Hi everyone...

CONGRATULATIONS: Caleb Gilbert, from Grade 4, achieved an outstanding result in the regional Cross Country Championships, coming first in his event. This is fantastic!! Caleb can be very proud of this and we wish him all the best as he progresses to the next level. There’s a full report on our representative team further in the newsletter.

VALE RON CLARKE: While Caleb is just beginning his path to athletics success, an icon of the sport in Australia died this week. Ron Clarke, after whom our Red House is named, achieved numerous world records and championship medals in his career during the 1960s. He was known as a true sportsman, and ‘gentleman’; achieving significant awards like the MBE (Member of the British Empire) and AO (Officer of the Order of Australia). Clarke was the Mayor of the Gold Coast for 8 years. He was a great role model and is very worthy of our thoughts this week.

FEEDBACK: Following the visit by Ambulance Victoria last week, we received an email from the presenter, Ceinwen Rataj, recognising our students’ high level of interest and their notable courtesy and good manners.:

> Ambulance Victoria worked with students from Prep-2 at Appin Park Primary School. Without exception, the staff have been welcoming, professional and supportive of our programs. The highlight of our visit has been the respect we have been extended by your students, their exemplary behaviour and their commitment to learning. This was exemplified that all children knew to call 000 in an emergency and some knew their address.

> The students are a credit to their parents and the leaders and staff of the school. Thank you for allowing us to visit and work with your students to build their capacity to respond to medical emergencies.

> We encourage parents to discuss a medical emergency response plan for their individual family situation. For further information about Ambulance Victoria and Ambulance Victoria community programs visit www.ambulance.vic.gov.au

EARLY ARRIVALS: Having been a working mother, I understand the dilemma parents face each morning; getting off to work on time, while ensuring children are cared for before school. We are seeing a large group of children on our office veranda each morning, as early as 8.00am. Staff are around the school at this time, but it is their preparation/meeting time. The office is staffed from 8.30am. We do not have yard supervision until 8.40am. Children are required to wait on the veranda until 8.30am.

We did ask for expressions of interest in before-school-care a few months ago and had very little response. ‘Just Kids’ would be able to operate a program from 7.30am, if there are sufficient numbers. Please contact me to express interest in this. If we have at least 10 children to start with, we will trial this. There are rebates and subsidies to minimise the cost of this care to families.

PARENT TEACHER INTERVIEWS: Please ensure you have booked in for an interview to discuss your child’s progress and goals for next semester. These interviews are on next Tuesday & Wednesday afternoon/evening. You can book through Compass or call Nicole at the office to make a time.

AND FINALLY... The Trivia Night will be on 17th July (first Friday after the holidays). Get your table of 8 together and come and enjoy some fun and frivolity. There will also be tables for those who would just like to join in. See the information attached.

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Wendy Larcombe

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**Upcoming Events**

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PRINCIPAL: Wendy Larcombe
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SCHOOL: www.appinparkps.vic.edu.au
Regional Cross Country Championships

That is what faced our 7 competitors as they arrived at the Broadford course yesterday morning. But that did not deter them from being prepared to race hard and compete against 60 other students who had qualified for this event: the best runners from the Wangaratta, Wodonga, Shepparton and Seymour regions.

The 10 year olds began the day, ready to attack their 2km course. Caleb Gilbert and Xavier Pitt were competing in the boys’ race and they set the scene for the day. Run hard, run fast. The field of runners endured the hustle and bustle and elbows at the start line to set off at a quick pace. Caleb was very focused and was able to get himself into a good position early in the race, allowing himself to have a relatively free run away from his many opponents. He was challenged around the course however his very fast pace, even in the heavy conditions, allowed him to complete the course in first position. A great effort by Caleb. Xavier also ran well and placed 18th. This was a great experience for Xavier as he was a year younger than 95% of the field and will be able to compete in the same age group next year.

The 3 km events facing the 11 and 12 year olds was not going to be any easier, especially as part of the course had been churned up a little from the earlier events. Kelly Hirschmann, Hannah Snowdon and Caleb White were representing us in their respective 11 year events and Annika Flanagan and Charlie Townsend in the 12 year events. All acquitted themselves very well and ran strong races. Kelly finished 19th, Hannah 35th, Caleb 30th, Annika 23rd and Charlie ran in at 52nd place.

At the end of each race all students looked a little muddy and a little fatigued but generally pleased with their efforts. Congratulations to each of our runners and all the best to Caleb as he will now head to Melbourne to compete in the State Championships early next term.

Moving Right Along Quest Celebration
On Wednesday, 24th June from 11:30-1:30pm the Prep, 1 and 2 students will be celebrating their transport quest by creating different types of transport from recycled materials. Parents, grandparents and friends are more than welcome to join us. If you have any recycled boxes, containers, lids etc can you please send them to school with your child prior to the day.

The Lunch box sessions - Food fact #6:
Do you know why breakfast is the most important meal of the day? After fasting all night you wake up with naturally low blood sugar levels. These need replenishing quickly to avoid the ‘hangeries’ a hungry/angry child! Breakfast will kick start the metabolism and put your child in a calm frame of mind.

Recipe:
‘Better than peanut butter toast’
1 – 2 slices of rye or sourdough bread (toasted)
½ banana
1 tsp honey
ABC spread (almond brazil and cashew spread)
Spread the ABC onto the toast, add a little honey and then mash the banana on top.

From The Chaplain…
Playgroup Request: A Change Table
Does anyone have a clean change table they no longer need and would be willing to donate it to our Playgroup? Many of our little participants need changing from time to time and currently we have nowhere suitable for this to happen. Please contact the school office if you are able to help with this.

Friends For Life
These courses have now completed. During the term we covered subjects such as the importance of recognising and understanding our feelings, positive and negative self-talk and how to change from negative thinking to positive thinking. We also learnt some relaxation activities and about making a step by step plan to help with meeting a challenge. Our final topic covered a strategy for wise decision making. All these topics are outlined in the excellent student books that the children received. The children who completed the program received a certificate and we enjoyed a small celebratory party together.

Chaplain Beth

Fruit Roster
Monday 22nd June
Kirsty James, Nicole Snowdon, Estelle Corrigan & Vanessa Luscombe

Book Club orders are due back Friday 19th June
STUDENT ACHIEVEMENT AWARDS

The Appin Park Community congratulates you.

Students will be awarded their certificates at Friday’s Assembly

PF Isaac Moore for the great detail he put into his design of his underwater, air bullet train. He even numbered the steps he would follow to construct his model. Awesome work, Isaac.

P/1S Ned James for being a polite, enthusiastic and respectful member of our class. He is always a pleasure to teach. Well done, Ned!

Madeline Camplin for the very creative and engaging writing pieces she has written and published on the computer. Outstanding effort, Madeline!

1B Tahli Hutton for the fantastic recount she wrote about the ambulance visit to school. She took care and added a lot of detail to her picture for the class big book. A great effort. Well done, Tahli!

2E Skye MacKinnon Burman for being a fantastic class helper. She sees what needs to be done and completes tasks efficiently and cheerfully. Well done, Skye.

2M Bailey Ballard for his great visualisation of the Enormous Crocodile.

3G Emily Prior for her wonderful, happy nature towards school and others. Emily has worked very hard this semester at school and home to improve her reading and spelling.

4R Jade Haebich for being focused and ready to learn in all areas and for the improvement she has made with bringing her diary to school. Keep up the great work, Jade!

4V Talea Hardwidge for being a friendly and happy class member. Well done!

5K Luke Grady for the positive attitude he has towards reading and the excellent results he has achieved in this area.

5S Jarrod Bell for trying hard to improve the neatness of his work.

6C Bailey Hutchinson for the work he is doing in keeping the Carson City bank in order and making sure everybody’s finances are secure!

6M Sarah Handley for her approach to our Earn & Learn Quest. She has worked strongly with her partner, showing leadership when necessary.

Liam Suter for the humorous quips he adds to class discussions. The different way he views things and his ability to make others laugh makes him a valuable asset to our classroom.

APPIN STAR AWARD

Sarah Long for being a wonderful role model to other students. Her attitude to her learning and ability to take on challenging tasks is to be admired. Sarah is well behaved, has great manners and a smile that lights up the room!

Tayah Martens for being a conscientious and focused student who always produces work to a high standard.

Madison Olenczuk for the way she always greets adults and her peers with a warm, friendly smile each morning. She consistently takes on challenges in all areas of her learning and is an absolute pleasure to teach. Congratulations, Madison.

Braeden Marjanovic for the excellent attitude and independent approach he has towards his learning. Braeden strives to improve and achieve better results.

TRIVIA NIGHT
FRIDAY 17th JULY 2015

7pm for 7:30pm start
BYO Drinks and Nibbles
18+ Event

BER Building
Appin Park
Primary School
149 Appin St

Tables of 8
$10 per person
Book & pay at school office 57221326
COME ALONG AND JOIN IN THE FUN!

FOOTY FUN IN THE HOLIDAYS!

Wangaratta
Victoria

Don’t miss this great opportunity for footy fun in the school holidays! The program is for boys and girls aged 5-12 and includes skill development, fun activities, minor games and modified games. The holiday program provides a fun, welcoming and safe environment for children to develop their skills whilst interacting with others.

More details and to register: www.aflholidaysprograms.com.au

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Website: www.aflneb.com.au  Facebook: AFL North East Border