Principal’s chat

Welcome to week four of term 3.

Last week we had a very busy week and this week is going to be just as eventful.

Last week our Grade 3 and 4 students took part in a “Know Your Foods” session where they learnt about healthy/unhealthy food and the sugar content in some of the foods that they eat. I think some of them were very surprised.

**Alannah** - I learnt that there is quite a bit of sugar in coke so it is not very healthy for you.

**Liam W** – I learnt all about servings of food. The size of a serving is different for all foods. You have to have about 6 serves a day of vegies.

**Archie** – It surprised me that the serves of food are quite small. Sweets have a lot of sugar in them - I don’t eat many sweets.

**Madison** – I learnt that coke has a lot of sugar in it and that it is not healthy. It has 17 teaspoons of sugar in it.

**Daniel** – We should all eat a plate of vegetables plus 2 pieces of fruit everyday.

**Bailey** – You should eat vegetables every day. I always eat my vegetables.

On Friday we also celebrated National Tree Day and despite the weather we were able to plants some trees that had been kindly donated by the Tarrengower Prison. We also had a kind donation of tree guards and stakes from Castlemaine Toyota. A big thank you to Jess and Ryan (Rueben and Conrad’s mum and dad) who helped out on the day, digging holes and assisting students with their planting. Students had a great time planting with their buddies.

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**A reminder to families that it is vital that all students arriving late sign in at the office so that attendance rolls, which are marked first thing in the morning, can be updated.**

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**UPCOMING EVENTS**

**Thursday 11th August**
- Parent teacher interviews 2-6pm

**Sunday 14th August**
- Maldon Market fundraiser

**Wednesday 17th August**
- School Council meeting, 6.30pm

**Friday 26th August**
- Athletics Day

**Thursday 1st September**
- Grade 1 camp experience day

**Thursday 1st September – Friday 2nd September**
- Grade 2 camp

**Thursday 15th September**
- Concert

**Sunday 23rd October**
- Working Bee, 9am-12pm

**Saturday 29th October**
- Market and Fair fundraiser

**Monday 1st November**
- Pupil Free Day

**Sunday 13th November**
- Race the Train fundraiser

**Thursday 24th November**
- Shopping Spree fundraiser
Last week we had a growing number of students who were unwell with colds/flu and also a few upset tummies. If your child is unwell, please ensure that they spend time at home to recover and get well before returning to school. Also chat with your child about personal hygiene when they have a cold etc. Some helpful hints:

**Top tips for good school hygiene**

1. **Keep hands clean**
   Thorough hand washing is the single most effective way to help prevent the spread of infections in schools. Teach your children how and when to wash their hands (rubbing the hands together for at least 20 seconds using soap and clean running water). Always wash hands:
   - After using the toilet
   - Before eating
   - After playing outside
   - After touching something dirty
   - After coughing, sneezing or blowing their nose
   - After touching a dirty tissue
   - After petting/stroking animals

2. **Coughs and sneezes spread diseases**
   Teach your children to cover their nose and mouth with a tissue when coughing or sneezing to stop germs from becoming airborne. Throw used tissues in a bin and always wash hands with soap and water afterwards. If there isn’t a tissue available, encourage your child to sneeze or cough into the crook of their elbow instead of their hands, to reduce the spread of bacteria.

3. **Healthy diet**
   A varied and balanced diet will help protect your child’s health and promote proper growth and development. Eating properly also aids concentration during lessons.

Preparing a packed lunch: Make sure you wash and dry your hands before you start making a packed lunch. Your kitchen surfaces should also be clean and disinfected.

Then:
   - Check all foods are within their best-before dates
   - Use an airtight, rigid lunch box that is washed and dried before and after use
   - Wash fruit, salad and vegetables thoroughly in fresh clean water
   - Try to prepare food fresh each day, as there will be less opportunity for germs to grow

4. **Drink plenty of water**
   Water is much healthier than drinks that are high in sugar, sweeteners, additives and caffeine. Encourage your child to drink plenty of water throughout the day, as even slight dehydration can lead to poor concentration, lethargy, irritability and headaches.


This week we have a big day on Friday when we welcome our friends from Japan for our Japanese Cultural day. The day will start at the football club rooms with a welcome ceremony and then all students will enjoy a fun morning of sports and games followed by a BBQ for lunch. Grade 4 to 6 students will then travel on the steam train to Castlemaine.
with our Japanese visitors, returning to the railway station in Maldon at approximately 3.35pm. A reminder that all Grade 4 to 6 students need to be at school by 8.30am to prepare for a 9.00am start at the football club rooms.

I am also meeting with the contractors in regards to the upcoming building works on Wednesday and works are due to commence next week. We are all looking forward to seeing some work start to happen.

Tomorrow we have the first day of parent teacher interviews. If you haven’t returned your form confirming your appointment time, then please do so a.s.a.p. It would be great for all parents to come along and catch up with their child’s teacher.

This week we have some staff from Chewton Primary school coming to observe best practice with our CAFÉ reading program in Alisa’s classroom and we are also expecting visitors from another school in the next few weeks. It is great that we are being recognised as a school with high quality teaching and learning programs and that others can learn from us.

Just a reminder that the parent opinion survey went home last week to a random sample of forty families. Many thanks to the families who have returned the survey. If you haven’t yet returned your survey can you please return it a.s.a.p.

I am also continuing to work with Castlemaine Child Care to set up our after school care program. They are in the process of interviewing candidates for the carers position. Over the next week we need to get a firm indication of people wanting to book a spot in the program. Places will be limited to 7, so please make sure that you book a place by returning the child care booking slip which accompanies the newsletter today if you are interested in utilising the after school care.

Warm regards
Jodie

Fundraising news

Wood raffle: A reminder to all families to sell and return their raffle ticket books by Monday 8th August. The raffle will be drawn on Sunday 14th August at the Maldon Market.

Maldon Market help needed: Last Thursday a note was sent home asking for volunteers to assist at the sausage sizzle and gate at the Maldon Market on Sunday August 14th. Please return the note to the office by Friday August 5th if you can help out. We still have a lot of roster spots to fill!

Office info

Permission notes to be returned:

- Japanese Cultural visit form (all students) are now overdue. Please return them to the office immediately
- Grade 3 and 4 AFL 9’s and Grade 5 and 6 AFL 9’s permission slips and payment are due back this Thursday 4th August

Absence notes: A reminder to all families that if your child is absent from school an absence note must be completed and submitted at the office upon their return. A phone call advising of their absence is the same as a completed absence form-you do not need to do both!

Outstanding payments: If you have outstanding payments for fees, excursions, netbooks, camps or uniform it would be appreciated if you could make these payments immediately. It is important to remember that in the case of camps, excursions and uniform the school has already paid out for these items so we need families to pay what they owe for these items NOW. If payment in full is not possible please speak to Debra regarding setting up a payment plan.

School community

Japanese day catering: We require families to volunteer to make muffins for students for Japanese day. If you are able to help with this please text or call Shelley on 0422 338 098.

Fresh Fruit Friday:

This week’s volunteers: No volunteers required due to Japanese day

Next week’s volunteers: Anita Mason and Genna Hines
What's happening in the classroom?

Whole school behaviour this week: I am honest

Pots, pans and wooden spoons needed: One of the Kids as Catalyst groups is creating a music wall at the pre-school as their project and they are looking for donations of old/unwanted pots, pans and wooden spoons. If you have any you can donate they will be put to very good use. Please leave all donations at the office or give them to Danica.

Portfolios to be returned: Please ensure that you complete the comment section and return your child’s portfolio to school immediately so that staff can start work on them for semester 2.

Grades 3 and 4 Newshound page:
Extra curricular catch up

More tree day photos:

Music lessons:

🎵 Guitar Lessons
🎵 Drums Lessons

Places still available, BOOK NOW!

For enquiries, please contact Drew

Ph. 0407 502 438
drewthorpe@gmail.com

DTM STUDENT GIG 2016

A performance aimed at giving students a real life musicians experience

27th. August 2016
Salvation Army Hall
Mundy St. Bendigo

Gig 1: School Groups Performance 11am
Gig 2: Choir, Band & Orchestra
Performance 2pm
Students due 1 hour before commencement time

Entry $5 Adults, kids under 16 free
IN DISGUISE
Family Art Day
Sunday 7 August 11am – 1pm
Castlemaine Art Gallery and Historical Museum

To celebrate our current exhibition Clayton Tremlett: Beard and Influence the Gallery invites families to come along and get creative!

Activities include
DIY beards, crazy hair booth, Bushranger stories,identikit posters and model a mini bushranger

Cost: $10 per family* (includes exhibition entry)
*1 adult and up to 2 children (12 years). Additional children $4 each
Bookings and payment essential:
by Friday 5 August 5472 2292

MASQUERADE
THE TARADALE WINTER BALL 2016
SATURDAY AUGUST 20TH 7.30-12 MIDNIGHT
With Meg Carson And The Antoinette's
(Featuring music of the 80's with an edge)

Shuttle bus service available from Castlemaine, Chewton, Elphinstone and Nyeltom.
Ring 0417 547 270 for pickup times and bookings.
$10 return.

VIOLENCE PREVENTION TRAINING

Take A Stand Against Domestic Violence

In partnership with Women’s Health Loddon Mallee, a workshop offering workplaces, community groups and individuals support to implement policy, training and practical tools to participate in the prevention of violence against women.

‘the behaviour you ignore, is the behaviour you accept— for your mother, daughter, sister, workmate’

Friday August 26
12-1pm
Castlemaine Community House
Free to participants and lunch will be provided.
Bookings essential!

Knowing your Teenager
Maldon

Parenting teenagers is not easy, it requires creativity, determination and patience! It’s a tough phase for everybody, but you’re not alone.

Join other parents and carers in this workshop that aims to provide information, improve understanding and explore strategies that focus on the strengths and challenges of this stage of development

Term 3, 2016
When: Tuesday 2nd August 2016
Time: Welcome and registration 6.15pm
Session 6.30pm - 9.30pm
Where: Maldon Neighbourhood Centre, Cnr Church & Edwards Street, Maldon
Cost: Free
Child Care: Not available
Facilitators: Kate and Anne-Marie (Family Education Services Team)

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

For bookings and information please contact Kim on 5473 2093 or info@maldonnc.org.au

ABN 20112 806 357