**FROM THE PRINCIPAL….**

Dear Parents and Guardians,

**School Fete**

Congratulations to everyone involved in the organization of the school fete and in particular to Maria Romnios and her hard working fete team. It was an outstanding success and not just from the point of view of the money raised which I understand will be more than last year’s record. The fete also provides a wonderful opportunity for the whole community to come together and enjoy the fun of the activities and the sense of sharing which is what creates a strong sense of community. As I wandered around on the day I felt privileged to be principal of this school community where so many parents and staff are willing to work so hard to create such a great event. It truly was a celebration of the Wales Street school community.

Thank you to the Fete Committee: Maria Romnios, Lauren Rizzacasa, Peter Carton, Joanne Tzouroutis. A big thank you to the stall coordinators, volunteers, school community, performers, families and friends, staff and sponsors who worked together to help make the fete profitable, successful and enjoyable. Thank you also to the Lions Club of Northcote for also volunteering their time to help with the BBQ stall.

**Establishment of the New School Council 2012 – 2013**

Following the completion of the election process the new School Council members are: Anne Roberts, Ely Tapp, Natasha Kinsman, Lincoln Kern, Maria Romnios, Phillip Papastamatoulous, Melinda Story, Lucy Thornton (non DEECD members) Jason Sergi and Trevor Robinson, Jenny Deeble, and Christopher Sexton (DEECD members). Last night the newly formed School Council meet and elected the following School Council Executive and Committee Convenors for 2012.

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<th>School Council Executive</th>
<th>Committees</th>
<th>Convenors</th>
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<tr>
<td>President</td>
<td>Natasha Kinsman</td>
<td>Events &amp; Fund Raising</td>
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<td>Vice President</td>
<td>Phillip Papastamatoulous</td>
<td>Facilities</td>
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<tr>
<td>Secretary</td>
<td>Lucy Thornton</td>
<td>Finance &amp; Governance</td>
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<tr>
<td>Treasurer</td>
<td>Lincoln Kern</td>
<td>School After Care (SAC)</td>
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<td>Policy &amp; Strategic Planning</td>
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**Annual General Meeting and Establishment of New School Council 2012 – 2013**

The School Annual General Meeting was held on last night Wednesday 28th March. When this is approved by the Region it will be placed on the school website.
Thank you to retiring School Council meeting
There are two School Councilors who have retired this year Militsa Toskovska and Ben Cunningham. I would like to take the opportunity to thank them for their individual and collective contribution to the school which has been wonderful. Militsa in particular has made a huge commitment of her time and effort to the school community and has been School Council President, Vice President as well as a past member of Policy and Strategic Planning and Finance and Governance Committees.

2012 Annual Implementation Plan (AIP)
Each year the school develops an Annual Implementation Plan (AIP) which is the implementation plan and goals for that year as we work towards the achievement of the School 2009 -2012 Strategic Plan. The 2012 AIP was endorsed at this week’s School Council Meeting and will be placed on the website for school community members.

End of Term : Reminder about 2.30pm Dismissal
Tomorrow, Friday, will see the end of a busy first term and it will conclude with a final term assembly at 2.15 pm at the Flagpole with all students being dismissed at 2.30pm. Parents and guardians please note the earlier dismissal time. I hope everyone has a wonderful holiday break and I look forward to seeing you all on the resumption of 2nd term Monday 16th April.

Lost Property
As we near the end of term we need to address the growing stockpile of clothes and things in lost property. Please check if your child/ren have lost something. At the end of term we will bundle up unclaimed items and sent off to one of charity groups.

Christopher L. Sexton
Principal

SICK BAY LINEN DUTY ROSTER

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<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>30/03/2012</td>
<td>Kathy Morgan-Wicks</td>
</tr>
<tr>
<td>20/04/2012</td>
<td>Kelly Piola</td>
</tr>
<tr>
<td>27/04/2012</td>
<td>Angela Koutsoubos</td>
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</tbody>
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PREP PARENTS: We are asking Prep parents to volunteer once a year to do the sick bay linen. This means everyone gets 1 turn at washing the linen during their time at Wales Street. Parents are asked to collect the linen from sick bay, Friday afternoon, launder over the weekend and return to school Monday morning.

Fete Report from Maria Romnios…
It didn’t rain nor hail, ideal weather for our 2012 Fete..Yeah!

Thank You to all fete committee and past fete committee members for their input and hard work to help organise this year’s fete. To our administrative staff & teachers for their ongoing support.

We are grateful to our major sponsors: Century 21, Colour Factory, Gullotti Creative, Salce Pty Ltd, Enviro Shop, Psarakos, Zaks Surfboards for their donations and sponsorship. To all families and businesses who donated goods & services – all is appreciated & enjoyed by those who were lucky with auction bids in the massive silent auction. Support these businesses, let them know you are from Wales Street.

And… A HUGE, BIG BIG BIG Thank You to ABSOLUTELY EVERYONE for their efforts & input however small or large. It all helped to make our fete come ALIVE, enjoyable and a great place to be!!

Thank you to MC: CZ. Thank you to all for sourcing, coordinating, volunteering, for setting up, packing up, raffle ticket selling, waste management, letter box dropping, sorting, hamper making, cake, jam and craft making, plant growing, donating, cooking, singing, performing, money spending, money collecting, dishwashing, the haunted house spooking!!, popcorn, lucky jars, ice cream, lob a chucking, fairy floss, kids craft/face painting, chai coffee and badge making, pancake flipping, ‘The Bar’, ride ticket selling, the rides, the food: sausages, souvlaki, burritos and spanakopita. The toys, books, bric-a-brac and clothes. The bands, the ensembles and the choir.

To everyone … THANK YOU for helping to make Fete 2012 successful!
Thanks to our Sponsors and Supporters

**Recognition**

Please take note of the sponsors and remember to use their services.

Mention the Wales Street Fete -- they will appreciate recognition for their contribution.
Well, what a fabulous fete! Such a lovely end to what has been a very busy term. Here in First aid I have seen over 450 recorded student visits for the term. I've used over 500 band aids alone for any number of grazes, monkey bar blisters, cuts, and more. (there is something about band aids isn't there?!) I've sent approximately 30 children home with a range of illnesses and injuries: the most prevalent being fevers, ear infections, chest infections and gastroenteritis. There have been a couple of broken bones and quite a few blood noses in the hottest days. I attended to 34 episodes of asthma, 1 sprained ankle and a number of headaches. There also were many bumps and bruises, accompanied by lots and lots of reassurance!

Thank you to our lovely teachers-Trevor, Jo, Derek and Toby who arrived early and kindly handed out stickers and lanyards to our eager bike riders extraordinaire, (walkers, skaters, skippers etc). Ride to School Day is always cause for fun; it reminds us of the simple things in life that are to be enjoyed every day. Inhale that fresh air!

Last few days to register for The Premiers challenge-get your free YMCA passes, tickets to the aquarium and the National Sports Museum where they are currently having an exhibition on bikes (so topical!)

Did you know that this week is “World Salt Awareness Week”? AWASH –the Australian Division of World Action on Salt and Health (www.awash.org.au) "supports the Governments National Preventative Health task Force in considering tough proposals to improve diet.”

Said Professor Bruce Neal, Chair of AWASH and Senior Director, The George Institute for International Health: "Australians are eating dangerously high levels of salt. Salt reduction and other nutrition initiatives should be seen as a key priority alongside smoking and alcohol prevention. Banning foods is not prudent but tough measures to control the amount of salt in foods should be considered. Kraft and other companies need to do more to reduce salt levels in all foods, including vegemite.”

Vegemite contains over 3000mg sodium (7.5grams of salt) per hundred grams - six times the amount in a classified high salt food. Vegemite on toast or a vegemite sandwich contains about a gram of salt which is around 20% of an older child's recommended daily amount.

For further information on salt in children's foods, and the Australian Food and Grocery Council response to the publication, see the following links:

- AWASH report - Salt levels in selected foods commonly eaten by children
- Australian Food and Grocery Council Media Release - Taskforce Should Consider Facts - Not Fiction - 8 January 2009

Salt aware tips

- Prepare food with fresh vegetables for lunch and evening meals.
- Make healthy snacks convenient, e.g. have fresh fruit pre-chopped, keep low-fat yoghurt in the fridge, and healthy muffins in the freezer ready to be heated.
- Reduce consumption of high fat, high sugar or high salt snack foods.
- Keep takeaways and fast foods such as burgers, fried chicken and pizza to an occasional treat.
- Include healthier options such as boiled eggs and salad, raw vegetable sticks and fresh fruit pieces in lunch boxes.
- Check food labels for salt to compare products, brands and varieties and choose the lower salt options.
- Choose low salt foods (< 120mg/100g) where possible and avoid high salt (> 500mg/100g) foods.
- Don't add salt to your children's food during cooking and discourage them from adding salt at the table.
- Use lemon juice, garlic, vinegar, or herbs and spices as an alternative to salt when cooking.
- Avoid stock cubes, soy sauce, mustard, pickles and mayonnaise where possible. At the very least choose low salt varieties.
- Limit salty snacks to once a week as a treat.

It's all very interesting isn’t it? I think it's a great idea to help children to be more mindful of salt intake; they love knowing about the pros and cons of what goes in their body. Aside from that, this then will then set them up with positive habits that come naturally.

“Children who develop a preference for lower salt foods are likely to maintain this preference as they get older”. Reducing the likelihood of high blood pressure, stroke, and obesity, kidney stones, osteoporosis and stomach cancer is also a huge benefit!

"Although the health problems associated with high blood pressure don't appear until later in life, they are strongly influenced by childhood health.”

And so to holidays...... I hope yours are restful and full of the fun of Easter. Until next term, Take care, rest up, eat choccy and hop a lot!

Catherine Fisers - School Nurse
Creative Arts after school Program - Judith Jackson Joyce

Students at Wales street have the opportunity to learn and/or extend their skills and knowledge of Art techniques through an inspiring Art program. This program will use craft, drawing, sculpting and painting techniques in a focused, fun and fabulous environment. Children will use felt, watercolour and acrylic paints, pastels and paper (origami) during the term.

We will use music, conversation, students’ own experiences and ideas to shape the program catering to individual needs. Confidence building, developing creativity and great Art Work to take home are the intended outcomes.

I am a trained and registered Art and Textile teacher as well as a Wales street parent. Please do not hesitate to contact me with any questions regarding the Art after school program.

Cost is $120 ($15 per lesson). Please supply own art smock, all other materials will be supplied.

Classes commence Monday 23rd April – 25th June, an eight week term (no program on Monday 11th June – Queen’s birthday).

Located in the Wales street art room at 3.45pm until 5.00 pm.

Payment: Payment for the term can be made to me directly at the first session in cash, cheque or electronically. Email or call me for banking details.

Enrolment: Fill out the attached enrolment form and leave at the school office before 20th April.

Please call or e mail with any further queries on 9480 1015 or judithjacksonjoyce@y7mail.com

Enrolment Form

Child’s Name..............................................................................................................................

Year level.............................................. Age..........................................

Parent/Guardian Name...............................................................................................................

Contact phone number ........................................ Email......................................................

Any allergies or relevant/important information...........................................................................
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Keyboard/Guitar/Drum-kit lessons at WSPS. Enrollments now open for Term 2. Lessons held during school hours.
M: Cat Canteri 0432 339 255 e: catcanteri@yahoo.com.au Bachelor of Music (Improvisation) The University of Melbourne. Advanced Diploma of Music Performance – NMIT.

Children helping Children this Easter! An Easter Egg Hunt Fundraiser for a not-for-profit organisation called Orphfund is to be held at Darling Gardens, 11am, Saturday, April 7th. Cost $6 Details at www.facebook.com/orphfundeasteregg hunt Orphfund runs orphanages, schools, and training centres for orphans overseas. Every $1 raised goes to the children www.orphfund.org.

Brazilian Soccer schools SPECIAL Melbourne Launch offer. 3 day clinics for $30 per day. All age groups. Locations incl Parade College, Preston campus (3-5 April), Darebin Sports Centre (10-12 April), Clifton Tennis Centre (10-12 April). Contact: Duncan: 0438 200 065 or www.braziliansoccerschools.com.au or to book a place email: melbournenorth@braziliansoccerschools.com.au


MOVING HOUSE GARAGE SALE. Furniture, clothes, garden equipment, bric-a-brac, household appliances and a whole lot more...Sat 31st March, 9-2pm at 76 Speight St Thornbury

Testing for Northcote High School ACE Program 2013 (Year 7)
The select entry Advanced Curriculum Extension (ACE) Program caters for highly able students. In 2013 the program will only be available to students. In 2013, entry at Year 7 is only available for students who live locally to the school or who will have a sibling in the school. Eligible Grade 6 students are invited to participate in the NHS ACE Test Program. The cost of testing is $65, payable with registration. Applications Close: Tuesday 1 May, 2012. 1.30 pm. Test Date: Saturday 5 May, 2012

Northcote High School Open Morning 2012: Wednesday 18 April, 9.20-12 noon
Join us for a tour and talk. See our school at work. Information sessions are held at 10.00 am, 10.45 am, 11. 30 am (there is a repeat session at 7.00 pm for parents who were unable to make the morning)

Northcote High School Day Tour Dates Term 2, 2012:
Friday 20 April, 9.15 am; Monday 30 April, 9.15 am; Wednesday 2 May, 9.15 am; Friday 4 May, 9.15 am; Wednesday 9 May, 9.15 am;
Friday 11 May, 9.15 am; Mon 14 May, 9.15 am; Wed 16 May, 9.15 am; Friday 18 May, 9.15 am; Monday 21 May, 9.15 am
Wednesday 23 May, 9.15 am; Friday 25 May, 9.15 am

Please ring the office to book your place (9488 2300). Primary parents and students of all ages are welcome. The tour generally lasts for one hour.

Blue Light Disco
Will be held this Friday night at the Preston Town Hall in Gower St from 6.30pm until 9.00pm. $6 entry, drinks and snacks available to purchase, ages 8-14.