6/3/2012

Students are supervised between the hours of 8.50 am and 3.45 pm

**School Council Elections**

Nominations for school council have now closed. We have received nominations from Nicola Foreman, Cassandra Miller and Ruth May and a DEECD nomination from Kelly Hunter. As the number of nominations matched the number of vacancies a ballot was not required and all those nominated were duly elected. This means that our school council members for 2012 are Belinda Smart, Shona Lynch, Sandra Brooks, Ruth May, Wendy Noye, Karen Jarbus, Kelly Hunter, Nicola Foreman, Cassandra Miller, and Mick Hussey.

I would like to thank retiring council members Kerryn Heylen, Sue Wooten, Belinda Kirkham and David Perrott for their contribution to our school through their membership on school council. They all gave their time generously and have been most valued supporters of our school. I also thank all school council members for their willingness to be such an important part of our school decision making this year.

**Active After School Communities**

There are still a few places available in both soccer on Tuesday night and netball on Thursdays and forms are available at the office.

**Peer Mediation**

Our Grade 5 and 6 students participated in Peer Mediation course at Poowong Football Club on Tuesday 28th February. Our students gained a great deal from the program and we would like to thank the Strzelecki Lions Club for their support of this important leadership program.

**Premier’s Reading Challenge**

The Victorian Premier Reading Challenge has now commenced. Each family will receive the lift out supplement from a recent edition of The Age which provides details of the challenge and the reading list of books. This is a great opportunity to further stimulate our students to pursue the journey into the wonderful world of books and reading. We hope they enjoy the experience.

**Young Leaders Day**

Once again our student leaders will attend The National Young Leaders Day event at the Melbourne Convention Centre on Thursday 15th March. They will be addressed by Andrew Swallow (Captain of North Melbourne FC) Lorin Nicholson (Blind Guitarist and Australian of the Year Nominee) Marita Cheng (Australian of the Year) and actor Joy Smithers. We hope they enjoy the day and look forward to hearing of their experiences when they return.

**Mick Hussey**

Principal

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**BIRTHDAYS**

**MARCH**

Georgia M  
Maddi B  
Shakarn  
Corey  
Emmersyn

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**Calendar of Events**

12th Labour Day public holiday

15th Young leaders day
16th finance meeting
19th School Council
7.30pm
23rd Ride to school day
30th End of term 1 2.30pm dismissal

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**Thought for the Week**

All our discontents about what we want appeared to spring from the want of thankfulness for what we have.

Daniel Defoe
WOULD YOU LIKE YOUR NEWSLETTER EMAILED HOME?
We are hoping to send the newsletter electronically in 2012 to all families via email, better for the environment and no more finding the newsletter screwed up in the bottom of your child’s bag.

Please fill in your details and return to the office. Thank-you.

Email: ………………………………………………………

Family Name:…………………………………………………….

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NETBOOK PAYMENTS 2012
The charges for 2012 are as follows; -

Instalment 1 $45.40 Due by 01/03/2012
Instalment 2 $45.40 due by 01/05/2012
Instalment 3 $45.40 due by 31/08/12
Instalment 4 $45.40 due by 30/11/12
Thank-you.

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PARENT’S AUXILIARY NEWS
EASTER RAFFLE
Each year for Easter Parent’s Auxiliary run an Easter egg raffle to raise money for our school. We are holding this fundraiser again this year and we are asking each family to donate eggs to go into our Easter hampers which we will raffle at the end of term. Donations can be left at the office. Each family will receive a book of raffle tickets to sell. Parent’s Auxiliary are looking for more helpers to assist with fundraising activities. This involves helping on Mother’s and Father’s day stalls, hot dogs, School disco, sausage sizzles etc. These activities help to raise much needed funds for our school, if you are able to assist in any way please let the office know.

Unless we are able to get more assistance from families we will not be able to run Hotdogs/Dim Sims in term 2 and 3, or hold a school disco this year. Parents Auxiliary also fund the footstep dance lessons which students will participate in during term 2, showing that all money raised by Parent’s Auxiliary directly benefits our students.

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A reminder for students involved in the active after schools program, soccer is on Tuesday and netball is on Thursdays, both programs finish at 4.45pm. Please remember to bring a drink and a hat, a fruit platter is supplied.
**VALUE OF THE WEEK — THANKFULNESS**

**What is it?**
Thankfulness is giving thanks and being grateful for what you have. It is appreciating the little things that happen as much as the big things.
When things don’t seem to be going very well, look at the little things that are going well. Sometimes they are hard to find, but they are always there.

**Why practice it?**
When we practice thankfulness we focus our attention on the good things in life. We become optimistic. Things look better.
When people don’t practice thankfulness, they can become quite negative. They complain and moan about lots of things. This only makes them feel worse inside. Even in the darkest of situations there is always something to be thankful for.

**How to practice it**
You practice thankfulness by appreciating what you have and the unique qualities which make you the person that you are. Be aware of the multitude of little things that you have to be thankful for—a good friend, food on the table, a goal achieved, a sunset, listening to your favourite music. You can celebrate each day with thankfulness.

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**FREE FRUIT WEDNESDAY VOLUNTEERS**
Foodworks Lang Lang kindly supply our school each week with fresh fruit for our students and playgroup to enjoy. We are looking for parent’s/ carers to come in on a Wednesday morning to chop up the fruit for the students. This task only takes half an hour to complete with two people rostered on together and can be done first thing in the morning when you drop your child off at school. If you are able to help please fill in the form below with your details and return to school.
Thank-you.

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**I AM ABLE TO HELP WITH THE FREE FRUIT WEDNESDAY PROGRAM.**

**NAME:**____________________________

**PHONE:**___________________________

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**CONGRATULATIONS TO WADE, SANDRA, LAYLA AND JET ON THE SAFE ARRIVAL OF ’ CHAD DAVID’ BORN ON FRIDAY 2ND MARCH, BEST WISHES TO YOU ALL.**

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**It's a BOY**
Supports the school throughout the year, by supplying breakfasts for different activities and fruit for our Free Fruit Wednesday program.
Come and celebrate the end of the pool season (the season ends on **March The 12th**) at Poowong Pool on Sunday March 11th, from 5pm to 9pm!

**Live Music!**

We need a show of support for the pool in the form of numbers through the gate. Even if you don’t swim, come along to support the pool and say hi!

**Sausage Sizzle!**

**Games!**
Reducing the risk of an asthma attack in February:

**Tips for Parents & Carers**

**What is the February asthma spike?**

Throughout the year there are significant increases, or ‘spikes’, in asthma presentations to hospitals and emergency departments. Approximately 1 in 9 children in Australia have asthma, and for children and adolescents with asthma these ‘spikes’ usually occur towards the end of holiday periods as they return to school and preschool. A significant ‘spike’ in asthma symptoms, and subsequent hospital admissions, of children and adolescents occurs throughout the first few weeks of February. The following are key points that are important for parents and carers of children or teenagers to be aware of.

**Why does the spike occur?**

While there have not been direct links established, the February ‘asthma spike’ is believed to be largely due to children and adolescents coming into contact with asthma triggers that they have had time away from, as they are now returning to school.

**Triggers that can be encountered are:**

- Dust and mould spores from poorly ventilated, or insufficiently cleaned school/preschool rooms
- Respiratory viruses, such as cold and flu viruses
- Cleaning products that leave behind strong smells, aerosols or airborne dust
- Anxiety and stress due to returning to school/preschool

**What can parents and carers do to avoid asthma exacerbations at school?**

Ensure your child is always carrying their reliever medication (e.g. Ventolin, Asmol, Airomir and Bricanyl) as well as a spacer. If required, also ensure that you provide medication to the preschool your child attends. Ensure that you have provided your child’s school/preschool with an updated Asthma Action Plan.

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**CANBERRA CAMP 2012**

At the end of last year a note for expression of interest for the 2012 Canberra camp was sent home. For those of you who indicated that your child will be attending, a payment plan is set out below. The cost is approximately $500 (please note this is based on 40 students attending). This can be paid in instalments or in full. The final payment must be received by the end of term three.

- First Instalment Due 30/4/2012 $170
- Second Instalment Due 30/6/2012 $170
- Third Instalment Due 30/8/2012 $160

**Help Wanted**

I need someone who can assist me in getting my son to and from school a couple of days a week as my work schedule prevents me from doing this. I live at Forrest drive Nyora and am willing to pay petrol money. If anyone can help please contact Laurienne on 5659 6556 or 0401 969 738.
Poowong Nth Hall, Timms Rd Poowong

Sunday 1st April 2012 at 10:30am

Cost $5 per person children under 12 free

Food and drinks available from Strzelecki Lions Club

You can expect to see a variety of ride on mowers turned into racing machines with 110cc to 450cc engines racing around a track at speeds of up to 70 plus km/h. Previous years event saw 35 mowers attend and a crowd of over 500.

Events on the day:

- Mower Racing
- Children’s Activities
- Jumping Castle

Further info PH Stephen on 0467318333
or Krystal on 0439831502
WWW.AROLMRA.NET

- Face Painting
- Sam the Koala
- Raffle with great prizes
- Motorbikes side car racing and display
- Vintage truck display

Alcohol, drug free event

Proceeds go to the Poowong C.F.A.
YOGA

Loch Memorial Reserve:
Wednesday 10am & 7.15 pm

Milpara Community House
Mondays 5.30 & 7.30 pm

Lang Lang scout hall
Thursday 7pm
All venues carpeted and heated.
Classes held during school terms.

Contact Mary: 56590052
mary@innerserenity.com.au
www.innerserenity.com.au

NYORA MOTOR GARAGE

Davis Street, Nyora.
- All mechanical repairs
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Lou & Jenny Wouters
56 596203

NYORA COURIER SERVICE

Melbourne Metro Daily
Geoff de Longville
Tel: 0418 391 983
29 Koala Court, Nyora 3987
A/H: 5659 0480

GARDEN SUPPLIES

Poowong Rd, Nyora
Phone: 5659 6588
Mob: 0408 146 216

- Garden Mulch
- Crushed Rock
- Sand
- Soil
- Screenings
- Sleepers

BOBCAT & TIPPER HIRE
- DRIVEWAYS CONSTRUCTED -
  - Trencher - Auger - Vibrating Roller - Back Hoe

HEYLEN'S

REDGUM FIREWOOD

Trading Hours:
Weekdays 8am - 5pm
(closed Tues & Public Hols)
Sat. & Sun. 9am-12noon
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