Welcome back everyone; once again it is a pleasure to greet the smiling faces of our kids and parents/grandparents, as they start the 2016 school year. Thank you to the many parents who took time to meet their child’s teacher and introduce their child last Friday. These meetings provide an excellent opportunity for you to tell teachers about your child, their strengths and their opportunities for improvement, (OFIs) from your point of view.

Thank you also to everyone who supported our participation in the Earn and Learn promotion last year. Here are the ‘goodies’ we selected to supplement our supply of educational and strategy based games.

You are all invited to our Fabulous Family Fun Night on Thursday March 17 starting at 5:00pm. It really is a fun night for everyone.

Speaking of fun, please join our Coffee and Chat on Wednesday February 10, that’s next week, at 9:15 am. You can ask me any questions you like, or talk about school things/events/curriculum that interests you with other likeminded parents. It’s only a bit nerve wracking the first time you come, after laughing with the others the second time is easy.

Just what we need to refocus at the beginning of the year; a few practical tips to help achieve the goal of bringing out the best in our kids while also promoting an appropriate level of independence. We call this the Gradual Release of Responsibility or the GRR. For kids to be ready to share responsibility for their learning they need resilience and many opportunities to practise the skills involved. As parents you can help by using Michael Grose’s 10 simple actions.

1. Encourage more

It is self-belief rather than lack of ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children’s strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them. Like a flower needs water, a child needs encouragement.

2. Discourage less

Every parent wants to build their child’s confidence, realising their confidence levels are related to kids’ happiness and success. Start this process by eradicating discouraging parenting practices such as fault-finding, spoiling, overprotecting and fixing kids’ problems all of which send kids the message that “as I am, I’m not good enough”. (There are eight other common discouraging practices I’ve identified that I’ll talk about in my Cracking the Confidence Code online course beginning in February).

Principal’s message cont……
### PRINCIPAL'S MESSAGE CONT...

3. **Breathe more**
   If you found yourself over reacting to kids’ poor behaviour last year then you missed an important lesson I taught in my online courses – take a breath (step away if necessary) before you over react as deep, nasal breathing not only calms you, but alters your thinking as well.

4. **Yell less**
   When we’re under stress we usually respond at our lowest skill level, which at times is not pretty. As a parent we often get stressed when we want out kids to cooperate so we’ll either repeat ourselves, yell or both! AARRGHHH! There is a better way. I’ve been teaching parents for many years now to nurture like a dog, manage like a cat! Cats are assertive and self-contained. They mean business. Managing like a cat means you don’t yell, but act instead. Your non-verbals – strong body language, steady face, move into their proximity- indicate you mean what you say. It’s not aggressive, just good management and smart leadership.

5. **Teach more**
   Teaching and training needs to be part of the every day repertoire of a parent so you can train them for independence. This means you may need to add extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form.

6. **Do less**
   When we are busy it is often easier to do things ourselves than allow our kids to to do them including tidying toys away, getting themselves up and packing school bags. The trouble with that method is that our kids stay dependent on us, and we are always busy. Do less, rather than more for your kids this year.

7. **Give more**
   Moving kids from thinking ‘me’ to thinking ‘we’ takes work these days as families are small and parenting tends to be child, rather than family-focused. Develop a sense of altruism by encouraging your kids to volunteer, giving some pocket money to charity, and giving away old or unused toys.

8. **Fight less**
   If you always seem to be fighting with one or two of your kids sit back and assess what’s important and what’s not, and then only fight over major stuff. Fighting over minor issues burns up parent energy and damages relationships. Make a list of minor and major issues as a reminder.

9. **Model more**
   Copying is the easiest and fastest way to learn anything. That’s how kids learn. They see. They do. They see their mum swear. They swear using the same words and tone as mum usually in front of your relatives and friends!!! Harness the power of modelling for positive purposes such as helping your kids think through problems; let your kids see you compromise so they know how to give and take in relationships; let them hear you ask for what you want so they know how to be assertive rather than aggressive.

10. **Criticise less**
    Are you continually critical of children? Is your antennae set to notice their faults and weaknesses and not their strengths? Perhaps someone in your family is like that? Recently I heard that the average adolescent hears five critical comments at home for every one positive comment. Who’d like to live in a toxic environment like that? It seems many kids do. If is you, then reset the antennae and start noticing kids’ good points. Otherwise, learn to hold your tongue.

**Bonus 11. Learn more**

Many parents are using methods that just aren’t working for them. If the manual you are operating from – the one inside your head – is not working for you then its time for an update. So this year take a course; read some books; develop a relationship with a respected professional. Do something significant to put you on the path to parenting improvement.”

*If you would like to read more log onto Michael Grose’s website - www.parentingideas.com.au*

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**Autism Spectrum Australia (Aspect) – Positive Behaviour Support Program**

Registrations for the following workshop is now open and can be completed online via the website [http://www.autismspectrum.org.au/content/events-and-workshops](http://www.autismspectrum.org.au/content/events-and-workshops)

Aspect’s Positive Behaviour Support Workshops are FREE and open to eligible Parents and Carers of children and young adults who are aged 6-25 years of age, who are living at home and diagnosed with Autism. Should you have any additional enquiries, specific training or other support needs, please contact our office on Email [aspectvic@autismspectrum.org.au](mailto:aspectvic@autismspectrum.org.au) or Phone 03 9377 6600.

**Northcote (weekend) 19th & 20th March**

In line with all our values, I hope this year sees others showing you respect, tolerance, honesty, care, trust and a fair go for all, while you experience learning and personal achievement in your own life. Similarly I trust that these values will also be the ones you model for your child, as action speaks louder than words.

We wish you a safe and fulfilling 2016.

Claire McInerney, Principal
**Family Fun Night**

Keep Thursday March 17th free for our annual Family Fun Night, from 5.00pm to 8.00pm. You will have the chance to share a fun night with family and friends, dance to the music of our guest disc jockey, enjoy the rides or buy something tasty to eat. More information will be in following newsletters, so keep this date free. See you on Thursday March 17th at 5.00 pm.

**Next Coffee and Chat:**
We will also be having a Coffee and Chat on Wednesday 10th February at 9.15am in the staff lounge to continue planning for our Family Fun Night and would love to have you join us.
Please contact the office on 9404 4311 if you would like to attend the Coffee and Chat group on the above date.

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**FIRST AID ROOM LINEN ROSTER VOLUNTEERS NEEDED**

We are looking for caring parents to volunteer to launder the First Aid Room linen. This is done on a fortnightly basis, so the more volunteers we get, the fewer turns you will have throughout the school year. If you are able to assist, please fill in the slip below and send it back with your child.

Yes I will launder the linen

Name:__________________________________________  Child’s name:__________________________________________

Child’s home group: ________________________________

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**LOST PROPERTY ROSTER VOLUNTEERS NEEDED**

We are seeking your support to volunteer for our Lost Property Roster.

This would entail coming to the school to sort through the “lost” uniforms that are stored in a cupboard in our administration block. Any named uniforms would be placed in the relevant child’s home group, unnamed uniforms remain in the cupboard in the hope that their owner will one day come to claim it.
If ten parents volunteer, this means you would be required to come to the school once a term.
Please consider offering your services as we have an abundance of lost uniforms weekly, just contact the office staff to add your name to the roster or fill in the slip below and send it back with your child.

Many thanks,

Yes I would like my name put on the lost property roster

Name:__________________________________________  Child’s name:__________________________________________

Child’s home group: ________________________________
STUDENT MEDICATION/EPIPEN/HYPO BOX ETC.

To assist us with maintaining our high standard of “duty of care”, your cooperation is sought as follows:

- regularly check all your child’s medication/epipen use-by-dates and, if necessary, replace immediately.
- advise the office immediately of any changes, eg. phone numbers of yourself or emergency contacts.

Your cooperation is appreciated. Please contact me should you have any First Aid queries or concerns.

Heike Hopf, First Aid Coordinator

SUNSMART

Students are required to wear the official school broad brimmed or legionnaire hats, years 5 and 6 have the option of bucket hats, whenever they are outside from September to the end of April (i.e. recess, lunchbreak, sport, excursions). Due to the health issues we implement a NO HAT; NO PLAY rule - students without a hat stay in a specified shaded area.

We encourage the daily application of sunscreen by parents before school and by students prior to lunchbreak. We also encourage students to use available areas of shade for outdoor activities. We have enough sun shelter for all our students. Please remember that it is a sun smart school from September to April; no hat no play.

ATTENDANCE AND ABSENCE FROM SCHOOL

Regular attendance is vital as absences affect learning, confidence and attitudes to learning. An attendance rate of more than 95% is the most beneficial for your child. This means no more than 10 days absence per year, preferably less. Home is the best place for a really sick child. A child who is ill cannot cope with school activities and may infect others. We ask you NOT to send sick children to school because we do not have the medical staff to look after them. If your child is ill at school, you, or your emergency contact will be informed. When your child returns to school after an absence, the Department of Education and Training (DET) requires parents to send an explanatory note that day or within a week. This is kept in your child’s file for 10 years.

Avoid booking holidays during school terms so you do not interrupt your child’s education and socialisation. One holiday in the seven years at primary school during school time won’t have a major negative impact, however a regular holiday in learning time may.

STUDENT PERSONAL DETAILS

Have you changed your address, home telephone number, work telephone number, mobile telephone number, custody restrictions or medical details? If so, please keep the office informed of ANY changes to details relevant to your child/ren attending our school. It is vital that these records are kept up to date so we can reach you in case of an emergency. We need to make sure your child receives the best care we can offer.

NEWSLETTER

Our weekly publication – “PLENTY PARKLANDS PRIMARY PRESS” – is the prime source of communication from the school to parents, so it is vital to read this to keep up to date. It is published on our website www.plentyparklands-ps.vic.edu.au and is available every Thursday from 9.30am. If you will require a hardcopy of the newsletter, please complete the proforma below and return to your child’s teacher by the 10th February.

Even if you have previously requested a hard copy of the newsletter in 2015 you will need to fill in the new form below for 2016

REQUEST FOR HARDCOPY OF SCHOOL’S NEWSLETTER

Our family does not have access to the internet. We require a hardcopy of the school’s newsletter.

FAMILY NAME...................................................................................................................

YOUNGEST CHILD’S NAME ..........................................................................................

HOME GROUP .................................................................................................
**ITEMS ON THE ROOF OF THE SCHOOL**

It is a legal Occupational, Health and Safety requirement that personnel must have completed the official ladder training course before they can go on a school roof. Our trained staff member has Friday after school as the allocated roof time to collect shoes, balls and other objects. These objects are then placed in the Lost Property basket for collection the following Monday.

**FORGOTTEN LUNCHES**

If your child forgets their lunch we will provide a vegemite and/or cheese sandwich, (unless they have an allergy) and you can pay the next day or, you will be contacted and can bring their lunch to the office. **DO NOT BRING “FAST FOOD”** as this is not in line with our healthy food policy and creates problems with other students. **We do not allow fast food to be eaten in classrooms.**

**CELEBRATIONS AT SCHOOL**

Due to the number of students at the school with food related allergies, we are unable to have ‘shared food’ to celebrate birthdays or special occasions. While it is not necessary to celebrate student birthdays at school, some students want to share this important ‘milestone’ and excitement with their class. We have some non food suggestions for how your child may celebrate their birthday at school.

- Bring along favourite story for the teacher to read.
- Bring along favourite CD to enjoy with their class.
- Child to suggest their favourite game to play with the class.
- Bring a balloon/sticker for everyone.
- Bring a game from home to play - pass the parcel, pin the tail on the donkey: a ball game (remember this game must be able to be played by all students in the class for approximately 10 minutes).

You may even have ideas of your own.

If your child chooses to do this, their class teacher will set aside 10 minutes within the day. If you send food we will unfortunately have to return it due to health concerns.

**DRINKS**

We have an hydration program whereby children can drink water from their drink bottles throughout the day. To teach your child healthy drinking habits, children are not to bring sugary drinks such as commercial fruit juice, cordial or soft drink. Only water can be drunk in class and because of student safety, no glass bottles or containers can be brought to school.

**LOST PROPERTY**

To save money, name **ALL** your child’s/children’s clothing with **both given and family names**. If property is lost, first check your child’s classroom (or specialist class they may have attended), then look in the Lost Property basket outside the courtyard entrance to the Administration Block and then the Lost Property cupboard in the disabled bathroom in the Administration block. This cupboard is accessible before 9.00am and after 3.30pm. A parent volunteer sorts through the items at the end of each week and those items that are named are returned via their teacher’s pigeon hole.

Any uncollected items of clothing will be donated to a charity at the end of the year.

**PERSONAL GOODS BROUGHT TO SCHOOL AT OWNER’S RISK**

- Each year school principals are asked to remind parents that personal goods brought to school are at the owner’s risk.
- Private property brought to school by students is not insured and the Department of Education and Training (DET) does not accept any responsibility for any loss or damage.
- Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. Please note the DET does not hold insurance for personal property brought to school and it will generally not pay for any loss or damage to such property.
- We do not have the staff to investigate theft or damage of non essential items at school. We would prefer that students do not bring mobile phones, toys or sporting equipment to school.
Plenty Parklands Press
Date: February 4, 2016 Issue 1

PARENTS LEAVING THEIR CHILD’S BELONGINGS AT THE OFFICE

If a child forgets to bring their lunch, jacket, hat etc., and the parent/carer brings it to the school office after 9am, the following process has been put in place so that there is as little disruption as possible.

- Make sure your child’s name and home group is clearly marked on the item.
- When the item arrives at the school, an email is sent to the relevant teacher. Each teacher checks their email, if possible, at morning recess and lunchtime before going to the staffroom or doing yard duty. If this process has hiccups eg. casual relief teachers (CRTs), the office will ensure the item gets to the child.

We are unable to guarantee a child will get their play lunch in time, but we can guarantee they will get their lunch.

SCHOOL PHOTOS TUESDAY 16TH FEBRUARY

Focus Photography will be photographing all students on Tuesday February 16th. Family photos will be taken on Wednesday February 17th. Personalised photo envelopes were sent home with your child on Friday 29th January, 2016. Family portrait envelopes are available from the school office.

UNIFORM SHOP

The uniform shop will be open every Monday during assembly from 2.50pm to 3.30pm. Uniform order forms are available online or at the office. Completed orders forms, together with payment, are to be sent to the office in a sealed envelope. Orders will be filled and sent home with your child.

TOILETTING ACCIDENTS – STUDENTS WHO WET OR SOIL THEMSELVES AT SCHOOL

Please ensure your child can change their clothes in case of an accident at school.

If a child wets their pants, we will provide them with a change of clothes (if there is one available – if not, we will phone you) and assist them if they can’t change themselves. Wet clothes will be tied in a plastic bag and sent home with your child. Please launder and return the school’s clothes as soon as possible as we have limited supplies.

If your child soils their pants, staff are not expected to change clothes. Parents or the emergency person will be contacted to come up and change the child.

Please note that we keep emergency clothing for students who have toileting or vomiting accidents. We do not have spare clothing for students who slip in the mud or stand in rain and get wet. Parents will be contacted when this situation arises. If a parent is unavailable to bring a change of clothes, they will be informed that the child will be returned to class in the clothing they are wearing.

We are desperately short of boys and girls undies, blue shorts, blue track pants and socks – sizes 4, 6 and 8. If you can help with any of these, please bring them to the office. If you prefer, or if your child is prone to wetting their pants, provide a change of clothes in their bag and tell the teacher.

MONEY SENT TO SCHOOL

Preferred method of payment is Qkr. Downloading instruction in this week’s newsletter. Cash can be sent to school every school day and is to be given to the classroom teacher by your child. Cash is to be sent in a sealed envelope clearly labelled with your child’s name, homegroup, payment description (ie. excursions, uniforms) and the amount of money enclosed. It would be appreciated if the correct amount was enclosed. EFTPOS payments are available.
Volunteer Helpers at PPPS

Please note that if you attended a training session in the past, you do NOT need to attend another one. ‘Once trained, we have you for life!’

For new volunteers we are offering two briefings this term

So that we can strengthen our interdependent partnership between Plenty Parklands school and the community we offer training sessions for parent and community members. Over the years our students have benefited from the work and dedication of hundreds of helpers. We are always ready and willing to welcome even more. You may be a new member of our community and keen to offer your help while also getting to know other community members.

The sessions will outline your role and responsibilities with regard to Privacy, Work Cover, Harassment and Occupational Health and Safety legislation. In line with our values, particularly those of Care, Trust and Respect, you will understand that the safety and care of your children are the most important considerations when implementing a program such as volunteer helpers. Also with legislation related to a range of issues it is imperative that ALL volunteers are briefed before they are able to help in any way at school. You need only attend one of the briefings.

This training includes everyone who would like to start to help in any or all of the following areas; canteen, Parents Social and Fundraising sub committee (PSF), interschool sport, uniform shop, classroom helpers (in any area of the curriculum), excursions, special event days, fun day at the end of the year, fruit distribution, gardening, sports coaching, P.E. programs such as the Prep Perceptual Motor Program (PMP) and any transportation of students. In fact, anyone who helps at the school in any way. Please note that helpers on school camps have a special briefing prior to camp. The dates for term 1 are:

Tuesday 9 February from 6:00 to 6:30  or  Wednesday 17 February from 9:15 to 9:45

Remember that you need to participate in a training session in order to help in any capacity at the school. The briefing takes about 30 minutes and will be held in the conference room (library) or staff lounge (staff room).

After completion of this short briefing, you will be welcome to help at PPPS at any time in the future in a ‘one off’ or ongoing situation.

Please see this invitation as an opportunity to get to know other members of our school community while also providing the students of PPPS with invaluable support and assistance.

Don’t worry; there are no hard questions to answer or problems to solve. You just need a willingness to help and we’ll do the rest!! We look forward to seeing you at one of these sessions. Please complete and return the slip below by Monday 7 February.

Volunteer Training

I will be attending the training session on (Please circle):

Tuesday 9 February from 6:00 to 6:30  or  Wednesday 17 February from 9:15 to 9:45

Your name: ........................................................................................................................................ Phone number: .................................................................................................

Youngest child’s name: ............................................................................................... Child’s home group: .........................
Pay using Qkr! at Plenty Parklands Primary

The Qkr! app is available for families of students at Plenty Parklands Primary. Qkr! by MasterCard can be downloaded for free from Apple’s app store for iPhones (iPads should download the iPhone app) or from Google Play for Android phones and tablets. After downloading the app and registering, simply scan the QR code on the left using the Qkr! Code scanner or type PLENTYPPS after tapping the magnifying glass in the top right of the home screen of Qkr!, and then the app will always recognise you as part of Plenty Parklands Primary in future to make payments even easier. You can pay your booklists, excursions and other school payment items along with ordering from the Canteen and Uniform Shop right now using Qkr! To make payments immediately why not download it today and take a look at our school on Qkr! All feedback to the school office is very welcome.

THE PLENTY PARKLANDS PRIMARY CANTEEN

The easiest way you can order your child’s lunch is by using Qkr.

- Gives you the flexibility to order your child’s lunches up to 2 weeks in advance. There is no charge to you for using this service.
- No need to find the correct change or write up a lunch order bag.
- Simply order using the Qkr app and your child’s lunch will be delivered to their room at lunch eating time.

If you don’t already have Qkr installed, simply download the Qkr! by MasterCard App. Tap the magnifying glass on the home screen and type PLENTYPPS. Why not download it today and take a look at our school on Qkr!

All feedback to the school office is very welcome.

CLASSIFIED ADVERTISEMENTS: The School and the DEPARTMENT OF EDUCATION AND EARLY CHILDHOOD DEVELOPMENT accept no responsibility for the goods or services offered in advertisements in this newsletter.
Orders can be placed on QKR or please write child’s name, room number, order and any allergies or special dietary requirements clearly on a brown paper lunch bag. Lunch bags can be provided for 10c extra.

**PLENTY PARKLANDS PRIMARY SCHOOL CANTEEN MENU**

**Term 1 - 2016**

<table>
<thead>
<tr>
<th>SANDWICH &amp; SALAD BAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>White or Wholemeal Bread</td>
</tr>
<tr>
<td><strong>Roll or Wrap add</strong> 50c</td>
</tr>
<tr>
<td>Ham, Chicken, Tuna, e.g. or</td>
</tr>
<tr>
<td>Salad (lettuce, tomato, carrot, beetroot, cucumber) $3.00</td>
</tr>
<tr>
<td>Vegemite, tomato or cheese</td>
</tr>
<tr>
<td>Egg &amp; Lettuce $3.00</td>
</tr>
<tr>
<td><strong>Extras (add)</strong></td>
</tr>
<tr>
<td>Cheese, tomato, grated carrot, cucumber, or</td>
</tr>
<tr>
<td>beetroot 30c</td>
</tr>
<tr>
<td>Vegemite 30c</td>
</tr>
<tr>
<td>Ham, chicken, tuna, avocado or egg 50c</td>
</tr>
<tr>
<td>Toasted sandwiches (add) 30c</td>
</tr>
<tr>
<td>Toasted baked beans $3.00</td>
</tr>
<tr>
<td>Garden Salad tub $4.50</td>
</tr>
<tr>
<td>Caesar salad $4.50</td>
</tr>
<tr>
<td><strong>Extras (add)</strong></td>
</tr>
<tr>
<td>Ham, chicken, tuna, avocado or egg 50c</td>
</tr>
<tr>
<td>Seasonal fruit salad tub $4.50</td>
</tr>
</tbody>
</table>

**BURGERS**

Please note beef burgers are home made Burger;
Beef/Chicken/Veggie/Fish $3.50

**Extras (add)**

Cheese, tomato, grated carrot, beetroot or lettuce 30c

**SAUCES**

Tomato, sweet chilli and soy sauce, mayonnaise or salad dressing 20c

**HOT FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot chicken roll or wrap</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Extras add</strong></td>
<td></td>
</tr>
<tr>
<td>Cheese, tomato, grated carrot, beetroot or lettuce 30c</td>
<td></td>
</tr>
<tr>
<td>Home made Fried Rice</td>
<td>$4.00</td>
</tr>
<tr>
<td>Home made Lasagne</td>
<td>$4.00</td>
</tr>
<tr>
<td>Home made macaroni cheese</td>
<td>$4.00</td>
</tr>
<tr>
<td>Pizza Hawaiian/Margherita $3.00</td>
<td></td>
</tr>
<tr>
<td>Hot dog</td>
<td>$3.00</td>
</tr>
<tr>
<td>Dino Snacks 3 pack</td>
<td>$2.50</td>
</tr>
<tr>
<td></td>
<td>$4.00</td>
</tr>
<tr>
<td>Meat pie</td>
<td>$3.50</td>
</tr>
<tr>
<td>Home made sausage roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pies</td>
<td>$3.50</td>
</tr>
<tr>
<td>Party pie</td>
<td>$1.00</td>
</tr>
<tr>
<td>Home made party sausage roll</td>
<td>$1.00</td>
</tr>
<tr>
<td>Steamed Dim Sim</td>
<td>$1.00</td>
</tr>
<tr>
<td>Patizzi-Ricotta</td>
<td>$1.00</td>
</tr>
<tr>
<td>Corn Cob</td>
<td>$1.00</td>
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</tbody>
</table>

**HALAL**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nugget (Baiada) 3 pack</td>
<td>$2.50</td>
</tr>
<tr>
<td></td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken/Fish burger</td>
<td>$3.50</td>
</tr>
<tr>
<td><strong>Extras add</strong></td>
<td></td>
</tr>
<tr>
<td>Cheese, tomato, grated carrot, beetroot or lettuce 30c</td>
<td></td>
</tr>
<tr>
<td>Hotdog (Vic Halal Meats)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Pies</td>
<td>$3.50</td>
</tr>
</tbody>
</table>
PLENTY PARKLANDS PRIMARY SCHOOL CANTEEN MENU
Term 1 - 2016

Orders can be placed on QKR or please write child’s name, room number, order and any allergies or special dietary requirements clearly on a brown paper lunch bag. Lunch bags can be provided for 10c extra.

* GLUTEN FREE
Meat Pie $4.00
Bolognese pasta $4.50
Nuggets 3 pack $2.80
6 pack $4.30
Choc chip cookie $1.00

* DRINKS (lunch orders only)
Chocolate or strawberry milk $2.00
200ml juice varieties $2.00
Apple, orange, apple & blackcurrent, tropical $2.00

* SNACKS
(lunch order and over the counter)
Frozen orange quarter 30c
Frozen pineapple ring 50c
Seasonal fruit available $1.00
Apple Slinky $1.00
Watermelon Tubs $3.00
Home made Tzatziki Dip $1.00
Carrot Sticks $1.00
Celery Sticks $1.00
Cheese & Biscuits $2.00
Hard Boiled Egg $1.00
Variety of popcorn flavours $1.20
Variety of JJ Snacks $1.20
Home made muffins mini 50c

Over the counter only
Paddle pop icy twist $1.00
Rainbow Paddle pop $1.50
Choclate Paddle pop cup $2.00
Calippo mini $1.00
Sunny Boy (lunch time only) $1.00
Moozie, $1.00
Zupper Duper 50c

Some items may contain traces of nuts
Prices are subject to change and include GST

Everyday choices
Choose carefully

Please ensure correct money and only Australian money is used for the lunch order. Change will be given. Your child may miss out on an item of choice if not enough money is enclosed.

Example Order

Natalie Williams Room 5

1 x chicken burger $3.50
With lettuce .30
Tomato .30
Mayonnaise .20
1 x chocolate milk $2.00

$6.30
FINANCIAL ASSISTANCE
INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
- $125 for primary school students
- $225 for secondary school students.

HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION

For the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef
CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

Parent/legal guardian details

Surname

First name

Address

Town/suburb

State

Postcode

Contact number

Centrelink pensioner concession OR Health care card number (CRN)

[ ] [ ] [ ] [ ] [ ] [ ] OR

[ ] Foster parent [ ] Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

<table>
<thead>
<tr>
<th>Child’s surname</th>
<th>Child’s first name</th>
<th>Student ID</th>
<th>Date of birth (dd/mm/yyyy)</th>
<th>Year level</th>
</tr>
</thead>
</table>

I authorise the Department of Education and Training (DET) to use Centrelink eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHHS) to provide the results of that enquiry to DET.

I understand that:

• DHHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.

• This consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.

• I can obtain proof of my circumstances details from DHHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.

• If I withdraw my consent or do not deteriorate provide proof of my circumstances details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.

• Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

Signature of applicant ____________________________ Date __/__/____
CSEF ELIGIBILITY

Below is the criteria used to determine a student’s eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – Eligibility

To be eligible for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

• Be the first day of Term one, or
• Be the first day of Term two;

a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Pensioner Concession Card (PCC) holder, OR
b) Be a temporary foster parent, and;
c) Submit an application to the school by the due date.

* A special consideration eligibility category also exists. For more information, see: [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

Parents who receive a Care Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/legal guardian’s concession card being successfully validated with Centrelink on the first day of either term one (27 January 2016) or term two (11 April 2016).

Closing Date

Parents are encouraged to lodge the application form by 29 February 2016, so that payments can be made from March 2016. However schools can accept parent applications up until 03 June 2016.

PAYMENT AMOUNTS

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

• Primary school student rate: $125 per year.
• Secondary school student rate: $225 per year.

The CSEF is paid directly to your child’s school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student’s date of birth. For more information, see: [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

HOW TO COMPLETE THE APPLICATION FORM

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.

   Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.

   If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veteran Affairs Pensioner Gold card to the school.

2. Complete the STUDENT/S DETAILS section for students at this school.

3. Sign and date the form and return it to the school office.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.
5/6 SPORT PROGRAM 2016
A permission form for sport for all year 5/6 students has been sent home. The form is due by Wednesday February 10th. Please see Mrs Caddy in the office if you difficulties in meeting the deadline. This year the due date for all sports events will strictly be adhered to and NO late forms will be accepted and students will therefore miss out. We encourage you to pay by using QKR.
Any parent who is available to attend the IntraSchool Sports Program (held at Epping Leisure City) between the hours of 9.00am and 11.30a.m, please see Mr Scanu URGENTLY or e-mail me on scanu.sebastian.s@edumail.vic.gov.au

Interschool Sport Program - Round 1 Friday February 12th
All games to commence by 9.30am. First named school is the home team and PPPS home grounds are - Bat Tennis, Volleyball, Tee-Ball all played at PPPS, Cricket at Kelynack Reserve (across the road)
PPPS Bushrangers Vs Mill Park P.S.                                                Findon P.S. Vs Redbacks (away).
For away games this week: Volleyball, Bat Tennis and Teeball are at Findon P.S.  
 Cricket is at Meadowglen Reserve (next to skate park– McDonald’s Road, Epping).
A reminder there is Training every Friday 8.00am-8.45am for all interschool sports teams. The dates are: Friday February 12 19 and 26. March 4 and 11. District Grand Finals will be held on March 18th. Teams involved in finals will ONLY train the morning of the finals.
Intraschool Sport Program: students to board the bus by 9.10am, to travel to Epping Leisure Centre. Games to commence by 9.30am and conclude by 11am.
The Intraschool Sports program will run on the following Friday’s: February 12, 19 and 26. March 4, 11 and 18. If there are parents who are available to travel on the bus to and from Epping Leisure City, please fill in the form and return it to school as soon as possible. Also you may contact Mr Scanu directly on scanu.sebastian.s@edumail.vic.gov.au.

VICTORIAN PRIMARY SCHOOLS’ SPORTS ASSOCIATION- CODES OF BEHAVIOUR:
The codes of behaviour are put in place so that the sports played are enjoyed by all and that there are no misunderstandings as to the roles that everyone has, who is involved in school sport.

FOR PLAYERS:
Be a good sport.
Play for enjoyment.
Work hard for your team as well as yourself.
Treat all team mates and opponents as you enjoy being treated yourself. Play by the rules.
Control your behaviour on and off the field.
Learn to value honest effort.

FOR THE TEACHERS AND COACHES:
Set a good example for your players.
Encourage and create opportunities to develop individual skills.
Teach a wide range of team skills.
Ensure that the sport is appropriate for the age group and the skill development of the players involved.
Teach your players to be friendly towards officials and opponents.
Give all interested students a chance to participate in training and in games.
Remove from the field of play any of your players whose behaviour is not acceptable.
Keep your own knowledge of coaching and the developments of the game up to date.
Team officials prohibit smoking during matches, pre-match preparation and post-match periods whilst in contact with team members.

FOR PARENTS:
Encourage participation by your children
Provide a model for good sportspersonship for your child to copy.
Be courteous in your communication with players, team officials, game officials and sports administrators.
Encourage honest effort, skilled performance and team loyalty.
Make any new parents feel welcome on all occasions.
Do not interfere with the conduct of any events.

FOR SPECTATORS:
Demonstrate appropriate social behaviour.
Remember children play for enjoyment.
Don’t let your behaviour detract from their enjoyment.
Let game officials conduct the events without interference.
Support skilled performances and team play with generous applause.
Demonstrate respect for opposing players and their supporters.

PPPS SWIMMING TRIALS (Years 4, 5 and 6)
The date for the trials has been set for Thursday February 11 between 9.30am-1.00pm at YMVA (Mill Park). Permission forms have been given out and they are to be returned with money by Tuesday February 9. All students attending MUST be able to SWIM 50m, in freestyle, backstroke, breaststroke or butterfly. Please encourage your child to have a go, particularly if they can SWIM 50m. We require a minimum of 45 and a maximum of 108 students for the trials to go ahead, otherwise they will be cancelled. If your child did not receive a permission form, please see you child’s classroom teacher as soon as possible.
If you are available to assist on the day, please see Mr Scanu as soon as possible. (scanu.sebastian.s@edumail.vic.gov.au)

Physical Education & Sports Coordinator - Sebastian Scanu
Little Groovin’ Guitars

Little Groovin’ Guitars is back for 2016 and ready to rock! Lessons began on Tuesday 2nd February and those already enrolled will receive an email with all the necessary information.

Term 1 will see the students prepare pieces for solo and ensemble performances at the recital and ready material for the annual CD recording in Term 2.

Please contact info@littlegroovinguitars.com.au with your child’s name and home group for information on enrolling in 2016. We are accepting enrolments up to the end of Week 3.

Rock on!
Angus and Julia
Plenty Parklands Press
Date: February 4, 2016 Issue 1

Hair Accessories ….. Cash Only!!

You can purchase the hair accessories from the uniform shop at the gym every Monday at 2.50pm.

Rubyfish

Rubyfish

Opening Hours: 7.00-8.45am and 3.30-6.00pm

For bookings/cancellations call Kristine on 9404 4546

Welcome back to the new school year! We hope you have all enjoyed the holiday break and are excited for a fantastic new year. After having a great holiday ourselves, we are back on board and excited to see familiar faces returning – as well as some new faces. To help get your family back into the swing of things, here are some tips that you might find handy for easing your children into After School Care:

1. Give your child as much advance warning as you can that they’ll be coming to After School Care.
2. Pop into the program with your child to meet our Camp Australia team and find out what kind of activities they can look forward to.
3. Speak with the Camp Australia Coordinator if your child is nervous, and let us know how your child felt after their first visit.
4. If there is something in particular your child would like to play when they are in our care, encourage them to tell us know or you can give us a call. We’re here to make after school care visits the best experience possible. If you have any questions about the program – feel free to drop by, meet the team and see what happens in After School Care first hand. We look forward to seeing you soon.

- The Camp Australia Team

Our theme for next week will be Chinese New Year and Valentine’s Day crafts together with outdoor games, sports and many indoor activities.

Save on Care
Save 60% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1000 100 340

Holiday Clubs
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on our website to find the nearest program:


Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

Rubyfish

Rubyfish

$8.00

$6.00

$4.00

$4.00

$6.00

$6.00
SCHOOL BANKING
DAY IS ON
THURSDAYS
COMMENCING 11TH FEBRUARY

2016 Outback Savers Rewards
We're excited to launch the new rewards items for 2016 from our Outback Savers range.

- Flying Snake Tail and Wildlife Writer Set, released Term 1
- Mud Splat Handball and Outback Pat Bag Tag, released Term 2
- Backtrack Eraser Pen, and Jump and Skip Rope, released Term 3
- Bush Fly Fan and Wriggly Glow Worm, released Term 4

Win a wildlife family adventure holiday at Australia Zoo
This year we're giving students the chance to win a family trip for up to two adults and three children to explore Australia Zoo and meet Bindi and Robert Irwin.

Students who make 15 or more School Banking deposits by the end of Term 3, 2016 will be automatically entered into the draw. This is another great way to motivate students to save regularly and reach their savings goals. Find out more at commbank.com.au/schoolbanking
PPPS Room Organisation – 2016

BLOCK A
1. Kristy Caruso
2. Andrew Cavallero
3. Katrina Gavranic + Joacim Caggia
4. Stephanie Gertulic + Keleen Goldsphrik
5. Andrew Gavranic + Joacim Caggia
6. Mac Seidell
7. Karen Patterson + Julie Windser
8. Emma Solin

BLOCK B
1. Library
2. Hall Foyer
3. Music Room
4. Staff Room
5. First Aid
6. Conference Room
7. Hall
8. Music Room

BLOCK C
1. Library
2. Conference Room
3. Staff Room
4. First Aid
5. Hall
6. Music Room
7. Hall Foyer
8. Library

BLOCK D
1. Maree Stolle + Helen de P
2. Kate Petermann + Rhys Foren
3. Lauren Heath
4. Philip van Dooij
5. Kelly Woodhouse
6. Wendy Neff

BLOCK E
1. Jane Biggs
2. Mike Lek
3. Jack Lee
4. Kerryn Batt
5. Melissa Coles
6. Liz McAlpine
7. Timmy Winkisch
8. Jessup

BLOCK F
1. Linda Philosophos
2. Libby Martin
3. Angelina Lavoero
4. Ceth Sonley + Nicolas Carubel
5. Sarah Cunningham
6. Clifton Lavoero
7. Mike Lek
8. Kerryn Batt

BLOCK G
1. Stephanie De Cato
2. Jeremy Mathewson
3. ICT techs
4. Computer Lab

EAST ENTRY DOOR
1. Gafaranah

WEST ENTRY DOOR
1. P1-2 Student Toilets
2. Art room
3. Woodhouse
4. Staff Toilets