**PRINCIPAL’S NOTES**

I’m sure your children have already settled in and feel comfortable and happy in their new environment. Our school is a very positive, happy place; in particular for new students; students and teachers love to welcome them into their classes.

In the first few weeks, teachers will talk with your children about ongoing policies and practices, so I thought it wise to keep you informed and remind you also; that way you will understand exactly what your children are telling you.

We are a “water only” school! School Council agreed a few years ago that other drinks are unsuitable to bring to school: milk or yoghurt based drinks are unsafe to keep out of a fridge for a period of time and fruit based drinks and cordials are full of sugar (either natural or added). Both also cause problems after those little spills. Therefore water is the best, and Melbourne water is probably the best you could get anywhere. If you wish to send food that requires a spoon or fork, you must provide your own. We do not have them available for your children.

**Water bottles** are compulsory, and our school bottles are provided to all students; new students also receive one on arrival. You can take them home to clean, rinse out or even freeze overnight; but they can only contain water and they must be at school every day. If your child needs a new bottle, they are available at the office for $4.00. New lids are available on request free of charge. Students playing sport must have their water bottle with them.

The bottles are safe for regular use (BPA free).

**Healthy food** is very important for all children. When we have our break at 11.00 a small snack can be eaten and then at 1.30 the children eat their lunch. When you organise lunches for your children, please consider the health value as well as the appropriateness of what they bring to school. Meats and yoghurts are always risky and are not recommended, particularly in warmer weather. Please consider the fact that processed snacks such as packets of chips, have absolutely no health value at all and will not sustain your child throughout the day; definitely not brain food! Fruit is always a great option as are those vegetables that are easy to eat such as carrot, celery, tomatoes and cucumbers.

**Fruit Friday** will commence this week; Friday 13th February and all students will receive free fruit on Friday mornings for their morning recess snack. This means no food can be eaten at recess on Fridays except fruit. We will inform the children on Thursdays which fruits will be available. That way, if they choose not to eat the ones we offer, they may bring their own fruit from home.

Just a final reminder that bubble gum and soft drinks are banned from the school at all times. Lollies are also discouraged; as kids come to school to learn; concentration is required for classroom activities, and we know that children cannot concentrate after a handful of “red lollies”. The colouring and sugar in lollies is certainly not helpful in providing the necessary attentiveness.

Students should not have mobile phones or iphones at school. If there is a specific reason why you feel your child needs to bring a phone, you need to speak to Connie Williams, Elizabeth Bogdanovski or myself.

We will send home with children a small pack of “pay-in” envelopes; these should be used for any amount of money brought to school at any time. Don’t forget for amounts over $20.00 we do have an EFTPOS facility at the office.

If you require a quick note for absences, please let us know and we will send home some blank absence notes; you may use these if your child is absent for any reason and you don’t have the chance to ring or email us.

It is a Department of Education regulation that you inform us if your child is absent from school; “unauthorised” absences are not ideal from anyone’s point of view. If you have any concerns or questions don’t hesitate to contact your child’s teacher or someone at the office.

Yesterday I spent the day at Waratah Bay with the fifty-seven campers. Whilst the weather wasn’t as nice or warm as it was in Melbourne, some great activities kept them very busy. These included a giant swing which is called the Flying Fish, the Bouldering Wall, Possum Ropes and Ringtail Ramble, Beach volleyball, Initiative Course (Jail Break) and the Pit. Dinner was a delicious roast followed by fruit salad and ice cream. I was informed by one of our smaller year three students that he’d demolished three servings of roast!!! (not sure how accurate that was).
The main thing is they’re all having fun; getting to know other students who they may not mix with at school, sharing a room with other children, experiencing their “away from home” status. I must say it’s a little tricky putting a fitted sheet on a top bunk!! A few helping hands were required.

Helen Miller
Principal

SCHOLASTIC BOOK CLUB

Scholastic Book Club pamphlets were sent home last week with your child. If you wish to purchase any of the items in the pamphlet please complete the order form and return to school with the correct money to their class teacher. Scholastic pamphlets are given out twice a term. Once the orders arrive at school they will be distributed to the students.

The closing date for the 1st edition is this Friday the 13th of February 2015 so please make sure all orders and money are returned to school by this date.

BIRTHDAY GREETINGS

“Happy Birthday” to

Danah, Reece H., Lavinia and Angelica

who are all celebrating their birthdays this week.

SCHOOL BAGS & UNIFORMS

Some of our uniform supplies that were out of stock have now arrived so please see the office staff.

The school bags and Bomber Jackets (except size 10) have arrived.

Unfortunately the Legionnaire Hats have not come yet.

SEALPONY SOCCER

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

* Fun games & activities * Great giveaways
For more information call Joe (0415-388-028)  
E-mail: jyamen@optusnet.com.au

Time: Every Sunday Morning  
Starting Date: 8th of March 2015  
Registration Date: Saturday 10 am - 11 am  
28th of February 2015  
Address: James Street Reserve  
Heidelberg Heights 3081

DIARY DATES

11th February Campers return (approx. 3.30pm)
13th February Scholastic Book Club Orders due
16th February School Council meeting 7.00pm
17th February Year 5 Students visit Reservoir High
18th February Swimming – Groups 9/10/11/12/13/14
Family Night 5:30pm – 7:30pm
24th February Swimming – Groups 9/10/11/12/13/14
25th February Introductory Parent Teacher Meetings
Swimming – Groups 9/10/11/12/13/14
3rd March Swimming – Groups 9/10/11/12/13/14
9th March Labour Day Public Holiday
10th March PROPOSED Pupil Free Day
11th March Athletics Day
13th March Swimming – Groups 9/10/11/12/13/14
16th March Swimming – Groups 9/10/11/12/13/14
18th March Swimming – Groups 9/10/11/12/13/14
25th March Swimming – Groups 9/10/11/12/13/14
27th March Last day of Term 1

SUBWAY LUNCH ORDERS

Subway lunch orders are available every Friday. Please complete the attached order form and return to your child’s classroom with the money in an envelope. Orders must be at school by Thursday morning.

Please make sure you circle the items that you are ordering. If you have any queries please contact the office.

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FAMILY EVENING
WEDNESDAY 18TH FEBRUARY
5:30pm – 7:30pm

As you can see on our Diary Dates, our annual family evening is on the 18th February – which is only one week away! We have this event so our school community can enjoy time together; current and new families can meet in a casual and social atmosphere. We have decided 5:30pm til 7:30pm is most suitable and suggest you bring your own food and drinks, but it is not compulsory. In recent years many of our families have brought along food that represents their cultural backgrounds to share. This has been very successful, and we would encourage you to do this again.

However we will also have a barbecue; Supercook Franzone will be on the job again providing free traditional sausages.

This event will be held under the COLA which is an ideal venue on a summer evening.

We will have two Jumping Castles for the children to enjoy. We hope to see you all at school, so put it in your diary if it isn’t already there!

Primary After School Art Class
Suitable for 5-12 year olds

Reservoir Neighbourhood House
2 Cuthbert Rd., Reservoir
For bookings, call (03) 9462 4611
or call or text details to
Elizabeth Diacos on 0403 448 565

Term 1 starts on Monday, 9th February
4pm-5.30pm
(no class on Labor Day: 2nd March)

Term 1: $72 (6 weeks, $12 per class), pay on the first day
Casual Visit: $15

The class:
In Term 1 we will dabble, play and explore with art supplies galore in a creative environment. We will cover resist techniques, various printmaking techniques using recycled materials and create a mood board and artist cards using collage, painting and printmaking.

The tutor:
Elizabeth Diacos is a qualified Art teacher with many years of experience teaching Art in community and school settings. Her passion is for using creative expression in all its forms as a means of fostering wellbeing.

Contact:
Reservoir Neighbourhood House
www.reservoinh.org.au
Ph: 9462 4611
or ediacos@gmail.com
www.larksong.com.au
Mob: 0403 448 565

DAREBIN WOMEN’S SPORTS CLUB

COME & TRY SOCCER DAY

Attention all girls!
Aged 4-15

Sunday 15th February
A.H.Capp Reserve, Halwyn Cres, Preston
10.00 – 11.30am

Darebin Falcons will run programs for girls aged 4 to Under 16’s in the 2015 season.
Get active, make friends, have fun ... try soccer!

New Under 16’s team in 2015
falcon1.org.au

For more information contact
soccer@falcons.org.au
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 ..............

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Six inch Vegetarian Delight Sub:</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.40</td>
</tr>
<tr>
<td>2.</td>
<td>Six inch Sub: Ham</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.70</td>
</tr>
<tr>
<td>3.</td>
<td>Six inch Sub: Chicken Pieces</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$6.30</td>
</tr>
<tr>
<td>4.</td>
<td>Six inch Sub: Roast Beef</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$5.70</td>
</tr>
<tr>
<td>5.</td>
<td>Six inch Sub: BMT (Salami &amp; Ham)</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$5.80</td>
</tr>
<tr>
<td>6.</td>
<td>Six inch Sub: CLUB (Ham, Turkey &amp; Roast Beef)</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$5.80</td>
</tr>
<tr>
<td>7.</td>
<td>Four Inch Sub: Ham</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.10</td>
</tr>
<tr>
<td>8.</td>
<td>Four Inch Sub: Turkey</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.10</td>
</tr>
<tr>
<td>9.</td>
<td>Four Inch Sub: Roast Beef</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.10</td>
</tr>
<tr>
<td>10.</td>
<td>Four Inch Sub: Chicken Pieces</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.60</td>
</tr>
<tr>
<td>11.</td>
<td>80 cents for a Cookie</td>
<td></td>
<td>.80</td>
</tr>
</tbody>
</table>

TOTAL money enclosed $