Welcome back to Term 4. We have an exciting and busy term ahead with 2017 prep transition days approaching and of course preparation for the Concert and Presentation evening.

Currently work is underway around the planning of staffing for the school in 2017, with news around anticipated roles and responsibilities to be announced in the coming weeks. Maintaining a stable, professional and dynamic teaching and administrative team will be at the forefront of the planning process.

Working Bee
To maintain the quality of the school grounds and the environment in which the students learn we will hold a working bee to ‘tidy up’ a few areas. Anyone that can donate some time on the day is encouraged to come along and help out. The old adage ‘many hands make light work’ is very true. When: Saturday the 15th of October from around 9am. Please contact Wendy Cummins or Gavin Gillies for more information.

V8 Excursion
The excursion to the student day at Sandown on the last day of Term 3 was a great success. Our students behaved fantastically well and loved the cars on show, even though they couldn’t drive one home.

A huge thank you to Kate Howard for attending and taking our photos for the day.
Dates to Remember

- Tuesday 11th October - Regional Athletics
- Friday 14th October - Lunchies
- Tuesday 1st November - Melbourne Cup Day
- Tuesday 8th November - Prep Transition Day 9.15 - 10.50 with option to stay for recess
- Tuesday 15th November - Prep Transition Day 9.15 - 10.50 with option to stay for recess
- Tuesday 22nd November - Prep Transition Day 9.15 - 1.30 with option to stay for lunch
- Monday 28th November - Student Free Day
- Tuesday 29th November - Prep Transition Day 9.15 - 1.30 with option to stay for lunch
- Tuesday 6th December - Statewide Prep Transition Day 9.15 - 3.30pm
- Tuesday 6th December - Statewide Year 6 to Year 7 2017 Transition Day 9.15 - 3.30pm
- Friday 16th December - School Presentation/Concert Evening

This Week’s Awards
LITERACY
This week in class we made balloon rockets. When they didn’t travel as far as we predicted, students brainstormed different methods to try and increase the distance the balloon travelled along the string.

There were some very creative ideas including using 2 balloons, attaching a weight, using wind power, using angles on the playground and more! Next week we will test out the students theories to see if they improve the distance travelled.

MATHEMATICS
For maths we have been looking at pictographs. Students have been involved in activities such as graphing the different eye and hair colour and talking about the different trends in the data.

A big thankyou to Tash Green for helping with reading in the classroom this week.
SENIOR GRADE

MATHS
During Maths this week students have been learning about ‘Space, Shape and Position’. They have been using simple scales, legends and directions to interpret information contained in basic maps and have created symmetrical patterns, pictures and shapes with and without digital technologies.
One activity involved students using Google maps to select a location, print a map, label it with grids and then use coordinates and directions to a hidden treasure.

LITERACY
During writing this week, students used their writing goals from term three to guide them in a recount piece on their holidays. Focus points included students having to use powerful openers, more descriptive WOW words and to ensure that they read back through each sentence and paragraph to ensure it makes sense. We enjoyed hearing about everyone’s holiday adventures!

CONCERT
Rehearsals for the end of year concert have begun! It has been very pleasing to see the senior class’s enthusiasm and excitement during the planning process. There have been many interesting ideas put forward already. Teamwork and collaboration is a large part of student learning during our concert practice and this will be a big focus over the upcoming weeks.
FOR A HEALTHY LUNCHBOX
SOMETHING FROM EACH GROUP 1-6!

1. FRUIT
2. VEGETABLES
3. MILK, YOGHURT AND CHEESE
4. MEAT OR MEAT ALTERNATIVE
5. GRAIN AND CEREAL FOOD
6. WATER

Developed in collaboration with the Healthy Together Achievement Program to support a whole-school approach to healthy eating.
### For a Healthy Lunchbox

- **1. Fruit**
  - Chestnuts
  - Damson
  - Date
  - Dried apricots
  - Dried apricot halves
  - Dried figs
  - Dried mixed fruits
  - Dried orange slices
  - Dried plums
  - Dried passionfruit
  - Dried prunes

- **2. Vegetables**
  - Artichokes (canned)
  - Asparagus
  - Baby tomatoes
  - Beetroots
  - Bok choy
  - Broccoli
  - Cabbage
  - Carrot sticks
  - Courgette (zucchini)
  - Endives
  - Green beans
  - Kale (diced)
  - Lettuce
  - Littleneck (“baby”) onions
  - Mangetouts (pea sprouts)
  - Mandarin
  - Milk thistle
  - Peas
  - Red capsicum (pepper)
  - Red cabbage
  - Silver beet
  - Spinach
  - Spring onions (scallions)
  - Sweetcorn
  - Sweet potato

- **3. Milk, Yoghurt, Cheeses**
  - Aged cheddar cheese
  - Aged cheddar cheese sticks
  - Almond yoghurt
  - Apple
  - Apple sauce
  - Avo spread
  - Banana (peeled)
  - Blue cheese
  - Blue cheese cubed
  - Brown rice crackers
  - Carrot (chopped)
  - Carrot (grated)
  - Cauliflower
  - Cheese sticks
  - Couscous
  - Cream cheese
  - Dried apricots
  - Dried figs
  - Dried mixed fruits
  - Dried orange slices
  - Dried plums
  - Dried passionfruit
  - Dried prunes

- **4. Meat or Meat替代品**
  - Beef
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
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- **5. Grain and Alternatives**
  - Beef mince
  - Beef mince
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- **6. Water**
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
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  - Beef mince
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  - Beef mince

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**For a Healthy Lunchbox**

- **Fruit**
  - Apple
  - Apple sauce
  - Avo spread
  - Banana (peeled)
  - Blue cheese
  - Blue cheese cubed
  - Brown rice crackers
  - Carrot (chopped)
  - Carrot (grated)
  - Cauliflower
  - Cheese sticks
  - Couscous
  - Cream cheese
  - Dried apricots
  - Dried figs
  - Dried mixed fruits
  - Dried orange slices
  - Dried plums
  - Dried passionfruit
  - Dried prunes

- **Vegetables**
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince

- **Milk, Yoghurt, Cheeses**
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
  - Beef mince
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- **Meat or Meat替代品**
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- **Grain and Alternatives**
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- **Water**
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  - Beef mince
What’s in Season in October?

- strawberries
- asparagus
- snow peas
- broccoli
- carrots
- spinach
- oranges
- lettuces

Fruit and vegetables are cheaper and fresher when they’re in season and purchasing in-season produce ensures you are supporting local business!

How to include them in your lunchbox?

- Cut up strawberries and oranges and put them zip-lock bags for morning and afternoon tea.
- Cut up carrots, snow peas, asparagus, & broccoli and put zip-lock bags for morning and afternoon tea.
- A little hummus or tzatziki dip in a small plastic container will add a little flavour.
- Add a little spinach or lettuce to sandwiches to boost vegetable intake.

Health Promotion Team Phone 56243500