

Newsletter

Number 7 March 19th 2009

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WHAT'S ON AT SCHOOL		
MARCH		
Friday 20 th	Swimming Lesson 3	Grades 1 - 6
Saturday 21 st	Cake Stall	9 am - noon
Monday 23 rd	Swimming Lesson 4 P.A.L.M. Training	6.30pm - 7.30pm Library
Tuesday 24 th	Swimming Lesson 5 Japanese Immersion Info session	Grades 1 - 6 2.45pm - 3.20pm
Wednesday 25 th	Swimming Lesson 6 Open Night	Grades 1 - 6 5.30pm - 7.30pm
Friday 27 th	Parents and Friends Club Meeting	9.15 am
Monday 30 th	Swimming lesson 7	Grades 1 - 6
Tuesday 31 st	Swimming Lesson 8	Grades 1 - 6
APRIL		
Wednesday 1 st	Swimming Lesson 9	
Friday 3 rd	Volley Ball Gala Day End Term 1	Grades 4 - 6 2.30 finish

Staff Car Park

Parents may use the area for drop off only - no parking unless special permission granted upon request.

PRINCIPAL'S REPORT

Stimulating and focused learning

This week has been an exciting week for Caulfield Primary as I have spent the majority of my time working with the network, the region and the DEECD on initiatives and improvements for our system. This time also gives me a chance to see and hear about the practices of many other schools and review our school's performance and opportunities with others.

On Monday 16th, 4 local network schools worked together to come up with the most appropriate submissions for Building the Educational Revolution. Of the 4 schools we

visited our school is in the best condition at the moment which is a credit to the community efforts in getting the best out of the money allocated. Of course we can always do more and I am always looking for the next improvement focus. Our priority order for improvement is

1. Safety (anything that might impact on student or teacher health),
2. Student learning improvement (professional development, resources, materials etc)
3. Extra opportunities for student engagement (programs, events, facilities etc)
4. Wish list (things we would love to have and do)

Our first application, after due consideration, has gone to repair and renewal of all the windows in the school. We are hoping for a successful submission.

I am also working on shoring up some loose footings in the kinder to maintain the structural integrity of our beautiful heritage buildings. This type of building with its high ceilings, abundant light, sound absorption and now comfortable temperature is by far the best learning environment for students and it is imperative we look after them well. They don't build them like this anymore.

On Wednesday the cooperative of Bilingual schools had a very important meeting with policy makers in the DEECD. They are working on formulating a new language direction and are using the outstanding advantages of Immersion in a second language (our Japanese program) as the cornerstone of their direction. We were absolutely affirmed that second language acquisition in the Early Years is by far the greatest determinant of increased brain structure for cognitive advantages, control of attention and creativity. The results are supported by the correlation of countries in the OECD who are currently the benchmark, having at least 2 and sometimes more languages being learnt simultaneously in their curriculum. We were even shown yesterday by Professor Claudia Reihl, the areas of the brain enhanced by this program. These were real brains with colour highlights on the images (what amazing technology we now have). If you only ever thought bilingualism was an advantage now we have the proof. How proud I was to be part of this learning initiative.

Today I am heading to another regional meeting where the role of networks is gaining momentum. This network responsibility for all schools to work together and support each other in raising the benchmarks for all students is the most exciting initiative in the department for many years. As a school with programs that give our children "The Language Advantage" I will have lots to put forward.

Looking forward to Open Night next Wednesday 25th , 5:30- 7:30 and don't forget the Cake stall on Saturday , the PALM (Parents Assisting in Learning and Modelling) training on Monday 23rd 6:30 - 7:30 and the Japanese Information session on Tuesday 24th 2:45 - 3:20.

Take care,
Suzanne Muir,
Principal

SCHOOL PHOTOGRAPHS

These will be taken on Tuesday June 9th. 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 HIGH SCHOOL VISIT

A huge thank-you to Meg (Harrison 2HC) for organizing BBQ for Murasakino High School Visit! A big thank you to everyone who helped with food purchase, Sue (Tomo 34P) and Claire (Dan 56S & Adam OOA), set-up, food preparation, service and clean-up! We couldn't have such a successful day without you, Chris (Michelle 56S), Wally (Brandon 56S), Ashleigh (Aiden OOV), Yukiko (Reia OOV), Aya (Takumi OOV), Koichi & Tomomi (Hinata & Yota OOA), Joanne (Oscar 1RN), Marg (Haydon 34P) and Ami (Harrison 2HC).

Cake & Craft Stall Saturday!

Can you bake a cake, some muffins or make chocolate crackles, slices, honey joys, etc.? The more donations we receive, the more money we can raise.

Goods should be packaged up to look as attractive as possible, sealed with tape or ribbon. Please include a tag or label listing ingredients. Organizers will price your items on Saturday morning.

Please help yourself to boxes, tags, ribbon and cellophane from the cupboard at the very top of the stairs, near the entrance to the tower (Suzanne's office). It is not locked.

Bring your goodies to the piano room on Friday afternoon (the room between the Prep classrooms) or bring them directly to the stall on Saturday.

The stall will be on **Saturday 21st March from 9.00 to 12.00 on Glenhuntly Road** in front of the school. 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.



SCHOLASTIC BOOKFAIR WORKSHOP - Tuesday 24th

The annual Scholastic Book Fair (usually held in August, possibly in May this year) celebrates books and reading, and is a great way for us to enable our library and classrooms to gain valuable extra resources to support our school's literacy program.

Scholastic Book Fairs are holding a free workshop next week to give volunteers the knowledge necessary to run a successful Book Fair.

The bad news is it's in Vermont at 4 in the afternoon; however, I intend to go, so if anybody would like to come along with me (maximum 3 attendees per school) they would be most welcome - the more of us who learn about this important event the better.

Thanks, Sue (Tomo 34P)

"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 24th 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.

UNIFORM SHOP

The uniform shop will be closed on **Monday March 23rd and March 30th**. We are still open before and after school on Thursday. If you need any items of uniform urgently, please come to the office.

Tania

PARENTS & FRIENDS CLUB NEWS

Special thanks to **Brumby's Bakery South Caulfield Junction** for their kind donation of bread for the Murasakino BBQ. We are so lucky to have such wonderful support from our community!

PALM TRAINING

Parents Assisting in Learning and Modelling

All parents are welcome to become involved in their child's learning by supporting the teachers in the classroom and around the school. The P.A.L.M course outlines the procedures and protocols followed. Parents are welcome to attend the evening. Please fill in the form opposite to advise of your attendance.

OPEN NIGHT

During the Open Night 25 March 5.30 to 7.30 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 encouraged to attend the Open Time and welcome prospective families - just show up and be friendly! ☺

NEXT MEETINGS

Our next P&FC Meeting will be on **27th March at 9.15 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!

Lisa, PF&C Secretary (Zoe 1RN) 0466 355 144

ClubPurple5489@yahoo.com.au

<http://cpslibrary.wikispaces.com>

www.justice.vic.gov.au/workingwithchildren

www.parentsvictoria.asn.au

BIRTHDAY WISHES

Happy Birthday this week to Aydan S (age 6), Jacob T(9), and Yota and Hinata who will turn 6. We wish all these students a great day for their birthday and Many Happy Returns.



Healthy Hints for Parents - Part 5

Food for Thought

What we feed our children can be directly linked to their behaviour. Have you ever noticed your child becoming restless, irritable and unable to concentrate after a birthday party or struggled to get them to sleep at night? Many teachers complain of the afternoon slump when the learning environment isn't as great as in the morning due to lethargic children with a decreased ability to concentrate.

We really need to have a close look at what foods we offer our children. Studies have shown that sound nutrition is directly related to the day to day functioning of a child's brain because nutrition is required not only for brain growth but for brain function. The most important nutrients for brain growth and development are protein, iron, zinc and fatty acid which can be found in foods such as meat, chicken, fish, eggs, milk, cheese and yogurt. Unfortunately there currently seems to be a type of "Western malnutrition" occurring in children from well off countries such as Australia who are eating plenty of the wrong kinds of foods and subsequently do not receive enough of these nutrients required for optimal growth and development. A diet of chips, snack foods, lollies, soft drinks, cordials and convenient processed foods straight of the shelf filled with artificial colourings and additives does not provide the nutrients required for encouraging the best from our children.



Here are a few suggestions on how to positively influence your child's daily nutritional intake and therefore encourage positive behaviours and optimal growth and development.

Watch out for packaged and highly processed foods:

Most snack foods begin as carbohydrates and are broken down for absorption within the small intestines as simple sugars.

Many packaged and highly processed foods are already in their simple sugar state and therefore are quickly absorbed and may result in a sugar hit with the following symptoms.

- Decreased attention
- Restlessness
- Aggressive behaviour

- Irritability

Avoid additives:

This usually means numbers. You can find numbers in the ingredients of most foods you buy. Here are a few problems they can cause.

621 = Monosodium glutamate or MSG can be found in corn chips, flavoured chips or snacks, flavoured noodles, savoury biscuits with pizza or chicken flavouring, some pies and sausage rolls, soups or sauces etc..

- Headaches, nausea, asthma, hyperactivity, depression, mood changes, sleeplessness.

282 = Calcium propionate - found in most breads

- Headaches, migraines, behavioural & learning problems, skin irritation, asthma and bed wetting

See www.fedupwithfoodadditives.info for detailed information

Remember - Fresh is Best!

Eat foods that are fresh and as close to their natural form as possible such as whole grain breads, fresh fruits and vegetables. They take longer to break down and therefore provide us with longer lasting energy. If we don't offer our children enough fresh food then they will have much less energy and concentration that they should have.



Glen Eira College

**OPEN DAY & EVENING
TUESDAY 28TH APRIL 2009
Evening Session 7PM - 9PM
Tours will be conducted during the day
Times: 9.15am, 11.30am & 1.45pm
Ring 9571 7838 to book your tour**

IF YOU HAVEN'T VISITED GLEN EIRA LATELY YOU REALLY SHOULD

**ACE Program testing Saturday 9th May 2009.
Applications from your primary school.**

**76 Booran Road Caulfield East 3145
Telephone (03) 9571 7838
Email glen.eira.co@edumail.vic.gov.au
www.gec.vic.edu.au**

INVITATION

To all parents who have indicated their availability to be a Parent Assistant at Caulfield Primary School

THANK YOU.

Become a member of

PALM

(Parents Assisting in Learning and Modelling)

This group takes on many roles for the teachers and are often in direct connection with the students.

To help make sure you are familiar with procedures and protocols we are holding a Parent Accreditation Evening on Monday March 23rd from 6.30 - 7.30 pm in the Library. If you attended a session last year it is not necessary to repeat the training. Please indicate your acceptance by returning the form below.

I _____ parent of _____

of class _____

will be attending the Parent Accreditation Evening on Monday March 23rd at 6.30 pm in the library.