Principal’s Report

Parent Opinion Survey
Last week a random sample of approximately 40 families were sent a Parent Opinion Survey. These surveys form a part of the mechanisms by which we are able to evaluate our schools performance. Please return the survey by Friday if you have the time to complete it.

Scienceworks
Well done to our students in grades 4-6 who attended Scienceworks yesterday. Scienceworks is a terrific interactive science museum where children have an opportunity to explore hands on science displays.

Junior School Council Leadership Day
Our Junior School Councillors will be following on from their leadership day on Friday this week. Our grade 6 JSC members will be leading the activities for our other JSC members.

School Uniform
A reminder that children are required to be in school uniform unless they provide an explanatory note from parents. We are in the process of acquiring additional spare uniform windcheaters and shirts which we will lend to students when required. These spare uniforms will be washed in our school washing machine.

Interactive Learning
The Interactive Learning program will resume this Friday afternoon with over thirty different activities on offer. Programs will be offered for a three week block so children will be able to participate in two different activities this term. Whilst not every child is guaranteed their first choice we do our best to ensure that all children participate in activities they have ranked highly.

Chris Joustra, Principal.
STUDENT AWARDS THIS WEEK

ENVIRONMENTAL AWARD
Anthony W, PM

AWARD — Confidence
John M, PJ

STUDENTS OF THE WEEK

PREPS
Jesse S, Sienna D & Lily W
1E
Indie K
1G
Keely N E
1M
Anthony B
2/3D
Cameron R
2/3L
James McD
2/3M
Jasmine S
2/3V
Makayla R
2/3W
Tyrell D H
4/5F
Brock J
4/5L
Gregory W D
4/5S
Jaxen R
6 A
Stephanie S & Travis J
6 B
Lasela F & Maddison O

ATTENDANCE AWARDS

Student Bradley D, 2/3M
Receives $5.00
Canteen Lunch Voucher.

CLASS 2/3M

TIPS FOR BUSY STUDENTS

Parents and Teachers.
• Enjoy your parents for who they are – don’t waste time wishing they were different.
• See teachers as human beings and friends.
• Your teacher is a person who has out-of-school interests, relationships and activities—respect and appreciate them.
• Shock your parents occasionally and offer to wash their car.

TIPS FOR BUSY PARENTS

• Establish and maintain high, but realistic expectations that motivate your children rather than destroy their desire to learn.
• Have you hugged your child today?
• Parenting is a 24 hour job. Give yourself a break occasionally.
• Children learn better by watching what you do than by listening to what you say.

Morwell Park PS Parents Social Club

‘WE NEED YOU, OUR NUMBERS ARE VERY LOW’
At this stage our next ‘Get Together’ is planned for Tuesday 26th August, at 2pm in the Staff Room. All Parents/Carers and small children are most welcome.

If you would like to become involved but the day/time doesn’t suit us know. We are open to suggestions of anything to encourage more people to become involved. Our Principal Chris Joustra attends to discuss upcoming school events and answers any questions or concerns. It’s a fun and social get together to determine the best ways to raise money for the benefit of our school and the students.
The Value of the Fortnight is:

Patience

What is it?
Patience means waiting and trusting that everything will be all right. It is being calm and tolerant even in difficult situations. It means having self-control. Patience is sticking with something until you get the results you want. It is like planting seeds in a vegetable garden then tending to them and waiting for the results.

Why practise it?
Patience is a commitment to the future. Patient people do things now that will help them in the future. They trust that their goals are worth the hard work and are prepared to wait for the results. When people are impatient they usually act in a frustrated or irritable way. Sometimes they are not very nice to be around.

Role play and discussion
- You want to grow some vegetables in your garden.
- You wish your hair was longer.
- You are becoming frustrated watching your younger sister tie her shoelaces.

Signs of success
- You set goals and see them through to the end.
- You willingly wait for things you want.
- You act calmly in a frustrating situation.
- You are considerate when others make mistakes.

How to practise it
You practise patience by not trying to control things or other people. If someone makes a mistake, be gentle with them. When things become difficult for you, persevere until you achieve the result you desire. Set goals for yourself and know that the future is worth waiting for.

Starter activities
- Use a jar, soil, absorbent paper and a bean seed. Place the paper around the inside of the jar. Fill the jar with soil and place the bean seed between the jar and the paper (not in the soil). Water well. Watch your seed develop over the next few days.
- Share a time when you needed to practise patience.
JEANS FOR GENES DAY
TOMORROW
Friday 1st August.

The JSC will be having an Out of Uniform Day on Friday 1st August. Students are asked to come dressed in denim and make a gold coin donation.

All money raised goes to Children's Medical Research Foundation.
Thank you.

EMA
2nd INSTALMENT
Applications close TOMORROW
Friday 1st August.

If your 1st instalment application was lodged at Morwell Park and your card details remain the same, you do not need to do anything. If your card has been renewed it will need to be presented at the office to be photocopied.

You will need to complete an application form if:
♦ You are new to the school after the start of this year and applied for the first instalment at another school, or
♦ You have recently become eligible and been issued with a Health Care or Pension Concession card valid on 14th July 2014.

If you have any queries please contact the office.

Prep Enrolments for 2015
are now being taken.

If you have a child who will be enrolling for Prep next year please contact the office to arrange an appointment to complete the required paperwork.

Please be aware that proof of date of birth (eg Birth Certificate) and an Immunisation History Statement are required for enrolment.

The Immunisation History Statement is available:
♦ from any Medicare office,
♦ by ringing 1800 653 809, or
♦ online at www.medicareaustralia.com.au.

Please pass this information on to others who may not be aware that enrolments have commenced.

School tours available at any time by appointment.

Canteen Roster

Friday 1st August
8.30-10.30
Kerri Kingston &
Andrea MacDonald

10.30-1.30
Andrea MacDonald

Monday 8th August
8.30-10.30
Rachel Scott

10.30-1.30
Keith & Kylie Kerstjens.

If you are unavailable for any reason please ring the school (5134 1793) to let Deb Minster know. Thank you.

DAFFODIL DAY
Friday 22nd August

JSC members are selling the following items to raise funds for Daffodil Day.

Assorted Bears $2.00
Footballs $2.00
Wristbands $1.00
Pens $1.00

Junior School Council members will visit each grade daily after lunch starting Monday so children can purchase their items.

We will also be having a ‘dress in yellow day’ on Friday 22nd August, for a gold coin donation.
Reasons to limit sugary drinks

Children do not need to include any fruit juices or other sweet drinks to have a healthy diet. Intake of sweet drinks reduces the quality of your child’s diet, has links to weight gain and poor oral health, and also exposes them to the ‘habit’ of drinking sweet drinks.

The Australian Dietary Guidelines do not recommend the consumption of sugar sweetened drinks such as soft drinks, cordials, fruit drinks, vitamin-style waters, flavoured mineral waters, energy and sports drinks.

Fruit and vegetable juices contain sugars that are found naturally in fresh fruits and vegetables, but become very concentrated when made into juice. Children do not need any fruit or vegetable juice to have a balanced and healthy diet. Encouraging children to eat the whole fruit or vegetable, and drink plain tap water or milk rather than juice is the best way to establish good eating habits early.

Food Patterns for Children

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<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-13 years</th>
<th>14-18 years</th>
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<tr>
<td>Boys</td>
<td>2 ½</td>
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<tr>
<td>Girls</td>
<td>2 ½</td>
<td>4 ½</td>
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Vegetables and Legumes/Beans

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<tr>
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<td>1</td>
<td>1 ½</td>
<td>2</td>
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Fruit

Encourage your child to eat more fruit and vegetables

If you follow healthy eating habits, your child may eventually follow your lead. Keep offering fruit and vegetables in a variety of ways, as children are more likely to eat what is familiar to them. Never assume your child dislikes a particular fruit or vegetable. The next time you offer it may be the day they decide to try it. Children’s tastes do change with age.

The five steps to success include:
- Involving your child in food preparation and planning
- Enjoy fruit and vegetables
- Presentation
- Include fruit and vegetables wherever possible
- Keep trying.

Any amount is better than none

All Australians are encouraged to eat two fruit and five vegetables daily, but many children and adults do not. Sometimes children may expect ‘tastier’ high fat and sugar snack foods instead. Perhaps parents give up offering vegetables or fruit because it seems children often leave these on the plate or in the lunchbox.

Continue to offer your child a variety of fruit and vegetables every day, and not just the type they like. Children’s serving sizes may be small and depend on their age, appetite and activity levels. Remember any amount is better than none and always try to find ways to include more.
On the 30th July the grade 4-6’s visited Scienceworks. The first thing the grades did was go and look at the Think Ahead exhibit. It was very cool and it had a lot of futuristic things like what the city is going to look like in the future and a lot of interactive games as well. The next exhibit we went to was Rescue and it was all about fires and what we can do to help. There was a smoke room and it was hard to breathe and smelt really gross. There was also a climbing wall and you could go all the way around it. We then had lunch and our next place to go to was the planetarium.

The planetarium was really fun, the last time I was there I was in grade 1. We first watched a short movie called Tilt, it was about the seasons and how it works, and it’s all about how the Earth’s axis is on a tilt and if it wasn’t then the seasons wouldn’t work properly. Then we had a look at the different star constellations and that was interesting. After that we went on the bus to come home. It was a fantastic day and I would love to come back soon! By Milla S

We got to go to Melbourne to see Scienceworks. The best thing about it was the planetarium. It was shaped like a big dome. The projector covered the whole dome on the roof. The chairs you sat on were recliners so you could lay down and look to the sky when the projector covered everything. Everything felt 3D. We talked about the seasons and the stars. If you look up at night you could even see planets. They look like stars but are different colours. For example, Mars is red and Saturn is yellow. I learnt that other planets like Neptune and Uranus you can’t see because they’re too far away. It took about 45 minutes of the day but was worth it. I’d like to go back to watch other educational movies in the planetarium. By Cody H.

At Scienceworks we had a lot of fun. I saw this computer with no mouse, you use your eyes instead and when you blink it clicks on the thing you look at. There was a lot of cool technology and stuff to try out. Some things make you dizzy and some things are really cool, I can’t stop using them. We had a lot of fun. I liked the house that looked like there was fire in it because there were red lights and a smoke machine in it. By Sharlene D.

It was a cold Wednesday morning. Grades 4, 5 & 6 children went to Scienceworks. My favourite part was the Planetarium, which is a dome shaped room with a projector that covered the whole roof. That wasn’t all we did. First we did general viewing which was on the second floor. In one technology section it had this scanning thing, where it told you what your job would be in the future. Another one told you about your body and the last one told you about your blood. Also we got to go the Rescue Centre. The Rescue Centre had a smoke house. In the smoke house it had a red light, crackle sounds and it was hot. There was also knot tying. By Olivia M.

I was soooo excited and amazed at how many activities there were, I knew I just couldn’t help but wait to get inside the huge building. Most things in there were pretty amazing, others were rather creepy and some were just AWESOME!! My favourite place was the Planetarium, it was like magic. When you sat down in your seat it would go back so you would lay down and if you looked at the roof it would be like a giant projector screen. At the Planetarium we watched a little movie and a night time star show at day time. By Talia C.