

# TALLYGAROPNA PRIMARY SCHOOL NO.3067



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**SCHOOL VALUES - RESPECT, HONESTY & INCLUSION**

## NEWSLETTER

TERM 4 NO.31 15<sup>th</sup> October 2012

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#### *Welcome*

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**Forms for the Grade 5/6 Queenscliff Camp need to be returned to school ASAP.**

**The next Parents Club Meeting will be on Wed 31<sup>st</sup> October at 7.30pm**

**The next School Council meeting will be this Wed 17<sup>th</sup> October.  
Finance Begins at 6.30pm  
School Council Begins at 7.30pm**

Hi everyone,

Last week all students were able to settle easily into normal school programs with ease. It is hard to believe that there are only 10 weeks left for the school year – how quickly time flies when you are having fun. One thing that I frequently emphasise is how important it is for our Grade 6 children to finish the year on a good note. Many of our senior kids have been through Tallygaropna PS since Prep and they are essentially part of the school now and forever. We have terrific kids at our school who frequently model good behaviour, but it is often the present which sticks in people's minds. Keep this in mind boys and girls – because before you know it, the year is over and a new journey begins with bigger and brighter experiences and challenges.

Last week we had the Life Education Van come to our school and this program was a terrific way to reinforce how important it is to have a safe, happy and healthy lifestyle. Although sessions went from 1 to 1 ½ hours, teachers will continue to build on this program over the next few weeks by utilising the student booklet which is part of the program. It was great to see some parents attend the information session in the morning as well and I hope you found this information valuable. Again, special thanks to the Tallygaropna Lions Club for their kind gesture for subsidising some of the program.

We had 5 children represent the school today at Zone Athletics and we look forward to an update next week. Our first School Council meeting for Term 4 is on Wednesday night and our hard working Parents Club will be holding a Community Meal down at the Recreation Reserve on Friday night as well. If you can support this it would be terrific. We have a busy few weeks coming up with highlights being the Solar Boat Challenge, Ecolinc Science Excursion, Transition Programs and the Queenscliff and Somers Camps not far away. Then again, what's new!!!!

Karen will be in the office until Thursday this week, if any matters need addressing. I will be away at a School Schools Summit at Benalla on Thursday gaining valuable information regarding Occupational Health and Safety and Work Force Bridging. Have a great week everyone.

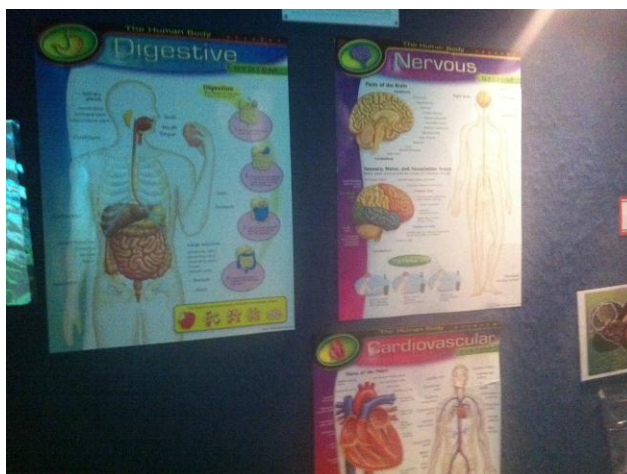
David Brodie – Teaching Principal

**Our Staff are having an Asthma PD at our school on Tuesday 16<sup>th</sup> October (4-5pm)  
If any parents would like to join us could you contact the office ASAP please.**

**SCHOOL HATS ARE NOW COMPULSORY – NO HAT = UNDERCOVER AREA**

If you would like to receive this newsletter by email contact our office.  
An alternative is to go to our school website.  
Enrolments for 2013 can now be made. Tours of the school can be requested as well.

### Life Education Van



### **1. Attendance Awards**

Congratulations to the following students who achieved 95% or above attendance for Term 3. These 40 children received certificates today at assembly to acknowledge this.

Prep/Grade 1 (15 students) – Jessica Bassett, Nicholas Church, Daniel Collins, Leah Collins, Zoe Collins, Jack Fleming, Taylah Groves, Cohan Hall, Dan Klein, Ashleigh Moore, Declan Newbound, Brock Rumsey, Alicia Sprunt, Ryan Voss, Eloise Walker

Grade 2/3/4 (14 students) – Brock Austin, Mitchell Bassett, Mikayla Church, Kelsie Dempster, Stephanie Fleming, Preston Hall, Bill Klein, Taylah McKenzie, Bailey McNab, Brittany Meyland, Kyle Montgomery, Jordan O'Brien, Brooke Voss, Harvey Walker

Grade 5/6 (11 students) – Daniel Bagley, Teagan Brett, Zailie Dempster, Abby Klein, Marc McHale, Connor McNab, Ebony Mills, Shae Montgomery, Brenton O'Brien, Harri Ring, Jamie Woodley

### **2. Solar Boat Challenge**

Seven students will have the opportunity to attend the Solar Boat Challenge this Sunday at the Scienceworks at Spotswood. This day will be attended by Mrs Thomas (our Science Specialist). All families have been contacted by Mrs Thomas in regard to the finer details of the day, but a summary is below. This is a great opportunity for our kids and we look forward to hearing of an update next week. Special thanks to all of the families of the children involved for assisting with this program.

- Date – Sunday 21 October
- Excursion to Victorian Model Solar Vehicle Challenge at Scienceworks at Spotswood.
- Who – students in the school Model Solar Boat team
- Bus leaving from Congupna PS at 6:30am
- Bus returning to Congupna PS at 6:30pm
- Cost – nil
- What to bring – water bottle, sunscreen, plenty of snacks and food for whole day, quiet games and activities to entertain yourself for the trip, can bring money (there is a little café with some food available, may be expensive). Students who take money will be responsible for looking after it themselves.
- What to wear – school uniform and school hat
- Contacts – Peter Toy - 0400299124 Rosalie Thomas – 0423630911

### **3. Ecolinc Science Excursion**

Students in Grade 5/6 have an opportunity to attend a Cluster Science Excursion at Ecolinc at Bacchus Marsh on Wednesday 24<sup>th</sup> October. This excursion complements our current Science Specialist Program and will involve up to 70 students across 6 cluster schools. Permission forms will go home this week but specific details are below. Mr Brodie along with other senior teachers will attend the excursion along with our 2 Science Specialists (Mrs Thomas & Mr Toy).

- Date – 24 October 2012
- Where to – Ecolinc - Science and Technology Innovations Centre at Bacchus Marsh.
- Who – Year 5/6 students
- Bus 1, Katandra West and Tallygaroopna.  
Students to arrive at Tallygaroopna PS at 7:00am (leaving at 7:10am)  
Return Tallygaroopna approx. 5:30pm  
Cost – nil  
What to bring – water bottle, snacks and food for whole day, sunscreen, games or quiet activities to entertain yourself on the bus trip. Spending money will NOT be required. Electronic devices are brought at students own risk. Phones will not be needed.  
What to wear – School uniform and School Hat (we will be outside for part of the day).

Website - <http://ecolinc.vic.edu.au/>



#### **4. End of Year Excursion**

After the success of last years school excursion, it was decided that we would make the Whittlesea Fun Fields the venue for our End of Year Excursion again this year. This will be held on Thursday 6th December. We are looking at taking 2 buses to the venue and all parents will be invited – first in best dressed. Because we are taking 2 buses we are positive about everyone being able to attend. Last year, all students were supervised by parents and if possible we would like this to occur again.

**Parent numbers will need to be in to school by Friday 26th October. When costs are confirmed, money will need to be in at school by Friday 23<sup>rd</sup> November. Feel free to discuss this at school, because we can negotiate a payment plan if needed.** At this stage, no Preschool children will be invited because we would like parents to see this trip as an opportunity to spend some quality time with their children who are presently enrolled at Tallygaroopna PS.

Conditions of Entry and Height Restrictions can be found here - <http://www.funfields.com.au/>

#### **5. Parent Opinion Survey**

Last week, our school received results from our Parent Opinion Survey. The results were an improvement overall from last year and the input from all families is really appreciated. School Council will look at the results in some more detail this week. Thanks again everyone.

#### **6. Transition Program (P-6)**

New Students who begin Prep in 2012 will begin their Orientation Program tomorrow, 16th October. Mrs Wallace organises a comprehensive program and this will continue over a few weeks. Specific details regarding this program was sent home to new families via the Kinder last week. Other dates organised are 8th and 28th November. One difference this year, is that all of the children throughout the school will move into their new grades during these sessions. This will assist with transition to new classes for 2013. The State-wide Orientation Day for all schools will be held on Tuesday, 11th December.

#### **7. Woodwork Program**

We are currently discussing some extra curricula activities involving Woodwork which take place in late November. More details will be available soon when they come to hand. This program will be a real enjoyable and engaging one for our students – special thanks to Fiona Fleming for offering to assist with this.

#### **8. School Uniform**

A reminder that full uniform is required at school and a **note must be presented to staff if this cannot be adhered to.** We acknowledge that there may be issues with uniforms during the colder days at school.

#### **9. Term Dates**

Over the next few weeks, I will continue to update this section. Dates for TERM 4 are:

October 16 <sup>th</sup> – Transition Day 1 (9-11am)	October 17 <sup>th</sup> – Finance & School Council 7 – <b><u>week 2</u></b>
October 19 <sup>th</sup> – Region Athletics Carnival	October 19 <sup>th</sup> – Community Tea (Parents Club)
October 21 <sup>st</sup> – Solar Boat Challenge – Melbourne	October 24 <sup>th</sup> – Science Excursion – G. 5/6
October 28 <sup>th</sup> – AASC Begins – Term 4	October 31 <sup>st</sup> – Kanga 8's Clinic
October 31 <sup>st</sup> – Parents Club Meeting – 7.30pm	November 1 <sup>st</sup> – Bravehearts Safety (P-3)
November 5 <sup>th</sup> – Pupil Free Day (Reporting)	November 6 <sup>th</sup> – Melbourne Cup Holiday
November 6 <sup>th</sup> – Somers Camp Begins	November 8 <sup>th</sup> – Transition Day 2 (9-11.30am)
November 13 <sup>th</sup> – Grade 5/6 Camp	November 13 <sup>th</sup> – Kindergarten Visit
November 17 <sup>th</sup> – Rotating Dinner	November 21 <sup>st</sup> – Finance & School Council 8 – <b><u>week 7</u></b>
November 21 <sup>st</sup> – Kanga 8's Tournament	November 23 <sup>rd</sup> – Motor Bike Safety Program
November 28 <sup>th</sup> – Transition Day 3 (9am – 2pm)	December 4 <sup>th</sup> – Kindergarten Visit
December 6 <sup>th</sup> – End of Year Excursion	December 11 <sup>th</sup> – Orientation Day
December 17 <sup>th</sup> – Reports Home	December 18 <sup>th</sup> – Christmas Concert
December 21 <sup>st</sup> – Last Day of Term 4	

#### **10. Grade 5/6 Camp**

Last week, all children intending to go to the Queenscliff camp received medical, clothing and permission forms. These need to be returned ASAP to assist with planning. Forms and final payment will be due on Friday 2<sup>nd</sup> November. The camp is scheduled from Tuesday 13<sup>th</sup> November until Friday 16<sup>th</sup> November. Mr Brodie will attend the 4 day camp and any Grade 5/6 students at school during this time (ie: returning Somers Campers), will have a small work booklet to work through with Mrs Haberfield and Mrs Wallace.

Website - <http://www.geelong.ymca.org.au/index.php/ymca-camp-wyuna/general-information>

### **11. Active After School Program – Term 4**

Our Active After School Program will begin next Monday 22<sup>nd</sup> October. Tennis will be held on Monday's and Circus Tricks will be on a Tuesday. Both sessions begin at 3.35pm and conclude at 4.35pm and a fruit snack will be provided before each session. Andrea Walker will be our supervisor on a Monday and Jill McFarlane will fulfil this role on a Tuesday. Enrolment forms can be collected from the office or accessed from our school website. A participation award will handed out at each assembly – this will involve an icy pole voucher.

### **12. Student of the Week / Values Vault**

Congratulations for the following students for week 1 – Term 4

**Rock & Roll Kids – Taylah Groves** for the way she uses her 'getting along' skills. Taylah is always willing to help anyone in the class room. Well done Taylah

**Mrs H's Brainy Bunch – Jacob McHale** for his professionalism during the school play. While dancing his shoe flew across the stage and he just went and picked it up, put it on and kept dancing!!! Well done Jacob!

**Grade 5/6 Rebels – Zailie Dempster** for her great organisational skills for the week and for having the most class points in our Class Dojo. Great work!



This week's Values Vault winners were – Ebony Mills and Corbie Humphrey  
All students received a free icy pole voucher

## **Parent's Club News**

Parent's Club would also like to put a feeler out for interest in resurrecting the **ROTATING (PROGRESSIVE) DINNER** of years past. This is an event where small groups of school parents progress from host house to host house, eating 1 course of a meal at each home, throughout an evening. So that each host would prepare just one course of a meal, for a small group, and then move on to enjoy themselves at another host's home.

A proposed date for this has been suggested: Saturday 17th November, when the weather is warmer, but before the Christmas rush. Please let a parent's club member or Karen at the office know if you'd be interested in being a part of this fun social event.

**If anyone can assist on Friday night for Tea can they please inform the school or Deb Bagley.**

## **Book Club Issue 7**

Order forms for Book Club Issue 7 went home with students last week. If you would like to place an order, please return completed forms with payment by this Friday, 19<sup>th</sup> October. Cheques are to be made payable to Tallygaroopna Primary School.

## **2013 TERM DATES**

Please keep these in a handy spot as you may wish to book your family holidays during the school holidays.

Term 1: 30 January (students start) to 28 March

Term 2: 15 April to 28 June

Term 3: 15 July to 20 September

Term 4: 7 October to 20 December



## **WANGANUI NETBALL CLUB ANNUAL GENERAL MEETING**

**MONDAY, OCTOBER 29 @ 7PM  
VISY CENTRE MEETING ROOM, WPSC**  
If your child is attending WPSC in 2013 you are invited  
to attend and become involved in the netball club.

Northerners Cricket Club are pleased to announce the Milo Cricket Have a go program is here again! The first night and registration will be held at the Tallygaroopna Recreation Reserve on Tuesday the 16th of October from 4:30 till 5:30pm. The program will run every Tuesday at 4:30 up until the final night on Saturday the 17th of December to coincide with the Tallygaroopna Community Christmas Breakup where all participants will be invited as guests for a medal presentation.

Northerners Cricket Club encourage all boys and girls interested to come along and have a go. The cost is \$60 which includes 10, 1hr sessions plus all participants receive an exclusive MILO in2CRICKET participant back pack with an Asics MILO in2CRICKET, Hat, Bat, Ball and Water Bottle, plus lots of awesome MILO and other giveaways thanks to Northerners C.C. and Cricket Australia.

Plus, all participants receive a free membership to the Aussie Cricket Crew where they'll receive the latest cricket news, access to cool online games and exclusive members-only competitions.

Plenty of fun for every one with parent participation encouraged. For any further details please call Northerners C.C. Milo In2 Cricket Co-ordinator; Ken Makin on 0403 528 223 or Junior Co-ordinator; Sarah Hyde on 0408 343 036.

### **Care Monkey and Asthma Australia**

CareMonkey is a safe and free web app for sharing health care information. Asthma Australia has partnered with CareMonkey in order to contribute to the safety and well-being of people with asthma. Parents can create a profile for their child in CareMonkey which can be shared with trusted carers, including family, friends, teachers and sports coaches.

Vital information such as emergency contacts, health and safety alerts, medications, allergy details, asthma plan and more can be easily shared.



Consider creating a profile for your child with asthma (or other medical condition) and share this with others including the staff at your school or preschool.

Go to [caremonkey.com](http://caremonkey.com) for more information.

### Update Regarding Care Packages

NO HOMEMADE Food items unless you know the soldier as they get thrown away.  
If sending liquid or food products, place them in a snap lock bag in case of leakage

#### Food

- dried fruit
- drinking choc (individual sachets)
- easy mac
- individual small cereal boxes
- individual ring pull tuna cans or sachets
- lollies
- long life milk (small packs)
- microwave popcorn
- microwave rice (reject shop \$2)
- oatmeal (individual sachets)
- pepper (individual sachets)
- powdered energy drinks
- salt (individual sachets)
- sauces & condiments like mustard etc (individual sachets are good, ask Macca's if you can have some and why...)
- spices - to go with lamb/goat for example, rosemary, garlic, thyme, Greek spices
- sugar (individual sachets)
- tabasco sauce
- tea
- trail mix
- twisties (can also be used as packing in spaces in the box)
- wasabi peas

#### NO PORK AT ALL TO BE SENT

#### Hygiene

- aftershave (they complain they smell)
- air fresher (non aerosol sprays & the cardboard card ones)
- baby wipes (bulk & travel size)
- cotton buds
- deodorant (non aerosol)
- foot powder
- hair conditioner
- hair shampoo
- inner soles
- lip balm (chap sticks)
- moisturiser
- mouthwash
- razors (NOT the real cheap ones like Bic! Personally I use Schick and I'd only send those, we don't want them cutting/slashing themselves to shreds!)
- shaving cream (non aerosol)
- soap (normal & travel size)
- socks (black & white)
- talc

- tissues (medium & travel size)
- toilet paper (one roll in a box)
- toothbrushes (sometimes)
- toothpaste
- if female troops then add the following
- female hygiene products
- gel or hair spray (non aerosol)
- hair ties
- hairbrush (only send 1)

#### Misc & entertainment

- blank cards (for troops to send home)
- board games
- board games (some marines have a wonderful photo of them playing twister)
- book (try not to send romance novels)
- cheap dvds please write on cover & disc in permanent marker "Aussie troops property" to avoid theft
- drawing paper
- envelope
- footballs/basketballs (and a pump)
- magazines (nothing rude)
- music CDs (Please write on cover & disc in permanent marker "Aussie troops property" to avoid theft)
- other sporting goods
- pen/pencils
- playing cards
- poker chips
- sport sections of newspapers
- tennis balls (if you have tennis courts nearby you can buy second hand balls cheap – I got some from the University tennis courts \$1 each, Slazenger and other brands)
- writing Paper

#### Explosive Detection Dogs

- dog biscuits
- Smackos or dried liver treats
- Tins of sardines
- Toys, tennis balls, tug rope, Frisbee
- Lollies for the handlers

NO Alcohol to be sent to any troops

DO NOT SEND CLOTHING except socks

What not to send:

Aside from and in addition to any items prohibited by Australia Post and the destination country, the following are prohibited to be sent to AFPO13 Operation Slipper:

- aerosols
- clothing other than socks
- pork
- any religious materials





## McDonalds TriKids Triathlon

***Don't let mum & dad have all the fun racing the Campbell's 70.3  
Ironman Shepparton Event – Give the Kids Tri a try***

**Age Categories:** 7 – 9 Years: 50m swim/2km ride/400m run  
10 – 15 Years: 100m swim/4km ride/800m run  
**When:** Saturday November 17, 2012  
**Where:** Kialla Lakes – Gordon Drive, Shepparton  
**Time:** 5:30pm  
**Cost:** \$25  
**Entries:** [www.IRONMAN703shepparton.com.au](http://www.IRONMAN703shepparton.com.au) - online  
entries open September 1, 2012

**Cross the Ironman Finish Line, score yourself some freebies  
& have some fun!**

### Northerners Cricket at Tallygaroopna PS



**CRICKET SHEPPARTON**

# 2012 In2Cricket SuperClinic



*In2Shepparton*

**Date:** Friday 26<sup>th</sup> October – Friday 14<sup>th</sup> December (8 Weeks)

**Target Audience:** Girls and Boys between ages of 4-10

In2Cricket: Ages 4-7 Skills and Development based

In2Game: Ages 8-10 Game based

**Time:** 5:30pm – 7:00pm

Host club will run a BBQ on after each session

**Cost:** \$70

Each child to receive the In2Cricket Kit.

See Website

Bat, Ball, Carry Bag, Milo Sachet, Hat,  
Drink Bottle



**How to Register** <http://in2cricket.com.au/>

Log onto website and search for a centre within the 3630 region.

Register with CRICKET SHEPPARTON

In Person Sign ups : THURSDAY 18<sup>th</sup> OCTOBER: DEAKIN RESERVE 5:30-6:30pm

## Program Schedule

Week	Date	Venue	Host Club	Format
	Thurs 18 Oct	Deakin Reserve	Cricket Shepparton	SIGN UPS
1	Friday 26 Oct.	Deakin Reserve	CPSTB	In2Game/In2Cricket
2	Friday 2 Nov	Kialla Recreation Reserve	Kialla	In2Game/In2Cricket
3	Friday 9 Nov	Mooroopna Main Oval	Mooroopna	In2Game/In2Cricket
4	Friday 16 Nov	Vibert Reserve	Karramomus	In2Game/In2Cricket
5	Friday 23 Nov	Chapman Reserve-Shepp High	Old Students	In2Game/In2Cricket
6	Friday 30 Nov	Vibert Reserve	Karramonous	In2Game/In2Cricket
7	Friday 7 Dec	Mooroopna Main Oval	Mooroopna	In2Game/In2Cricket
8	Friday 14 Dec	Deakin Reserve	CPSTB	In2Game/In2Cricket

**Contact:** Peter Holland 0409 222275



**GET in2 FUN**

**GET in2 CRICKET**

**in2 CRICKET MILO**

**SIGN UP TODAY**

There's no better way to spend a day than with new friends learning how to play cricket! With the MILO in2CRICKET program, both girls and boys not only get to learn awesome skills for an awesome game, they also get to have some awesome fun. And mum and dad will be pleased to know that you can do all this fun stuff at the cricket club, school or community centre closest to you. So what are you waiting for? Sign up today at [www.in2CRICKET.com.au](http://www.in2CRICKET.com.au)

**YOUR NEAREST MILO in2CRICKET CENTRE IS**

**Northeners C.C**

**Tuesday nights @ 4.30pm**

**Contact:**

**Ken Makin**

**0403 528 223**

**IT'S EASY 2 SIGN UP AT in2CRICKET.COM.AU**



## Prep for Parents: Walking To School

If you've ever thought about you and your child walking, riding or even scooting to school, this is the month to do it. Even though this morning's weather was a bit on the chilly side, the weather is generally warmer and 'just right' to get outside.

Since 2006, VicHealth's has supported numerous primary students, their teachers and families to walk to school throughout October. Children in Prep are encouraged to walk (or ride) to school with their parents, but an older brother, sister or older child accompanying your child to school is fine, especially if walking or riding to school would be difficult.

### So why walk to school

It's recommended that children have at least 60 minutes of moderate to vigorous physical activity every day. Children who walk or ride to school each day are more likely to be fitter and more active than others. As we've discussed in previous articles, research has shown that exercise is beneficial in helping your child think, concentrate and solve problems, all of which are essential skills when it comes to learning. So, walking to school will help your child get the amount of exercise they need to stay healthy and help them learn as well.

Walking, riding or scooting to school is also good for the environment. There are fewer car trips and it can promote a stronger sense of belonging and community.

It is also a great time to spend with your child. You can give them individual attention – asking about their day or talking about the book you read together the night before – without the stress of keeping your eye on the traffic or trying to find a parking spot near the school. Walking or riding to school can be fairly relaxing and your relationship with your child may grow by sharing this time together.

Walking is also a great way for your child to:

- get to know their local area
- learn safety skills, like crossing the road
- gain confidence and the ability to travel independently as they grow older.

### Isn't it risky?

Common concerns like crossing roads, dealing with lots of traffic and possible danger from strangers often fade away when parents walk with their children to school. It is always a good idea to walk with your child for the first few times so you can be sure your child knows the way to and from school and that they can get there and back safely.

At 6 years old, children have a wide range of physical skills. Some may show natural athleticism while others will work on accomplishing simple skills such as throwing or catching a ball. So they may not be ready to ride a bike to school, but they can certainly walk.

### What's happening at school

Most schools already encourage your child to exercise and be healthy, including sports days, activities and playtime. Another way of encouraging your child's health and wellbeing is when your child's school participates in VicHealth' Walk to School (otherwise known as Walktober).

Some schools also have walking school buses where children and adults walk together at a designated time and pick up place so that everyone gets to school and home again safely. If your child's school doesn't have their own walking school bus, you can always start your own – especially if you live reasonably close to the school. For more information, see: [Starting a walking school bus](#).

As an added incentive, VicHealth is also offering some great prizes for the school with the highest participation in each region.

### How to get involved

You will need to give your consent for your child to participate. Your child's school can also register them, but need your permission in writing first. You can register your child through VicHealth's [Walk to School](#) website.

- [Walk to School 2012](#) – VicHealth encourages Victorian primary students to walk to school with their parents in October
- [Walktober, Physical Activity Australia](#) – this year's challenge is to walk to the moon, a whopping 385,000 kilometres. during the month of October

## Beyond Primary: Fit And Healthy For Secondary School – What More Could You Want?

As children make the change from primary to secondary school there is a lot going on in their lives.

Small issues can become big. Simple routines can become complex. Friends might go to different schools and a simple choice can suddenly become a complicated problem.

These days, young people do get a lot of help to make the enormous change from primary to secondary school. Both our primary and secondary schools are determined to ensure the transition (the change from primary school to secondary school) is less traumatic than it used to be.

It's also a time in a young person's life when, as parents, we can be enormously useful.

Most of your child's time leading up to the first day of the secondary school year is going to be spent with you, family and friends. It is a period when your own common sense can influence the questions and worries your 12-year-old might have.

There is also an essential ingredient which will make the whole process so much easier, happier and positive, while at the same time putting your child's personal issues into context. It is simple; it's called health and fitness.

If your child can start secondary school fit and healthy then the battle is already as good as won.

Again, health and fitness is all about common sense and of course the good news is it doesn't cost much.

Health and fitness is all about making healthy life style choices like:

- walking or cycling (instead of using the family car) to help reach the target of at least 30 minutes of exercise per day
- only eating take away sometimes or on special occasions
- getting a good night's sleep, which for teenagers can still be up to 10 hours a night
- restricting computer, TV and video games to a maximum of 2 hours, and encouraging your child not to do these activities in their bedroom
- getting as much variety of fresh and healthy food into your child as possible. 'Eat a rainbow every day' should be your motto to help reach the target of 4 serves of vegetables and 3 serves of fruit per day for your child, and yourself.

### **Risky behaviour is a no-no**

Cigarettes, alcohol and drugs must play no role in the life of a 12 year old.

As parents we have a responsibility to ensure that our children understand that. We also need to model responsible behaviours ourselves.

While it is the responsibility of your child's school to support a healthy life style, at the end of the day it is you as parents who need to take the ultimate responsibility for the behaviour of your child.

Your child's new school will have several programs available to support your child and you if you need them. So it is important for you to get to know your child's teachers and to feel comfortable about going to your child's new school to share information. You can begin this by making an appointment to meet your child's new school principal, year coordinator and teachers as well as taking a tour of the school. Most secondary schools encourage parents new to the school to do this – it's a way for them to get to know you as well.

Again, the best way for your child to make a comfortable transition to secondary school is for everyone to work together – you and the school supporting your child through this change.

### **Young people are our future assets**

Moving from primary to secondary school provides a golden opportunity for us as parents to help make the world a better place for our children to live in.

Overseas research now suggests that young people are the key to a healthier, fitter, wiser world. So with your encouragement, your child may provide the energy, innovation, productivity and progress needed to make our communities a better place for everyone.





## Association for Children with a Disability



### Leading: the next steps

How you can think, plan and achieve goals for your child and family

How can you create a fulfilling life with choices, purpose, friendship and happiness? If you want to take the lead in achieving these goals for your child (0-18) and family, then this workshop is for you!

Build on the strengths and skills you already have as a parent to better identify, plan and achieve your goals.

#### Hume region workshop

Date: Wed 31st October, 2012

Time: 9.30am – 2.45pm

Venue: North Shepparton  
Community & Learning Centre,  
10-14 Parkside Drive,  
Shepparton, Vic 3630.

Cost: \$20 per person- members  
\$40 per person- non-members.\*  
Morning tea & light lunch included.

Start by learning to turn small possibilities into realities through our 'Leading: the next steps' workshop:

- Planning and goal setting
- Tips and strategies in learning to take the lead
- Growing your knowledge and resources
- Building positive relationships with professionals
- Developing your advocacy skills

Our workshop is designed for parents/primary carers of children with a disability, and our presenters are parents or siblings of a


person with a disability themselves so they understand issues from a family perspective.

Places are limited so book now at: <http://www.trybooking.com/BWTO> or contact our office.

\*Membership is free for the first 12 months, so ring the office to apply.

*"No one else understands my child the way I do. If I don't stand up and say what she needs no one else will do it."*

For more information contact the Association for Children with a Disability on **9818 2000** or **1800 654 013 (rural callers)**, by email to [mail@acd.org.au](mailto:mail@acd.org.au) or visit our website [www.acd.org.au](http://www.acd.org.au)



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PLUMBING**

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PLUMBING NEEDS

55 JUBILEE ROAD  
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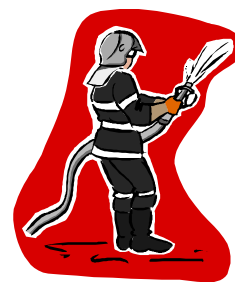
**0402 217 938**

## SCHOOL UNIFORM

I am a strong advocate for the wearing of school uniforms. Our uniform looks fantastic and we have received many positive comments about it. It is great that nearly all our students are able to wear their full uniform every day. There are enormous benefits for ensuring all students wear our full school uniform. These include:

- Defining our school identity.
- Developing within our students a sense of belonging to our school community.
- Provides an opportunity to build and enhance 'school spirit'.
- Promotes a sense of inclusiveness, non-discrimination and equal opportunity.
- Enhances the health and safety of students when involved in school activities and excursions.
- Complies with our obligations under Occupational Health and Safety Legislation. eg. SunSmart and broad-brimmed hats.
- Promotes positive community perceptions of our school.
- Makes school clothing more affordable by eliminating the risk of peer pressure to wear current fashions and expensive clothes.

While we appreciate that there are times when children will be out of uniform, it appears we have a **small number** of students 'electing' not to wear their full uniform. If for any reason a child is not able to wear a uniform, under our current Uniform Policy, parents must provide a written explanation. We would appreciate it if children could wear appropriate clothing or preferably, clothes similar in colour to our uniform.



## **TALLYGAROPNA COMMUNITY MEALS**

CONTINUES EACH FRIDAY AT THE TALLYGAROPNA FOOTBALL CLUB

ON FRIDAY 19th OCTOBER FROM 6pm

THE TALLY PRIMARY SCHOOL COOKS THEIR FINAL MEAL FOR 2012

ROAST BEEF or ROAST CHICKEN

FOLLOWED BY APPLE CRUMBLE

\$12 ADULT \$6 CHILDREN

Bookings are not essential but desirable so for

CATERING PURPOSES PLEASE DETERMINE YOUR CHOICE PRIOR TO THURSDAY

Please book numbers and choice by calling

Deb Bagley on 0448582984 or email orders [debbagley@bigpond.com](mailto:debbagley@bigpond.com)

Drinks at bar prices



***NOTE: Please contact the school or Deb if you can assist on the night.***