Hi everyone…

SCHOOL CAPTAINS 2015

On Friday we introduced the 2015 School Captains: Thomas Clough, Ashlee O’Neill, Ebony O’Donohue & Regan O’Brien. These captains were elected by the Grade 5/6 students. Then, after Friday’s assembly, the four ‘houses’ met and elected their House Captains for the year. House Captains also fill a very responsible role; leading their teams at our annual major sports events like Athletics Day and the Cross Country. They assist Wendy Martin with managing the sports equipment and help out at the tabloid sports activities that are usually run once a term. We also ask them to organise lunch time activities through the year and to encourage students to participate actively in sport & PE. Congratulations to this year’s house captains who are: RED (Clarke): Bailey Hutchinson, Sarah Long, BLUE (Fraser): Morgan Byrne, Damien Witting, GREEN (Bradman): Sienna Fuller, Zack Watson, YELLOW (Freeman) Shanay Desmond, Jesse Hurley. The school leaders will all be presented with their badges at tomorrow’s whole school assembly starting at 9.00am. All welcome!

NATIONAL APOLOGY DAY - TOMORROW: To commemorate the National Apology to the Stolen Generations, we will have a local indigenous elder, Uncle Wally Cooper, at our assembly tomorrow. Uncle Wally will be here on behalf of the Dirrawarra Indigenous Network, and he will do a Welcome to Country and talk about his connections to the cultural history of this local area.

FORWARD PLANNING: The following dates are for your family calendar:

- Grade 3/4 Queenscliff Camp: 20th-22nd April
- School photos: 11th May
- Bike Hike (Gr 5/6): 15th May
- Cyber Smart Presentation*: 19th May (Grades 4-6, 2.00pm, Parent Session, 7.00pm)
- School Cross Country: 21st May
- Whole school production: 28th August
- School Aths Sports: 9th September
- Family Night: 15th December

*The Cyber Smart Parent Info Session in May is HIGHLY recommended to all parents. This will be presented by ACMA (Aust. Communications & Media Authority). This organisation presents in school communities around Australia and has a very long waiting list. I urge all parents to mark this date in May on the calendar and plan to attend. Students from Grades 4-6 will participate in a session during the afternoon, and staff will also have a professional learning session, run by ACMA, after school that day. We will have child-minding for the parent session, if required.

SPECIALIST PROGRAMS IN FULL SWING!

THE ARTS @ APPS
Meanwhile, the children in Grade 2 were banishing ogres during their Japanese lessons this week. In Japan, it is the time of Setsubun, the festival which celebrates the end of winter and the coming of spring. JP families celebrate Setsubun with mamemaki (bean throwing). They chase an Oni (an ogre, usually Dad wearing a mask) out of the house throwing beans (soya beans) and shouting “Oni wa soto, Fuku wa uchi.” This translates to “Ogres outside. Good luck inside!”

PARENT TEACHER INTERVIEWS: These interviews (mainly on 23rd/24th February) are aimed at providing an opportunity for you to meet with the 2015 teacher/s and to share any information that will support your child’s learning this year. Teachers will also talk to you, and your child, about their learning improvement focus. Students should attend these interviews with you. If there is confidential information you would like to speak to the teacher about, you can ask your child to wait outside so that they join the conversation once you get onto their semester learning goals. Please respond promptly by returning the form sent home today. You should have received confirmation of your interview time by Friday, 20th February. If not, please contact the office.

SCHOOL COUNCIL ELECTIONS: Each year at this time, parents have the opportunity of nominating to be part of our School Council as a parent representative. There are four vacancies available. This will be for a two-year term. It is a great way to get actively involved in your child/ren’s education. Meetings are usually once a month (currently the 3rd Monday evening) and there are sub-committee groups where you can have direct involvement in things like improving our school’s grounds, monitoring the finances, supporting parent & student engagement or working on policies. There are nomination forms available at the office (and attached to this newsletter if you are receiving it by email).

SCHOOL COUNCIL NOMINATIONS CLOSE AT 4pm ON THURSDAY 19th FEBRUARY.

POOL PARTY: WOW! We were thrilled with the response from our families to the idea of a ‘Welcome Back’ pool party. There was a huge crowd at the pool last night and the children all looked to be having a great time playing in the water with their friends and parents. We certainly appreciate your support for this. School Council has tried a few ‘firsts’ in the last 5 years; the first fete, car-boot sale, whole school production, pool party, Prep family BBQ on Transition Day… and each time we have received a very positive response from the school community - THANK YOU!! We do apologise for the wait on the sausage sizzle, but we really didn’t quite know how many to cater for. We’ll be better prepared next time!! THANK YOU also to the parent and staff reps on School Council - I feel very privileged to work with such a ‘can do’ team who really work hard and are very focussed on making our school a great place to be part of.

AND FINALLY... Welcome to Toby Clifford and his family who have joined our school community this week. Toby is in Grade 3.
**Musician of the Week**

*Grade 2* for working so well when putting together the class band songs.

*You are doing an amazing job.*

*Grade Prep & Prep/1* for singing so beautifully with our letter ‘B’ song and counting so well with our ‘10 galloping horses’ song. You are all very clever.

**Artist of the Week**

*Lily Knox* for her very creative self portrait. Lily came in during her lunch break to put some fantastic finishing touches to her work. Well done!

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**From The Chaplain… Five Year Olds Starting School**

Recently I was reading an article about children beginning school which included a number of suggestions for parents. If your oldest child has just commenced school then you are beginning a new phase as a family. Here are just a few of the suggestions from that article:

- **Screen the screens** – now is the time to establish guidelines on the use of digital media in your family, however, it is good to remember that five year olds, like adults, use TV as a relaxer after a day at school so a little viewing when they get home may help them unwind.

- **Consistent routines** – kids this age depend on routine and structure and the after-school routine at this age is an important one. It is also important that both parents have the same routines and behavioural expectations.

Introduce family meetings – family meetings give you a vehicle to teach your child to put their point of view across calmly, politely and fairly – a valuable skill. More about family meetings in a future newsletter.

*Chaplain Beth*
**Nihongo News**

All classes finished their work on *Setsubun* this week. We discussed the history and cultural significance of this festival, which celebrates the end of winter. The students did some craft work and looked at a number of videos showing the way JP families celebrate *Setsubun*. Some classes even had a go at *mamemaki* (bean throwing) in the classroom. They threw beans (screwed up balls of paper, actually) at the *Oni* (ogre masks attached to the whiteboard) and shouted "*Oni wa soto. Fuku wa uchi.*" This translates to, "Ogres outside. Good luck inside." Some kids got a bit excited and accidentally (yeah, right) pelted the teacher with beans.

**Monoshiri Sensei’s Culture Tips**

No one got last week’s *nazonazo*. JP people scare ogres away from their homes by attaching fish heads & sprigs of holly on or near their front doors. The smell of the fish and the spiky holly leaves scare away ogres (probably friends and neighbours, too.) For this week’s *nazonazo*, tell us the biggest city on the island of Shikoku. The first correct written answer to me or to the main office will be the winner.

*Sayōnara!*

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**2nd Hand Uniform Shop**

**Fridays 8.45-9.00am in the canteen.**

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**Information for Bus Travellers**

Sometimes when younger students come to WHS, particularly from off the shuttles, they are "lost". They often do not even know their name let alone where they live. Please make sure all younger students, especially preps, have their name, address, telephone number, and the bus on which they travel, written clearly on a tag, laminated, and attached to their bags.

The bus on which they travel should be a specific name, not just to Oxley, not Wang. Coachlines, etc. but the specific name of the bus. eg. Meadow Creek/Oxley (this is operated by Dysons), or Carboor, which does in fact go to Oxley.

**FOUND** in the WHS bus area/on bus a white watch. If the student can identify this watch, (via their own school), and describe it, then they can claim this property. Please contact the bus co-ordinators at WHS.

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**The Lunch box sessions - Food fact #1:**

Did you know soft drinks contain an average of 8 tsp of sugar. Given that a high sugar intake is linked to poor immunity, obesity, childhood diabetes, poor concentration and tooth decay it is vital to reduce our intake of sugary drinks such as soft drinks and cordial. Instead hydrate with water, adding fresh lime, lemon or orange to change the flavour.

**Refreshingly delicious mineral water:**

1 glass of mineral/soda water  
½ fresh orange or add a dash of pineapple, watermelon or apple juice.  
Mint leaf (optional garnish).

Crush mint leaf and place in glass. Fill glass with mineral water & squeeze orange/ juice into the glass.

Sophie Atkin and Belinda McPherson at North East Natural Health Centre.

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**VICTORIAN SCHOOL OF LANGUAGES**

Wodonga Centre is offering language classes in the following languages:

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<tr>
<td>Japanese</td>
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<td>French</td>
<td>Punjabi</td>
<td>Spanish</td>
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Location: Wodonga Middle Years College, Mitchell Street Wodonga  
Tuesdays 4.00-6.00 during Victorian School terms 1-4  

Please contact Christine Varker dvarker@bordernet.com.au or 0428310001 for more information.

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**Community Notice Board**

A club dedicated to fun & fitness for all ages.  
Seniors, Juniors, Veterans (35+) & Minky players welcome. Training every Tuesday & Thursday  
Juniors 4.30-5.30  Seniors 5.30-6.30 Appin St Oval.  
Information nights 24th & 26th February.

For information contact Shanlee North 0438 662
FRUIT & VEGE BOXES
PANGERANG COMMUNITY HOUSE
IN PARTNERSHIP WITH
LA BELLA ROCCA FRUIT ARE PROVIDING FRUIT & VEGE BOXES TO THE COMMUNITY.
ORDER BY 4PM FRIDAY AND PICK UP TUESDAY OR WEDNESDAY MORNING AFTER 10.30AM.
(DURING SCHOOL TERM)
WE DELIVER TO WEST END AND YARRUNGA COMMUNITIES
$10,$20 OR $30 BOXES WITH JUST FRUIT OR VEG OR A COMBO
5721 3813 TO ORDER

Positive Parenting Telephone Service
This Program is offered to parents, grandparents & carers of children aged 2 – 10 years
Our ten week program to assist you to:
*Develop a stronger and more positive relationship with your child/children
*Manage everyday behaviour problems
*Set rules & limits
*Teach new skills
Through our service you will receive a workbook and weekly phone calls with a parent educator. All of this can be done from the comfort of your own home at a time that suits you.
For more information or to enroll phone FREECALL 1800 880 660

Wangaratta Performing Arts Centre
Wednesday 25th February 2015
7.00pm - 8.30pm

Join popular children’s author, Mem Fox as she discusses how reading to your children will change their lives forever.

Wangaratta Performing Arts Centre
Wednesday 25th February 2015
7.00pm - 8.30pm

Bookings are Essential.
Register before 20th February
Search for Mem Fox.

Have you entered you and your family?
Please consider doing so today.

Primary aged children can enter the 2km Primary Challenge either online with other family member entries, or by filling out the ‘entry form’ below and return this with your payment to school before 13/2/2015.

By entering, your child not benefits from completing the challenge in a supportive, vibrant environment, but also increases our schools opportunity to win the $1000 prize money.

Entry is only $10 and includes a cool finishes medal, electronic bib-chip timing, a safe, well marshalled and accurate course, additional medals and prizes for those who can achieve top three placing’s in each age category, entertainment and refreshments at the finish.

There are also a range of longer events from the marathon (42km) to the 5km walk or run so the whole family can participate.

Full details are www.wangarattamarathon.com.au or you can contact the office for more information.
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