“Educating successful students, confident and creative individuals, and active and informed citizens”

Calendar (new items highlighted in red)

June
3rd Monday  Cross Country race at Warrnambool
4th Tuesday  Earth Ed for 5/6
5th Wednesday  Warrnambool Books visit from 11am
6th Thursday  Head lice check, Finance and Policy committees
7th Friday  Student-Free Curriculum Day
10th Monday  Queen’s Birthday Public Holiday – no students at school
11th Tues-Wed  Grade 5/6 Sovereign Hill (overnight stay)
17th Monday  School Council, 6pm
18th Tuesday  Wide Open Road optometrists (2nd visit)
20th Thursday  Winter Sports, 3-6
21st Friday  Baked Potato Lunch (Parents Club)
24th Monday  Health Behaviour Study surveys
28th Friday  Last Day of Term – 1.30pm finish

Principal’s Message
This week saw the second Coding Club meeting. Our computer captains, Patrick and Tilly, together with myself, are offering a chance for students to learn more about coding languages and thinking during lunchtimes for grades 3-6. This week they were using Bee Bots.

Yesterday we had Wide Open Road optometrists visit the school. They were able to check the eyesight of 32 children and results will be sent home today. They are returning again on the 28th, and we have booked in further dates should they be needed. It is a marvellous opportunity as they are set up specifically for children. I encourage you to take full advantage of the opportunity.

Please keep the head lice consent forms coming in. We have staff coming from the hospital to conduct a check next week. The effectiveness on controlling head lice relies upon everyone’s cooperation. We currently have forms returned for 42 students. We have included a second form today, and a copy is on the website (downloads) and Facebook.
Our school is in the Great South Coast Network and as such all schools are participating in a study that evaluates long-term changes in healthy weight among students in Years 2, 4 & 6 called the ‘Great South Coast Health Behaviours Study.’ There have been many programs that promote healthy eating and exercise, but there is little evidence on their effectiveness. Researchers from Deakin University, therefore, want to gather data which will be used to determine the best ways to promote healthy weight among school children. All measurements will be taken in private and data will be anonymous (the children won’t even get told their measurements). Children in grades 4 and 6 are asked to wear a accelerometer (like a Fit Bit) for a week which measures their activity. There is no GPS associated with it. This is an opt-out survey, so if you do not want your child to participate, please return the form. More information is published further in the newsletter.

We are currently experiencing lots of children who are coming down with illnesses, as are the other schools in the district. We have put in some information as a reminder for you to minimise the spread of germs. Colds and flu (influenza) are very contagious viral infections and you can catch a cold or flu at any time of the year, not just in winter. However they are more common during the winter months, possibly because people are more likely to stay indoors and be in close contact with each other.

If you have a cold or flu and you sneeze or cough, tiny droplets of fluid containing the virus are launched into the air. These droplets spread about 1 metre and are suspended in the air for a while where they can be breathed in by someone else who may then become infected.

These tiny droplets of fluid can also land on surfaces. Anyone who touches these surfaces can also catch a cold or flu if they pick up the virus on their hands and then touch their nose or mouth.

If you have a cold or flu and you touch your mouth or nose and then touch a person or object without first washing your hands, then you can also transfer the virus to that person or object. Good hygiene is one of the most important ways to help prevent colds and flu (influenza).


**GOOD ON YOU!**

Congratulations to Alfie Sim for reaching 100 nights! Way to go Alfie!!

Mason, Charlie, Bella and Lara for doing such a wonderful presentation about important people at last week’s assembly.

Tyson Meek - reading 100 nights
Gracie Draffin - reading extremely well

Sara - for outstanding, focused efforts, especially with Mathematics.

For wonderful attendance records to date:
No absences for the first semester:
Lillian, Nicholas, Bronte, Lyla, James.
Half a day: Sara, Cate.
One day: Cooper, Keeley, Sophie, Tilly

Thanks to Patrick and Tilly for organising a Coding Club for 3-6s.

**Garden Roster**

We ask that each family take a fortnight to come in when convenient and do some gardening. Jobs include mowing – (including the nature strip), weeding and sweeping paths.

28th May – 10th June: Gemma Molloy, Emily Gilliland, Lisa Wills, Kate Medson
11th June – 24th June: Dione Gardiner, Peta Byrne, Jane Gardner, Margot Barr
25th June – 8th July: Sarah meek, Jessie White, Megan Read, Dave O’Neil
Dear Parent/Guardian,

The Great South Coast Health Behaviours Study is an exciting study that is being conducted at your school. All Grade 2, 4 and 6 students at your school are being invited to participate. This study will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality and quality of life) among children and adolescents across the Great South Coast region of Victoria. We ask that you please read the information carefully, so that you can make an informed decision about your child’s participation. We ask that you only return the OPT-OUT recruitment form should you and or your child decide NOT TO participate. We are using an OPT-OUT recruitment approach whereby your child’s participation in this study is assumed unless you indicate via the return of the signed OPT-OUT form that you do not wish for your child to participate.

If you and your child agree to participate we would like your child to complete the following activities:

- Complete a brief physical activity, sedentary behaviour, food intake and health and wellbeing questionnaire (Grade 4 and 6 only);
- Have their height and weight measured in a private and professional manner with trained researchers (All Grades 2, 4 & 6);
- Some children will be asked to wear a match box sized activity monitor (accelerometer) on their right hip during waking hours for 7-days. They will need to return this monitor to school at the end of the week (Grades 4 & 6).

All activities will be conducted throughout a normal school day, in school time.

All information obtained in connection with this research that can identify your child will remain confidential. Your child’s data will be made anonymous during analyses, therefore, your child will not be identified in any report, publication or presentation.

Results of this study will provide information about effectiveness of current efforts to improve the health of Victorian children and adolescents. This information will be used by educators, policy makers, health service providers and researchers in future efforts to improve the health of Victorian children and adolescents.

If you require further information or have any problems or concerns regarding this research, you can contact me via the details below.

With warm regards,

Nicholas Crooks

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SAVE THE DATE - MARC VAN

On June, 5th, Craig Stoddart from Warrnambool Books will be visiting our school from 11am till 3.25pm. Craig will be based in the Multi-Purpose Room. He will have a large display of books and is only too happy to answer any questions etc. you may have. I have been dealing with Craig for 13 years now through our MARC/MACC Conference. He goes above and beyond with his guidance and helpfulness. If there is anything you specifically want to see, let me know and I will contact Craig and see if he can accommodate you.

Gayle Munson