**Newsletter**

**Drouin West Primary School**

‘Nurture, Enrich, Inspire, Achieve’

**Issue 22/16**  **Hours of supervision:** 8.45am—3:45pm  **27th July, 2016**

**IMPORTANT DATES AND EVENTS TO REMEMBER:**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Lunch orders and Student Banking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays</td>
<td>Assembly will be held at 3pm in the multi-purpose room. Parents/guardians/carers and interested community members are most welcome to attend.</td>
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<tr>
<td>Friday</td>
<td>July 29th</td>
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<tr>
<td></td>
<td><strong>School Disco</strong> 7—8:30pm</td>
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<tr>
<td></td>
<td>The forms must be handed in on the night for entry to the disco. Can be paid on QKR</td>
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<tr>
<td>Friday</td>
<td>August 5th</td>
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<td></td>
<td>Eisteddfod—Choir. Can be paid on QKR</td>
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<tr>
<td>Tuesday</td>
<td>August 9th</td>
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<td></td>
<td><strong>Olympic Sports</strong> 9—1:15pm</td>
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<td>Students to dress in their class country colours. Please see sport notice in this newsletter for details.</td>
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<tr>
<td>Wednesday</td>
<td>August 10th</td>
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<tr>
<td></td>
<td><strong>Curriculum Day</strong> - please note this future date.</td>
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<tr>
<td>Friday</td>
<td>August 12th</td>
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<td></td>
<td>Years 3-6 “Sound of Music” at the Warragul Arts Centre—note to come home soon</td>
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**Super ‘B’ Award Winners**

Super ‘B’ award winners for week 2, term 3

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
</tr>
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<tbody>
<tr>
<td>F/1A</td>
<td>Keely</td>
</tr>
<tr>
<td>F/1B</td>
<td>Amelie</td>
</tr>
<tr>
<td>1/2A</td>
<td>Rory</td>
</tr>
<tr>
<td>2A</td>
<td>Allira</td>
</tr>
<tr>
<td>3/4A</td>
<td>Toby</td>
</tr>
<tr>
<td>3/4B</td>
<td>Stephanie</td>
</tr>
<tr>
<td>4/5A</td>
<td>Charlotte</td>
</tr>
<tr>
<td>5/6B</td>
<td>Olly</td>
</tr>
</tbody>
</table>
From The Principal’s Office

Our new Building…Can you help?
Thank you to the parents who have offered to lend a hand to work on the new building. I will be in touch to let you know of the arrangements, once I have confirmed the plasterers have finished their work. We are expecting that we may be able to start next weekend. It is not too late to join in helping with this project and coming along to lend a hand for a couple of hours, will make a difference.

We will need help organising materials, calculating quantities, preparing surfaces, covering windows, masking edges not needing painting, those who can assist with supervising children while parents work, as well as those who can paint. Please let us know if you are interested in being part of this exciting project and what you can do to help make this a reality.

Assembly
Students have been learning specific dances during their physical education sessions. They are excited to be able to show off their dancing skills at assembly on Friday as we get ready to dance together at the disco. Come along and join us for assembly which will start at 2.50pm

School Disco
We have a school disco for our students which will be held this Friday July 29. This is a fundraising event for social service and funds raised this year, will go to the Cancer Council.

The school disco is an event our students look forward to each year. Parents will need to ensure the signed permission form is handed in on entry to the event. Students can be collected from the M.P.R. by authorised adults at 8.30pm.

This event is for Drouin West Primary School students only. Toddlers will need to be supervised by their parents. We have had some issues with glow products at previous events, so would ask, that children do not bring these to the disco.

If there are any parents who would like to assist in this event (setting up some chairs, supervision, packing up, organising prizes), please let me know.

Family Life, Human Relations and Sexuality Education Presentations
Information was sent home last week detailing parent and family information sessions being offered to parents. It was fantastic to have Elizabeth Morgan coming along to present to our families last night.

Parents of students in Foundation to Year 2 are encouraged to come along next Monday from 3.15-3.45pm to find out what students will be covering in this unit of work. I will be able to supervise children in the 3/4 classroom enabling parents to attend this event after school.

Parent Opinion Survey
Parents from our community are randomly selected to participate in the annual survey, which is confidential and anonymous. The 2016 Parent Opinion Survey will be conducted during Term 3 from 20 July to 5 August 2016.

The survey is an important part of every school’s parent engagement strategies and assists with future planning and improvement.

If you received the survey last week, please ensure that you return your completed survey to the school by 5th August.

Thanks for the surveys we have already had returned. For any queries, please contact the school. We need to follow up with families who receive a survey to encourage a return rate of 100%.

Playgroup for 2017 Preps.
If you are intending to enrol your child or know of anyone who will be enrolling their child at Drouin West Primary, please encourage them to do so as soon as possible.

We will be holding a series of playgroup sessions in term 4 for 2017 preps and require enrolment details to ensure each child is offered the opportunity to attend.

School Website
Have you missed the newsletter? Do you want information about the school? Please take the time to visit:  www.drouinwest.vic.edu.au

Drouin West Primary School
2016 Disco
2017
This Friday 29th July
in the Multi-purpose room.
7pm—8:30pm
Cost will be $5.00 per student

Permission forms have been sent home. Students must bring the permission form with them to the disco.
Sports News

Dance-a-thon
Come along to assembly this week (29th July) and join in with all the students as they perform the Macarena and Chicken dances.

Olympic Games Day
We will be holding our own Olympic games on Tuesday 9th August, to coincide with the official Olympic Games. Our games will run from 9.15-1.30. Come along and see the parade of nations, entrance of our Olympic Torch, the reading of the oaths and 8 different Olympic events. The children will compete in modified events of Boat races (sailing), hobby horse jumps (equestrian), balloon volleyball, windy ping pong (table tennis), target throw (archery), number hockey, gumboot throw (hammer throw) and scooter board relays (swimming). We need hobby horses and gumboots for the activities so if you can supply either of these items please let the school know, so mark the day on your calendar and come along to join in all the fun. Each grade will represent a different country and children are asked to wear the colours of their grades country.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Country</th>
<th>Colours</th>
<th>Grade</th>
<th>Country</th>
<th>Colours</th>
</tr>
</thead>
<tbody>
<tr>
<td>P/1A</td>
<td>New Zealand</td>
<td>Black/white</td>
<td>3/4A</td>
<td>Italy</td>
<td>Red/white/green</td>
</tr>
<tr>
<td>P/1B</td>
<td>Australia</td>
<td>Green/yellow</td>
<td>3/4B</td>
<td>Japan</td>
<td>Red/white</td>
</tr>
<tr>
<td>1/2A</td>
<td>Canada</td>
<td>Red/white</td>
<td>4/5A</td>
<td>USA</td>
<td>Red/white/blue</td>
</tr>
<tr>
<td>2A</td>
<td>England</td>
<td>Red/white/blue</td>
<td>5/6B</td>
<td>Brazil</td>
<td>Green/yellow</td>
</tr>
</tbody>
</table>

Bring on the games.
Regards Marion Proctor

100 Days OF Learning
Prep to Grade 2 students celebrated 100 days of learning last week. Throughout the morning the children worked in mixed grade groupings and rotated through 4 different activities.

We have created a colourful mural at the end of the gallery with 100 handprints; we counted out many collections of 100 objects, made groovy glasses and crowns with the number 100 on them and created a paper garden with 100 spots shared between petals on flowers.

We certainly know a lot about the number 100 now.
Our Chaplain

Michael Grose from www.parentingideas.com.au has written another great article for us to learn from. I hope it is helpful for you and your family. Please if you have any concerns, just let me know. I would be privileged to journey with you on the challenging role we have as parents.

“Do your kids have good mental health habits?
It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood. Sadly, it doesn’t seem that way. A recent study from UNSW and Beyond Blue stated that one in six young Australians suffer from an anxiety condition, and as many as 45 per cent of Year 12 students reported high levels of anxiety.
As a parent it’s useful to reflect on the mental health habits that you promote in your kids.

Here are 5 ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits:** If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Sleep:** Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of 9 hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise:** When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets:** Kids should practice creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. It’s energizing and helps take stressed and worried kids out of themselves.

5. **A problem shared is a problem halved:** Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophize a situation, which can make matters seem worse. If your child has a problem, let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. See these habits as the building blocks of mental health.”

Take care! Wendy Ronalds

If you have any questions please contact me at the school on a Tuesday or Wednesday or email me on ronalds.wendy.w@edumail.vic.gov.au. I do check emails regularly.
OSHC

Well Term 3 has begun with very cold and wet weather.

We request that you send your child with a warm coat and a change of clothes as we are finding that children are keen to go outside even in this weather.

We have welcomed Kobe, Seth, Louis, Jack and Mat to our program boosting our numbers and therefore filling some sessions. Please remember that if you require care you must speak with Peta in order to ensure we have a place available for your child/children. This can be done directly with her or via a text to the OSHC phone on 0429 409 095. If you send a text Peta will respond as soon as possible.

Cheers the OSHC Team

Happy Birthday !!!!!!

Happy birthday to the following students and Teachers who will celebrate their special day during the week of Monday, 25th July to Sunday, 31st July.

Robert F/1B, Madison F/1A, Mrs Brown and Miss Bills.

Don’t forget to come to the office and collect a birthday sticker.

CASSE

This term in CASSE we have been making posters to inform you about CASSE and what we do. In the upcoming weeks we will be visiting each and every classroom. There you will be told how to be an upstander. We also have exciting News, a new bench seat has arrived at school, this has been donated by the Lions Club of Drouin. The bench will be painted and used as a buddy bench.
Drouin Country Charm Studios
Drouin West PS family Portrait Fundraiser

Dont forget your family portrait booking forms need to be in by Friday July 29th (This Friday).

Support your school and create some timeless memories of your family.

And, they make great gift ideas for Christmas too!

Questions??? Give us a call... Jenelle 0423 352779 or Louise 0412 942897

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Beleza - SCHOOL UNIFORMS

WARRAGUL
WE HAVE NEW TRADING HOURS

<table>
<thead>
<tr>
<th>Monday</th>
<th>10am to 5pm</th>
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<tbody>
<tr>
<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
<td>CLOSED</td>
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<tr>
<td>Thursday</td>
<td>10am to 5pm</td>
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<tr>
<td>Friday</td>
<td>10am to 5pm</td>
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<tr>
<td>Saturday</td>
<td>CLOSED</td>
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15% OFF* STOREWIDE SALE

ONE WEEK ONLY!!!
1st to 5th AUGUST 2016

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Basic Pack: $95
- 4 5x7" prints
- 8x6" frame
- 1 12x18" Enlargement

Standard Pack: $160
- 5 5x7" prints
- 8x6" frame
- 1 12x18" Enlargement
- 1 Framed Triple 5x7"

Family Pack: $375
- 5 5x7" prints
- 1 Framed Triple 5x7"
- Choice of Framed or Canvas 8x10" or 8x10" Framed with Digital Images

Frames:
- 12" x 10" Timber frame $70
- 10" x 8" Timber frame $50
- 8x10" Enlargement $60
- 12x18" Enlargement $90
- 16x20" Enlargement $120

Framed Prints:
- 5x7" Print $55
- 8x10" Print $85
- Framed 5x7" $95
- Framed 8x10" $140

Canvas Prints:
- 12x10" $85
- 8x10" $55

USB:
- Digital images $80

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NO FURTHER DISCOUNTS APPLY. NO LAYBY. SALE EXCLUDES SALE ITEMS.
NO EXCHANGE OR REFUND WILL BE GIVEN IF YOU SIMPLY CHANGE YOUR MIND.