

Preston West Post

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www.prestonwest.vic.edu.au

Preston West Primary School Newsletter

Thursday 12th October, 2017

IMPORTANT DATES

OCTOBER

Wednesday 18th

Regional Athletics

Wednesday 25th

Prep Orientation – Session 1 (2:10pm – 3:10pm)

Thursday 26th

PWPS ART SHOW (5.30-7.30pm)

NOVEMBER

Wednesday 1st

Prep Orientation – Session 2 (2:10pm – 3:10pm)

Monday 6th

Curriculum Day – (No School)

Wednesday 8th

Prep Orientation – Session 3 Final Session (11:40am)

DECEMBER

Friday 22nd

LAST DAY OF TERM 4 – 1:00PM Dismissal

Term Dates

Term 4 Monday 9th October – Friday 22nd December

Principal's Note

Welcome Back

Welcome back to Term 4 – it promises to be a very productive and busy term. It was fantastic to see all the fresh faces back on Monday. All the students look rested and enthusiastic. We look forward to a productive and enjoyable term of schooling. Special events that will take place this term include the Art Show, Graduation, Prep -2 swimming, multi aged Art activity, Prep and Year 7 Orientation and Bike Education to name some of the important happenings to occur.

Art Show –Thursday 20th October

The Preston West Primary School Art Show will take place on Thursday 26th October commencing at 5.30pm so please add this date to your diaries. The art show is a terrific community event where families can enjoy a relaxed picnic atmosphere and celebrate the wonderful artist talents of our students. In addition to the art display, our audience on the back oval can enjoy musical entertainment provided from some of our students and The Quadrangles. We encourage families to bring along a picnic basket or purchase a sausage in bread that the staff will be cooking.

National English Competition

The results of Preston West Primary School students in the English Competition were very pleasing. Overall, our students received the following awards 27 participation, 9 merit, 36 credit, 22 distinction and 5 high distinction. The students from grades 2 and 3 will receive their awards at next Monday's assembly and presentations to Grade 4-6 students will take place Monday 23rd October. Congratulations to all the students for their enthusiastic participation and to Leah French for coordinating the competition.

Sun Smart

All children are reminded that as part of the Sun Smart Policy from September to the end of April they need to wear their school hat when outside. Owing to children's allergies, the school does not supply sunscreen and teachers are not allowed to apply sunscreen to children. All children are encouraged to apply sunscreen before they come to school and reapply it prior to going outside for the lunchtime break. Please ensure your child's sunscreen is labelled and kept in their school bag. On days of extreme heat, children will have a shortened playtime and stay in their air-conditioned classrooms.

Division Athletics Sports

On Tuesday 22 students competed in the Division Athletics Carnival. All the students must be congratulated on their fabulous efforts on the day and also in reaching such a significant level of competition. We have 13 students going through to Regional Athletics on Wednesday 18th October. Thanks to Kathryn Vickers for coordinating our team, Jacinta Thomas for taking the students on the day and all the parents who attended and encouraged our students to perform at their best.

Child Safety – Working With Children Check

Just a reminder to parents to keep an eye out on the expiry date of your Working With Children's Check to ensure your valuable support can continue at Preston West Primary School.

As a result of its 2013 inquiry into the handling of child abuse, the Victorian Government mandated that organisations working with children adhere to a series of standards to promote child safety, prevent child abuse and respond to allegations. At Preston West Primary School we embed an organisational culture of child safety. We have mandatory reporting and child safety policies, a child safety code of conduct that can be viewed on our school website and a statement of commitment to child safety. We have processes in place for responding to and reporting suspected child abuse. To ensure Preston West Primary School is consistent and fully compliant with the Child Safety Guidelines we must:

1. **Ensure parents/adults do not access the student toilet blocks.** Toilets are available to parents in the main building if required.
2. **All parents who volunteer in any capacity at the school e.g. Guided Reading, Fresh Fruit Friday, Mother's Day stall, incursions and excursions will need to hold a current working with children check or criminal record check.** The school will maintain a file of all parents/volunteers that hold these checks. Parents can obtain a Working With Children's Check by following the link: www.workingwithchildren.vic.gov.au Please note there is no charge to get a Working With Children's Check 'volunteer' card.

Parent support is a huge asset and greatly appreciated at Preston West Primary, as is promoting an organisational culture of child safety. If you have a current Working with Children Check or Criminal Record Check can you please send a copy to the office. Please don't hesitate to contact me if you have any questions.

Before and After School Care

Our Before and After School Care Program continues to attract a high number of students. Nicole and Mary do a wonderful job with their team. The care, encouragement and support the staff show is terrific. Providing food for up to 150 students in one session is a huge feat. The program encourages healthy and fresh food choices during the morning breakfast and afternoon snack time. Our menus are on display near the kitchen. Breakfast includes a selection of breads (wholemeal, multigrain, white and raisin) accompanied by spreads such as jam, vegemite, tomato and cheese. Cereal options include oats/porridge, low-sugar wholegrain cereal, rice bubbles and corn flakes. Afternoon snacks vary including fruit and vegetable platters, corn chips, cheese, rice crackers, sandwiches and wraps. A range of seasonal fruit is available at all times. All children are accommodated for during menu planning and the program caters for specific dietary requirements, anaphylaxis and allergies. Icy poles are sometimes distributed on hot days and on the last day of each term special treats are provided e.g. party pies, sausages, pizza and chips. Experiences the children may engage in include cooking, art and craft, sport, reading, dress up, sewing, knitting, games e.g. cards, chess and dominoes and directed and undirected free play. On hot and wet days the children will access the library, art room and computer lab. Please note the planning tree is on the carpeted area in the foyer.

Cheryl Bondeson

2018 BYO iPad Program Information

This term there will be three information sessions for parents that are interested in the 2018 BYO iPad Program. This information will be specifically relevant to this year's Grade 2 cohort as they enter Year 3 in 2018, however any interested parents of students in years 4 – 6 are more than welcome to come along.

Term 4 session times:

- Week 4: Thursday 2nd of November at 2:45pm
- Week 5: Thursday 9th of November at 2:45pm
- Week 6: Tuesday 14th of November at 6:00pm (Evening Session)

The information session aims to help you understanding the following:

- What the BYO iPad Program is.
- How you can enrol your child into the program.
- The prerequisites of the iPad Program.
- How the devices will be used to assist your child in their learning.
- Work and activity examples.

If you are interested in attending these sessions, please click on the following link and fill out the form. This will give me an idea of attendance for each session.

<https://goo.gl/forms/k685Q6rIXxbzN1uG3>

GENERAL OFFICE INFORMATION

SCHOOL FEES: The School Fees were due Friday 24th February, 2017.

If you need to discuss these payments please contact the office.

SCHOOL PANTRY (School Canteen) – Please note – Updated Menu for Term 4

Orders and money (written on a paper bag) will be placed in a container in the classroom before 9.15am and delivered to the canteen. To contact Marina you can catch up with her in person at the school kitchen on **Monday, Wednesday and Friday** or email schoolpantry@icloud.com



WELCOME TO PARENTS GROUP

FRESH FRUIT FRIDAY

Fresh Fruit volunteers for Friday 13th October are: Daniela Cagliariini, Mick Paskos, Naomi Ralph, George Markoski and Menaka Kumari Rajapaksha Gedara.

Fresh Fruit Friday is seeking extra volunteers to help continue this successful nutrition program for the remainder of this year. If you have a Working with Children Check and can spare an hour on Friday morning to cut up fruit in the school kitchen and deliver fruit platters to classrooms... once a fortnight, month or term - we would welcome your assistance! Please email pwpsfreshfruitfriday@gmail.com with your details.

Thank you, Sarah & Kathryn

Thank
You

SCHOOL BANKING School Banking is on Tuesdays. If you would like your child to participate in the School Banking Program, please collect an information pack and application form from your local Commonwealth Bank or apply online

Healthy Eating

School age is the perfect time for children to learn about healthy food, bodies and activity. This is the time children start a busy social life, have pocket money and begin to help choose their own lifestyle. Children of this age learn quickly and are also influenced by their friends and popular trends.



Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat. Some children of this age are still fussy but, when busy and active, healthy snacking is important to keep energy levels high.

Breakfast is important

It is important to encourage breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.

School lunches A packed lunch from home is a great way for your child to learn about healthy food and to help with preparation.

Lunch box suggestions include:

- Sandwiches or pita bread with cheese, lean meat, hummus and salad
- Cheese slices, crackers with spread, and fresh or dried fruits
- Washed and cut up raw vegetables or fresh fruits
- Frozen water bottle, particularly in hot weather.

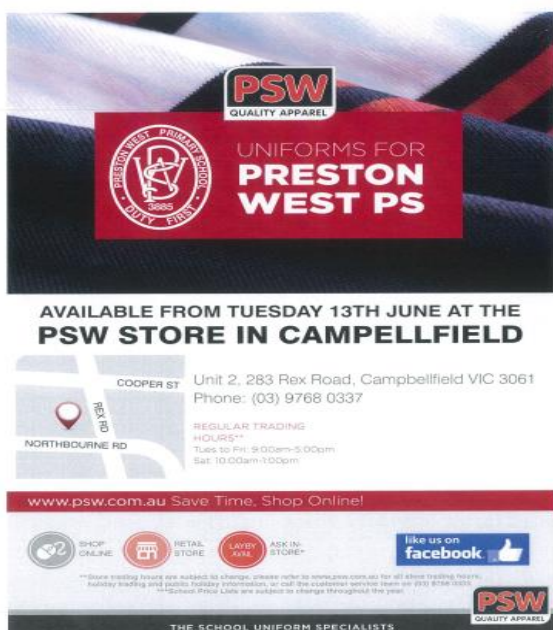
School lunches – foods to limit

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in everyday school lunches include:

- Chips, sweet biscuits, muesli bars and breakfast bars
- Fruit bars and fruit straps
- Cordials, juices and soft drinks.

Soft drinks are extremely high in sugar and the cans / glass bottles they come in can be dangerous when opened by children. Please ensure children do not bring cans or bottles of soft drink to school.

COMMUNITY NEWS



PSW QUALITY APPAREL

UNIFORMS FOR PRESTON WEST PS

AVAILABLE FROM TUESDAY 13TH JUNE AT THE **PSW STORE IN CAMPPELLFIELD**

COOPER ST Unit 2, 283 Rex Road, Campbellfield VIC 3061
Phone: (03) 9768 0337

REGULAR TRADING HOURS**
Tues to Fri: 9:00am-5:00pm
Sat: 10:00am-1:00pm

www.psw.com.au Save Time, Shop Online!

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PSW QUALITY APPAREL

THE SCHOOL UNIFORM SPECIALISTS



Learn music here at school

Come and join in the fun of learning to play keyboard, guitar, here at Preston West Primary School.

Creative Music for Schools conducts a music program here at school each week.

Small group classes or one-to-one lessons of up to 30 minutes give children an excellent grounding in music where they will learn to read music and play their chosen instrument.

Tuition costs from \$16.20 per lesson and enrolments are now being accepted for limited places in term 4, 2017.

Interested parents should call Swee during office hours on 9818 2333 or email swee@creativemusic.com.au

CreativeMusic
www.creativemusic.com.au

FIRST AID

Responding to Cold and Flu Season

The Department of Health and Human Services (DHHS) has advised that there is an increased rate of influenza reports throughout Victoria. Schools are also reporting higher rates of students affected by influenza.

How can my school respond best?

All schools have been encouraged to consider the following important points when responding to students affected by influenza:

- Students with cold or flu-like symptoms are encouraged to seek medical attention, limit contact with others and stay at home until symptoms have passed;
- If a student becomes ill at school with these symptoms, the school will contact the family and arrange for the collection of the child;
- Good general hygiene remains the best defence against infection. Students are encouraged to regularly wash their hands and cover their nose and mouth if sneezing and coughing.

Thunderstorm Asthma Awareness

Every year during grass pollen season there is an increase in asthma and hay fever symptoms, and during grass pollen season there is also the chance of a thunderstorm asthma event.

What Causes Thunderstorm Asthma Events?

Thunderstorm asthma events are thought to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time.

Those at increased risk at this time include:

- people with asthma, people with a past history of asthma;
- those with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma);
- people with hay fever who may or may not have asthma;
- having both asthma and hay fever, as well as poor control and self-management of asthma, may increase the risk further.

It is timely to remind families to ensure that the school has a current asthma action plan for any students with asthma.

SchOoL PaNtrY: 2017 TERM 4 MENU

schoolpantry@icloud.com

ABN: 8649 053 4208

Sandwich	white or wholemeal	\$2.00
Roll	white or wholemeal	\$2.50
Wrap	wholemeal	\$2.50
Gluten Free	sandwich	\$3.00

*****SUSHI NO LONGER AVAILABLE*****

FILLINGS		HOT FOOD	
Virginian Ham	\$1:00	Penne pasta w/Halal Bolognese or Napoli Sauce	\$5.00
Don Salami	\$1:00	Ravioli –Spinach/Ricotta w/ Napoli or Halal Bolognese sauce	\$5.00
		<u>GLUTEN FREE</u> Gluten Free Penne Pasta w/Halal Bolognese or Napoli Sauce	\$6.00
		Gluten Free Ravioli- Spinach/Ricotta w/Halal Bolognese or Napoli Sauce	\$6.00
*all served w/parmesan cheese, unless clearly marked otherwise.			
Roast Chicken	\$1:00	Steamed Dim Sim	\$1.00
Roast Beef	\$1:00	<u>PITTES</u> Halal Meat Pita	\$5.00
		Halal Haloumi Cheese	\$5.00
		Halal Meat/Cheese Pita	\$6.00
		Halal Chicken/Mushroom Pita	\$6.00
		Halal Spinach/Cheese Pita	\$6.00
		Halal Sausage Pita	\$6.00
Tuna	\$1:00	<u>COLD FOOD</u>	
Tasty Cheese	.50c	Salad (lett, tom, cucumber)	\$4.00
Vegemite	.50c	w Chicken or Tuna <i>*All dressed w/ EV olive oil & salt *Vinegar/sauces on request</i>	\$5.00
Avocado	.50c		
Tomato	.20c	<u>SNACKS</u>	
Lettuce	.20c	Popcorn	\$1.00
		Chips – Plain Only	\$1.00
Carrot	.20c	Pineapple Ring	\$1.00
Cucumber	.20c	Mango Spears	\$1.00
Mayonnaise	.20c	Pretzels	\$1.00
Butter (not margarine)	.20c	Rice Crackers	\$1.00
		Sultanas	\$1.00
Soy, Tom, BBQ Sauce, Chilli, Mustard	-		
Parmesan	-	Fruit - red/green apples, bananas	\$1.00
Salt & Pepper	-	<u>DRINKS</u>	
Brown Bag	.10c	Up & Go – choc, strawberry, vanilla, banana, caramel	\$3.00
		Juice – Apple, Orange, ABC, Apple/Raspberry, Tropical	\$3.00

HOW TO ORDER (Lunch orders are available Monday, Wednesday and Friday)

Please send a brown paper bag (or add .10c to your total if one is not supplied) with name, class and order written on the front. The correct amount is appreciated, however, change will be sent back with your child's lunch order.