



# NEWSLETTER

**GUTHRIDGE PRIMARY SCHOOL**  
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## Friday, 29 May

### COMING EVENTS

<b>Mon 1 June</b>	<b>Parents' Club meeting</b> Welcome to Winter—icypoles for sale 50 cents!
<b>Thurs 11 June</b>	All library books returned
<b>Mon 8 June</b>	Public Holiday Queen's B'day
<b>Tues 9 June</b>	Cake/slice orders due
<b>Fri 12 June</b>	State-wide report writing day No school for students
<b>Mon 15 June</b>	School Council
<b>Fri 26 June</b>	Last day of Term 2
<b>Mon 13 July</b>	First day of Term 3

**Eisteddfod Success**

**Photo withheld in accordance with our Privacy Policy**

Congratulations to our Concert Band who came

second at the Sale Eisteddfod on Wednesday. They are pictured here at last week's concert. Our flute group came first in their section and our wonderful choir came third. It was a very high standard of competition and we were very proud of our results. The children, as always, were extremely well behaved and full credit in particular to our choir who had to sit quietly for over two hours before it was their turn to perform. Thanks also to our parents and grandparents who came along to support us.

### **Why are we flying the Australian Aboriginal flag?**

National Reconciliation Week (27 May-3 June) is an important time for all Australians. It has been the practice to mark National Reconciliation Week with the flying and display of the Australian Aboriginal Flag.

The two dates are significant in the history of reconciliation. The 27<sup>th</sup> of May is the anniversary of the date of the 1967 Referendum, which successfully removed from the Constitution clauses that discriminated against Indigenous Australians. The 3<sup>rd</sup> of June is the anniversary of the High Court decision in the Eddie Mabo land rights case handed down in 1992. The theme of National Reconciliation Week for 2009 is 'See the person, not the stereotype.' We are very proud to

Congratulations to our Weekly Award Winners - Your certificate will be presented at Monday's Assembly

Rm. 1	Lydia	Always working quietly, listening well and doing her best
Rm. 2	Tyrese	Remembering lots of letters and sounds
Rm. 3	Casey	Trying hard to sound out letters when spelling words
Rm. 4	Jai	Trying hard to read regularly
Rm. 5	Madison	Having a go and succeeding with her reading
Rm. 6	Ben	Putting so much effort into all his work
Rm. 9	Khottie	Being always willing to work co-operatively with other students
Rm.10	Mitchell	Being confident and having a go at all tasks –especially Eisteddfod
Rm.11	Clayton	Great participation in reading activities
Art	Jared	Making a great clay shark
P.E.	Art	Displaying great skills in soccer

have a number of indigenous students at Guthridge P.S. and that's why we are flying the aboriginal flag!

### **Student Reporting**

All teachers are beginning the time-consuming process of writing reports. Please note that **Friday 12 June** is a State-wide reporting day and there will be no school for students on this day. Students who have been at our school since the start of the year will receive a full student report. This is more difficult for those students who have only recently enrolled. Their reports will be modified and be more a reflection of their personal learning and social skills. As Mrs Riley (Rm 10 Yr 3/4) and Mr Whitlock (Rm 9 Yr 5/6) have only had their classes for this term, children's reports from these rooms will not be as detailed as would normally be expected. Fortunately all families were given the opportunity to attend parent teacher interviews at the end of last term. Reports will be sent home on Wednesday 24 June.

### **Winter Coughs and Colds**

Families should continue with standard good general health hygiene practices, such as ensuring your children undertake regular hand washing and cover their nose and mouth if sneezing and coughing. Tissues which can be discarded after use are preferable to hankies.

This practice is being reinforced with your children while at school. If your children are unwell (fever, cough and fatigue), you should seek medical attention and avoid public places and close contact with others. At the time of writing this newsletter there have been no confirmed cases of Swine Flu in the Wellington area. However if you are concerned about the Swine Flu there is a hotline number 180 2007. There is also a Nurse on Call number 1300 606 024 for expert health information and advice.

### **Lessons for Living—Speaking In Front Of An Audience**

Often students are asked to talk in front of groups of people. Each time they do this successfully, it increases their self-confidence and self-esteem. This week, teachers will be talking with their students about different strategies which will give them confidence when speaking in front of an audience.

### **Meals on Wheels Thank You**

Guthridge Primary School parents and their children provided Meals on Wheels this week. Thank you very much to our volunteer helpers. It is often difficult to get drivers, so your help was much appreciated in providing this important community service.



### **BIRTHDAY BOOK**

No student birthdays this week.

### **Speaking of helpers ...**

We have many parents who volunteer their time and help at our school. What would we do without you? Sharon Frerk, our art teacher, would love to have some extra pairs of hands during her art classes. If you think you could spare some time, please contact Sharon at school on Wednesday, Thursday or Friday..

### **Early Arrivals**

As you know, we really like our students to be at school on time every time in the mornings. However some students are coming to school far too early. There is no supervision in the yard until 8:45 a.m. No children should be inside the buildings or corridors **until the 8:45 a.m. bell**. Teachers are very busy in the mornings preparing for a full day of learning. The only exception for this is for Breakfast Club on Monday to Wednesday in the school hall. Breakfast Club is available from 8:30 a.m. until 8:50 a.m.

### **Library Books ... where are you?**

All library books must be returned by Thursday 11 June so that we can make sure we haven't lost any this half year. Children with over-due books will receive notices and if they are not returned immediately, families will be billed their replacement costs. We absolutely love to see our children reading, but our books are very precious to us and we need to keep close track of where they are. Don't forget the Sale Library is always available for book borrowing—they have a large range of books, cds and dvds—all for free!

### **Triple Js One Night Stand**

Many of you would be aware that thousands of young people are expected in Sale this weekend for a rock concert being held at the football ground. While this is an exciting event for our young people, parents might want to take extra precautions in knowing where their children are on Saturday and who they are with. This is not necessarily an event suitable for primary school children (who really should be accompanied by an adult if they go). Often saying "no" and standing your ground is in your child's best interest. The more we give in at this age, the harder it is when they are teenagers!

**Found** Watch in in computer room between Rms 4 and 5. Ask at the Office.

## Parents' Club News

**Welcome to Winter ... brrr!** To mark the first day of Winter on Monday 1 June, Parents' Club will be selling icypoles for 50 cents at recess. Enjoy!

### Cake/Slice Drive Fundraiser

Order forms went home on Monday and full payment must be received in The Slot by Tuesday 9 June please. The cakes and slices will be baked fresh on the morning of Thursday 11 June and can be picked up from your child's classroom that afternoon. What an easy way to avoid cooking, provide a tasty treat for your family and help our school make some money at the same time!



## 8 WAYS TO GET KIDS TO EAT A VARIED DIET



1. **Enjoy a variety of foods.** Serve up a variety of healthy foods each day. These include fruit and vegetables, legumes (such as dried peas, beans and lentils), wholegrain cereals, low fat dairy, lean meat, fish and skinless chicken. Low fat or skim milks are not suitable for children under two years of age. However, for children over two years, low fat milk is recommended.
2. **Shop healthy.** If you haven't got a healthy variety in your kitchen pantry or cupboard, you can't put it on the table. Try avoid having "sometimes" foods such as confectionary in the cupboard as children will then see them as "everyday" foods.
3. **Go for quality, not quantity.** Children's serves may be small. It all depends on their age and appetite. Variety is the important ingredient.
4. **Stick to three meals and two snacks every day.** Growing children need to be fed regularly and often.
5. **Begin their day with a healthy breakfast.** It improves concentration, assists learning and builds stamina.
6. **Give your children choices.** Offer kids a few healthy choices. For instance, ask if they want an apricot or a plum, beans or broccoli, an egg or tuna sandwich.
7. **Lunch boxes that go crunch.** Skip the chips. Fruits and vegetables make a great snack or lunch box addition. Try corn on the cob, carrots, small Lebanese cucumbers, green beans, cherry tomatoes, celery, stone fruit, grapes or berries.
8. **Frozen fruits.** Frozen fruits are great for snacks or dessert. Try frozen grapes, bananas, mango wedges or even dried fruit like sultanas.

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