Hello Everyone

It is hard to believe that the term is coming to a close next week. We have had a wonderful start to the year. The teaching staff have planned and implemented effective classroom programs which have focussed on developing our students as life-long learners and caring, productive global citizens. Our preps have settled in well and their school learning is off to a great start! Our support staff are highly organised and have worked to have the school and the programs they are responsible for running smoothly. I know you will all join with me in thanking the staff for their hard work and of course the students for living up to our values and striving for excellence. Well done everyone!

Last Thursday was an exciting day for our school! Our student leaders attended the Impact Student Leadership Conference held at the Melbourne Convention Centre. They returned excited and brimming with confidence. They are a wonderful group of young people and represent our school proudly. They are making a difference!

As you would know, we are participating in the State School’s Spectacular. Thursday was the first formal session. This was held in Diamond Creek. Twenty-two excited, energetic and focussed girls from grades 3, 4, 5 and 6 left at 8.45 am for their journey to Diamond Creek. The same excited girls returned around two but the energy levels were somewhat depleted! They had a marvellous time but said they were exhausted after so much practice. They can’t, however, wait until the next session! This opportunity would not be possible if it wasn’t for our wonderful Assistant Principal Sandi, who has been responsible for the organisation and dancer, extraordinaire Mel Tollit who has already provided coaching and practice time for the girls during lunch times. A big thank you to Sandi and Mel. Well done to the girls for their keen interest and dedication.

Our Student Voice team will be receiving their badges at Assembly next week. Congratulations to the following students who make up our Student Voice Team - Tiana Campbell,
Laura Lindsey, Alana Poole, Jessie Turner, Lauren Lock, Charlotte Bradstreet, along with the School Captains Grace Bremner, Reece Lewis, Moheb Sherbaz and Kristy Soe.

It has been planning week this week where the teaching staff have been planning term 2's learning journey for their grades. The Specialists take the grades for the day while their teachers plan. I have also had the privilege and pleasure of taking a grade this week. It is a delight to work with our children and see how focussed they are on their learning and how they live by our values.

Last week I sent home a flyer with regards to the Gonski report and extras funding for schools. I hope you were able to take the time to read this and will support public schools in their quest for more funds.

The next meeting of School Council is on Wednesday March 27th in the staff room.

The Annual General Meeting (AGM) where we take a look back at 2012 and present the Annual Report to the Community will be held at 7.30pm. All parents and carers are welcome to attend this meeting. Please let us know if you are interested in attending. If you are unable to attend the Annual Report will be on our website.

As you would know, our student led, three-way conferences are on Tuesday. The staff and children have been collecting and preparing their work in anticipation of celebrating their achievements and setting their goals. I hope you all enjoy the experience. I have included an article, which I think is appropriate for reporting times in the newsletter from Michael Grose about the pitfall of using other children as benchmarks. I hope you take the time to read it.

The current sun smart policy requires children to wear their hats until the last week in April. This is until the end of week 2 in term two. Please ensure that all children have their hats for these two weeks.

Active, outdoor play is important for health and development. Outdoor activities are safe as long as time spent in direct sunlight is minimised whenever possible – plenty of shade, combined with the use of appropriate hats, clothing and sunscreen help to protect children from getting sun burnt and tanned.

All staff at our school take duty of care very seriously and ensure students are well supervised when in classrooms and in the school yard. During recesses when children are out to play there are three teachers on yard duty and numerous aides in the yard.

Parents are reminded that teachers are on yard duty from 8.45am and that students who arrive at school prior to this time are not supervised. Any child who arrives without an adult before 8:30 am MUST go straight to the office.

As most of you will know, we email our Newsletter. If you would like a hard copy of the Gorge News, there will be a limited number available in the foyer for collection by you or your child.

Please remember that we love to have parents helping in the classrooms and if you have any worries or concerns, please let us know straight away.

You are welcome to see me if you wish to discuss the issues I've written about today. I would appreciate feedback as to whether you find the information useful.

Keep up that life long learning!

Julie Jones
Principal

EASTER BONNET PARADE

The parade will then be held in the courtyard at 9.10am on Thursday March 28. (The parade will be held in the Paringa gym if the weather is unkind to us).
Working with Children Check

In the interest of children safety and in order to streamline our processes for accommodating parents who wish to attend camps and excursions we would like to encourage all parents who volunteer to work in the school to obtain a Working With Children Check.

For this year we are requiring all PREP parents/carers volunteering to work in classrooms and attend excursions to obtain a volunteer working with children check. Next year we will require this for Prep and Grade 1 parents but hope that all parents willing to work in the school will support us by obtaining a WWC Check.

The Working With Children Check is a mandatory screening requirement for any Victorian who undertakes child-related work described in the Working with Children Act 2005. Under the Act, people who engage in paid or voluntary child-related work need a WWC Check.

The check involves

Consideration of:

- criminal history records in all states and territories across your lifetime
- disciplinary findings of Victorian professional bodies such as the Victorian Institute of Teaching (VIT) and the out of home care Suitability Panel
- relevant determinations by the Victorian Civil and Administrative Tribunal (VCAT) under the Health Professions Registration Act 2005.

A rigorous assessment of relevant offences and disciplinary findings revealed by the criminal history check. For the assessment the department gathers information from a range of sources such as:

- court records including the children’s court
- other departments such as Human Services, health professionals employers and Corrections Victoria
- Any material provided by the applicant.

To apply:

1. Get an application form at an Australia Post outlet.
2. Fill out the application form using a black pen. Do not sign the form yet.
3. Take the form, 100 points of acceptable identification and a passport size photograph to an Australia Post outlet. An Australian Post staff member will witness your signature.
4. Pay the application fee of $100.20 if you are applying for an Employee card. This fee is not refundable. Volunteer applications are free.
5. There is a cost of $16 for the photo. However you may be able to provide your own photo.

   Keep the application receipt, which is an important document.
The pitfall of using other children as benchmarks

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child’s behaviour, academic progress or social skills with a sibling or your friend’s children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it’s hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child’s progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends’ kids and even themselves when they were in school.

The trick is to focus on your child’s improvement and effort and use your child’s results as the benchmark for his or her progress and development. “Your spelling is better today than it was a few months ago” is a better measure of progress than “Your spelling is the best in the class!”

Gender matters

It’s no secret that boys’ and girls’ brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills. Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

Kids have different talents, interests and strengths

So your eight-year-old can’t hit a tennis ball like Novak Djojkovic, even though your neighbour’s child can. Avoid comparing the two as your child may not care about tennis anyway.

It’s better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child’s performance

As a parent you should take pride in your children’s performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn’t have too much personal stake in your children’s success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim “You are not your child” is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as “unconditional love”.

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If you liked this article, you might also like this one:
As you know, our school is a committed and unified partnership of teachers, parents and children. We value diversity and strive for excellence. We are committed to providing a high quality education in a cooperative, caring and safe environment.

The partnership between home and school is encouraged at all levels of school operation. Parents are actively involved in classroom programs and a range of other school activities.

Effective communication is paramount at our school. Although we are very excited about our new Facebook group (currently 122 members) it is certainly not the only method of communication we utilise.

MSPS utilises a variety of mediums to communicate regularly with you:

- Face to Face informal conversations, ‘Open door’ policy
- Three way conferences & Student Support Group meetings
  - formal conversations
- Student reports
- Communication Books
  - Phone calls
  - Email
- Our Newsletter
- Our Classifieds
- Our school website
- Letters from the teacher or Principal via Australia Post
- Flyers or information notes that are sent home
- School Council
- Parents & Friends Association
- Parent volunteers
- Special events/night: Math’s night, Science Fair night, Information Nights
- DEECD School Support Officers e.g. Speech pathologists
- Services offered by NIRODAH at MSPS
- We also organise translators when necessary
Our excursion to parliament house and MCG

On Wednesday the 6th of March, the 5/6’s needed to get to school at 8:30am for an excursion to Parliament House and the MCG. We went on the bus at 8:45am.

When we arrived, we hopped off the bus and headed for the park to eat our recess. After recess we went to Parliament House.

As we got there, we got a security check and headed into Parliament House. We saw the green room, the Legislative Assembly and the red room, the Legislative Council. They told us information about how parliament works.

After being at Parliament House for around an hour, we headed back to the park to have our lunch. We finished our lunch and walked to the MCG. It took about 15-20 mins but it was worth walking to.

Once we arrived, we entered the MCG. We completed activities and looked around. We all thought it was really interesting. We were there for about an hour.

After we finished, we got on the bus to head back to school. It took around about an hour. We all had lots of fun!!

By Laura, Shaun, Alyssa and Joel

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The Excursion to Parliament House and MCG

On Wednesday morning 6th of March, all the grade 5/6’s from MSPS got to school at 8:30am sharp to go to Parliament House and the MCG. We put our lunches in the bags, got our badges on, marked the roll and then we got on the bus.

When we arrived at the city we walked to the park and had our recess. When we finished we had a little bit of play time. Some people were rolling down the hill and getting dirty.

After recess, we walked to Parliament House and met Bethany who gave us a tour around parliament house. We went to the green room were the Queen is not allowed to go.

After Parliament House we went back to the park to have 2nd lunch. Again some people rolled down the hill. After lunch we walked to the MCG National Sports Museum, we had to walk a long time.

When we got there we put our bags and hats on the racks and headed off to ‘Game On’. We played lots of sports games and looked around the museum.

After all of that fun we had to go back to the bus. When we got back to school it was time to go.

Jack, Tayla, Thomas, Emily, Ann

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Excursion to Parliament House and MCG

On the 6th of March we had our excursion to Parliament House and the MCG. First we put our lunches in the tub, put our tags on and set off to the bus.

We were on the bus for one hour. We got dropped off at the park and all ate by the pond. We stayed for 20mins and walked to Parliament House.

After Recess, we went to Parliament House. There was a lady named Bethany to guide us, it was fun and interesting.

We went back to the same pond for lunch. People were rolling down the hill and got muddy, others talked. We all started to walk to the sports museum at the MCG.
The walk to the MCG was very hot and long. When we finally arrived we went to ‘Game On’, we played netball, archery and other games. Next we walked to the Hall of Fame and saw many pictures of stars, like Tony Shaw.

Then we went back to the bus to go back to school. The day was fun and interesting.

From Greg, Olivia, Lauren, Grace

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Excursion Day

On Wednesday the 6th of March we came to school at 8:30am, all of us had to bring our lunch and snacks in plastic bags with our name written on them. After that Ms Young marked the roll and we went on the bus at 8:40am. It took us more than an hour to get there.

The bus dropped us off outside Parliament House, we walked from there to a nearby park and we had our recess there. The park was neat, litter free, peaceful and pretty.

After having recess we went to Parliament House, some of the politicians walked past us. When we went in it was beautiful, real gold had been painted on the walls and ceilings. We learned a lot about parliament that day.

We went to the park again for lunch, we had fun because the park was on a sloping area. We all rolled down the hill.

After having lunch, we walked to the MCG. We were all exhausted by the time we got there because we walked a lot.

We had a lot of fun. We first went to ‘Game On’ and we all played different kinds of sports. Then we went all around the sports museum.

Soon it was time to head back to school. All of us had a wonderful time. We went on the bus and soon we were at the school.

From: Cayden, Eeman, Milly and Jake

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Excursion to the MCG and Parliament House

We woke up excited this morning because we were going on an excursion to Parliament House and the MCG. We went to school at 8:30am and put our food in the bags. The teacher counted us to go on the bus.

After a long time, we got off the bus and stopped at a park to have our recess. Zoe saw a dog with 16 puppies and Simon counted 100 taxis.

After that we walked to the Parliament House were we met a nice tour guide called Bethany. She showed us around. She told us about the green and the red carpet. Zoe saw a statue of a UNICORN.

Later we went back to the park and had our lunch. The puppies and the dog were still there, they were so cute.

When lunch was finished we walked down to the MCG and had free time in the “Game On’ room. We split up into groups and looked at all the mascots and interesting things.

The teacher then counted us and we went back on the bus. We had lots of fun on the excursion and it was an excellent day.

By Zoe, Ryan, Anthony and Simon J
Hi we are Charlotte and Laura from Student Voice. As you might or might not know student voice is trying to make the school a better place. We are trying to reduce the amount of rubbish in the yard. We also are encouraging healthy eating. We are putting a series of articles in the newsletter to give you some ideas for your lunch.

The first article is about reducing the amount of rubbish. Here are some ideas for a healthy, rubbish free lunch.

Firstly, you can buy the big packets of food instead of multi-packs. This is cheaper and you can have as much or as little as you want.

Secondly, containers!!! You can have old take away food containers, Tupper wear, nudie foods and many more.

Thirdly, if you want a muffin or a museli bar you can unwrap it before you put it in your lunch box. There is no need for all this wrapping, you can just put it in your lunch box with its wrapper off.

Fourthly, why do some of the foods even need a wrapper on them? Grapes for example can put into your lunchbox as they are. Lots of things are like that: sandwiches, apples, muffins, fruit and many more food items don’t need something to cover them up.

Fifthly, you can use edible food as containers. Here are some recipes!!!!!

**Edible veggie bowl + dip**

- 1 red capsicum, 450g butter, nut, pumpkin peeled, ½ cup cashews, 3 tablespoons, parmesan, cheese.

  Preheat oven to 180c cut pumpkin into 4cm cubes, place into baking tray and cook for 20 mins, cool for 15mins then place pumpkin, cashews and cheese into food mixer blend until combined. Cut the capsicum in half and remove seeds, use half as your bowl and the other half as dipping sticks. Cut up carrots and celery if you like as an additional dipping stick.

**Museli bars**

- 1 ½ cups quick oatmeal, 1 ¼ cups whole wheat flour, ¼ cup orange juice, 1 ¼ cups grated apple

  Preheat oven to 180c. Place all of the ingredients together in a bowl. Wet your hands and mix. When combined press the mixture into a paper lined 8x20cm bar tray. Smooth over the top with the base of a tablespoon. Bake for 25 to 30 minutes or until golden in colour. Remove from the baking dish and cut while still warm.

**Meat Loaf cupcakes**

- 500g beef mince, 1 egg, 2 slices multigrain bread, grated, ¼ cup (70g) BBQ sauce, plus extra for basting

  Preheat the oven to 180c. In a large bowl, combine the mince, egg, bread and BBQ sauce. Divide the mixture evenly among the muffin cups. Brush the tops with a little more sauce and bake until cooked through, about 20 to 25mins. Remove from oven and rest.

**Pizza**

- 3 slices of bacon, finely diced, 4 tablespoons pizza sauce, 2 pita breads, ½ cup grated mozzarella cheese

  Preheat the grill in your oven to 180c. Spread the pizza sauce on the pita bread, sprinkle with the ham and top with mozzarella. Grill directly on the oven rack for a crispier crust, for 8 to 10 mins or until the cheese is bubbling and golden.
Hello Parents and Guardians,

We have had a colourful start to the creative year; here are some of the fun pictures we have taken this term.

**Preps:**
Preps have had lots of fun exploring colour; they were introduced to the colour wheel and have used acrylic paint, food dye and different tools to apply and mix their own secondary colours.

**Grade 1-2:**
Grade 1-2 classes have made their own colour wheels, mixing and making secondary colours. Grade 1 students have used dry pastels to draw self-portraits and explored watercolour paints with oil pastels, creating ‘cool pastel fish’.

Grade 2 students worked together to create colour wheels and learnt about warm and cool colours; making their own contrasting ‘warm and cool birds’. They also discussed how colours can be associated with different emotions. All grades have also started exploring collage, inspired by Eric Carle - photos of final art works will be displayed in their portfolios.

The students are doing a fantastic job keeping the art room tidy but all of this painting fun can get messy so please make sure your child has their own art smock at school - and a big thank-you for all of your kind donations to our art room.

Artfully,

*Miss B*
*(P-2 Arts/P.E Teacher)*
FREE DANCE CLINICS @ MSPS

During school hours, each class will be timetabled a FREE half hour dance lesson!

DANCE OZ FOR KIDS

Belgravia Sports presents

Dance OZ for kids offers children in your school the opportunity to be involved in our exciting Dance and Creative Movement program. The children will:
- engage in a variety of styles ranging from traditional dance to basic hip hop
- learn creative movement skills in a fun and engaging way
- have the opportunity to work in small group situations while learning valuable skills in group dynamics and group cohesion

WEDNESDAY 27TH MARCH 2013

Diamond Creek Netball proudly presents

'a setgo!

a modified netball program for 5-9 year olds

Learn the basic skills of netball.

Diamond Creek Netball offer the choice of two courses

Saturday Morning or

Monday After School throughout 2nd Term

Where: Diamond Creek Netball Complex

Diamond St, Diamond Creek

Cost

$80-10 sessions with bag & Barbie branded T Shirt)

$60-10 sessions without bag & Barbie branded T Shirt)

Session Time: Monday 4-5pm

Saturday 9-10am

Starts Monday 15th APRIL & Saturday 20th APRIL 2013

This 10 session program runs throughout term 2 and re enrolment for term 3 will be available. Qualified coaches. Netball Vic insurance included plus presentation at the end of the program. No need to book just come and try.

Registrations taken at your first session. For more details visit

diamondcreekrice.com.au call the club 9438 6098 or

Kaye Ralph 9718 2393/ 0428 898 393

Email dcna@alphalink.com.au/ralpham@tpg.com.au
Friends of Morang South Primary School

2013 MSPS Classifieds are going DIGITAL!

The MSPS Classifieds are a Parents & Friends Association Fundraising initiative that will continue in 2013 with a few changes.

- The MSPS Classifieds will now be emailed* to everyone. That is approximately 300 families and friends of Morang South Primary School.
- The MSPS Classifieds will now be a feature of our school website: “Friends of Morang South PS”. http://www.morangsouthps.vic.edu.au/
- We will include a hyperlink on our very successful MSPS Facebook group to the MSPS Classifieds on our school website.
- All advertisements in the MSPS Classifieds will now will be in COLOUR.
- Businesses or groups who already hire our facilities (eg. Paringa Complex) receive 10% off each advertisement.
- If you choose to advertise for 9 consecutive months GET 1 month for FREE.

We have also updated our prices per month. We have not done this for many years and believe the cost is still reasonable. The MSPS Classifieds aims to provide affordable local advertising.

**Prices per Month**
(as of 1st March 2013)

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*Hard copies will be available on request.
** Morang South Primary School, the School Council and Parents & Friends Association accept no responsibility for services or special offers advertised.
CADBURY CHOCOLATE DRIVE

Cost: $48 per box, money expected back Thursday 21st March

Due to this fundraiser, we have decide not to go ahead with the Easter Raffle

Thank you for your support

For every person that sold their complete box of chocolates and have returned their money by Thursday 21st March will go into the draw to win a Cadbury Easter Hamper valued at $50

Winner will be drawn at assembly on Thursday 28th March—Good luck!!

For those who have sold multiple boxes, we are raffling a 4.5kg Toblerone valued at $100
To be in the draw you must have sold at least 3 boxes and money returned by Thursday 2st March

Raffle will be drawn at school assembly on Thursday 28th March—Good luck!!

CLASSIFIEDS

Advertising prices (per month) are:

Business card $15
¼ page $20, ½ page $30
Full page $60

To advertise, contact the school on 9404 1548 for further details.

SECOND HAND UNIFORM SHOP

Situated in the Parents & Friends Room (opposite Room 22).

Open Thursday mornings 9:00-9:30am

BAKERS DELIGHT – RIVERGUM “Dough Raiser”

Shop at Bakers Delight Rivergum Shopping Village,

mention Morang South Primary School and they will happily

donate a % of the total you spend back to the school

Next Meeting:

Wednesday 17th April, 7:30pm in the staffroom

All welcome
OSHC NEWS

Hello South Morang Community,

This term has flown and what fun we have had in OSHC. I hope you all enjoy your break and we cannot wait to see you and some new faces in term 2.

If you have not yet supplied your child's immunisation forms please do so. We need this to meet the National Quality Framework standards.

Reannan & Kristin

REMININDERS

How to get started before using our programs register online for an account. Registering is quick and easy. Visit our website to begin www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details anytime of the day online.

Save on Care You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343 Monday to Friday.

WHAT'S ON THIS WEEK

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AWARDS... Jye D, Grace W, Shreya and Kai V-k

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Program hours
Before School Care
7:00 – 8:45

After School Care
3:30 – 6:00

www.campaustralia.com.au
FREE COMMUNITY SEMINAR

“Helping Your Child to Read”

Presented by Mrs Deborah Sukarna

Thursday 18 April, 7.00pm

Founder’s Centre, Plenty Campus, Ivanhoe Grammar School
730 Bridge Inn Road, Mernda

Ivanhoe Grammar School invites you to attend our next Community Seminar- “Helping Your Child to Read”. The session will focus on how children learn to read, the reading process and the important stages in reading development.

The seminar will be presented by Mrs Deborah Sukarna, Deputy Principal/Head of the Plenty Campus at Ivanhoe Grammar School, and will help parents of of primary aged children to understand the process of reading and provide positive ways to support reading at home.

Mrs Sukarna is a highly respected and experienced literacy educator, author and presenter in both Australia and the US. She has 27 years experience as a curriculum consultant to State, Catholic and Independent schools.

Join us for an informative and entertaining session.

Bookings essential - RSVP by 15 April to Ms Terry Kitchen on 9490 3401 or community@ivanhoe.com.au

www.ivanhoe.com.au
END OF SUMMER SALE

NORTHERN REGIONAL UNIFORMS

END OF SUMMER STOCK SELL OUT

20% OFF ALL SUMMER STOCK

UNTIL THE END OF MARCH

SATURDAY 29TH MARCH 2013

TRADING HOURS: MONDAY – FRIDAY 9AM TO 5PM

SATURDAY 9AM TO 1PM

NO LAY BUYS OR BACK ORDERS

PHONE NO: 9436-4005

EDUCATION WEEK TOURS 2013

Join us for personalised tours of our Middle Years Campus and morning tea with the College Principal. Tours will be conducted from 9:15am - 10:00am on the 6th, 7th, 9th and 10th May 2013.

A Senior Campus tour will be held on the 8th May 2013.

Please sign up for a tour by contacting the general office on 9407 9700.

SEAL INFORMATION EVENING

A SEAL Information Evening will be held on Wednesday 24th April 2013 at 6:00pm in Middle Years Campus Library. Testing for both SEAL and Extension Program will occur on Friday 3rd May 2013. Application forms are available from the General Office. Please contact Leesa Mereos for more information.

Middle Year Campus
Moorhead Drive
Mill Park 3082

Create your future!
TOMAS FITZGERALD
INSTRUMENTAL
GUITAR BASS DRUMS FLUTE VOICE PIANO

★ FIRST LESSON FREE! ★

★ LESSONS START FROM $12.50! ★

★ COLLECT AN ENROLMENT FORM FROM THE OFFICE ★

Tomas' holistic teaching approach involves elements such as:

✔ Fun,
✔ Creativity,
✔ Reading music,
✔ Aural skills (ear training),
✔ Performance,
✔ Technical development
✔ Learning repertoire and
✔ Recording (optional).

An incredible opportunity exists for your child!

Studies show that learning a musical instrument increases a student's level of academic performance, study skills, self-expression, hand/eye/mind coordination, self-confidence and concentration.

Tomas Fitzgerald is dedicated to providing your child with the musical foundations they need with their chosen instrument.

For more information on instrumental music lessons at Morang South Primary School please feel free to call on 0425 865 909 or email at tomasfitzgerald@hotmail.com.
MINISTRY OF FOOD
AUSTRALIA

JAMIE’S MINISTRY OF FOOD – MOBILE KITCHEN

Jamie’s Ministry of Food is about getting people cooking again by teaching them the basics: how to cook, how to shop, and how to enjoy food in a way that benefits not only individuals, but also their families.

Join us for a basic cooking course where every week you will learn to cook simple, healthy and tasty meals using fresh ingredients. We will share with you loads of Jamie’s hints, tips and shortcuts. Classes are held at the same time each week, for five weeks and go for 90 minutes. Each class has a maximum of 12 participants and is completely hands on so you get to see, smell, feel and taste everything that you cook.

The course is open to everyone over the age of 12 who want to learn the basics of cooking and have fun in the kitchen! Young people aged between 12 and 16 years must be under the direct supervision of a guardian or carer at all times during the classes.

For full course details and enrolment requirements log onto: www.jamiesministryoffood.com

Follow us: [Social Media Links]

WITH THE SUPPORT OF THE CITY OF WHITTLESEA AND PLENTY VALLEY COMMUNITY HEALTH, JAMIE’S MINISTRY OF FOOD MOBILE KITCHEN IS COMING TO WHITTLESEA

The Mobile Kitchen will be located at:
Lalor Shopping Precinct, 2A May Road Lalor.
Courses start on Monday 8th April 2013.

For further information please contact:
Healthy Together Whittlesea on 9217 2531 or email healthytogether@whittlesea.vic.gov.au

The Good Foundation
THE GOOD GUYS®
healthy together Whittlesea
State Government Victoria

The Good Foundation has partnered with Jamie Oliver and The Good Guys to bring Jamie’s Ministry of Food to Australia. The Jamie’s Ministry of Food Mobile Kitchen in Victoria is part of Healthy Together Victoria, a jointly funded initiative of the State Government of Victoria and the Australian Government.