

NEWSLETTER

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Friday, 23 October 2009

COMING EVENTS

Fri 30th Oct	Last day for camp payments
Mon 2 Nov	Parents' Club meeting
Tues 3 Nov	Melbourne Cup— state-wide school closure day
Wed 4 Nov	No Active After School "Stuck On You" orders due
11-13 Nov	Year 3/4 Camp
Thurs 10 Dec	Family Fun Night

"It's Cool To Walk to School"

Wow! What a fantastic response from our students. On Tuesday, we had 50 students walk to school and on Wednesday (our official Walk To School Day) we had 175! Thank you so much to those parents who would normally drive their children to school but organised to drop them off so they could walk the last bit. Children who actively commute to school have higher levels of physical activity and improved cardiovascular fitness compared with children who do not walk. Students feel awake, alert and are more attentive in class after some fresh air and physical activity in the morning. There are fewer cars on the road making it safer for children around the school. Walking to school is the way to go, so let's keep up the great effort!

Lapping The Lakes

In keeping with our fitness theme, a group of Guthridge teachers participated in the annual "Lap The Lakes" event around Lake Guthridge and Lake Guyatt. Well done to Jessica, Taylor, Sarah and family who also participated in this event on Wednesday. It's great to see families out walking together!

Photo withdrawn in accordance with our Privacy Policy

Senior Excursion

The Year 5s and 6s went to Lake Guyatt to have a look at the art work there that represents the Dreamtime stories of the Gunai/Kurnai people. The paintings showed two perspectives, that of a white artist and an aboriginal one. We found out that the Aboriginal people used lines and dots to tell their stories. They also used symbols to get the message of the story across. While we were going around the lake we took it in turns orally re-telling the

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

Rm. 2	Thomas	Always being his best.
Rm. 3	Cleo	A great improvement in reading and self-correcting.
Rm. 5	Jacob	Maths: working out multiplication and division problems.
Rm. 6	Brandon	Great measuring of Reflex angles.
Rm. 9	Jayden	Great artwork to represent our Lake Guyatt excursion.
Rm.10	Claire	Sharing her thoughts during read alouds.
Art	Bradley	Creating a lovely framed picture.
L.O.T.E.	Jacob	Excellent reading and pronunciation in French.
P.E.	Mitchell	Contributing well during team games.

dreamtime stories which we have been learning about in class.

'Tiddalick' by Will (Yr 5)

Tiddalick the big frog was feeling a bit sick so he started to drink out of the river. When he had one sip, he had another and another until he had drank up all of the water from the river. All the other animals got angry. They all had a meeting. They decided to make Tiddalick laugh. All the animals did funny things, but Tiddalick did not laugh. It was the eel's turn to try so he started to dance on his tail. Tiddalick started to giggle and then he burst out with a big laugh. All the water that Tiddalick drank came out of his mouth into all the rivers and the high ground turned into islands. Those islands are still there today.

Year 3/4 Writers

As part of the Gippsland Literacy Improvement Strategy (GLIS), Sue Tudor and Kiley Cunningham have been really focusing on writing in their classrooms. Apologies to Bree (Yr 3), whose story was meant to appear in our newsletter some weeks ago.

Football Day

Squish, squish as I walk along a wet oval almost to kick a goal. The crowd cheers for St Kilda. As soon as I was ready to kick, pull back my leg, drop it on my foot. Yes! I've got a goal! My team yell my name. So did the crowd. One of my team players said, "Three cheers for St Kilda!" Hooray! Hooray! Hooray!

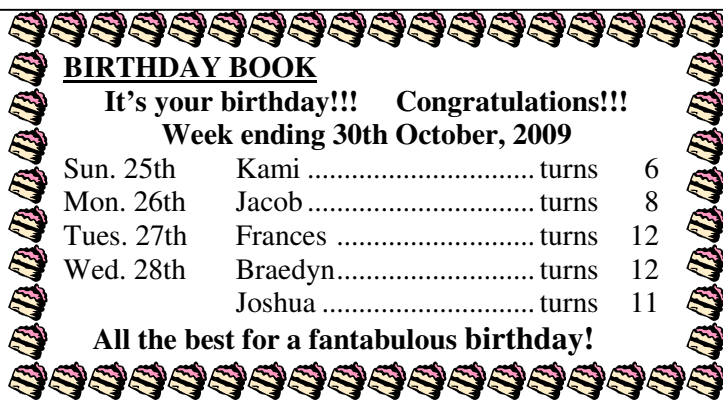
Towards Independence

Now that our younger children have been at school for three terms, we would like to encourage them to become more independent. One way is to allow them to collect their own bags and meet their parent outside the building. It could be inside the school grounds at one of our gates, or under the covered way just outside Room 1, or at the front steps or on the netball court. You decide! It will help ease congestion in our corridor at the end of the day and will also make our students feel "grown up" as they take another step towards independence.

Student Safety

A reminder to parents that our car park is exclusively for staff. It is extremely dangerous for our students if parents are using it to drop off or pick up children. Please keep our children safe by not using the staff car park.

When reversing from drive-ways, please take extra care to look for pedestrians and cyclists. (Children are permitted by law to ride their bicycles on footpaths if under the age of 12.)



BIRTHDAY BOOK
It's your birthday!!! Congratulations!!!
Week ending 30th October, 2009

Sun. 25th	Kami	turns	6
Mon. 26th	Jacob	turns	8
Tues. 27th	Frances	turns	12
Wed. 28th	Braedyn.....	turns	12
	Joshua	turns	11

All the best for a fantabulous birthday!

Melbourne Cup Public Holiday

Parents are reminded that the Sale Show Day is a normal school day for students. Melbourne Cup Day (Tuesday November 3rd) is now a statewide gazetted public holiday and students and staff will not be required at school on this day.

Congratulations to Karle (Yr 3) and Rachel (Preps) Black, whose little brother Riley was born this week and Kammi (Preps) whose new little brother Kaiden was born on the 9th of October

Parents' Club News

"Stuck On You" label orders are due by 9:00 a.m. on Wednesday 4 November. The vinyl labels are dishwasher and microwave safe and the clothing labels have been tested in industrial washing machines! More order forms available at office.

I.G.A. Community Benefits Every time you shop at an I.G.A. supermarket, use your Community Benefits card (make sure you've nominated our school) and we get 1% of the purchase. The money soon adds up and this is a great way to fundraise for our school.

Twilight Soccer

One of our parents, Kim Gleeson has offered to run weekly training sessions for those children involved in the twilight soccer. Guthridge Primary School staff will not be involved in the supervision of children. The program would run on Friday afternoons from 3:15 until 4:00 on the oval. Parents must ensure they are on time to collect their child or their child is old enough to make their own way home. Extra parent helpers would be much appreciated. For further information, please contact Kim on 51444271. The sessions will start next Friday, 30 October on the oval straight after school.

Last week's scores:

Cougars drew with St Thomas
B 4 / 4 Maffra defeated Swans 1 / 0
545 Strikers defeated Vipers 1 / 0
Bundy Bullets defeated Stingers 4 / 1

Junior Golf Clinics

Sale Golf Club Sundays 1:30 p.m. 1 November -6 December. \$6.00 per clinic. Phone 51497160

Encouraging kids to eat their greens

To be healthy, children should aim to eat a variety of healthy foods every day. The growth and development of your children depends on it. By eating healthy, your children will have the energy they need to play, learn, concentrate better, sleep better and build stronger teeth and bones.



1. Enjoy a variety of foods. Serve up a healthy variety of 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. Reduced fat milks are not suitable for young children under 2 years.

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.

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 and builds stamina.

6. Give your children choices. Offer kids a few healthy choices. For instance, ask if they would like an apricot or a plum, beans or broccoli, an egg or a tuna sandwich.

7. Lead by example. If the kids see you eating well and enjoying a wide variety of healthy foods they are likely to join in too.

8. Freeze in summer. Frozen fruits make great summer snacks. Try frozen grapes, bananas and mango wedges.

9. Keep warm in winter. Corn on the cob, baked potatoes, hot homemade popcorn, baked beans and stewed fruits can really hit the spot on cold winter days.

10. Go for a dip. Set up a colourful vegie platter with a variety of dips or salsa.

11. Give your children water instead of juices, cordials and fizzy drinks. These drinks are full of energy and can often take away their appetite for other foods.

12. Set a sweet limit. Children don't need sweet drinks but if you do include sweet drinks in your child's diet, set a limit. That could be one small glass of fruit or vegetable juice, around 125ml, 1-2 times a week.

13. Make family meal times part of your routine. Whenever possible, sit and eat together as a family and have the TV turned off.

14. Lunchboxes that go crunch. Skip the chips. Fruit and vegetables in season make a great snack or lunchbox addition. Try corn on the cob, carrot and cucumber sticks, green beans, cherry tomatoes, celery, stone fruit, grapes or berries.

15. Family food – include everyone. Encourage children to enjoy the family foods and meals from an early age (about 12 months). Children will learn to eat what the family eats if they are given the same food and encouraged to try it.



16. Be persistent – you can't afford to give up. It's common for all kids to love a certain food one day and hate it the next. Just keep offering them healthy choices and they'll soon be eating a wider variety.

17. If at first you don't succeed then try, try again. Kids can be stubborn. But be patient. You may need to offer a new food 10 times or more before your child will accept it.

18. Get the kids in the kitchen. Encourage kitchen skills by having children make a sandwich or salad. Let them wash fruit and vegetables and make a simple green salad, tabouli or a fruit salad. Being involved will increase a child's willingness to try new foods.

19. Be consistent. If your child isn't hungry for healthy food, refrain from offering unhealthy substitutes. This will only encourage eating for reasons other than hunger.

20. Give them an encouraging word. Try not to force your child to eat. A much better technique is to praise them when they make a healthy food choice.

21. Try not to use food to punish or reward a child. A hug or a book is a much better alternative to food.

22. Hungry or not? Children sometimes eat when they're bored, sad or lonely. Help your child to understand when they are eating for reasons other than hunger.

23. Let them make their own decisions. At the end of the day, it's up to your child to decide whether or not to eat and how much. Your job is to offer healthy foods at regular intervals.

24. Call in an expert. If needed, get professional help to solve problems or keep the family motivated. Simply talk with your doctor, health practitioner or dietitian.

If you'd like more information, tips or advice call the 'Go for your life' [Infoline](tel:1300739899) on 1300 73 98 99.



Food and Peer Pressure



There can be a lot of peer pressure on children to eat 'trendy' high fat, high sugar snack foods, not to mention all the 'seductive' marketing and TV advertising of these non-nutritious snack foods. To reduce the temptation to consume these foods regularly, it is best to limit the amount of money children are given to spend at school. Try to avoid stopping at local milk bar on the way home, or provide a healthy snack in the car after school to reduce unhealthy choices. Also, keep these high kilojoule (kj) packaged snackfoods out of the pantry and limit packaged snackfoods in the lunchbox. If children are exposed to these 'sometimes' foods regularly, they will know them as 'everyday' foods. The occasional high kj food at events such as parties and special events in moderation is okay. However, it is important to refer to these foods as 'sometimes' foods, reminding children of when they are eaten.

Too many treats may lead to:

- ◆ Children not eating enough nourishing food to provide them with the vitamins and minerals their bodies need.
- ◆ Overweight issues which effects health and can impact on a child's self esteem and social networking. It can also impact on children's confidence to participate in sport.
- ◆ Dental problems from consuming too much sugar.
- ◆ Spending too much money - homemade, nutritious snacks and lunches are much cheaper!
- ◆ A lack of nutrition education for your child, and a lack of exposure to different new and healthy foods to educate your child's palate.

