



# Grovedale News

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## PRINCIPAL'S NEWS

### CURRICULUM DAY THIS FRIDAY:

Just a friendly reminder that we will be having a pupil free day this Friday as a Curriculum Day. The teachers will be having a day focused on effective teaching of Mathematics with a nationally recognised consultant Michael Ymer. We hope to be looking at ways that as teachers we can ensure that we cater for the large range of abilities that our students have as well as how teachers can change the activities so that everyone excels. We are really looking forward to this day and we hope that you get the chance to have a fun day and long weekend with your children.

### TERM 4 INQUIRY:

Our question for inquiry across the school this term is "What can we design?" All students are focusing on developing their creative and critical thinking skills through design. The students are having a fun time so far with this inquiry and I am sure that you will see the results of this as the term progresses.

### UPCOMING TRIVIA NIGHT:

We are now selling tickets for our Trivia Night that will be held on Saturday the 25th of October. The tickets are \$15 per head with bring your own drinks and supper. It will be a fun filled night with lots of great prizes to win. Gab Lewis is happy to compile tables together. We could have a Prep table, Year 1, etc so don't feel that you won't come.

### PREP TRANSITIONS HAVE STARTED

The next session will be held on Wednesday 12th November 9:30 - 11:00am. In order to meet the individual needs of our upcoming preps the children were assessed this week at their orientation session by prep teachers and a speech pathologist. This will give next year's prep teachers the opportunity to create and develop programs to match the student's needs. Parents are invited during the orientation program as this is a great opportunity to meet other prep parents.

### EMA

We have been informed by the Gou't that Education Maintenance Allowance (EMA) will not be provided to parents in 2015 onwards. This will impact many of you. Please take the time to read further in the newsletter about payment options for 2015.

Kathy Wesolowski  
Principal

## Term 4 Week 2 Wednesday 15th October 2014

### COMING EVENTS



October 2014	
Thurs 16th	Parents and Friends Meeting 2:00pm
Frid 17th	Curriculum Day—Pupil Free Day
Wed 22nd	Geelong Cup—Pupil Free Day
Thurs 23rd	Queen Victoria Market—Grade 5/6
Friday 24th	Poppykettle Excursion—Grade P-2
Saturday 25th	Trivia Night 7pm
Monday 27th	Internet Safety information session at 5.30pm in the OLC. All parents welcome
Friday 31st	Grade 5/6 Market Day
November 2014	
Wed 12th	Hoop Time—Grade 5/6
Wed 12th	Prep 2015 Orientation
Friday 14th	Walk-a-thon
Sunday 23rd	Run Geelong
Mon 24th	Last day AASC Multi Sport
Tue 25th	Last day AASC Basketball
FORMS / PAYMENT DUE BACK	
IGA Dockets	Anytime
DVD orders and payments	16th October
Queen Victoria Market	23rd October
Poppykettle	23rd October

### UNIFORMS

#### NEW UNIFORMS

Deal directly with Coastal Uniforms. Phone: 5255 4897  
Ann-Marie will visit Grovedale Primary School again on:  
**Thursday 23rd October 8:45-9:00am**

*Order forms may be picked up from the school office.*

#### SECOND HAND UNIFORMS

Visit Sally & Kelli in the Sick Bay on **Tuesday afternoons only from 3:00pm-3:20pm**

#### SCHOOL KILTS

Geelong Uniforms 164 Malop Street Geelong. Phone: 5224 2229

# STUDENT AWARDS!



Xavier Lewis	For showing wonderful leadership and teamwork skills on camp!
Emily Donovan	For being so brave on the 'giant swing' on camp. Well done.
Emily Raeck	For having a go at everything on camp and being so positive! Great work Em.
Laura Hobbs	For showing confidence and courage on the giant swing and the crate climb on camp.
Maddison Williamson	For being a great helper with Mrs Walker .
Ella Hauenstein	For her participation in Italian. BRAVA!.
Jemma Di Cristoforo	For adding great detail to her holiday writing.
Piper Benson	For using the punctuation when reading to sound like a storyteller .
Oakley Hensby	For re-reading his writing to make sure it made sense.
Jai Mayes	For working hard in writing and adding lots of detail to his holiday recount.
Maddi Williamson	For being a great helper in P/1W .
Seth Emond	For a big welcome back to Grovedale P.S .
Mia Thompson	For working hard to improve the presentation of her written work!! Very neat.
Nick Smith	For reading with fluency and expression. Great work, Nick!!
Asha Milnes	For being confident and persistent in all activities on 3/4 camp.
Natasha Berry	For being co-operative and working well in her team on 3/4 camp.
Bryce Wood	For concentrating and publishing two text types during writing!
Callum Murray	For being such a kind and caring member of 5/6L!!
Molly Black	For fantastic singing and enthusiasm.
Matilda Pearson	For Great reading during guided reading!
Sammy Raimondo	For producing an excellent piece of writing about his experience at an NBA game.
Tahlia Black	For always working hard to produce her best work.

## PARENTS AND FRIENDS NEWS

### Trivia Night

[Saturday 25th October, 7pm](#), Reserve Rd Hall Grovedale. Tickets are \$15 per person (sorry no children) with 10 per table. You can organise your own table or purchase single tickets. The night will include games, a silent auction, live auction of a signed Cats footy guernsey and other sporting memorabilia. Hosted by 'Trivia with a Twist', it will be a fun night so grab your tickets at the office. BYO drinks and supper.

A big thank you to the families and businesses who have donated prizes and items for the night. There are lots of prizes to be won!

### Walkathon

All students should have received information and a sponsor booklet, if you haven't received one please collect one from the office. With only \$10 in sponsors students will get to choose a great prize. The walk-a-thon will be held [on Friday 14th November](#). All sponsorship money is due back at school by [Friday 21st November](#) with prizes arriving shortly after. Both of these fundraisers have the potential to raise a lot of funds for our school so your help is really appreciated. Ask your friends, neighbours and relatives if they want to come along to the Trivia Night or sponsor the kids in the walk-a-thon. Next meeting is [Thursday 16th October at 2pm](#)

### LIBRARY

#### Helpers needed!

Help is needed in the library with the covering of many new books. Our library books cannot be borrowed until they are covered. If you can spare some time please see the office. Any assistance is greatly appreciated.



### GRADE 5/6 MARKET DAY

This will be held on Friday 31st October at 9:00-1:30 in the Multi Purpose Room. There will be games, food, prizes art and craft. Start saving! Parents are welcome.



### P.E./ART

Congratulations to all children in the 5/6 area that competed at the district golf carnival on Monday. You all did an amazing job. Thank you to Mrs Sheridan for going and supervising the day.

Congratulations to Mitch Knevitt for competing in the regional athletics in Keilor on Tuesday. Mitch competed in high jump and finished 7<sup>th</sup> overall.

A huge thank you to Sue Cooper (Daisy, Evy Wilson, nan) for all the hard work she put in putting together the school quilt for Kathy to take to China. We couldn't have done it without you. A huge thank you to all children that helped out as well. Thank you, Mr Gardiner

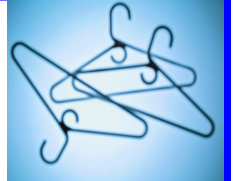
## SCHOOL CONCERT DVD'S

School Concert DVD's which were ordered prior to the end of last term are at the office and ready to be picked up. These need to be picked up and paid for by this Thursday October 16th. If you would still like to order a DVD, you may place an order at the office prior to next Thursday October 16th. All orders must be paid for at time of ordering. Please have all orders in by this date.



## LOST PROPERTY

There is still a mountain of **unnamed jumpers** in lost property! Please come and check for your child's lost property which is on the table in the corridor outside the art room. Any lost property not collected by next Wednesday will be donated to the uniform shop.



## Is Flavoured Milk Healthy?

Many people continue to argue over whether flavoured milk is healthy for children.

Flavoured milk is higher in sugar and kilojoules than non-flavoured milk, but some parents complain that their children simply refuse to drink plain milk. So are they better off consuming the extra sugar and kilojoules in flavoured milk than not consuming any milk at all? Milk is packed with nutrients. One cup of low-fat milk contains over 400 kilojoules and 13 grams of sugar (in the form of lactose, a sugar found naturally in milk) and about 300 milligrams of calcium (about 25 percent of kids' daily need) as well as vitamins A, B, and D, and minerals like potassium and phosphorus. The same amount of low-fat

**flavoured** milk contains an **extra 250 kilojoules and 12 grams of added sugar (so nearly twice the amount of sugar)**. Over time that extra sugar and kilojoules add up, explains Joy Bauer, nutrition and health expert for the *Today* show. "I don't recommend that kids drink flavoured milk," says Bauer. Instead, she says it's definitely best to encourage your kids to drink plain low-fat milk. If your child will only drink flavored milk, Bauer says it's better to serve them milk that you flavour slightly at home, where you can make your own healthier version. "At home parents can control the kind of milk poured and the amount of syrup or milo stirred in," she says. One thing most experts can agree on: Kids need to get enough calcium (800 milligrams a day for ages 4 to 8; 1,300 milligrams a day for ages 9 to 18; 800) and milk is an important calcium source in most kids' diets. To reach those amounts, children need multiple servings of calcium-rich foods a day, including milk, yogurt, cheese, and leafy green vegetables like spinach and broccoli. **Bottom line: Pre-mixed flavoured milk contains added sugar and kilojoules that kids don't need, and it should be avoided.** Natural low-fat milk and water are the preferred drinks for children. If your child will only drink flavoured milk, serve it at home where you can make your own healthier version.



2014  
**TRICK OR TREAT KIDZ FEST**  
SUNDAY OCTOBER 26  
10AM TO 5PM

CELEBRATING ALL THINGS SPOOKY  
**BARWON PARK MANSION, WINCHELSEA**  
CHILDREN'S RIDES, ACTIVITIES, LIVE ENTERTAINMENT ALL DAY, ARTS & CRAFTS, MARKET STALLS, FRESH FOOD.  
COME ALONG AND JOIN IN! IT'S A GREAT DAY OUT.

**FAMILY \$60 (2 ADULTS, 3 CHILDREN) SINGLE \$15**  
BUY A TICKET AND ALL YOU NEED TO PAY FOR IS WHAT YOU EAT & DRINK. ALL THE FUN IS INCLUDED IN THE PRICE.  
TICKETS FROM [WWW.TRICKORTREATKIDZFEST.ORG.AU](http://WWW.TRICKORTREATKIDZFEST.ORG.AU) OR AT THE GATE

help make a  
**difference**

## Sleep In At Centenary Hall

Help raise money and awareness of homelessness in Geelong

Supported by the Lions Club of Corio Norlane

Come along on Friday 31st October from 7pm and sleep over on bedding that you bring. There will be guest speakers, raffles, games, BBQ, hot food and snacks, face painting and kids movies.

## Cudgee Primary School 150th Anniversary

You are warmly invited to Celebratory morning tea on Sunday 30th November at 10:00am continued with a BBQ at the Cudgee Hall, meat and salad supplied, BYO other drinks and please bring gold coin donation. Please contact Fiona Selway 5567 6346.

PROUDLY SUPPORTED BY





### Walk to School this October

Grovedale Primary School is excited to be taking part in VicHealth’s Walk to School from 6-31 October.

Walk to School encourages primary school students to walk to and from school every day in October to highlight the ways walking improves children’s health and wellbeing. Walking to school is a great way to help kids achieve the recommended 60 minutes of physical activity each day.

We’ll be encouraging families and students to walk to and from school as often as possible during October to help students learn healthy habits for life. Teachers will use classroom calendars to record each time students walk to and from school. VicHealth offers some great prizes to schools with high participation, and runs fun walking themed competitions for students throughout October.

We’ll be providing parents with an ‘Information sheet for parents and guardians’ with all the information you’ll need about Walk to School. You can also visit the Walk to School website for more information:

[www.walktoschool.vic.gov.au](http://www.walktoschool.vic.gov.au)

### Not sure how to get started?

There are lots of ways families can get involved. You might like to:

- walk with your child to and from school and enjoy the chance to talk, help your child learn road safety skills, and get to know the local neighbourhood together,
- arrange for your child to walk with other families or friends, giving them time to socialise and share their journey,
- drive part of the way to school and walk the rest, particularly if you live a long way from school, or have limited time,
- mix it up – if your child enjoys riding their bike or scooter, that’s great too!

### Internet privacy in an age of oversharing—remember this date!

The ACMA’S Cybersmart Outreach—Internet Safety Awareness presentations.

As part of its Cybersmart Outreach program, the Australian Communications and Media Authority (the ACMA), delivers free internet safety awareness presentations for parents, teachers and students.

Presentations provide valuable information about the risks confronting children online, and offer tools and tips to help make their internet experiences safe and positive.

Grovedale Primary School will be hosting a free **parent internet safety information session** on Monday the 27th October at **5:30pm** in the **OLC**.

Internet safety presentations cover topics including:

The ways children use the internet and emerging technologies  
 Potential risks for children online, such as cyberbullying, illegal content, inappropriate contact, identity theft, grooming and predatory activity and tips to help children stay safe on line.

All parents are invited to attend this informative session.

**GEELONG Children's WEEK '14**

A week of fun & learning! 17-26 OCTOBER 2014

Look inside for the EVENT CALENDAR

Children's Week is an annual event celebrated in Australia during the fourth week in October, designed to celebrate the unique contributions that young children make to our community, and increase community attention on the importance of children as they thrive, learn and grow.

Thousands of children and their families around the country are involved in activities and events during Children's Week. Geelong is celebrating Children's Week with over 60 separate activities being held between 17-26 October with participation from schools, playgroups, kindergartens, child care, cultural groups, libraries, leisure centres and other community groups.

www.geelongaustralia.com.au

Victoria GEELONG

## EMA / BOOK PICKUP & PAYMENT OPTIONS 2015



As from 2015 the Government is **no longer providing payments for the Education Maintenance Allowance (EMA)**. Those families who have been able to claim the EMA to help with school related costs will no longer be receiving the EMA.

With this in mind School Council has kept the materials charge at **\$210** per student per year which is the same as 2014.

This covers such things as:

Shared use text books such as atlases & dictionaries, calculators, teaching & learning materials such as handbooks, work planners, cooking ingredients, class & home worksheets and diaries as well as reading materials including home & guided reading, Reading Eggs & Mathletics.

Then throughout the year extra costs may be incurred with excursions, incursions and other activities, the swimming program every alternate year and our camping programs.

### Payment Plan

To help minimise the financial impact of school charges families may put a Payment Plan in place.

This can be done at the beginning of the year, in term 4 of this year 2014 or at any time throughout the year when making payments may be more difficult. We can work out a fortnightly, monthly or term option – whatever is easiest for you.

For example you may have 3 children at the school. The materials charge at the start of the year would be \$630.

You might like to pay for example \$100 then make fortnightly payments of \$40 until it is paid off.

Please just come and see us in the office if at any time you would like to organise a payment plan.

### PAYMENT & BOOK PACK COLLECTION

The school will be open for book collection and payment on:

**Tuesday January 27 2015 between 9am and 12 noon.**

The first day of school for all students is **Thursday January 29.**

**Payment** may be made by **cash, cheque** or **EFTPOS**.

If you are unable to make full payment on the day of pick up, please remember that we can organise a payment plan for you.

Just come to the office and we will implement a suitable plan.

Payments or payment plans for 2015 may be made prior to the end of the 2014 school year at any time.

### Return of Excursion notes and payments.

Please be mindful of returning excursion notes and payment on time.

Excursions take a great deal of organising and planning and late return of notes simply may mean that students miss out on attending.

Always check the school website if you are not receiving notes home or to see events: [www.grovedaleps.vic.edu.au](http://www.grovedaleps.vic.edu.au)

## **MEDIA RELEASE**

### **New Road Safety website helps people of all ages!**

The City of Greater Geelong's new road safety website provides valuable tips and information for road users from young kids to senior citizens. City of Greater Geelong Councillor Andy Richards, who holds the portfolio for Transport said the new website contains useful information for all road users.

"If you walk, ride a bike, drive a car, truck, bus or motorbike this new website has many useful road safety tips, information and links to keep you safe on the road," said C Richards. Parents: "Parents can find out things such as how to correctly fit a child restraint to buying a safer car to road safety education programs to help their primary school-aged kids walk and ride safely to and from school. For more information please visit [www.geelongaustralia.com.au/roadsafety](http://www.geelongaustralia.com.au/roadsafety)

