



Tawonga Newsletter

Primary School

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

Issue 29- 17/10/2013

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 Families,

Yesterday our school was judged by the state judges to see if we could win any state or special awards in this years School Garden Awards. The official announcements will be made at the Botanical Gardens in Melbourne on the 5th December (perhaps a special visit may need to be had by some of us).

Our student tour guides did a superb job at showing the judges around. Their enthusiasm and pride in our school was noticed by the judges. They needed little prompting by myself to explain what we have been up to. Well done Bella O, Jacob, Elina, Sienna and Tarn.

Our school captains accepted our regional award which included a voucher for \$350 to spend at approved nurseries.

The helicopter was very exciting to see land and it sure was windy. Now for us to wait for the results and to keep improving our beautiful little school. We should all be very proud of what we have achieved.

Kim Franzke



Kim Franzke

Principal

Mob: 0438 544 468

Ph: 03 5754 4468

Fax: 03 5754 1218

Email:

tawonga.ps@edumail.vic.gov.au

www.tawongaps.vic.edu.au

OSHC: 0429 018 724



Reminder - Pupil Free Day on Monday 4th November

OSHC available if enough interest with prior booking

THINGS YOU CAN DO... TO SUPPORT HEALTHY EATING



- The best way to get your children to eat lunch at school is to pack what you know they like; even then they may be too excited or busy to eat all their lunch.
- Encourage them to bring home uneaten food so you can monitor whether they're getting a balanced diet and adjust their food intake at home if necessary
- Children often don't eat things that go soggy, for example tomato sandwiches—but tiny cherry tomatoes in a salad of lettuce, celery, cheese, gherkin and grated carrot can make an enjoyable lunch if your child likes these.
- Water is the best thirst quencher and milk and juice do not always survive well in warm classrooms; pack a frozen drink in the lunch box in summer to help keep the food cold.
- Keep foods separate and well wrapped, making sure that little fingers can open each pack.
- Try different kinds of rolls, muffins and biscuits to offer variety—we wouldn't like to sit down to the same lunch every day.
- Include an occasional treat for your child, but don't send food to be shared with your child's friends, because there may be problems with allergies or cultural food requirements.
- If your child's school has a tuckshop or canteen, find out about the healthy and safe options available and plan with your child what they will choose for lunch.
- Have something for children to eat as soon as they get home after school—or even in the car if you will be driving for a while. This gives children some energy and stops them feeling so tired.
- It usually works best not to make a fuss over what children eat, even if you notice that they have not eaten much of their lunch. Just make sure they have access to healthy food when they get home.
- Often children are hungry when they get home and then too tired to eat well when the family has their meal. Providing a nourishing sandwich and piece of fruit after school is a healthy solution.

The Children, Youth and Women's Health Service website from South Australia has wonderful ideas for school lunches—search for 'A Healthy Lunch Box on www.cyh.com

JUNIOR SPORTS DAY

On 1st November Tawonga Primary School will host the Annual Junior Sports day. Prep to year 2 students will visit from Dederang, Falls Creek and Mt Beauty Primary Schools to take part.



Time: 9.30am to 1.30pm.

Games, Fun, have a laugh.

If you would like to help please see Kellie.

Thursday Mornings

Teaching staff will be having one of our weekly meetings before school on Thursdays this term from 8-8.45am. Students will be asked not to enter the school building before 8.45am. The door will remain locked. OSHC staff will supervise early students as they always do.

Bedwetting

Bedwetting (“nocturnal enuresis”) is a very common problem for school aged children. There will be many kids in schools who bedwet but no one talks about it. It is far more common than people think, 30% of 4 year olds bedwet, 10% of 6 year olds and 5% of 10 year olds. It is also common for some children to be dry for a period and then start to wet again.

For many children who bedwet there is a familial reason to why they do it. It’s not your child’s fault. It is important not to punish children or blame them. This never helps the situation.

You should consult a doctor if you are worried about it, over 6 years of age, wet or have bowel movements during the daytime. Sorting it out before going to friends for sleep overs is a very common motivator.

Bedwetting can be treated using a combination of behaviour modification and motivation. Occasionally we need to use bedwetting alarms and exceptionally rarely medication. It takes time, effort and the involvement of the family.

This article has been written and supplied by Dr Dom Blanks at Mt Beauty Medical Centre.

Working bee thankyou

Thank you to the following families who put in time on Saturday at our working bee.

Melissa & Jim Borg, Yvette Hind, Kate & Dom Blanks, Les & Lou Weibenga, Jill Green.

A lot was accomplished whipper snipping, spreading of mulch, tidying the kinder, wall rendering and mosaic started.



Division Athletics

Well done to the students who participated in the District Athletics last Friday. The results were:

Madeline—3rd in Shotput

Sam—6th in Shotput

Riva—4th in Shotput

Bella—9th in 100m, 6th in Discus.



CALENDAR OF EVENTS:

OCTOBER

| MON | TUES | WED | THURS | FRI | SAT/SUN |
|-------------------------------------|----------------------------|---|---|---|---------|
| | | | 17 | 18 2014 Prep Transition 2-3.30pm | 19/20 |
| 21 Wordmania Challenge Begins | 22 Art | 23 | 24 | 25 NE Water Visit | 26/27 |
| 28 | 29 Library | 30 School Council 7pm Finance 7.30pm General | 31 Sex Ed. Yrs 4-6. | NOV 1 P/2 Cluster Junior Sports Day at Tawonga 9.30-1pm 2014 Prep Transition 2-3.30pm | 2/3 |
| 4 Pupil Free Day | 5 Melbourne Cup Holiday | 6 3/4 Camp Howmans Gap | 7 3/4 Camp Howmans Gap Buddy Day Year 6 BOEC | 8 3/4 Camp Howmans Gap | 9/10 |
| 11 Year 6 Spelling Bee 9.30am | 12 Library | 13 | 14 | 15 TPS Twilight Festival 4pm- late 2014 Prep Transition 2-3.30pm | 16/17 |

REMINDERS

PARENT GROUP - Meetings to be held each Monday at Tawonga Store after drop off until Twilight Festival. All Welcome to attend.

2013 SCHOOL FEES - Families still owing fees for 2013 would have received a statement this week with amounts owing. Please pay these to the office ASAP, alternatively please speak with Kim or Lisa regarding payment plans.

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 |





Community



Mt Beauty Little Athletics Centre

After a year off little athletics will be starting again in Mt Beauty for children aged 5 – 16 years.

Come & Try it Nights, Friday 11th & 18th October, 5-7pm, Les Peart Oval

Following this you will need to be a registered member. More info will be available at the Come and Try nights. The season will run each Friday evening during the Term 4 school term until the end of the year.

The season will be continued into Term 1, 2014.

Self-improvement, personal bests and having a go are the focus of each session.

A great social and sporting opportunity.

We can't run without the support of parents. All children need to be supervised by an adult who is willing to support by running an event, timing, following an age group etc.

If you would like to know more please contact

Ivan Zirnstein – President or Kim Franzke – Secretary

Email – mtbeauty@lavic.com.au Mob – 0407 416 095

THE TUNING IN TO KIDS PROGRAM

The Tuning in to Kids program supports parents/carers to become more aware of their child's emotions and how to tune into their emotions. Parents learn how to develop an ability to label and understand their child's emotions and how to support children in learning to regulate their emotions. Parents/carers are more able to use their children's emotional experiences as an opportunity for connecting, teaching and problem solving.

This program will run over 5 weeks for 2 hours and is aimed at parents of preschool and primary aged children, although these skills are relevant for all ages.

Dates – Wednesday 23rd October-20th November, 2013

Time – 7.00 pm-9.00 pm

Venue – Mount Beauty Primary School

Bookings essential

Please contact Judy at Gateway Community Health on

02 60 228800, by Friday 18th October.

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.



Mt Beauty Brumbies Basketball

Term 4

Monday: Tournament training: 5pm –6pm

Wednesday: Senior men's games 7.15pm
– 8.15pm

Thursday: Junior games mixed 5pm–
7.30pm

*check fixture for your team game time

Thursday: Senior Women's games
7.30pm – 8.30pm

Mt Beauty Brumbies Basketball Association

Annual General Meeting

will be held at

**6.00pm Monday 28 October
2013**

At the Mt Beauty Stadium
(swimming pool complex)

All welcome

Ph 0419 399737 for further information



MOUNT BEAUTY TENNIS CLUB

Mt Beauty Tennis Club is looking for Junior players

for our Mt Beauty based Saturday morning Competition.

Come along from 10.30am this Sat. morning 19th October for:

registration, social hitting and a sausage sizzle.

Comp will commence the following Saturday at 10.30am, for the duration of 4th term.

All players must become a financial club member \$42 per year for Juniors.

Weekly Ball Fee's \$2 per player.

Phone: Kim: 57541722

or Andrea: 57545399

for any details

Mount Beauty Kindergarten Association Incorporated

Notice of Special General Meeting

Tuesday 26 November 2013

The Mount Beauty Kindergarten Committee invites all members to attend a Special General Meeting (SGM) on Tuesday 26 November 2013 at 7.30pm to be held at the Mount Beauty Kindergarten, Lake View Children's Centre, Mount Beauty.

The purpose of the SGM is to ask members to vote in relation to winding up the Mount Beauty Kindergarten Association and forming the Lake View Children's Centre Family & Friends Group.

Please contact Julie Tryhorn (E try-bon@bigpond.com or M 0418 607 759) should you have any questions in relation to the SGM or proposed changes.

Mount Beauty Neighbourhood Centre

Free on Monday nights

Why not try our new Muay Thai Kickboxing class,
starts at 5:45pm, its a great way to get fit for summer!!!

ring 03 5754 1166 for more details

International Cooking Tour course, running over 5 sessions, including Asian Cooking, Pasta Making, Indian Curries, Sweet Deserts and Vegetarian Wholefoods classes.

The total cost of the course is \$95. please contact the Mount Beauty Neighbourhood Centre on 03 5754 1166 for more details.



Term 4 Week 2 Pirates of the Curry Bean

Students received their scripts this week and have been reading to familiarise themselves. This is also a good opportunity for Ellen and Sue to get an idea of which role suits which student. This can be quite arduous and changes may need to be made to ensure each student has the role which is best suited to them.

We will be calling for volunteers for backdrops this week. If you are interested helping to assist with painting, please see Ann Stanmore.

Details of costume requirements will be made shortly, to give parents suitable amounts of time to either- make, borrow, check in op shops etc.

By week 3, we aim to have characters selected according to our trials and what seems to best work as a cast.

Tawonga Primary School presents.....

Pirates of the Curry Bean

Wednesday 18th December.

More Information in weeks to come.....



COMMUNITY EVENTS

On Wednesday a helicopter landed on our oval to judge our gardens and how they are presented. Elina, Jacob, Bella O', Sienna and Tarn were chosen to welcome the judges and show them around the school. The helicopter pilot's name was Nathan and he is 21 years old. He has had 10 years experience in flying. He was circling around the school to make sure he doesn't hit a power line or a fence. This is called a reconnaissance. When he started to land, we could all feel the big gust of wind made from the propellers. The helicopter flew 2 kilometres high as it made its way from Moorabbin to Tawonga. When it's flying, its gets up to 520 degrees in temperature. The helicopter is also used to fight fires in summer. It carries a bucket underneath it which stores 500 litres of water in it.



By Emelia



SPORTING EVENTS:

Bathurst

On the 13th/10/13 Bathurst racing was on TV. The winning contestant was Mark Winterbottom. Mark has been racing in Bathurst for 11 years and has not been placed on the podium until now. Mark has 2 kids and he says "they are his greatest supporters" Marks nickname is Frosty and he got that nickname from the way he glides around the corners and his last name being Winterbottom. There are 161 laps in the whole race. The best thing about that is watching all the cars crash. Mark Winterbottom drives Ford cars. The people driving Holden came second in all 161 laps. Bathurst is one of the world's largest races. Bathurst is a family and friends event. You can enjoy yourself and relax in the sun. A great part of Bathurst is when the cars come around the bends. It's a great event for all ages.



PHILLIP HOBBS



Jokes Corner!!

What do you call cheese that's not yours?

Nacho cheese.

Why was 6 afraid of 7?

Because: 7 8 9.

What do elves learn in school?

The elf-abet.

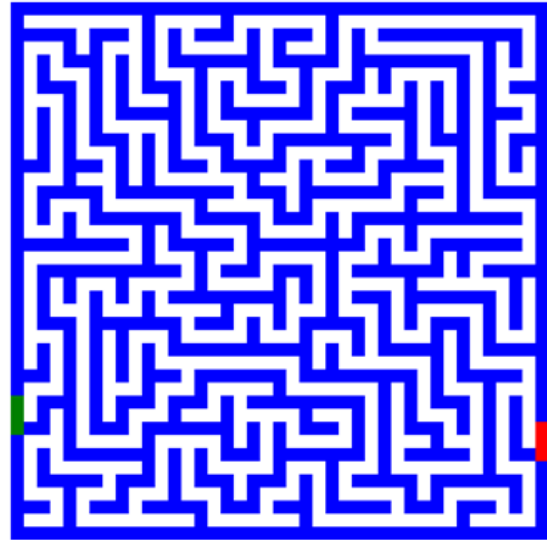
Why did the boy bring a ladder to school?

He wanted to go to high school.

What did 0 say to 8?

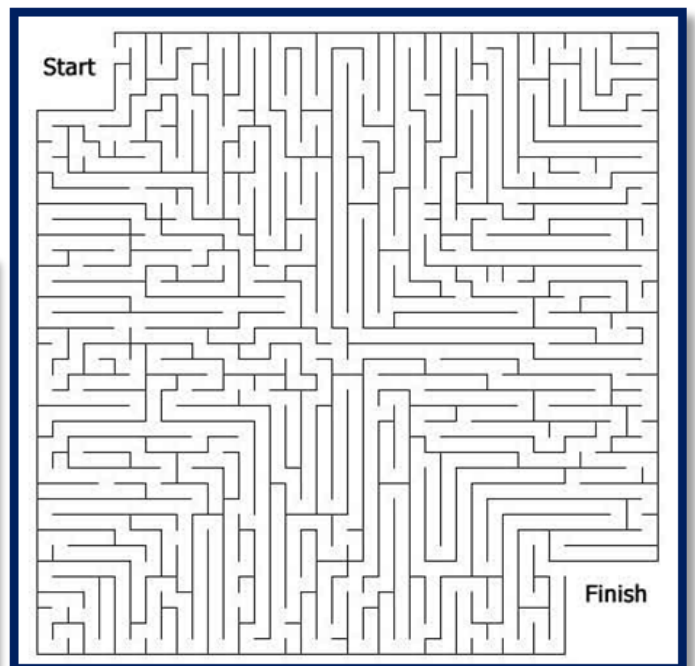
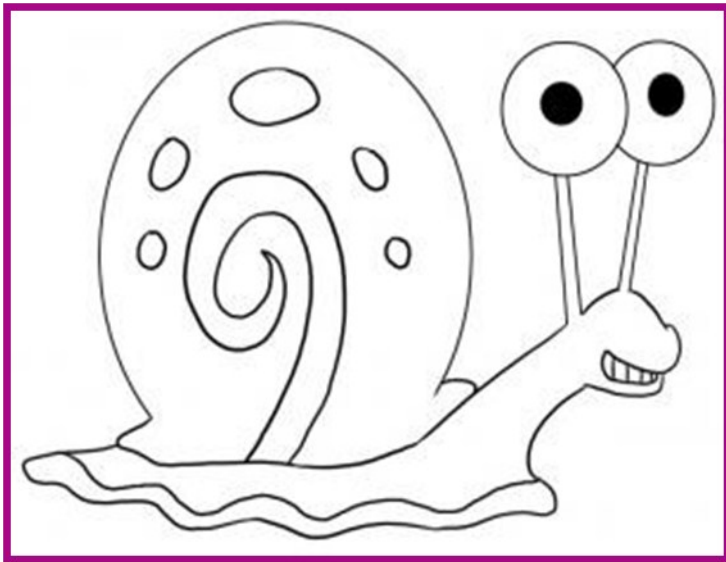
Nice belt!

Easy Maze



This is a colouring competition. There is a first prize it is a large Freddo frog, second is a small Freddo frog and third is a lolly pop! I hope you do your best and please hand it to me, Bella O'Brien by next Friday.

Advanced Maze



Isabella O'Brien



Student of the Week

Bo

Bo was originally from New Zealand. On the weekends he enjoys feeding birds, climbing trees & hanging with friends. His favourite food is butter chicken which he enjoys washing down with water as his favourite drink. He enjoys playing his Xbox & his favourite games are GTA & Halo. After dinner his favourite book to read is factual books. His favourite movie series is Fast & Furious. Bo's birthdays on the 11th of July 2002 (11/7/02), he has a twin brother called Billy. He has a black/brown hair colour with brown eyes. Bo's favourite sport is taekwondo; he does taekwondo at the Mt Beauty community centre.



By Samuel Cariss



Movie review

The Simpsons Movie



The movie starts with a lot of people listening to a band on a lake singing the theme song and they stop to talk about the environment. Everybody gets really angry. It's really funny. I would rate it 6/10. It's a perfect family movie for all ages. It's about everybody in Springfield polluting the lake and the government putting a giant glass dome over Springfield so they don't pollute the rest of the world. But Homer has a plan to live in Alaska forever.

When Homer is playing an arcade game at a bar, after 56 games Homer goes home to find Marge, Bart and Lisa have run away to go back to Springfield after watching on the news that they are going to blow up Springfield. Homer goes to look for them and eventually gets back to Springfield by finding some super super glue, puts it on his hands and starts to climb up the dome. He puts a hole in the top of the dome and some people climb up the rope. But then Homer slides down the rope pushing everybody off it. This means doom for Springfield. But Homer gets the bomb, a motor bike and Bart and drives up to the side of the dome, throwing the bomb out the hole. The dome starts to crack and explodes with a happy ending.

Lox McFadeyan