



Tawonga Newsletter

Primary School

"Happy, Healthy Children...Learning to Live"

Issue 27- 05/09/2013

Our Vision:

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

SUPPORT

Recognising that we all have different learning needs and that we need to assist and help each other.

OPPORTUNITY

Providing every child a broad range of possibilities to achieve success.

UNITY

Working as a team with common beliefs and understandings.

RESPONSIBILITY

Being accountable and trustworthy.

COMMUNITY

We are a group of people with a common interest.

EXCELLENCE

Striving to be the best we can be.

Message from the Principal:

Dear Parents

Kim is attending the Victorian Principal Associations Annual conference in Melbourne this week with over 200 fellow principals so this weeks newsletter may be a shortened edition.

FAMILY MATHS NIGHT

This will be held at school on Tuesday 17th September between 5pm– 6pm. This will be an opportunity for families to participate in fun maths activities together and enjoy a relaxed social evening. Come along and play some games with other families.

We ask families to bring a dish to share for dinner which doesn't require heating at school (keep it simple!!) We will be having dinner at 6pm at the completion of the activities.

FATHER'S DAY BREAKFAST

Thankyou to the fathers, grandfathers and special friends who came along and enjoyed breakfast with their children last Friday. We thank the Parent Group, particularly Anne, Yvette and Jill for organising this and cooking the delicious egg and bacon rolls.

YEAR 3, 4 CAMP

Our year 3,4 Camp will be held at Howman's Gap this year on Wednesday 6th and Thursday 7th November. We will require a \$50 deposit by the end of term 3 from Year 3 and 4 students. More information will be forwarded to families next week .

ELECTION DAY BBQ AND CAKE STALL

Families would have received a plate in a freezer bag and sticker this week. We request that families return the plate on Friday afternoon or Saturday morning for our cake stall. Please write on the stickers provided the name of the cake, slice etc and the ingredients which are in it. The stall and BBQ will run between 9am and 2pm. Anyone who can lend a hand for a short time on the day are requested to speak with Anne Stanmore.



Kim Franzke
Principal

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2014 ENROLMENTS FORMS FOR KINDER AND SCHOOL AVAILABLE NOW

2014 Prep enrolments strongly encouraged to be in by the end of Term 3

WHY EXERCISE IS COOL



Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic exercise.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job—delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, jogging (or walking quickly), inline skating, soccer, cross-country skiing, cycling or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having 'full range of motion,' which means you can move your arms and legs freely without feeling tightness or pain. Things to do for good flexibility:

Tumbling and gymnastics

Yoga

Dancing, especially ballet

Martial arts

Simple stretches, such as touching your toes or side stretches.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy—like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. Exercise can also put you in a better mood. When you exercise your brain releases a chemical called endorphins which may make you feel happier. It's just another reason why exercise is cool!



BBQ AND CAKE STALL

A reminder to parents that as Tawonga Primary School is a polling place for the Federal Election. As there will be a number of people coming during the day to vote we are taking the opportunity to hold a BBQ and cake stall which will help raise some extra cash for the school. Please return your cakes, slices, biscuits etc. either tomorrow afternoon or Saturday morning. The stall and BBQ will run from 9am to 2pm. Any parents who may be able to help are asked to see Anne on the day. Encourage your friends and relative to vote at Tawonga and check out the BBQ and cake stall goodies.



FATHERS DAY BREAKFAST



CALENDAR OF EVENTS:

SEPTEMBER/OCTOBER

MON	TUES	WED	THURS	FRI	SAT/SUN
2	3 Emily Eyefinger Production Whole School Excursion Wangaratta	4	5 Arts Festival Wodonga Yr 2-6 Music Performance CANCELLED	6	7/8 Federal Election Polling Booth at School Election Day BBQ and Cake Stall
9	10	11 Cultural Studies Presentation and Lunch. Yr 3-6 School Council	12	13	14/15
16	17 Family Maths Night	18	19 Cricket Clinic	20 Last day of term 3 finish 2.30pm	21/22 SCHOOL HOLIDAYS
OCT 7 First Day Term 4	8	9	10	11	12/13
14	15	16	17	18 Prep Transition	19/20

REMINDERS

HEADLICE - Please check weekly and notify the school so that we can inform other parents when there is an outbreak.

SCHOOL FEES - All fees are requested to be paid by the end of Term 3.

SCHOOL HATS - Please starting looking for your child's school hats as the weather warms up. Hats will be compulsory during Term 4.

SCHOOL COUNCILLORS

President	Mark Roffey 0437 131 778 roffey.mark.m@edumail.vic.gov.au
Vice President	Katrina Vazzoler 0438 310 068
Buildings & Grounds	Davide Angelini 03 57541 192
Other Councillors	Clive Hawkins, Yvette Hind, Graeme Boote, Ellen Gorham Jane Zagorski





YEAR 3-6 CULTURAL STUDIES LONGEST LUNCH NEXT WEDNESDAY



Next Week students in Years 3, 4, 5 and 6 will be presenting their Cultural Studies project. This will be followed by a Long Lunch from 12.30pm onwards. Parents and friends are more than welcome to watch the presentations.

Oral Presentation—11.30am onwards

Long Lunch—12.30pm onwards

Please help your child in their organisation. Here is a check list to assist.

	JOBS TO COMPLETE	COMPLETED
1.	Oral presentation completed and printed	
2.	Display items for their table	
3.	Costume, accessories organised	
4.	Plate of food organisation	



DOWNHILL WORLD CHAMPION

Some of you may not realise this but on the weekend Paul van der Ploeg became an official World Champion after competing in the 2013 UCI Mountain Bike World Championships at Pietermaritzburg, South Africa. Paul was a student here at Tawonga Primary School back in the '90's. What an outstanding achievement this is and we congratulate Paul for his fantastic effort.

EMILY EYEFINGER

On Tuesday we all headed off the Wangeratta to see Emily Eyefinger. After the performance the students had the opportunity to catch up with the students from Wooragee Primary School for lunch in the park and a play before returning back to school. We thank Amy, Jacqui, and Heather for helping make the day a success. The students were really well behaved and enjoyed the day.



Community News

Mt Beauty Little Athletics

Will be restarting in Term 4 with a

Come And Try it evening.

Friday 11th October

5-7pm

It will run weekly during Term 4.

More info come soon

Self improvement and personal bests are the focus each week.

If you would like to know more please contact President Ivan Zirnstein

mtbeauty@lavic.com.au

0407 416 095

Cheeky Bits Boutique & Beauty Lounge

SEPTEMBER SPRING SPECIALS!

Shellac Toes \$29 Includes free eyebrow shaping!

SUN FX Professional Spray Tan only \$30!

New season SEAFOLLY Swimwear & spring fashion..

New Deco Sunrise Jewellery range, New KK Collection

By CELESTE Organic Products and lots more new treats

Now open for appointments Thurs evening

Ph 5754 4458 for bookings.

Ipads & Tablets for Beginners

Recapping on our last session on how to use ipads or mobile phones.

Knowing how to apply applications (apps) to your device?

Also we will be covering how to download your photos.

Register Now! For this 2 hour session & see what all the hype is all about!

Date: Saturday 7th September

Time: 10.00am -12.00pm.

Venue: Mount Beauty Neighbourhood Centre

Address: 1 Tennis court Avenue.
Mount Beauty

MOUNT BEAUTY COMMUNITY MARKET

Saturday September 7 2013.

9am to 1pm. In the grounds of the Mt Beauty Community Centre.

Interested stallholders can call Bev on 57544097.

MOUNT BEAUTY SOCCER CLUB

Mt.Beauty Soccer club end of year presentations this Saturday 7th September 10.30am @ the football ground, players & parents, bring your soccer boots and shorts for a "kids against parents soccer challenge" followed by a BBQ and then presentations.

A special thank you to all coaches & club volunteers for your hard work during the year.

How to Submit Community News:

Articles can be sent to tawonga.ps@edumail.vic.gov.au by end of day Wednesday for inclusion in Community News.

