



PRINCIPAL'S NOTES

The beginning of the school year is a new start. Last year's practices can be forgotten, and if there were small issues, they can now be changed. Already a few children are getting to school after nine o'clock. All students should be at school just before the bell rings at 9.00am. They can then join their classmates and go into school together. When a student walks into a classroom at 9.05, 9.10 or even later it can cause embarrassment for them as well as disrupting their learning. So let's all try and get every child to school on time. I have included the following as it's a great reminder for us all.

How to make your child's school year a happy one!

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever at school:

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good

night's sleep consolidates learning, as well as assists future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their everyday lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.

STOP WORK

If your children are in the following classes, you will need to make other arrangements for them on **Thursday 14th February.**

Group 3	Group 4	Group 5
Group 6	Group 8	Group 9
Group 10	Group 11	

Specialist teachers and these class teachers will be taking stop work action and will not be at school.

School Council

Last night, the first meeting of the council was held for 2013. Among other things the development of the lower area of the school grounds was discussed. Cricket nets and wickets are first on the agenda. The annual elections for School Council membership will also be held in coming weeks. The nominations for new membership will be announced next Tuesday. Maybe you can give this opportunity some thought, and talk to the current members.

The feasibility of our school camp to Maldon was also discussed. Parents who have expressed interest now need to make a financial commitment if we are to go ahead with the planning.

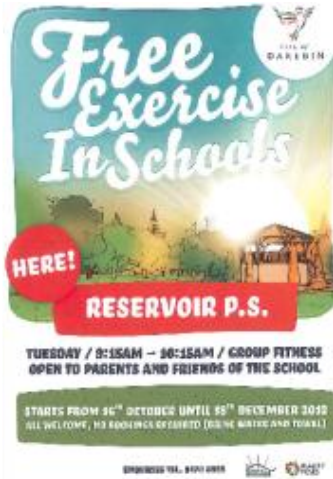
Great to see our Prep students so engrossed in the school day already.



Helen Miller

Exercise Classes

Fitness classes have started once again!!
Classes are free so come along and join in for a great fun fitness program next time:
19th February
9.15 – 10.15
Multi-Purpose Room



DIARY DATES

14 th February	Stop Work Action Groups 3/4/5/6/8/9/10/11
15 th February	Scholastic Book Club Orders Due
19 th February	Swimming for Groups 6/8/9/10/11 Nominations for School Council members open
26 th February	Swimming for Groups 6/8/9/10/11 Parent Helpers Meeting – 3:00pm Staffroom
27 th February	Parent Teacher Interviews 1:00pm – 5:30pm
5 th March	Swimming for Groups 6/8/9/10/11
11 th March	Public Holiday
12 th March	Swimming for Groups 6/8/9/10/11
19 th March	Swimming for Groups 6/8/9/10/11
26 th March	Swimming for Groups 6/8/9/10/11
28 th March	End of Term 1

BIRTHDAY GREETINGS

"Happy Birthday" to



Lavinia, Shantara, Angelica and Rafael

who are all celebrating their birthdays this week .

STUDENT OF THE WEEK AWARDS

Congratulations to the following children who were presented with Student of the Week & Achievement Awards on Friday at assembly:

Alaa A., Miljan, Kloe, Matthew Y., Zachary, Noura, Daniel L., Charlotte, Ahmed A., Yunes, James Z., Melissa, Annelise, Evangeline, Lynton, Michelle L., Shantara, Samuel, Yasmin S., Amelia, Tora, Selena, Calie, Jake, Nisarg, Dewmi and Yasamin G.



PARENT HELPERS MEETING

The teachers would like to invite parent helpers into their rooms for classroom assistance. ***There will be an Information session on Tuesday the 26th of February at 3:00pm in the Staffroom.*** Parents must attend this meeting before classroom assistance can commence.

***Thank you,
Chris Franzone***

SCHOLASTIC BOOK CLUB

Scholastic Book Club pamphlets were recently sent home with your children. If you wish to purchase any of the items in the pamphlets please complete the order form and return to school with the money to their class teacher. ***All orders and money must be returned to school by Friday the 15th of February 2013.***

Scholastic pamphlets are given out twice a term. Once the orders arrive at school they will be distributed to the students. Thank you!

Susie Kotanidis

SUBWAY LUNCHES - FRIDAYS

Subway lunches are available on Fridays. Each week an order form is attached to the Newsletter. If you are placing an order for your child please make sure you circle the item you want and the extras (i.e. tomato, cheese, etc.)

Subway lunch orders and money must be sent to school on Thursday morning and given to the class teacher in an envelope. You must have the correct amount of money in the envelope. No late orders will be accepted!

EDUCATION MAINTENANCE ALLOWANCE

If you have not already lodged a claim for the Education Maintenance Allowance please bring your Healthcare card or Pension card to the office. Most families would have already applied when you were given your children's books. **Applications close on the 28th of February 2013.**

TERM DATES FOR 2013

Term One	30 th January (Wednesday) 31 st January for Preps (Thursday) To 28 th March
Term Two	15 th April to 28 th June
Term Three	15 th July to 20 th September
Term Four	7 th October to 20 th December

IMPORTANT INFORMATION

- The school yard is supervised from 8:45am before school and until 3:45pm after school. It is important that children do not arrive at school before 8:30am.
- If you are using our Before or After School Care program please remember to book your child/children in or inform us of cancellations. Fees will apply if care is cancelled after 3:00pm on a booked day. Bookings are essential as there is a limit for this facility.
- 3:30pm can be a very busy time in the yard. Please wait outside the buildings and away from the steps and stairs so the children can exit the buildings safely.
- If a child is required to go home during school hours (doctor, dentist, etc.) please come to the office and we will then call your child to the office and complete the details in our early departures journal.
- Each morning the gates are locked at 9:05am and are opened again at 3:15pm. All entry between these times must be through the main office in Duffy Street.
- Teachers and students are already starting to establish working routines within their classrooms, please ensure your child/children are at school by 9:00am ready to start the day. If children arrive at school late they must report to the office and complete details in the Late Arrivals book.
- Hot Day Policy – On very hot days all children will be kept inside.

- As part of our Sunsmart Policy all students are required to wear either a Legionnaires hat or a Slouch hat when outside during Term One and Term Four.

PRESTON LIONS JUNIOR FOOTBALL CLUB

Junior Players wanted for season 2013. Boys and girls welcome. All age Groups. (Under 6's to Under 18's).

For more registration information call 0433 098 204 or visit our website www.plfc.com.au

Pamphlets are available at the office.




BODY BLITZ 24/7 FITNESS 771 GILBERT ROAD, RESERVOIR.

If you are interested in joining a gym in the local area then contact Hollea Dopfer or Luke at Body Blitz on 9478 4445.

For further details you can visit their website at www.bodyblitz247.com.au or email reservoir@bodyblitz247.com.au

AUSTRALIAN YOUTH CHOIR & AUSTRALIAN YOUTH DANCE THEATRE

Give your child a great creative opportunity!

Our programs offer your child an opportunity to develop vocal or jazz dance skills close to home. Our performing programs give young people the chance to make new friends in the local and wider community. Meeting new people, learning new skills and performing helps to build confidence and self esteem. lia with program  in five states. Enrolments are open to students in primary and secondary schools.

For further information phone 9836 1877

or go to www.niypaa.com.au

Brochures are available at the office.

PERFORMING ARTS

Just Sing What You Feel (Free) - until 17th February

Celebrate summer with this contemporary art project by Melbourne artist Jon Campbell, inspired by suburban life, language and rock n' roll. Families can watch, listen, sing along to and record his Yeah Yeah Yeah song in the interactive karaoke booth, create a backyard experience using colourful drawings and imagine a special word and write it on the flag and take it home or leave it as part of a large installation of flags. 10am- 5pm, closed Mondays. The Ian Potter Centre: NGV Australia, Federation Square, Flinders Street 8620 2222 or visit www.ngv.vic.gov.au

State Library of Victoria (Free) Sugar 'n' Spice Storytime
17th February

A celebration of the Gusto! Exhibition with food inspired stories, songs and craft activities. Suits children 8 years and above.

Storytime: The Unexpected Crocodile 17th February.

Enjoy a reading of the book by author, Kim Kane plus songs and craft activities to celebrate the Gusto! Exhibition. Suits children 8 years and above 11am- 12pm.

Dromkeen Scholastic Collection of Children's Book

Art: Daily.

The entire collection of the Dromkeen National Centre for picture Book Art collection was recently given to the library and Bunyip and Gumnut Baby sculptures have been installed in the forecourt of the Library.

Opening hours: Mon-Thurs 10am-9pm

Fri-Sun: 10am-6pm

328 Swanston Street 8664 7000 or visit www.slv.vic.gov.au



SealPony presents its popular soccer program. SealPony Soccer is a developmental & participation program that introduces boys and girls aged between 5-10 to the game of football (soccer). It focuses on teaching the basic skills.

This is a perfect opportunity for children to keep physically fit and develop skills required to play the world's most popular game.

SealPony Benefits

- * Learn the skills of soccer
- * Fun games & activities
- * Great giveaways
- * Meet new friends
- * Achievement awards



Note: As this is a popular program and places are limited, enrol quickly to ensure a place for this season.

For more information call Joe:

Mobile: 0415-388-028

E-mail: jyamen@optusnet.com.au

Venue: James Street Reserve
Time: Every Sunday Morning
Starting Date: 10th of March 2013
Finishing Date: 26th of May 2013
Registration Date: Saturday 10 am - 11 am
2nd of March 2013
Address: James Street Reserve
Heidelberg Heights 3081
Cnr James, Alfred &
St. Hellier Street



WILLIAM RUTHVEN
SECONDARY COLLEGE

**WILLIAM RUTHVEN SECONDARY
SCHOOL TOURS**

Classroom tours commence Tuesday, 12th February and run every Tuesday, commencing at 10.00 am.

ALL WELCOME

Ring the College Office on **94622177** to book a tour with our principal, Ms Karen Money or our Assistant Principal, Mr Paul Johnson.

**William Ruthven Secondary College Open Night
27 March 6.30 till 8.00**

All faculty programs will be on display. All college staff will be available for discussion.

**Scholarships and LEAP High Achievers Program
Year 7 Entry 2014**

Scholarships will be offered in the areas of academic excellence, community service, music and the arts and / or sporting endeavours.

Interested families are encouraged to contact the College for an information pack on the LEAP program selection and scholarship criteria and application forms.

60 Merrilands Rd Reservoir 3073
<http://www.williamruthvensc.vic.edu.au/>

SUBWAY LUNCH ORDERS 2013

Subway lunches are on **FRIDAYS ONLY** - orders are collected on **THURSDAY at 9.00am**

Place money and order in an envelope or bag marked clearly with child's name and Group and give to the classroom teacher. **Separate orders are required for each child. Correct money is required, no change will be given.**

Please note that Subway do not put butter on their rolls.

**** PLEASE MAKE SURE YOU CIRCLE WHICH NUMBER YOU WISH TO ORDER – YOU ALSO NEED TO CIRCLE WHAT SALAD ITEMS YOU WOULD LIKE**

CHILD'S NAME GROUP

1.	Six inch Vegetarian Delight Sub: Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.20
2.	Six inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.40
3	Six inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$6.00
4.	Six inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.40
5.	Six inch Sub: BMT (Salami & Ham) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.50
6.	Six inch Sub: CLUB (Ham, Turkey & Roast Beef) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.50
7.	Four Inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
8.	Four Inch Sub: Turkey Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
9.	Four Inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
10.	Four Inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.40
11.	80 cents for a Cookie	.80
	TOTAL money enclosed	\$

Please Note: Late orders will not be accepted