PRINCIPAL’S MESSAGE

Athletics Carnival
Well, we did it! Reservoir Primary School won the annual Athletics Carnival. We are a member of the district which includes Reservoir East, Reservoir Views, William Ruthven, Thomastown, Kingsbury, St Joseph the Worker and Our Lady of the Way. Not only were our students fantastic and successful competitors, but their behaviour and presentation was outstanding. A number of teachers from other schools commented very favourably. After all events results were tallied, Reservoir finished 35 points ahead of the other schools. So CONGRATULATIONS to all students who took part. I’m sure you’ll find more photos in this newsletter to help celebrate our achievement.

School Council
The first meeting of our new School Council took place last night, and a number of things were discussed. This is just a short list of topics. Election of office bearers resulted in
Jane Ingle – President  Laura Troost - Vice President
Connie Williams – Treasurer  Helen Miller – Secretary
- A small sub-committee has been established to present options for a sandpit.
- We are working towards improving our management of waste; recycling paper and composting food scraps.
- Once suitable quotes have been received, the west end of our new portable “city” will be surfaced with artificial turf.
- A new school leaflet was approved for printing; parents whose children appear in this publication will be contacted for approval beforehand.
- Our Annual report shall be presented at our Annual General Meeting on Monday 4th May; all parents are welcome, so put this date in your diary.

School Photographer
On the first day for students next term, Tuesday 14th April the photographer will be at school to take the year six photo as well as a few special groups; music students, Young Leaders and Junior School Council representatives. There will also be a whole school photo – all 313 students; staff squeezed in as well. Later in the term; Wednesday 20th May will be the day when all classes and individual photos will be taken. So make sure your children are in full uniform on these days for these rather special events.

How much sugar does your child consume?

I recently came upon some very interesting information; we made the decision that students drink water only a number of years ago. For those who are not aware, the following data is frightening.
In every 375 ml of the following drinks, you can see clearly how many teaspoons of sugar are contained, and consumed.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Sugar Content</th>
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<tbody>
<tr>
<td>Water</td>
<td>5.5 tsp.</td>
</tr>
<tr>
<td>Sports Drink</td>
<td>5.5 tsp.</td>
</tr>
<tr>
<td>Cordial</td>
<td>6 tsp.</td>
</tr>
<tr>
<td>Flavoured Mineral Water</td>
<td>6 tsp.</td>
</tr>
<tr>
<td>Orange Juice (no added sugar)</td>
<td>8 tsp.</td>
</tr>
<tr>
<td>Pop Top</td>
<td>8 tsp.</td>
</tr>
<tr>
<td>Flavoured Milk</td>
<td>8.5 tsp.</td>
</tr>
<tr>
<td>Lemonade</td>
<td>9 tsp.</td>
</tr>
<tr>
<td>Prima</td>
<td>9.5 tsp.</td>
</tr>
<tr>
<td>Apple Juice (no added sugar)</td>
<td>10 tsp.</td>
</tr>
<tr>
<td>Cola</td>
<td>10 tsp.</td>
</tr>
<tr>
<td>Orange Soft Drink</td>
<td>10 tsp.</td>
</tr>
<tr>
<td>Lemon Squash</td>
<td>11 tsp.</td>
</tr>
</tbody>
</table>

SO: How much sugar does your child consume in their drinks??

Helen Miller  
Principal

DIARY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>18th March</td>
<td>Swimming – Groups 9/10/11/12/13/14</td>
</tr>
<tr>
<td>20th March</td>
<td>Swimming – Groups 9, 10 and 11</td>
</tr>
<tr>
<td>24th March</td>
<td>Swimming - Groups 12, 13 and 14</td>
</tr>
<tr>
<td>25th March</td>
<td>Swimming – Groups 9/10/11/12/13/14</td>
</tr>
<tr>
<td>27th March</td>
<td>Last day of Term 1</td>
</tr>
<tr>
<td></td>
<td>ASSEMBLY 1.10pm</td>
</tr>
<tr>
<td></td>
<td>DISMISSAL 2.00pm</td>
</tr>
<tr>
<td>13th April</td>
<td>Pupil Free Day (no school for students)</td>
</tr>
<tr>
<td>14th April</td>
<td>Term 2 starts for children</td>
</tr>
<tr>
<td></td>
<td>School photographer</td>
</tr>
</tbody>
</table>

‘Birthday Greetings’ to the following students who are celebrating a birthday in the coming weeks:

Congratulations to the following students who were presented with Student of the Week and Encouragement Awards last Assembly recently:

6th March

The You Can Do It Award was presented to:
Group 8
for looking out for one another and celebrating each other’s achievement

13th March
No Awards due to a short week at school.

The You Can Do It Award was presented to:
Groups 9, 10, 11, 12, 13 and 14
For their excellent behaviour on Athletics day and for a fantastic achievement coming 1st!

MARCH REPORT

118 people walked and 45 people rode a bicycle or scooted to school which means 163 students came to school in an active way on the National Ride 2 School Day.

This month 62% of our school either walked or rode to school. Last month it was only 53% so we have improved by nearly 10%, which is great! Let’s see if we can continue to improve our active travel rate next month.

This month’s winner of the Active Traveller Award with an outstanding 91% of students walking or riding to school is Group 14.

This was followed closely by Group 2 who had 78% of their students travelling to school in an active way.

By Bridgette Di Giorgio
Ride2School Leader

The National Young Leaders Day 2015

I woke up early on the 13th of March. I was so excited. Joshua, Charlotte, Jack, Kayda, Farouk and I were going to the city to attend The National Young Leaders Day.
I got ready and headed to the train station. Joshua and Jack were already there. We waited for everyone to arrive. When everyone was at the station the train arrived and we all boarded it. All the seats were taken so we stood up but slowly the train got more and more crowded. At one point it was so crowded we were all pressed closely upon each other.
We got off at Southern Cross station. There were so many other schools all destined for The Melbourne Convention and Exhibition Centre. We walked to our destination and once we got there we realised how big the auditorium was. It was huge! We sat near the front of the stage.

Next to each seat was a notebook, it said ‘Nothing Significant, Enduring or Amazing Ever Began That Way’. There was space for us to scribe some important notes, main thoughts and questions. In the middle of the book was a double page with bold writing ‘Get Started.’ This was our theme for the day and everybody was waving this in the air.

Our first speaker was a man named Mike Martin. He talked about how leadership meant influence. He also talked about cells and how we need lots of them. Cells work together to keep the body running. He also compared us to stem cells. Stem cells can become any cell which means that we have lots of choices.

Our next speaker was Bindi Irwin. She was great. Bindi said to be a great leader you have to learn. She gave us a quote “Leadership and learning are indispensable to each other”. She told us to learn as much as we could and to volunteer our time as it will give you a leg up in life”.

She showed us a video of one of Steve Irwin’s crocodile research trips. He was very brave! The croc he fought was huge! Bindi said that was something she couldn’t do but she still continued to research smaller crocodiles.

The break gave us time to stretch. Kayda wanted to get her book signed but there were too many people waiting in the queue. We took a few photos but we were facing the sun. My guess is that I looked funny!

Andy Griffiths was next. He told us a really funny story. What made it funny was how everything was unexpected. That taught us how to look at things from different angles. He asked a few questions and Kayda answered one. She was really happy.

Jessica Gallagher’s talk was inspiring. She had a disease. She couldn’t see too well. She entered the Paralympics. Turned out her eyesight was 0.1 too good so she waited for it to deteriorate. I was inspired by how she never gave up.

Coen Ashton’s story was also inspiring. He had Cystic Fibrosis which meant he had mucus in his lungs. He told us it was about the same colour as our seats. He once had a temperature of 40 degrees lasting for 6 months. His condition got so bad that he was told he only had a few weeks left. But he didn’t give up and took a drug to keep him alive. He wanted to have a lung transplant but he had 20% of his lungs left so he Jet skied across the Murray River in 7 weeks. That burnt out the rest of his lungs. After the transplant he Jet skied across the Murray River, this time in 7 days.

We didn’t just have speakers we were also entertained by a Hip Hop dance group. They were great!

I had a great day. Coen Ashton really inspired me. He mentioned the fact that he looked like a twelve year old and often got pulled over for driving under the age. I also liked Bindi. Did you know it took her two years to finally realise she actually lived at the Zoo. She always thought she was visiting each day. Overall I had a great day. I’m definitely going to ‘Get Started’!

Sophie H.

Coen Ashton inspired me the most because he was really brave. Coen was born with Cystic Fibrosis (CF) a genetic condition that affects mainly the lungs and digestion. Coen’s lungs deteriorated to a point that he required a double lung transplant to survive. He still lives life to the fullest. Jessica Gallagher is an amazing athlete because even though she was diagnosed with a rare disease which continues to deteriorate her sight she still manages to follow her dreams against the odds. She competes in a number of mountain skiing events.

Andy Griffiths spoke more about how he creates his bestselling stories. He continues to find new angles to create stories and
wrote every day.

“I would apply myself. I would write memories, dreams and lists. The more I wrote I loved it” he said.

Farouk

On Friday the 13th of March 2015 all our Young Leaders from Groups 12, 13 and 14 went to The Melbourne Convention and Exhibition Centre to meet five amazing speakers. They were **Andy Griffiths**, **Bindi Irwin**, **Jessica Gallagher**, **Coen Ashton** and **Mike Martin**. I couldn’t wait to meet them and hear some of their stories and leadership insights. As we entered the room I was left speechless as it was better than what I had imagined. The speakers that stood out for me were Coen, Bindi and Jessica. It was Coen who touched my heart more than the others because he was born with Cystic Fibrosis (CF). When he was 8 years old he had caught a bug that almost killed him. This occasion gave me the opportunity to develop my leadership skills and values. I didn’t want the event to end as I wanted to hear more stories. That was the best excursion I’ve ever attended.

Kayda

Over 4,000 upper primary students along with their teachers gathered at The Melbourne Convention and Exhibition Centre for Australia’s premier leadership event on Friday the 13th of March 2015. I was so excited to be part of this occasion as I was going to hear from some of Australia’s finest leaders. They were going to help me develop my leadership skills and values. Bindi Irwin lives in Australia Zoo, Queensland. Her passion is wildlife and conservation. Her dad died in a tragic accident whilst he was researching and Bindi hopes to follow her father’s footsteps and wishes to carry on his legacy. Bindi believes that we should do what’s right and help planet right! Her dad was an incredible person but you don’t have to jump on crocodiles to make a difference.

Coen Ashton always tried even when the doctors told him to take it easy and rest. He decided to Jet-ski up the Murray River. This time he completed his goal in 7 days instead of the 7 weeks it took him the first time, to prove the difference a transplant can make to someone.

Jack

Mike Martin took to the stage first and welcomed us all. He is the executive Director of the Halogen Foundation. He enjoys Science and reading and listening to stories especially Aboriginal legends. He believes people use stories to take in what’s important to them. “We learn things through the art of storytelling and this is something that has been around for years and years” he said.

Young Leaders are people who are switched on. Leadership means influence. The influence is what makes you a leader not whether you wear a badge, that’s only there to remind you. Each of us is unique. We often think of leadership for only loud and confident people but if you have an idea go for it. There is a place for everybody not just loud people. Some of the most influential people are quietly spoken. Be yourself and you will be
heard and loved.
The two speakers that inspired me the most were Jessica Gallagher and Coen Ashton. Jessica is legally blind due to a rare condition. She started to lose her eyesight when she was a teenager but she didn’t let that stop her. Jess is both a Summer and Winter Paralympian, having competed for Australia in Long Jump, Javelin and a number of Alpine skiing events.
“Have no regrets in life. You will only fall of your bike if you stop pedalling” she said.
Coen Ashton was born with CF (Cystic Fibrosis). When he was 8 years of age he caught a bug that almost killed him so he was sent to Melbourne to go on the waiting list for a double lung transplant. While he was waiting he thought he would show the world what he was capable of and he gathered his courage and strength and went skiing down the Murray River. It took him 7 weeks but he did it. Soon after that he received the call for his operation. His prays were answered.
After his transplant he decided to go up the Murray River once again only this time he did it in 7 days where lots of people thought it would be impossible but he did it.
“You never give up as you only have one life so live it” he said.
All the speakers were amazing and most inspiring.
Thank you Halogen Foundation.
Charlotte

Many of the speakers had a unique story and approach to life which was inspiring and heart-warming. After each speaker we managed to reflect and share some of their thoughts and inspiring messages. We wish to share some of these with you.

Remember to always believe in your heart and dreams. You can make things happen.

Think positively.

Keep trying and with lots of practise you will achieve your best.

Connect with people and everything around you. You can’t be anybody else.

You have to be YOU.

Believe in yourself. Say “I am somebody”.

Say “I can do it not I can’t”.

Every single one of us can make a difference.

A good leader needs to have PASSION and you have to be willing to volunteer your time.

We hope our students feel more educated on what it means to be a leader and are inspired to 'Get started' and do their best in serving our school and their community.

Enjoy your journey this year as Young Leaders and Junior School Councillors.

Best wishes,

Mrs Phokos and the Leadership team.

ATHLETICS CARNIVAL 2015

On the 11th of March the track event participants arrived at school at 8:00am to attend the athletics carnival. When we arrived at Meadowglen we were all excited to be there. We walked past other schools and then found our area and sat down.

After about 15 to 20 minutes the announcement said, “10 year old girls for High Jump please”. So I got up and waited for all the other 10 year old girls that were doing it. We went to the High Jump and guess what, Amy and I came first. I got my ribbon and I felt proud and happy when I received it. Then I went back to my school and
everyone was hugging me and saying “Well done” and “Good job”. I sat down and guess what I did.....wait. After about 30 to 40 minutes the field event competitors arrived. It was very noisy and loud and we all got squished. Later Charli, Bridgette, Alice and I were called to do the Circular Relay. Bridgette kept saying, “I’m freaking out”. Then it started, I was put 4th of last so what I had to do was basically finish the relay. Bridgette ran and gave it to Alice, Alice ran and gave it to Charli, then Charli gave it to me and I had to run to the end. I was running and coming first but then another girl named Chantel from William Ruthven sprinted in front of me and beat me.

After we finished I was called to do the 100 metres. I didn’t do that well; I came 6th of 8 or 10 so I didn’t get a ribbon but it’s ok. I already had two first place ribbons. About 35 – 40 minutes later most girls from 10-12 year olds were called for Crossball. We did pretty good.... I mean GREAT! The 10 years old came second. Also, guess what? Our school came first. So, overall it was an awesome day and I’m glad that most people participated.

Emma McL.

Wow! What a great Athletics carnival we all had! It was a nice day to play sport. It started off with track events and then we had discus, shotput and then crossball and so on.

The Athletics carnival was held in Epping.

The first whistle blew, the second whistle was blown and off the crossball girls (12 years old) went. Everyone threw to each other from girl to girl. We were nervous but very determined. The first runner went and then the second and before you knew it we all had a turn. We all tried our best and we came in third place.

When the 100 metre sprint was up it was Sweeney, Sina, Sadman and me who were competing. First it was Sweeney and he came 5th. It was my turn to run and I was doing so well until another runner flew past me ever so quickly. Then it was the last event, Circular Relay. I was the last runner so I had to try and win for my team. We were running very well and then when I received the baton. I started running closer to the end and again another student overtook me. Our team came in second place. Yeah!

In the end Reservoir Primary School came in first place. The stadium was filled with loud cheers and a sense of accomplishment. It was a great day and I’m sure everyone else enjoyed it.

Good job Reservoir Primary School.

We’d like to thank everyone who participated and represented our school!

Gina and Joshua
School”, announced Mrs Miller. We were all surprised and excited to hear the good news. Our hard work and practice each day was worth it. Overall, it was a really exciting and rewarding day!

**Victoria and Sweeney**

The whistle blew and we were all excited and ready to go! We started with long jump and Charlotte came first. Slowly, slowly the time went past and we were up to tunnel ball and cross ball already.

We all had a great time. Then Mrs Miller came out onto the track to announce the scores and the winning school. “In 8th place Reservoir…….”, she said before she could finish her sentence we sadly said, “Ohhhhhhhhh”. She then continued and we were so relieved to hear the end of it. “Reservoir East”!! We suddenly heard Reservoir Primary in 1st place and we all cheered and clapped. Some of us even jumped for joy.

**Maria P. and Balkaran**

I woke excited but nervous as well. I took ages getting ready and before I knew it I was at Athletics. When I was at Athletics I heard the guy on the microphone call “11 year old….triple jump”. I thought Triple Jump! That's me! I was so scared, I was taking my first jump and I saw him measuring my jump. I thought YES at least it’s not a foul but my second jump was and I thought NO. I still had one more jump and luckily it wasn’t a foul. I was in third place. “Yes” I exclaimed.

Time passed by and soon it was long jump. I went down to the pit and I started. It was my first jump. I jumped as far as I could and it felt great. There were many great moments that I’m sure everyone had at athletics. I can’t wait for next years athletics.

**Patrick**

It was a chilly morning on Wednesday the 11th of March. Everyone was shivering with excitement. We could tell everyone was nervous by their voices. All of a sudden we heard the loud speaker asking for all the under 11’s for triple jump. Patrick did a fantastic job and came 3rd. Sadman did an amazing 7 metres in shotput and came 1st. The man announced for all the 800 metre runners to please come to the oval. The 10 year olds were Emma, 11 year old was Isobel and lucky last for the 12 year olds were Charlotte and Farouk. Emma did a fantastic run and so did Isobel who came 2nd. Charlotte did great and came first. After all the events we waited anxiously to find out if we had enough points to come first out of all the schools! Finally we found out and we were so excited. We came first.

### SPECIAL EVENTS

**22nd of March  Viva Victoria**

A celebration of Victoria's cultural diversity with live music and dance, food, art, kid’s activities and performances to end Cultural Diversity Week. The Dreaming Space marquee for kids will feature performances, storytellers and children can learn how to juggle, hula hoop and spin a plate.

**Noon-6pm. Federation Square, Melbourne. 9384 1190  multicultural.vic.gov.au**

**FREE 22nd March  Children’s Book Festival**

5-11years. Kids will have the chance to meet some of their favourite authors and illustrators. There will be storytellers, musical acts, workshops and a picnic library. 10am- 4pm.

Wheeler Centre and State Library Victoria [wheelercentre.com/events](http://wheelercentre.com/events)
FREE 28th March MSO Family Jams
6yrs+ Bring along an instrument (or borrow one) and develop an original piece of music that's based on orchestral repertoire from the current Melbourne Symphony Orchestra Season.
11am and 12:30pm Bookings essential
Deakin Edge, Federation Square, Melbourne. 9929 9600 mso.com.au

FREE From 28th March Federation Square School Holidays
Fed Square has a program of free and affordable activities to delight visitors of all ages. Melbourne. fedsquare.com

EASTER RAFFLE

We are once again asking for donations of Easter Eggs and Baskets.

Any size Easter eggs and baskets will be greatly appreciated. Donations will be collected from the classrooms each day. We usually have about three or four prizes to be raffled for each group.

Tickets are 50c each or 3 for $1.00. Each child will be given tickets to take home and sell. Please return tickets and money to the classroom teacher. More tickets will be available from your child's classroom if needed.

The Easter Raffle will be drawn at Assembly on Friday the 27th of March.

GOOD FRIDAY APPEAL

Thank you so much to all the families who have made donations to the Royal Children's Hospital Appeal.

This year, funds donated by school communities will be used to fund The Royal Children's Hospital Telehealth Project. This project enables children who reside in rural and regional areas, access to video consultation reducing patient travel time, time away from school and disruption to family life.

Donations can be returned to school in the Envelope provided last week and given to the children’s class teacher. Donations will be accepted until the end of Term.

TERM 2 SPORTS

During Term 2 the Year 5 and 6 students will participate in Interschool Sports on Fridays. A permission note will be sent home with more details.
Students in Years 3 – 6 will also be training for the Cross Country events if they are interested. The Cross Country will be held at Edwardes Park Lake on the 29th of April.

COBURG NETBALL ASSOCIATION

Would you like to play Netball?? In Australia over 1.2 million Girls and Boys do.
Friendly local Netball is on Fridays at Coburg Basketball Stadium, 25 Outlook Road North Coburg.
Teams and players are welcome!
Beginners program starts in Terms 2 and 3.
Contact our Netball co-ordinator: email coburgnetball4gabrielle@gmail.com or phone 9355 7200 and we can return your call.