

Tawonga Primary School Newsletter

Healthy, Happy Children ... Learning to Live

Our vision: To educate students with the life skills necessary to achieve academic, social and emotional success.

Phone: 5754 4468

e-mail: tawonga.ps@edumail.vic.gov.au

Fax: 5754 1218

Mob: 0438544468

Issue No: 6

www.tawongaps.vic.edu.au

Date: 07/03/2013

Dear Families,

This week I am in Melbourne on Thursday and Friday for our annual Region Principals Conference. With the restructuring that has occurred in the Department I look forward to hearing how we will be supported in the future.

On Tuesday we had the Life Education Van visit our school along with the staff and students from Falls Creek. The Prep/1s talked about personal safety including safety with medicines. The Year 2/3/4s talked about peer pressure and factors that influence the function of the human body. The Year 5/6s talked about the short and long term consequences of legal drugs, factors that influence health and behaviour, laws relating to drugs and strategies to deal with unsafe situations and social dilemmas. Students will be doing further follow up learning in their classroom which will enhance our unit on Safety.



Personal property is often brought to school by students and visitors. This can include mobile phones, electronic games, calculators, toys, musical instruments, sporting equipment, and cars parked on school premises.

The Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

Last Friday the students participated in Clean up Australia Day, by walking around the school and picking up any rubbish found. Students watched a short presentation demonstrating the effect that rubbish, especially plastic can have on our marine life with the turtles on Christmas Island.



CALENDAR 2013

MARCH	2013	
Thurs/Fri	7/8	Kim attending annual Regional Principal's Conference
Monday	11	Labour Day Holiday
Friday	15	National Day of Action against Bullying and Violence. Whole School Lunch and afternoon activities. Meal Deal Day 2
Monday	18	School Council AGM 7.00pm.
Friday	22	Ride2School Day
Thursday	28	Last Day Of Term 1. Crazy Hair Day. Meal Deal Day 3 School dismissed at 2.30pm
APRIL	2013	
Monday	15	First Day of Term 2
Thursday	18	Athletics Carnival – Years 3-6
Thursday	25	Anzac Day Holiday
Friday	26	Pupil Free Day
Tuesday	30	School Photos

BRAIN GYM

Staff attended a professional learning session on 'Brain Gym' a couple of weeks ago and have started implementing the activities prior to learning time to focus students.

Brain Gym is a series of simple and enjoyable movements and activities that enhance whole brain learning. These activities make all types of learning easier but are especially effective with academic skills. Children respond particularly well to Brain Gym. They seem to love it, and integrate it easily into their lives without much coaching or supervision. I believe this is because children are more inclined to move their bodies to process a problem or stress. Movement and play are closely linked and integral to childhood learning and development of spatial awareness and sensory skills. The Brain Gym activities are uniquely designed to fulfil specific physical requirements that learners encounter in the classroom. While any physical education may 'wake up' the brain, the Brain Gym exercises foster the flexibility, eye teaming, and hand-eye coordination that allow learners to thrive in the classroom, along with the ability to live happily and creatively amid the stressors of modern life. The activities do this by reminding students to access their senses through hands-on physical experiences, as young children naturally do. If people can freely move and express themselves, they'll be ready to meet any challenge. The three simple concepts of movement-based learning are:

1. Children naturally learn through play and movement. Such activities build large and fine-motor skills that lead to thought structures.
2. Successful learning begins with an awareness of imbalance. This experience is followed by experimentation, the creation of new associations in memory, and a new level of equilibrium that brings a task to closure and stores it for future reference.
3. Learners of any age can come to an impasse. This happens when stress, injury or anxiety interferes with their natural inclination to take action so as to achieve new balance; specific activities such as Brain Gym can support or restore the impetus to move.

Brain Gym offers a dynamic way of re-educating the mind/body system to use more of your optimum potential in your daily life. It is based on over twenty years of research by its founder Dr. Paul Dennison and his wife Gail, of Ventura, California. It is designed for anyone who wishes to be more relaxed, or create harmonious relationships at home and work and to apply more of their potential in study or sport.

LUNCH ORDERS

Now that swimming has finished Lunch Orders will return to Mondays. If anyone requires another Lunch Order List please see Lisa in the office and she will give you a copy.

Hello Prep / 1 parents,

We have had an exciting week this week with the students visiting the one and only 'Healthy Harold'. This visit works in well with our inquiry based subject of Safety. Next week, the students will start to explore 'How to be safe at home and at school'.

In the classroom.....

Reading

This week we are still focusing on establishing work habits while introducing students to the three ways of reading: 1. Pictures 2. Words and 3. Retell.

Writing

This week I have been introducing students to-' How to write a sentence' looking at capital letters, finger spacing and full stops.

Handwriting and Spelling

As part of writing this week, students have been working on their handwriting, focusing on letters: Gg

Maths

Fluency Task- Preps are practising to write numbers from 1 to 5. Year 1 students are practising Tens and Ones; for example how many *tens* in 23, student states 2 tens. Then how many ones in 23, the students states 3.

Learning focus this week is on- Whole 1 and Half $\frac{1}{2}$ as well as patterns.

PE

Students yesterday had the pleasure to participate in Physical Education and they had a great time.

Music

First week of music and we had a blast, singing and dancing, learning the hoaky poaky and playing our first musical instrument. Thanks Conrad!

Homework

Thanks to many parents who have ensured that their child is reading most nights and returning to school with their reader cover.

Thanks for your time.

Regards

Kellie ☺

MEAL DEAL FRIDAY 15TH MARCH 2013.

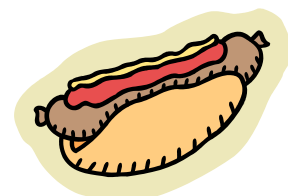
Our next meal deal will be held next Friday 15th March. The menu is:

Sausage in Bread

1 x Cake/Slice

1 x Cordial

The cost will be \$5.00. Please order on a Brown paper bag with money enclosed and place in the Red Box. Orders need to be in by Wednesday 13th March.



TAWONGA PRIMARY SCHOOL EASTER RAFFLE

Today with your newsletter you would have found some raffle tickets to sell. This is for our Easter raffle with some fantastic prizes to be won.

1st Prize - 1 season entry car pass and 2 Falls Creek Ski Lift day lift passes.

2nd Prize - A wonderful hamper for the home including Bath Towels, T Towels, Apron, Lavender Wheat pack, Coffee Mug and bottle of wine.

3rd Prize - Tupperware and School Cookbook.

We thank Falls Creek Resort Management and Falls Creek Ski Lifts for their donation of 1st prize.

Thanks also goes to Jill Green and her family for their very generous donation of 2nd prize - The goodies hamper.

Tickets are \$2.00 each or 3 for \$5.00. We would appreciate it, if you could ask family and friends to purchase tickets and have the stubs and money back to school by Monday 25th March. The raffle will be drawn on the last day of school. More tickets will be available at the office.

Funds from this raffle will assist the students who are attending the Year 5/6 Camp to Canberra.

The Parent Group have upcoming fundraisers which we would love parents to be involved in. Please keep an eye out on upcoming newsletters for more information. We will be running a BBQ at the Music Festival this year so please put this in your diary. These sort of fundraisers bring to the school a healthy amount of money, which will help greatly with upcoming projects including our playground and kitchen makeover. Without the efforts of our parents running fundraisers these projects would not be possible.



PHYSICAL EDUCATION ON WEDNESDAYS



Phys Ed is now happening each Wednesday. Please encourage your child(ren) to wear runners. We are doing Athletics in the lead up to the Athletics Carnival in Week 1 Term 2 for years 3-6.

Sue.

Coeliac Awareness Week 13-20th March.

As part of raising awareness for Coeliac Disease, Lachlan Stripeikis's family will have a fruit platter and another sweet to share on Tuesday March 12th. In addition Grade 2/3 will be making Honey Joys using Gluten Free Cornflakes and sharing with the other children in the school. During the week Lachlan's mum is also having a gluten free morning tea at Alpine Health, Mt Beauty.

Lachlan was diagnosed with Coeliac Disease in 2011 and we are consistently educating not only family and friends but the wider community on a daily basis.

Below is a summary of what is Coeliac Disease and how it occurs.

What is Coeliac Disease?

In people with coeliac disease the immune system reacts abnormally to gluten (a protein found in wheat, rye, barley and oats), causing small bowel damage. The tiny, finger-like projections which line the bowel (villi) become inflamed and flattened. This is referred to as villous atrophy. The surface area of the bowel available for nutrient absorption is markedly reduced which can lead to various gastrointestinal and malabsorptive symptoms.

A number of serious health consequences can result if the condition is not diagnosed and treated properly.

Who gets Coeliac Disease?

You must be born with the genetic predisposition to develop coeliac disease. The most important genes associated with susceptibility to coeliac disease are HLA DQ2 and HLA DQ8. Either one or both of these genes are present in virtually every person with coeliac disease. Only 1 in 30 people (approximately) with one or both genes will get coeliac disease.

Environmental factors play an important role in triggering coeliac disease in infancy, childhood or later in life.

How Common is the Condition?

Coeliac disease affects approximately 1 in 100 Australians. However 75% currently remain undiagnosed. This means that approximately 160,000 Australians have coeliac disease but don't yet know it.

Can Coeliac Disease be Cured?

People with coeliac disease remain sensitive to gluten throughout their life, so in this sense they are never cured. However a gluten free diet does allow the condition to be managed effectively. A lifelong gluten free diet is the only recognised treatment for coeliac disease. By removing the cause of the disease, a gluten free diet allows the small bowel lining to heal and symptoms to resolve. As long as the gluten free diet is strictly adhered to, problems arising from coeliac disease should not return.

There is no correlation between symptoms and bowel damage, so even if asymptomatic (you have no symptoms), damage to the small bowel can still occur if gluten is ingested.

People with coeliac disease should remain otherwise healthy as long as they adhere to a diet free of gluten. Relapse occurs if gluten is reintroduced.

What are the Long Term Risks of Undiagnosed Coeliac Disease?

The long term consequences of coeliac disease are related to poor nutrition and malabsorption of nutrients. Untreated, coeliac disease can lead to chronic poor health, osteoporosis, infertility, miscarriage, depression and dental enamel defects. There is also a small, but real, increased risk of certain forms of cancer such as lymphoma of the small bowel. In children, undiagnosed coeliac disease can cause lack of proper development, short stature and behavioural problems.

Fortunately, timely diagnosis of coeliac disease and treatment with a gluten free diet can prevent or reverse many of these problems.

CRAZY HAIR DAY

The Junior School Council presents.....

Tawonga Primary Schools Crazy Hair Day

This will be held on Thursday 28th March (Last Day of Term 1). Come to school with coloured, messy, Mohawk, whatever takes your fancy hair!! Get your thinking caps on and create your best Do.

A gold coin donation is required and will be donated to the Tawonga CFA.



COMMUNITY NEWS

MOUNT BEAUTY ROTARY MONSTER GARAGE SALE

The Rotary Club of Mount Beauty is sending two talented Mount Beauty Secondary College students to a two week National Science Challenge to expose them to the brightest and best minds in Australia. To help fund the project we are holding a Monster Garage Sale.

*Come along and pick up a bargain AND
support a worthwhile cause!
The students will be running the BBQ.*

When: Saturday 30th March 2013 from
8.00am to 1.00pm

Where: Kiewa Valley Hwy, Tawonga
South, opposite Falls Creek Coaches

Donation of goods:

We urgently require goods to sell.

If you can donate any goods (except mattresses and televisions) please

Call: 575404453 or
0418 148 034 to arrange a time for delivery or
pick up

To: Pyle's Shed (opposite
Falls Creek Coaches)

On: any Wednesday until the
end of March

*Don't miss it: There'll be heaps of
fabulous bargains.*

Rotary serving the community.

MOUNT BEAUTY MUSIC FESTIVAL VOLUNTEERS WANTED

We need your help. Mount Beauty Music Festival needs your help from:
Friday 19th April to Sunday 21st April 2013.
You can earn a discounted ticket to the Festival, so please call Gill by 26th February.
Phone: 0427052572 or email:
ticketing@musicfestival.org.au

MOUNT BEAUTY SOCCER CLUB

Mt.Beauty soccer club Registration Day for season 2013

Saturday 16th March 11am- 12noon at the
Mt.Beauty Football Ground.
Boys & Girls age 6 – 15 years old.

Mt.Beauty Soccer Club AGM Wednesday 20th
March 7pm at the football ground.
All welcome!!! "Come along and be part of our
fantastic little club."

Contact:

President: Ron Crawford P: 03 57544886 M:
0413 339 570

Address: po box 433 Mt. Beauty Victoria 3699

**Dederang Mt Beauty Football
Netball Club presents
LAUNCH ON THE
LAWN**

April 6th 2013 at the Dederang Oval
Event starts at 6:30pm, straight after awards
at the multipurpose building

Live Entertainment

Food and Drinks available to purchase
BYO Picnic Blanket and Chairs

Adults: \$15 each Children: \$5 Family Pass: \$35

For further information, please contact:

**Monika Hood: 0416 237 434 Amelia Connors:
0422 263 376**

**SASSY ROAD
AND
IVORY ROOMS
ARE HAVING A
"GIRLS NIGHT"...**
*A night of late night shopping,
champagne and giggles!*

When: **FRIDAY 15TH**
MARCH 2013

Time: 5.00pm – 8.30pm for
shopping and champagne
at

SASSY ROAD
Time: 6.30pm til 10pm for
dinner and
relaxing drinks at the
IVORY ROOMS,
Tawonga ...

*****If wanting to book dinner at the Ivory
Rooms ...Please book with Tan or Stan on
57541026.....see you
there!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!xx Moni***

Barista Basics



Have qualified baristas teach you how to select the
right coffee, choose the right grind and texturize the
milk to produce the perfect coffee.

**1 Session: 9:00am – 1:00pm Tuesday 26
March 2013
Fee: \$150.00**

Coffee & Chocolates Anyone?

Come and learn to make special chocolate treats for
Easter with a Master Patisserie.

2 x 2 sessions

Time, Date and Cost

To be advised upon show of interest.

@ Mt Beauty Neighbourhood Centre

Email: info@mountbeauty.org.au

Phone: 03 5754 1166

Address:

1 Tennis Court Avenue Mt Beauty

**Mt Beauty Basketball Club Fundraiser
3 Peaks Challenge, Falls Creek**

Volunteers Wanted!

Saturday 9th March

Registration of participants.

**This is an easy job that earns money for
the Mt Beauty basketball club**

**For information contact Sharon Plummer
on 0411 695 546.**