PRINCIPAL’S NEWS

BUNNINGS BBQ & CAKE STALL
We have our annual Bunnings BBQ this Saturday 15th October. Thank you to everyone that is helping in any way for Saturday as it is very much appreciated. I hope that everyone is able to help with either cooking, preparing beforehand or with baking a cake/slice for the stall.
We raise quite a bit of money for our school through this event which is fabulous, but is dependent on all of you to help. I look forward to seeing many of you there on the Saturday.

TRIVIA NIGHT:
This is a fabulous night that the Parents and Friends committee organise for you all to attend and have some fun. It is being held at the school this year in the OLC (Open Learning Centre) on Saturday the 22nd of October. We hope that you can come along and have some fun!
Tickets for the night are for sale from the front office NOW. It is only $15 per head and it starts at 7pm till around 10:30pm. BYO food and drinks.

GEELONG CUP HOLIDAY NEXT WEEK:
Just a reminder to everyone that next Wednesday the 19th of October is a public holiday and there will be NO school on that day.

A TIME TO CELEBRATE OUR ACHIEVEMENTS:
Write4Fun is proud to announce that Grovedale Primary School had 10 or more students successfully progress past the initial judging in the 2016 Schools Writing Competition. This year, the competition was held throughout primary and secondary schools within Australia and they received over 10,000 entries! Our school has been recognised for outstanding writing as less than 10% of schools showed this level of achievement.
Well done to those students who participated in the competition!!

Have a wonderful week.
Kathy Wesolowski Principal
WALK SAFELY TO SCHOOL MONTH – OCTOBER

We are having a Walk Safely to School Day on Friday 14th October and we encourage all students to walk to school to actively participate. Teachers will be meeting students at three different locations to walk – Grovedale Recreation Reserve in Reserve Rd (the soccer oval), the corner of Marshalltown Rd and Barwarre Rd, and the corner of Grove Rd and Bailey St. Students can be dropped off at any of these locations to participate if the distance they travel is too far. (This event is subject to weather permitting - if it is raining we do not expect students to be walking).

SAFE ROUTES TO SCHOOL MAPS.

Early last year a survey was conducted to determine the travel routes that our students take to school and the distance they live from school. From this data three ‘safe routes’ have been identified. There are maps on display in the foyer and Prep area, as well as printed copies available at the front desk. These routes could be used for students to walk with their parents or possibly meet up with other students and walk as a group.

A poster competition was also held last year for a ‘Drop Off- Pick Up’ signage campaign.

Congratulations to Jayme-Lee Black and Matilda Mahoney-Girvan who worked together to create the winning entry. Their picture features on the ‘Drop Off- Pick Up’ sign on display at the Grovedale Recreation Reserve and on our Walk to School Month Posters. Due to the number of students who live in this area and would need to cross Reserve Rd, the Traffic Unit at the Council have found funding to place a ‘Pedestrian Refuge’ on Reserve Rd. To promote active travel to school the ‘Drop Off- Pick Up’ point could be used to park your car and walk the rest of the way with your child or older children could walk on their own, as well as a after school pick up point.

Extend OSHC at Grovedale Primary School

Weekly recap

Hi everyone! Welcome back to Term 4! Students have given lots of feedback on the types of activities they want to participate in this term, and we have lots of interesting things planned for the coming weeks. Last week we dedicated the whole week to learning about the importance of donating blood (as adults), blood types and the Australian Red Cross Blood Service. Students participated in a range of different science, sensory and physical activities relating to our ‘blood’ theme.

Alishea, Team Leader

What’s on next week?

Mon 17th Oct: Herb Garden
Tues 18th Oct: Pokemon Flextangles
Wed 19th Oct: PUPIL FREE DAY - GEELONG CUP DAY
Thurs 20th Oct: Science Experiment- Homemade Butter
Fri 21st Oct: Architecture Challenge

LET’S RAISE 100 BLOOD DONATIONS!

Extend is coming together as a community with a goal to raise 100 blood donations by the end of October this year. To encourage everyone to get on board, Extend Director Stevenson will complete one of three possible dares if we reach 100 blood donations! Visit darrensdare.com to watch our launch video and see further information. We encourage all families to make an appointment TODAY!

Visit darrensdare.com for further info.

Parent Portal: extend.com.au

NEW UNIFORMS:

Deal directly with Coastal Uniforms.
Phone: 5255 4897
Ann-Maree will be at the school next Thursday 20th October at 8.45am – 9am.
SECOND HAND UNIFORMS: Visit Sally & Kelli in the Sick Bay on Tuesday afternoons only from 3:00pm-3:20pm
SCHOOL KILTS: Please note:
Our kilt supplier is PSW located at 164 Malop St, Geelong just down from Officeworks. Please contact PSW on 9768 0383 to check availability. Alternatively, you can order online at www.psw.com.au.

ACTIVE KIDS PROGRAM

Our highly trained and engaging coaches get what makes kids tick. Gecko allows kids to have fun with friends, improve confidence and self esteem, all while improving fitness and sports skills. We strive to make every Gecko experience GREAT!

Dates: Mondays and Wednesdays (30 minute sessions) Time: 4pm 5-8yr olds, 4.40pm 9-13yr olds
Venue: Leisurelink, Corner Princes Hwy and Pioneer Rd, Waurn Ponds. Members’ Cost: $100 for 10 sessions
Bookings: Phone 5243 9595, email: leisurelink@geelongcity.vic.gov.au or see reception in the centre (bookings essential)
STUDENT AWARDS

Ava PB For working independently when writing her holiday recount.
Tahlia PB For taking responsibility when learning to log onto the computer.
Madison 01R For writing detailed and interesting sentences about the holidays.
Toby 01R For his persistent effort to learn his ‘Magic’ words.
Matthew 12L For his detailed design of his pet carrier.
Cameron 12L For reaching violet words in his reading. Well done!!
Reid 12H For putting in an amazing effort this week in all areas of learning. Well done!!
Madison-Rose 12H For always making good choices and doing the right thing.
Oakley 12C For making fantastic choices to improve his learning. Well done!!
Anikait 12C For having a wonderful start to our school and contributing to class discussions.
Tia 12C For creating a variety of arrays and multiplication number sentences.
Tahlia 34M For writing amazingly awesome alliterations.
Tilly 34M For writing amazingly awesome alliterations.
Jemma 34W For taking such care with the presentation of her alliterative sentence.
Zach 34W For writing a wonderfully witty alliterative sentence.
Jasper 56L For efforts in writing. Great job Jasper!!
Newton 56P For challenging and extending his learning in numeracy.
Max 56P For recognising and locating symbols on maps.

PARENTS AND FRIENDS FUNDRAISING NEWS

Bunnings BBQ & Cake Stall
Our Bunnings BBQ and cake stall is this Saturday from 8am-6pm at Bunnings Waurn Ponds. Thankyou to the families who have volunteered their time to help. Everyone who has volunteered should have received a confirmation text message with your allocated time slot. Please contact me if you have any issues.
All families should have also received a plastic plate and bag, etc for the cake stall. If you would like more bags and plates, you can collect more at the office, or you may use plates you already have at home. We just can not accept creamed items.
All items need to be labelled with ingredients and dropped off to the school by 3:20pm Friday or to Bunnings by 8:45am Saturday. Thanks again for your support of this fundraiser. If you are in the area on Saturday drop in and buy a sausage or a plate of yummy cakes and say hi!

Trivia Night
Our Trivia night is next Saturday 22nd October, at 7pm for a 7:30pm start. The evening will conclude about 10:30pm. It is an adult only event, with no kids allowed. Please BYO drinks and supper (alcohol is allowed). Tickets are $15 each and you may purchase individual tickets or a whole table. Tickets do need to be pre-purchased so that tables can be set up and organised. It has previously been a really great night, with a silent auction, prizes and lots of fun. Get your tickets at the office now!! This is the last major fundraiser for the year, with only our Christmas raffle left this year!

Have a great week.
Gab Lewis

20” RED BIKE WITH GEARS
$50 ono
PHYLLIS THE LOLLIPOP LADY
Be a Sugar Detective

The average Australian eats about 22 teaspoons of added sugar every day.

The result on our bodies is less than sweet: unhealthy weight gain, high blood pressure, diabetes, and high cholesterol.

The World Health Organisation has made the following recommendations about sugar limits:

Children = Limit to 3-4 added teaspoons per day (includes sugar added to cereals, sauces, drinks, flavoured yoghurts, and so on).

Teenage/Adult women = Limit to 5 teaspoons per day.

Teenage /Adult men = Limit to 6 teaspoons per day.

So even one glass of soft drink, sport drink or fruit juice - is more than a child should have in a whole day!

Spy on sugar

Investigate the sugar content in your family’s food. When you know the facts, you can make better choices.

Uncover how much sugar sneaks into your food.

- Read the food label for the sugar content (usually in grams)
- Change the grams into teaspoons: 4 grams = 1 teaspoon, so divide the number of sugar grams by 4 and you have the number of teaspoons.
  
  _____ grams divided by 4 = _____ teaspoons
  
  (Example: 20 grams of sugar divided by 4 = 5 teaspoons)

Here are some other clues to spot sugar:

- If you see sugar in the first 3 ingredients on a food label, it’s probably high in sugar.
- If you see something labelled ‘low fat’ it often has added sugar!
- Here’s a list of sugar’s code names, so you can find it even if it’s in disguise:

  SUGAR’S CODE NAMES: Honey Fructose Dextrose
  Glucose Sucrose Corn Syrup
  Syrup Fruit Juice Concentrate

I have found two in this label – can you find the other