

Preston West Post

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www.prestonwest.vic.edu.au

Preston West Primary School Newsletter

Thursday 20th April, 2017

IMPORTANT DATES

APRIL

Tuesday 25th

ANZAC Day – Public Holiday – No school

MAY

Thursday 4th

Grade 4K & 4F Polly Woodside Excursion

Friday 5th

Grade 4M & 4W Polly Woodside Excursion

Friday 5th

PWPS Parents Club Family Disco 7pm – 9.30pm

Tuesday 9th May – Friday 12th May

Grade 6 Camp – Waratah Beach

Term Dates

Term 2 Tuesday 18th April – Friday 30th June

Term 3 Monday 17th July – Friday 22nd September

Term 4 Monday 9th October – Friday 22nd December

Principal's Note

Welcome Back

Welcome back to Term 2 – it promises to be a very productive and busy term. All the students look rested and enthusiastic upon their return on Tuesday. Special events that will take place this term include Education Week, School Tours, NAPLAN, Three Way Conferences, Grade 6 Camp (Waratah Bay) and Grade 4 camp (Lake Dewar). The Parent's Club will be conducting a Family Dance Night on Friday 5th May and a Bunnings Sausage Sizzle on Saturday 20th May. A flyer for Family Dance Night is attached to this newsletter and will be sent out via Compass. We look forward to a productive and enjoyable term of schooling.

ANZAC Day

To acknowledge the significance of ANZAC day next Monday morning at 10.30 we will conduct a whole school special assembly at Preston West Primary School. I hope everyone enjoys our ANZAC Day public holiday on Tuesday 25th April. My day will commence at a local dawn service followed by some quality family time for the remainder of the day.

District Grand Finals

Congratulations to our girls and boys bat tennis teams who won the District Grand Finals - a great team effort. Well done also to our girl's rounders team who improved significantly throughout the term and came runners up. The students will commence their winter round of competitions from Friday 5th May and will compete in netball, soccer, football and softball.

Year 7 Enrolment Applications

On Tuesday our Year 6 students received their applications for Year 7 enrolment forms as per Department of Education and Training guidelines. The forms must be returned to us by Tuesday 16th May.

Prep Enrolments 2018

We had numerous phone calls and visits last term from prospective Prep enrolments for 2018. This term we will be conducting weekly tours by appointment. Appointments can be made via our school web site by following the link to Enrolment, School Tour and using the event code **bfhza**. It would be greatly appreciated if our current families who intend to enrol a sibling for the 2018 Prep intake, collect, complete and return an enrolment form by the start of June. It is imperative forms are completed this term as until we have accurate figures of our current families we are unable to predict the number of students we will take on for 2018.

Student Accident / Ambulance Cover Arrangements and Personal Property

The Department of Education and Training (D.E.T.) does not provide personal accident cover for students. Parents and guardians of students who do not have student accident insurance / ambulance cover are responsible for paying the costs of medical treatment for injured students, including the cost of ambulance attendance / transport and other transport costs. Also a reminder that the D.E.T. does not hold insurance for personal property bought to school and it has no capacity to pay for any loss or damage of such properties.

Before And After School Care Report

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 program they coordinate and wide range of experiences is loved by the students and the care, encouragement and support the staff display is terrific. In addition to the gymnasium and outdoor play areas, the program also accesses the library, computer lab and art room.

Feeding 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. 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, weetbix, rice bubbles and corn flakes. Afternoon snacks vary including fruit and vegetable platters, corn chips, rice crackers, sliced fruit, vegetables, sandwiches, cheese and wraps. A range of seasonal fresh 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. Weekly menus are on display near the kitchen.

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

GENERAL OFFICE INFORMATION

SCHOOL FEES: The School Fees are now overdue.

CAMPS, SPORTS and EXCURSIONS FUND (CSEF)

The Camps, Sports and Excursions Fund help ensure that no student misses out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their achievements.

CSEF will be provided to eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

How to Apply: Contact the school office to collect a CSEF application form or download from the CSEF website

Key Dates

- **All applicants must complete and lodge their submission by 30th June 2017.**

Further Information

For the CSEF application closing dates and more information, please see:

[Camps, Sports and Excursions Fund](#)

eConnect Cyber Safety Sessions

This term Preston West Primary will be hosting a day of Cyber Safety sessions facilitated by eConnect. The eConnect program is provided by eSmart, which is an initiative from the Alannah & Madeline Foundation.

Throughout the day the Year 3 – 6 students will be participating in information sessions that cover the Three C's of Cyber Safety: Contact, Conduct and Content. This is aimed to ensure consistent approaches to staying safe online. Later in the evening there will be a parent session on offer that will provide an insight into the online worlds of young people, including: latest trends, risks and research.

A booking has been made for Wednesday 24th of May, with the parent session being held in the gymnasium at 6:15pm.

If you are interested in attending the parent session, please click on the following link so that I am able to confirm numbers for the session.

[Attendance Survey \(Click Here\)](#)

Regards,
Luke Begg
eLearning Leading Teacher

WELCOME TO PARENTS GROUP

FRESH FRUIT FRIDAY

Volunteers for Fresh Fruit on Friday 21st April are: Annie Zanella, Kim Jeffers, Kelly Gallagher, Bryony Radcliffe-Marshall & Paula Grogan.

**Thank
You**

SICK BAY BEDDING

Our volunteer for Friday 21st April is Hannah Brooks.

QUADWRANGLERS PARENT BAND

Do you like to sing or play? JOIN US!

Contact: katiehullbrown@gmail.com

MOTHERS/CARERS DAY STALL - May 2017

Hello to all our new PWPS families and creative people in our community!

My name is Kelly Brooks and I will be coordinating the Mothers/Carers day stall this year. I am seeking volunteers/helpers to share some ideas of what items we can easily make for the stall. There are some fun craft days/evenings planned for early Term 2. "Great way to meet Preston West Parents /Carers"

I would also welcome any donations of hand-made crafts, home-made gifts or plant saplings etc. to the stall.

Donations can be passed on to myself or to the office in Term 2 between the 18/4/2017 and 5/5/2017

I look forward to hearing from you with your creative/crafty ideas via email: kpbrooks@alphalink.com.au or mobile: 0409 210 307. Thank you in advance.

Thursday April 20th and 27th between 6.30 and 9.30 we will be having creative craft nights for the Mothers'/Carers' Day stall.

SCHOOL BANKING - School banking is every Tuesday.

SCHOOL BANKING PROGRAM - VOLUNTEERS REQUIRED

We are seeking a few more volunteers to help with the School Banking Program. If you can spare 30 minutes every few weeks, please email Kathryn Li on kathrynli1510@gmail.com.

SCHOOL PANTRY (School Canteen)

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



JSC Biography

Hi, I'm Tilly and I'm one of the Grade 6 Junior School Counsellors. It is a great honour to be elected in Grade 6. If you need me you can find me at the COLA or Mr Tobin's classroom. Feel free to ask me any questions about JSC.

Thanks,

Tilly 6T

I was so happy to be the Junior School Counsellor for class 4F! My name is Isabella. In class I enjoy sessions that include writing and drawing. I have a little brother who is also a Preston West. I'm happy to be given a chance to make a change for the better.

Thank you,

Isabella 4F

MATHLETICS IS ATHLETICS FOR YOUR BRAIN

Preston West P.S. has subscribed to Mathletics again for 2017.



Every student at Preston West P.S. has a unique username and password that they can use at home or school to log in and complete Mathematical problems that assist with developing their knowledge, skills, strategies, speed and accuracy.

The program covers all areas of Mathematics. Your child's teacher can set homework or targeted units of work for your child, to assist and challenge them, in their learning.

Students are rewarded with easy to print certificates of achievement.

Please email via Compass your child's classroom teacher for usernames and passwords.

LOG IN AND TRY MATHLETICS WITH YOUR CHILD.

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

Bundoora Secondary College
Discovery Open Night

Wednesday April 26th From 5-7pm
www.bundoorasc.edu.au

Northcote High School
Open Morning

Thursday 27th April 2017
9.15am-12pm Tour and Presentation
7pm-8pm – Presentation Only
www.nhs.vic.edu.au / Ph 9488 2300

Reservoir High

Showcase & Information Evening
Thursday 27th April, 2017 From 6.30pm
www.reservoirhs.vic.edu.au / Ph 9466 0900

Northcote High Literary Talk-Fest 2017
Wednesday May 3rd 7.30pm – 9.30pm

A Panel of Australia's finest writers discuss 'Writing Freedom'
Tickets: \$20/\$12conc
www.trybooking.com/269431

Fitzroy High School

Open Day 2017
Thursday 4th May
Morning : 9.30am – 11am
Afternoon : 1.45pm – 3.15pm
Evening Information Session : 6pm-7pm
Bookings – trybooking.com/PFLY
fitzroyhs.vic.edu.au

PWPS FAMILY DISCO NIGHT

(Are you ready to bust a move!)

Please join us for a fun filled evening of music, dancing, fantastic door prizes, raffles, most creative costume prize and more...

Date: Friday, 5 May 2017

Time: 7:00pm to 9:30pm

Venue: School Gym

Special guests 'The Quadwranglers'

Tickets: \$5 per person or \$20 (for a family of 4 or more)
Please note all children must be accompanied by an adult

BYO soft drinks & food
(Strictly no alcohol)

PWPS Family Disco Night

Please return form and money to the School office by Monday, 1 May 2017

Name:

Child/children name(s) Class

How many tickets:

Amount enclosed: \$

(List of names will be at the door)

