

## Newsletter

Number 6 March 12<sup>th</sup> 2009

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WHAT'S ON AT SCHOOL		
MARCH		
Friday 13 <sup>th</sup>	BBQ notice to be returned Shave For a Cure Day	
Monday 16 <sup>th</sup>	<b>Swimming starts</b> Library Meeting	<b>Grades 1 - 6</b> 3.40 pm Library
Tuesday 17 <sup>th</sup>	Murasakino School Visit & BBQ	
Wednesday 18 <sup>th</sup>	Swimming Lesson 2 Preps attend school	Grades 1 - 6
Friday 20 <sup>th</sup>	Swimming Lesson 3	Grades 1 - 6
Saturday 21 <sup>st</sup>	Cake Stall	9 am - noon
Monday 23 <sup>rd</sup>	P.A.L.M. Training	6.30pm - 7.30pm Library
Tuesday 24 <sup>th</sup>	Japanese Immersion Info session	2.45pm -3.20pm
Wednesday 25 <sup>th</sup>	Open Night	5.30pm -7.30pm
Friday 27 <sup>th</sup>	Parents and Friends Club Meeting	9.15 am

**Remember : Swimming starts Monday. Bring your gear in a Swim Bag.**

### PRINCIPAL'S REPORT School Improvement

There has been such a buzz around the school this week relating to our ongoing school improvement focus.

The staff has been working on reviewing reading improvements and adding even more strategies to our delivery and programming. May I congratulate everyone on the excellent improvement results I am seeing, both in student attitude and achievement. Our results clearly demonstrate that the Japanese Immersion program and quality classroom practice, in both English and Mathematics, are giving our students a " Language Advantage".

School connectedness or how much belonging, pride and value you place on our school was discussed last week and this morning I saw three students proudly wearing their new summer uniform. This has been another step towards developing a strong identity in the local community as they see the pride these children take in being part of our school.

The Open Night on Wednesday 25<sup>th</sup> March will be highlighted by a chance to speak to and ask questions of Dr. Natasha Marshman about those burning questions relating to "Readiness for School". There will be an opportunity to understand the immense value of a second language acquisition in the overall outcomes of academic achievement. To give all parents a chance to get the most out of the evening there will be story telling entertainment by Sue and Voni for all youngsters who need to accompany their parents. This is a fantastic opportunity to get to know more about our local school so if you know of any parents who would benefit from the night please inform them.

The AGM of School Council and our first meeting was held on Tuesday 10<sup>th</sup> March. The new representatives have added diversity of interests to our professional team and we are looking forward to our coming year. The agenda was very full and we are able to announce that the Annual Implementation Plan for 2009 has been reviewed and passed by SC, the E-learning plan (IT), the Drug Education Plan were also passed and finally and very importantly for the school , the budget was passed. Thank you to all those who contributed to the hours of work that goes into each one of these documents and I invite everyone to congratulate the members of SC who continue to work in partnership with the rest of the community. The sub committees have been organised and dates for these meetings will appear in the newsletter. Everyone is invited to join any of these groups.

Friday is very important as it is "Shave for a Cure " day and our own Shane Bourke will be shaved by Paul ( Mr Nico) at our special Friday assembly.

I unfortunately will miss this great day as I will be an important part of the pre- school - school alliance being formed in the Glen Eira network. We all know how important kinder transition is and our model is a forerunner in including the kinder as part of the school.

Take care,  
Suzanne Muir,  
Principal

### **FRIDAY ASSEMBLY**

This week's assembly at 2.45 pm will feature the Preps of Victoria's class. Shane Bourke will be having his head shaved for 'Shave for a Cure' and raising funds to support children with Leukemia. Parents are all welcome to school a little early for pick up and support Shane by bringing a donation and attending the assembly.

## **SCHOOL PHOTOGRAPHS**

These will be taken on Tuesday June 9<sup>th</sup>. As this is the day after a public holiday, parents please make a note of the date so your children come to school prepared for the school photographs.

## **MURASAKINO SCHOOL VISIT BBQ**

On Tuesday 17<sup>th</sup> March we will be hosting 74 visitors from Murasakino School in Japan. The notice on pink paper was sent home and if your child wishes to participate in the BBQ the reply must be sent back to school with payment by Friday 13<sup>th</sup>. (The \$5 for the lunch is not covered by the levies) The BBQ consists of 2 sausages in bread, a piece of fruit and a NO ADDED SUGAR fruit juice. This annual event is a special day when friendships are formed between our visitors and students at our school.

## **LIBRARY MEETING**

All interested parents/guardians and teachers are invited to our first LIBRARY meeting of the year at 3.40 pm on Monday March 16<sup>th</sup>. If you have any great ideas or ways you can help we would love you to join us!

Library Committee

## **UNIFORM SHOP**

**They have arrived!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

If you want to be one of the first to wear the new summer uniform, come and see Tania or Iris in the uniform shop. Sizes 4, 6, 8 and 10 are available.

Many parents have been asking about a second hand uniform sale - how about a volunteer to help sort and prepare the items for sale. We only have a small amount of stock so it is not a large job. Please come and see Tania or Iris so we can have a sale in the new term. If your child has outgrown an item of uniform that still could be worn, please consider a donation to the shop.

Uniform shop is open before school Mon 8.45 - 9.00 am with Iris and Thursday before and after school with Tania.

We are still asking for someone to help on one other afternoon per week. Please come if you can offer 15 minutes at pick up time.

Tania

## OUR NEW PIANO TEACHER

My name is Renee Rocuzzo and I am absolutely delighted to be the new piano teacher at *Caufield Primary School*. I completed a *Bachelor of Applied Music (Performance)* at *Box Hill Institute* in 2007 and since then my career has flourished.

Currently, I provide fun, entertainment based music programs for babies, toddlers and pre-school children and their parents through *Hey Dee Ho Music*. I also sing regularly in a function band, *Moments Notice* and have taught singing and piano to children and adults at independent music schools in Victoria. Apart from music, I love to dance and act and am passionate about health and wellbeing.

As a teacher, I am committed to providing the best piano/vocal tuition possible by integrating the use of workbooks, aural and written communication. Students will have fun by participating in either individual or group classes.

Lesson Fees are:   \$25 for 30 minute individual class  
                          \$15 per child for 30 minute group class

Please visit [www.reneerocuzzo.com](http://www.reneerocuzzo.com) to learn more about me or feel free to call 0403 668 787 or email [renee@reneerocuzzo.com](mailto:renee@reneerocuzzo.com) with any inquiries.

## DATES OF SCHOOL YEAR 2009

Term 1- Monday February 2<sup>nd</sup> - Friday April 3<sup>rd</sup>

Term 2 -Monday April 20<sup>th</sup> - Friday June 26<sup>th</sup>

Term 3 -Monday July 13<sup>th</sup> - Friday September 18<sup>th</sup>

Term 4 -Monday October 5<sup>th</sup> - Friday December 18<sup>th</sup>

Please note: Report Writing Day is Friday June 12<sup>th</sup> 2009.

Children do not attend school on this day.

## PARENTS & FRIENDS CLUB NEWS

On behalf of the outgoing 2008 committee of the CPSP&FC I am pleased to congratulate and announce the new office bearers for 2009 elected at last week's AGM:

*President* - Chris McMillan (Michelle 56S)

*Secretary* - Lisa Olsewski (Zoe 1RN)

*Treasurer* - Sue Heighway (Tomo 34P) continuing

Thank you to the Committee, Members and Friends who supported the Club during 2008, also to Lisa for taking an acting role as Secretary in the interim.

In a more intimate aside, beyond altruism, I'd like to share what has been the ultimate personal reward in fulfilling this role over the last year. My 6 year-old son informed me recently that he is so very proud of his Mother being President of the P&F Club and writing in the newsletter (and that in his estimation I stand beside the newly elected USA President Obama!) Therein lies the essence of family participation in children's school life. No matter how demanding it may seem at times, it may all be worthwhile just for that little gem.

We are heartened to see new members joining and urge renewals from continuing members as soon as possible. Please support the new committee this year by responding with feedback, communicating your ideas and concerns and pitching in to help with events and activities in whatever way you can. Now that we have a convenient infrastructure established through Class Reps, contact lists, email, the YGroup and the Library Wikispace, we can all look forward to another productive and enjoyable year building and nurturing our school community together.

Thankyou, Nicole. (Tristan 1RN)

### **OPEN NIGHT**

During the Open Night 25 March 5.30pm to 7.30pm helpers are needed to **entertain children in the library** while their parents are touring the school. If you are available to help out by reading stories to children, please contact Sue H. (Tomo 34P) or Voni (Faith 1RN). And, PFC members are invited to attend the Open Time and welcome prospective families - just show up and be friendly! J

### **Cake & Craft Stall**

The first cake stall for this year will be held on **Saturday 21<sup>st</sup> March from 9.00 to 12.00 on Glenthly Road** in front of the school. This is a great fundraiser for our school and it's fun and easy to do. The more items we have to sell, the more money we raise, so please help out by bringing along your home made goodies. It doesn't have to be anything fancy, but it does need to be home made. Whole cakes always sell well, but so do simple things like chocolate crackles, muffins, slices etc. Packaging, ribbons and labels are available in the parents club cupboard at the top of the main stairs. You can **drop off your baking** at school on Friday afternoon to the office or bring it straight to the stall on the day. We also need **help to tend the stall on Saturday morning and help with the set up and pack up**. If you can spare an hour of your time please let Anna or Liza (1RN & 34P) know, or speak to one of the Parents Club members. This is a great opportunity for new families to get to know some of the other parents as well as promoting our wonderful school to the local community.

## **NEXT MEETING**

Our next P&FC Meeting will be on **27<sup>th</sup> March at 9.15am in the Library**. We will be evaluating **fundraising opportunities**. If you have an idea for fundraising please attend or forward your idea to a PF&C Club Member / your class rep. Remember, all Parents & Friends are always most welcome at the P&FC Meetings!

## **MURASAKINO SCHOOL VISIT BBQ**

On Tuesday 17<sup>th</sup> March we will be hosting visitors from Murasakino School in Japan. This annual event is a special day when friendships are formed between our visitors and students at our school. We make our visitors welcome by throwing a traditional Aussie BBQ for lunch. We really need all hands on deck for this event - there are a lot of jobs to be done and ways to pitch in. Please sign up in the office or see Akiko.

Lisa (Zoe 1RN) 0466 355 144

[ClubPurple5489@yahoogroups.com.au](mailto:ClubPurple5489@yahoogroups.com.au)

<http://cpslibrary.wikispaces.com>

[www.justice.vic.gov.au/workingwithchildren](http://www.justice.vic.gov.au/workingwithchildren)

[www.parentsvictoria.asn.au](http://www.parentsvictoria.asn.au)

## **"JAPANESE IMMERSION PROGRAM" INFORMATION SESSION**

Do you have trouble understanding your child when they speak Japanese? Would you like to be able to help your child in Japanese at home? We have received feedback from prep parents who would like to know more about our Japanese Immersion Program. We would like to have a session with parents who are interested in learning Japanese and/or knowing what your child is learning in Japanese. The session will be held on **Tuesday 24<sup>th</sup> of March, between 2:45 and 3:20pm** in a Japanese room, located upstairs in the main building. This session is mainly for Prep/Grade 1&2 parents, however everyone is welcome!! Any inquiries please see Aya.

## **GOCHISOSAMA SUIKA - thanks for the watermelon**

Thanks very much for the delicious watermelon each Friday to Bodhi Kitchen 776 Glen Huntly Road (between school and Hawthorn Rd).

We really appreciate the helpful delivery of the fruit already cut. Bodhi Kitchen is a new fruit shop that sells fresh fruit and vegies, some organic items, allergy friendly products, fruit and vegie platters and has free local delivery.

[www.bodhikitchen.com.au](http://www.bodhikitchen.com.au) ph 9528 6565

**Autumn and winter Fruity Fridays** - after the summer watermelon season is over, what autumn and winter fruits would students like instead? Please suggest your favourite fruits to the grade sixers selling the watermelons on Friday afternoons.

### **PREMIER'S READING CHALLENGE**

The challenge has begun for this year! It has been great to see that many classes have already started reading books from the challenge lists. Children are encouraged to read books at home too! If you or your child would like to add books to your child's account at home, access [www.education.vic.gov.au/prc/](http://www.education.vic.gov.au/prc/) using your child's user name and password. Please see your child's teacher if you have not already received your user name or password or if you have any questions.

### **BIRTHDAY WISHES**

Happy Birthday this week to Tiare A-P (turning 5), Adam D (6), Ruby J-D (11) and Dan E (10). We wish all these students a great day for their birthday and Many Happy Returns.

### **LOST UNIFORM**

Kiki Y has lost her bomber jacket. Parents please that your child is wearing their own items of uniform correctly named.

### **INSTALLATION OF WATER EFFICIENCY MEASURES**

You may have noticed the lovely new tanks around our school, as well as new taps and toilets. Plumbers are installing a range of water efficiency measures recommended by the water audit completed last year.

This is the next stage in our Schools Water Efficiency Project undertaken as part of our Australian Government Community Water Grant of \$49,436.

The Water Efficiency Audit found that total water savings per year available at our school, based on indoor water efficiency savings was 266,000 litres per year. This is approximately 64% of our total water consumption.

The water savings have come from installation of:

- Tanks to toilets (have you seen the huge tank outside the art room?)
- Flow control valves for taps
- Installation of self-closing taps
- Replacement of old toilets with 4.5/3 litre dual flush toilets
- Repair of leaking taps and cisterns

- Installation of No Flush Urinal Systems into our urinals
- Rainwater tanks for garden watering

The installation phase presents an interesting opportunity for our students and staff to observe the process and take note of the various water efficiency measures installed, the performance of these measures and the water savings that will result.

A very interesting observation is that in addition to the water savings which will arise, our school will also save hot water energy and reduce our level of green house gas emissions. We estimate we will reduce our greenhouse gas emissions by 1 tonne of Carbon Dioxide equivalent per year.

Thank you to Suzanne for getting things moving and everyone else who has helped.

Anna, Buildings & Grounds Committee (Sol & Freya's Mum)

Healthy Hints for Parents – Part 4

### **Fussy Eaters can be Healthy Too!**

Eight out of 10 Australian parents are concerned about their children's eating habits. Whilst parents are aware of the need to feed their children healthy foods most parents worry their children are not getting enough food and when their children refuse the healthy offerings it can be very easy to give in & offer them the foods they will eat - often the not so healthy options.

Parents who worry about their children's eating habits may end up trying to force or cajole their children into eating their meals and if children resist mealtimes can become very stressful. Here are some ideas that may help.

### **Give your kids the control!**

Try giving your children control in the kitchen and make healthy food selection a team effort. If your children feel they are involved in the food choices and preparation of their food they will often eat with enthusiasm.

Pre prepare a list of healthy foods that you would like your family to eat on a daily basis. Make up your list from a wide variety of nutritious foods:

Include:

- 🕒 a wide variety of vegetables and fruits
- 🕒 cereals, breads, rice, pasta and noodles - preferably wholegrain
- 🕒 lean meat, fish, poultry or alternatives

- 🕒 dairy foods including milks, yoghurts, cheeses or alternatives - reduced fat varieties should be chosen where possible
- 🕒 plenty of water

Encourage each family member to place a coloured sticker next to the foods they like to eat.

Allow your children to prepare meals with you and you can check the list for the foods to include.

### **Challenge yourselves**

Every week each family member should add a new food to their list to try. Make it a fun challenge to include this food in the daily menu - remember that it takes about 8 to 10 times of trying a new food before a person will accept it. This is a great fun way of introducing and accepting the new foods into your family's diet.

### **Fussy Eating Facts:**

Australian research suggests that parents may need to offer an individual food up to 10 times before a child will choose to eat it. Around half of parents only persist two or three times before giving up on that particular food all together. So don't give up!

Parents may be fussy eaters too. Research indicates that while 27% of toddlers are fussy eaters, 22% have parents who admit to being fussy eaters too. The power of parental role modelling is amazing. If you restrict yourself to certain foods your child will notice and copy your wariness.

## **INSECTOMANIA**

These are the faces of our children when confronted by 'mini monsters'.



