly	2.45pm-Hall
Wednesday	14 th	December	School Council	6.30pm – School
Thursday	15 th	December	Walk up Day	
Thursday	15 th	December	Yr 6 Graduation	
Friday	16 th	December	Yr 6 Big Day Out	Gumbuya Park
Friday	16 th	December	Parent Club Disco	9.30am - 10.50am
Monday	19th	December	Term 4 Ends	2.30pm finish
Tuesday	20th	December	Curriculum Day	Student Free

Breakfast Club SMOOTHIES

Breakfast Club is having 3 more SMOOTHIE BREAKFASTS! Make sure you are there at 8:30, with your friends, on **Friday 11th November, 25th Novemeber and 9th of December.** Don't forget you must have a signed permission slip to participate.

Our normal breakfast is still available on this day.

Can't wait to see you there!
Mrs Kropp and Miss Ablitt



LITTLE FROGS PLAYGROUP

The Little Frogs Playgroup will continue every Wednesday at 9:15am for the rest of the year except school holidays. If you would like to take part in this wonderful program, please contact the office on 9700 4455.

Final Playgroup for 2016 will be held on 23rd November.

BEFORE AND AFTER SCHOOL CARE

Child Care Benefit and Child Care Rebate available for all families.

Morning: 7.00am – 8.45am Monday to Friday during school term, excluding all Victorian Public Holidays.

Permanent/casual: \$ 15.00.

Breakfast is provided until 8.30am.

Afternoon: 3.30pm – 6.00pm Monday to Friday during school term, excluding all Victorian Public Holidays.

Afternoon snack and drink provided.

Permanent/casual: \$ 19.00.

Next week's activities include:

- Scrap paper art
- Fruit salad
- Colour mixing
- Tennis challenge
- My shopping list

For program information, bookings or cancellations, please contact Emily or Lauren on 0400 194 859 on weekdays.

Y.L.V Team



UNIFORM SALES

School uniform items can be purchased directly from the Beleza School Uniform Store at shop 7, 151 – 159 Princess Hwy, Hallam, phone 9702 3181. Mastercard and Visa are accepted.

Beleza order forms are also available at the school office. When placing your order you will need to make payment to the school either by cash or by completing your credit card details on the order form. Beleza staff will then deliver your order the school.

SCHOOL BANKING

Don't forget that EVERY FRIDAY is School Banking day and students should hand in their deposit book first thing on Friday.

IMPORTANT DATES:

2/12/16: **Last date for ordering rewards** (to allow time for delivery by end of year)

9/12/16: Last day of school banking for 2016

REMINDER TO GRADE 6 STUDENTS:

Don't forget to use up those tokens before the end of the year! You can order multiple items at a time if you have sufficient tokens. And remember, you can still do School Banking with us once you begin high school, if you wish to send your book along with a sibling or parent/carer.

REWARDS NEWS: AVAILABLE WHILE STOCKS LAST: Bush Fly Fan, Dollarmites Money Box, ET DVD, Intergalactic Rocket, Outback Pat Bag Tag, Outer Space Savers Money Box and Wriggly Glow Worm. **VERY LOW IN STOCK:** Backtrack Eraser Pen, Galaxy Glider and Jump & Skip Rope (please also show a second choice, in case we run out). **NO LONGER AVAILABLE:** Mud Splat Handball, Flying Snake Tail and Wildlife Writer Set. If you don't have an order slip for the item you wish to order, just supply a note along with your 10 tokens.

Ingrid Williams
School Banking Coordinator

