

# GUTHRIDGE NEWS

**GUTHRIDGE PRIMARY SCHOOL**

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## Friday, 31 July

### COMING EVENTS

<b>Wed 5 August</b>	<b>School Photos</b>
Thurs 6 August	Yarram Eisteddfod (Choir)
Fri 7 August	Yarram Eisteddfod (Concert Band)
Wed 12 August	Athletics Carnival (Yr 3-6) 9:00-1:00 p.m. Parent helpers needed PLEASE!
Mon 17 August	Parents' Club/Fete meeting 9:15 a.m.
Mon 24 August	Book Club due

Please note ... change of date  
**School Photographs are**  
**Next Wednesday**  
**5 August**

(not Thursday 6 August).

The change of date was necessary because it clashed with our Choir singing at Yarram Eisteddfod.

Exact photo money must be given to your child's teacher in the envelope provided. No change can be provided by the Office.

### **We did it!**

Last term we applied for accreditation as a "Kids Go For Your Life" school. This was a very rigorous process and we had eight key policy areas which we had to address.

- Healthy Drink Choices
- Healthy Lunchboxes, Healthy Breaks
- Healthy canteen, lunch order and other food services
- Providing physical activity and education
- More active play
- Healthy, active and safe travel
- Curriculum
- Families and community

Our full Kids—"Go for your life" policy is attached to this newsletter. The rationale behind this is that healthy eating and physical activity are associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and well being. At Guthridge we really care about our kids and their physical and emotional well-being is every bit as important as their academic development. Please support us by familiarising yourself with our policy and continuing to encourage healthy choices at home as well.

As a result of our successful accreditation, we received a Practical Food Education Kit as well as \$350 to further promote healthy lifestyles with our students. Fantastic!

Congratulations to this week's Learning Heroes - Your certificate will be presented at Monday's Assembly

Rm. 1	Emily (Mod Preps)	Creative present wrapping. Great bow!
Rm. 2	Jade (Preps)	Great shoelace tying
Rm. 3	Shelley (Preps)	Fantastic participation in games always showing great sportsmanship!
Rm. 4	Mathew (Yr 2)	Great listening and participation in whole class focus sessions
Rm. 5	Deta (Yr 1)	Trying his hardest and finishing all work last week.
Rm. 6	Madison (Yr 5)	Persisting with division facts
Rm. 9	Natalie (Yr 5)	Great understanding of 24 hour time
Rm.10	Joshua (Yr 4)	Always trying his best
Rm.11	Anna (Yr 4)	Working in class to complete all tasks with a very positive attitude
Art	Kyle (Yr 2)	Making a wonderful snowman
P.E.	Jacob (Yr 2)	Participating keenly in all the Physical Education games

## A very warm welcome to

Paris (Yr 4) and Zac (Yr 3) who have recently joined our school. Welcome also to Ryan (Yr 3). We hope you and your families enjoy being part of our school community.

## Enrolling for 2010?

If you have any children who will be coming to our school next year or you know of families who have children wanting to come to our school in 2010 could you please, please, please fill out an enrolment next week. It is absolutely vital that we get a clear indication of numbers for next year as we have to advise the Department of Education.

## Education Maintenance Allowance – Second Instalment

The second instalment of the Education Maintenance Allowance (EMA) payment is due from mid August onwards for those parents/guardians who have chosen the EFT payment option on their application form at the start of the year. Any parent/guardian wishing to change from a cheque payment to an EFT payment will need to submit a new application form to the school for processing. Applications close on **7 August 2009**. Contact our Bursar, Yvonne Martin for further information and an application form.

## Student Safety

A reminder that the only way across Dawson Street and Guthridge Parade is at the school crossings. Children riding their bicycles or walking to school must use the Dawson Street crossing and not cross the road at the Guthridge Parade/Dawson Street intersection. This is an extremely dangerous intersection, particularly at pick-up and drop-off times.

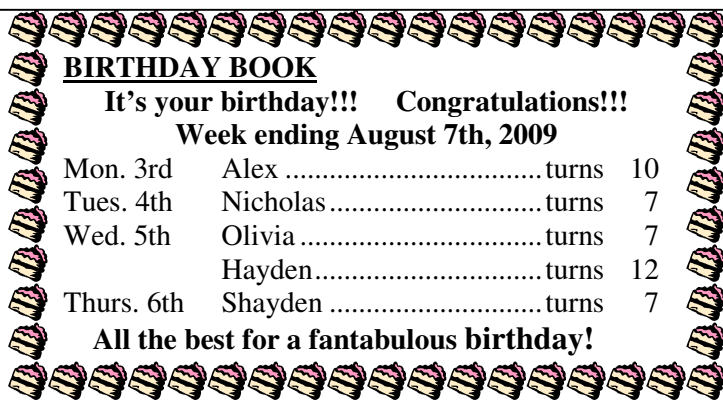
If you are coming or going from our school during the day, please remember to shut the gate so we can keep everyone safely within our school grounds.

## Yarram Eisteddfod

Good luck to our extremely talented Choir and Concert band who will be competing in the Yarram Eisteddfod next Thursday and Friday. We will be leaving at 8:45 a.m. sharp. Don't forget to be in full winter school uniform—short-sleeved polo top (with logo), navy track suit pants, black shoes and black socks. (Bring your jumper)

**Groovy Grannies** (from Amanda Beer—Student Wellbeing Coordinator)

Get ready for the invasion of the Groovy Grannies – not just your regular Granny!!! These fantastic ladies are coming to Guthridge every Tuesday at lunch time in the Library where they will be reading stories,



## **BIRTHDAY BOOK**

**It's your birthday!!! Congratulations!!!**

**Week ending August 7th, 2009**

Mon. 3rd	Alex .....	turns	10
Tues. 4th	Nicholas .....	turns	7
Wed. 5th	Olivia .....	turns	7
	Hayden .....	turns	12
Thurs. 6th	Shayden .....	turns	7

**All the best for a fantabulous birthday!**

making stuff and generally having fun .

Haven't got a granny of your own? Don't worry come to the library and adopt one !!!

These ladies will help your learn new skills like knitting, scrap booking, card making or whatever... it's up to you .

Want to find out more? – ask Amanda .

## **Breakfast Club**

Winter warmers have started! Each Wednesday we offer something yummy and hot. Next week Chef Ron will be serving spaghetti on toast. Sounds too good to miss. Remember don't be late. Doors open at 8.15 and close at 8.50 sharp!

Breakfast Club is a free program of Guthridge Primary School. If your child has a food intolerance, let us know because we also offer soy milk and gluten free bread every day, in addition to our regular menu.

## **Parents' Club News**

### **Bingo Success**

Thank you to Lydia and Maree who helped sell raffle tickets at last Monday's Bingo Night. Parents' Club made \$330 on the raffle and \$281 share of the takings on the night—a grand total of \$611! Many thanks to parents who donated prizes and also the band of helpers who wrapped them so attractively.

### **Adopt-A-Book**

Our target is 100 new books for our library. How can your family adopt a book? Be sure to look out for the information flyer coming home next week! We have books for \$5 and \$10 waiting to be adopted by your family. Some of these books will be on display near the Office from next week. Which one will your family adopt?

## **Community News**

### **Gumnuts Outside School Hours Care**

A bus service collects children from school. \$15 per session – pay as little as \$3 after child care benefit. Vacation Care Program in September hols. Contact Brendan on 51446952 for further information.

## ***Kids- “Go For Your Life” Policy—Guthridge Primary School***

**Aim:** To promote the health and wellbeing of students by making healthy eating and physical activity a regular part of every child’s day.

### **Implementation:**

#### **Policy Area 1: Healthy Drink Choices**



- Guthridge Primary School encourages students to drink water throughout the school day, especially during physical activity
- Children may have water bottles in the classroom and only water is permitted for drinking in class time.
- Water is the promoted drink at all sporting events – i.e. swimming carnivals, school athletics, cross-country races
- Through the school newsletter and assemblies, parents are encouraged to make healthy drink choices for their families
- Soft drinks and high sugar content drinks are not permitted at school
- These strategies are available to all students at all year levels.

#### **Policy Area 2: Healthy Lunchboxes, Healthy Breaks**

- Guthridge Primary School is part of the “Free Fruit Friday” initiative
- There is a “brain food” time at midday each day where all children have the opportunity to eat fresh fruit or vegetables
- A selection of fresh fruit and sandwiches is available for those children who do not have lunch or snack food
- Students participate in healthy eating education throughout the year.
- Eating times are structured to ensure students have a set time to eat before play.
- Guthridge Primary School continues to promote the importance of healthy eating through the newsletter.
- Lollies, chocolate bars and soft drinks are banned at this school.



#### **Policy Area 3: Healthy Canteen, Lunch Order and Other Food Services**



- The school with the support of the Red Cross provides breakfast club three mornings a week.
- Parents’ Club offers no more than two “occasional” food events per term. (e.g. sausage sizzle)
- The school has worked closely with the local shop to develop a menu which is healthy. “Sometimes” foods are only available on Fridays. Crisps, soft drinks, confectionary and fried foods are not available on the menu.
- Food provision at school camps, school excursions and sports events promote healthy eating
- Only fresh fruit and water is served at the schools Active After School Communities program
- All school community members are actively encouraged, through newsletters and school displays to make healthy food choices –both at school and at home.
- Confectionary is not used as a reward by teachers at this school.
- The school has successfully applied for a grant to build a School Garden. This will further promote the benefits of healthy, fresh food to children, parents and staff.



#### **Policy Area 4: Providing Physical Activity and Education**

- The Active After School Communities Program operates two afternoons a week
- Students are provided with additional opportunities to participate in sports eisteddfods, interschool sports, swimming and athletics carnivals
- Sporting clinics have been provided by outside agencies to promote extra physical activity (e.g. golf, football, cricket)
- Teachers who teach physical and sport education are supported with professional development opportunities
- All students at this school access two terms of swimming in our own indoor heated pool for minimal cost
- Parents and staff are encouraged to be physically active and model physical activity behaviours

### **Policy Area 5: More Active Play**

- School ground play areas encourage safe active play for all age groups and abilities through designated play areas/equipment for grades Prep-2 and 3-6
- A range of activities are promoted through painted lines for different sports and games, netball court, soccer oval, football oval, cricket pitch, junior and senior playground equipment, sand-pits
- School uniform is versatile and allows for outdoor active play and physical activity
- Youth workers from the local church come and play with students one lunch-time per week
- The Student Wellbeing Officer organises activities for younger children during some lunch times (e.g. drawing with chalk)



**TURN OFF,  
SWITCH  
TO PLAY**

### **Policy Area 6: Healthy, Active and Safe Travel**

- Guthridge Primary School promotes walking/riding to school with a whole school activity at least once per term
- All students at all year levels have access to these activities
- Guthridge Primary School is a member of the Ride2 School program
- Walking is used for local/community excursions and sports events where practicable
- Parents are encouraged through school newsletters to consider safe and active transport alternatives for their family
- There is a secure, under-cover storage facility for bikes



**STRIDE AND  
RIDE**

### **Policy Area 7: Curriculum**

- Healthy eating and physical activity are incorporated into the curriculum plan in line with the Victorian Essential Learning Standards
- This curriculum is delivered at all levels
- Health is taught at every year level.
- The school develops and encourages activities/lessons within the curriculum which provides opportunities for students to be involved in the preparation and cooking of healthy foods.
- The school has secured funding to establish a School Garden which will promote the benefits of healthy fresh food.
- Healthy eating lessons are embedded in the school curriculum and taught across all areas throughout the year.
- Messages delivered across the curriculum focus on physical, emotional and social health and wellbeing, including messages about positive body image
- Guthridge Primary School has a P-6 whole school approach to the teaching of Social Skills.



**HEALTH  
PROMOTING  
SCHOOL**

### **Policy Area 8 : Families and Community**

- Information is provided to parents to encourage and role model drinking water, limiting sweet drinks and healthy eating.
- Information requests families not to bring “occasionally” foods and drinks to school, in particular chips, confectionery and fried foods.
- Parents receive regular information and updates to encourage them to support children’s participation in physical activity at home, at school and in the community.
- Information about local community sports, clubs and recreation opportunities is regularly provided to parents and students
- Parents are invited to be involved in and attend sports days

