



# Wales Street Primary School Newsletter

Date 24/03/2016

Term 1, Number 5

- The school yard is supervised before school from 8.45am and after school until 3.45pm. Students must not be dropped off and left alone before 8:45am. Any student in the yard unsupervised before 8.45am will need to go to our school aged care program.

An important reminder that any change of address or contact phone numbers needs to be updated with the office. This includes work numbers and emergency contacts. It is very important that the school is able to contact families in the event of an accident or illness.

Recess: 10.40am–11.10am  
Lunch eating time: 12.50pm–1.00pm  
Lunchtime: 1.00pm – 1.50pm  
School Finish: 3.30pm

## Events

Thursday March 24  
Term 1 Ends at 2.30pm



From the Principal...

## WALES STREET FETE - CONGRATULATIONS !

What a wonderful effort by the Fundraising and Special Events Committee and the Fete Committee. Saturday's Fete was an overwhelming success with a healthy turnout from the Wales Street community. The day raised approximately \$70,000 and provided us with a fantastic community event.

It was great to see our new Wales Street parents contributing their time and effort to support Sam Walsh and her amazing team.

## WORKING BEE THANK YOU - FACILITIES AND MAINTENANCE

Thank you to all the parents and staff who contributed time on Sunday March 13 to preparing our school grounds ahead of the School Fete. The school looked great on the day of the fete.

## STAFF CHANGES FOR TERM 2

### Grade 5/6G

Kavita Parmer has been teaching the Grade 5/6 G class this term as Anna Graham has been on leave. I would like to take this opportunity to thank Kavita on behalf of the students, parents and staff for the exceptional job she has done. The year has started off very well in the class. We warmly welcome Anne back to commence Term 2.

### Grade 3/4 E

Noel Carter in 3/4 E will be taking Long Service Leave in Term 2. Rali Sharpe to take Noel's teaching role in Grade 3/4 E with Bronwyn Capsalis continuing to work in the grade on Wednesdays.

Rali is a very experienced teacher in the Victorian government school system having taught all grade levels as an ongoing DET employee.

Over the past two years she has been a regular relief teacher at Wales Street.

Noel will return to teach the class at the beginning of Term 3 2016.



**COMPASS**



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### Contact Us

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## **SUPER WALES STREET SWIMMERS !**

Congratulations to the thirteen participants in our Wales Street 2016 Regional Swim team who competed on Wednesday the 9th of March at the Northcote Pool. Whilst our swimmers didn't progress to the next round they performed admirably. Well done to - Olivia, Tasman, Spencer, Jamison, Teia, Bella, Natasha, Harry, Kyle, Athan, Elenia, Emma and Kasey.

## **SCHOOL RE-COMMENCES**

Monday 11<sup>th</sup> April

## **LOST PROPERTY**

There are a lot of hats and jumpers already in the lost property tubs just outside the office area. Please make time before the end of Term 1 to collect any items that may belong to you.

## **PERCENTAGES PAID OF SCHOOL FEES TO DATE**

Curriculum Levy	82%
Excursion Levy	56%
Booklist	54%
ICT Levy	56%
Oval Development (lease)	73%
School Nurse	80%
Building Fund	85%

## **DEPARTMENT OF EDUCATION AND TRAINING (DET) : STUDENT ACCIDENT INSURANCE, AMBULANCE COVER ARRANGEMENTS AND PRIVATE PROPERTY BROUGHT TO SCHOOLS**

Parents are reminded that the Department does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. The Department cannot advise parents/guardians on whether to purchase a student accident policy/ambulance cover, or which policy to purchase. It is recommended that they seek assistance in this matter with their insurance broker or find a suitable personal accident insurer in the Yellow Pages or online. Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage. Parents/guardians can purchase insurance policies from commercial insurers. The Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

### **Grade 5/6 Performing Art - Learning about Rhythm and demonstrating cooperation**



#### **THE RESILIENCE PROJECT 2016 - Key Dates**



<b>May 5<sup>th</sup> &amp; 6<sup>th</sup></b>	<b>Student sessions</b>
<b>May 11<sup>th</sup></b>	<b>Parent Information Evening 7pm</b>

**Christian Woodcock**  
**Principal**

# Wales Street P.S Fete!

Saturday's Fete turned out to be a fantastic day for all! There was a range of fabulous and delicious stalls for people to enjoy and an array of musical delights throughout the day. In the end we raised a whopping \$65,000 on the day!

A big thank you to all whom volunteered their time on the day including teachers and parents and a special thankyou to ..... for the overall organising and running on the day.





Hi my name is Luca Thornton & I'm in Grade 6. I'm doing the World's Greatest Shave!

Today, 34 Australians will be given the devastating news that they have blood cancer, and they'll turn to the Leukaemia Foundation for help.

Please sponsor me and help support families and continue the urgent search for cures.

Getting sponsored to shave your hair is an extraordinary way to help people with leukaemia, lymphoma and myeloma, but I can't do it alone.

Help me make the most of my hairy sacrifice. Sponsor me at least \$28 today which can provide a cancer information pack to help a family prepare for the challenges ahead.

All donations most welcome. I've left a box at the school office or you can donate at the link below:

<https://goo.gl/4ia0ww>

Thanks for your support.

Luca Thornton



March 23<sup>rd</sup> 2016

Hello everyone,

The end of Term one is nigh- the speediest term ever- at least it felt that way didn't it! I,ve just finished calculating the number of documented children who have attended term this term 650 children.

56 went home with a variety of illnesses that included chest infections,and stomach complaints.



There were also 46 children who presented with asthma requirements- asthma does tend to flare up this time of year, particularly in connection with allergens from hayfever or respiratory illnesses. We also had a couple of broken bones- thankfully all is well.

In view of the amazing amount of chocolate to come I thought I might turn all healthy on us all and send along a lovely resource courtesy of the.... The Healthy Together Achievement Program, funded by the Victorian Government, is improving the health of our community. Love it- always a terrific objective to help us feel super shiny inside. I think it's a goodie for the fridge for those mornings we just cant think what to put in the lunch box.

Hope you have a fabulous holidays!! Catherine Fisers School Nurse(R/N)

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"><li>• Apple</li><li>• Banana</li><li>• Mandarin</li><li>• Orange quarters</li><li>• Passionfruit halves (with spoon)</li><li>• Watermelon, honeydew, rockmelon chunks</li><li>• Pineapple chunks</li><li>• Grapes</li><li>• Plums</li><li>• Nectarines, peaches, Apricots</li><li>• Strawberries</li><li>• Cherries</li><li>• Kiwifruit halves (with spoon)</li><li>• Pear</li></ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"><li>• Fruit salad</li><li>• Fruit kebabs</li></ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"><li>• Dried fruit, nut, popcorn mixes*</li></ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"><li>• In natural juice (not syrup)</li></ul>	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"><li>• Corn cobs</li><li>• Carrot sticks</li><li>• Capsicum sticks</li><li>• Green beans</li><li>• Cucumber sticks</li><li>• Celery sticks</li><li>• Snow peas</li><li>• Tomatoes (e.g. cherry and Roma tomatoes)</li><li>• Mushroom pieces</li></ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"><li>• Hummus</li><li>• Tomato salsa</li><li>• Tatziki</li><li>• Beetroot dip</li><li>• Natural yoghurt</li></ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"><li>• Coleslaw and potato salad (reduced fat dressing)</li><li>• Mexican bean, tomato, lettuce and cheese salad</li><li>• Pesto pasta salad*</li></ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"><li>• Grilled or roasted vegetables</li><li>• Wholemeal vegetable muffins or scones</li><li>• Vegetable slice (with grated zucchini and carrot)</li><li>• Popcorn</li></ul> <p><b>SOUP</b> (In small thermos)</p> <ul style="list-style-type: none"><li>• Pumpkin soup</li><li>• Potato and leek soup</li><li>• Chicken and corn soup</li></ul>	<p><b>Milk, Yoghurt and Cheese</b></p> <ul style="list-style-type: none"><li>• Milk</li><li>• Calcium-enriched soy and other plant-based milks</li><li>• Yoghurt (frozen overnight)</li><li>• Custard</li></ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"><li>• Freeze the night before to keep cool during the day</li></ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"><li>• Cheese cubes, sticks or slices</li><li>• Cottage or ricotta cheese</li><li>• Cream cheese</li><li>• Tatziki dip</li></ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"><li>• Fruit</li><li>• Wholegrain cereal, low in sugar</li><li>• Vegetable sticks</li><li>• Rice and corn cakes</li><li>• Wholegrain wheat crackers</li></ul>	<p><b>Meat or Meat Alternative</b></p> <ul style="list-style-type: none"><li>• Tinned tuna or salmon in springwater</li><li>• Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li><li>• Falafel balls</li><li>• Lean meat or chicken patties</li><li>• Tinned tuna or salmon patties</li><li>• Lentil patties</li><li>• Lean deli meats (e.g. ham, silverside, chicken)</li><li>• Baked eggs</li><li>• Baked beans (canned)</li><li>• Tofu cubes</li><li>• Hummus dip</li><li>• Lean meat or chicken kebab sticks</li><li>• Peanut butter*</li></ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"><li>• Wholegrain sandwich, roll, pita or wrap bread with salad</li><li>• Rice and corn cakes</li><li>• Wholegrain wheat crackers</li><li>• Side salad</li></ul> <ul style="list-style-type: none"><li>• Vegetable frittata</li><li>• Skinless chicken drumsticks</li><li>• Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li><li>• Homemade pizzas with lean roast or deli meats and vegetables</li></ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"><li>• Side salad</li><li>• Steamed or roasted vegetables</li></ul>	<p><b>Grain and Cereal Food</b></p> <p><b>MAINS</b></p> <ul style="list-style-type: none"><li>• Wraps</li><li>• Sandwiches</li><li>• Rolls</li><li>• Toasted sandwiches</li></ul> <p><b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and Inseed, heta, naan, bagek, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"><li>• Pasta dishes</li><li>• Rice, quinoa or cous cous dishes</li><li>• Noodle dishes</li><li>• Sushi</li></ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"><li>- Homemade pizzas</li><li>- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li><li>- Vegetable based muffins</li><li>- Pasta or noodle bake</li></ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"><li>• Fruit loaf</li><li>• Wholemeal fruit based muffins</li></ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"><li>• High fibre, low sugar cereal (e.g. muesli)</li><li>• English muffins</li><li>• Crackers</li><li>• Cispreads</li><li>• Rice cakes</li><li>• Corn thins</li><li>• Wholemeal scones</li><li>• Pikelets</li><li>• Crumpets</li><li>• Hot cross buns (no icing)</li></ul>	<ul style="list-style-type: none"><li>• Take a water bottle (for refilling throughout the day)</li></ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"><li>• Freeze overnight to keep foods cool in lunchboxes</li></ul> <p><b>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</b></p> <p><b>Sugar sweetened drinks and confectionary should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</b></p>



For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: [www.heas.healthtogether.vic.gov.au](http://www.heas.healthtogether.vic.gov.au).

\*Check your school's policy regarding the use of nuts and products containing nuts.