Daylesford Primary School Newsletter
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➢ ***"SEMPER MELIORA" (Always better things)***

Be Respectful, Be a Responsible Learner, Be Honest and Trustworthy
Be Caring and Compassionate, Be a Good Citizen

DIARY DATES

AUGUST

SAT 27th AUGUST – VOLUNTEERS NEEDED FOR BOOK SORTING FOR BOOK FAIR - 10am-1pm.

SEPTEMBER

Sat. 3rd & Sun 4th
BOOK FAIR WEEKEND in the Gym

Monday 5th Premiers' Reading Challenge Ends.

Tuesday 6th Italian Sister School Visit. 2.30pm Concert (Gym). All Welcome.

Weds 7th Yandoit School Council

Friday 9th Divisional Aths. Llanberris

Monday 12th 8.30am Breakfast in the Gym.

Tuesday 13th Drummond School Council.

Friday 16th End of Term 3. 2.30 Finish
No Canteen or Banking

OCTOBER

Monday 3rd Start of Term 4.

ASSEMBLY – 9.00am every Tuesday in the Gymnasium.

Term Dates 2016
Term 3 11th July – 16th September
Term 4 3rd October – 20th December

Office Hours : 8.30am to 4.00pm

Students' School Banking Day : Fridays

School Council Vacancy

We currently have ONE vacancy on school council and are seeking nominations from interested parent/s. If you would like to self-nominate, please obtain a self-nomination form from the office and submit it by Fri, Sept 9th. Please feel free to discuss this role and commitment with David Garner if you wish.

CURRENT FOCUS

Integrity

Being honest and following your principles.
We can be regarded as a person who has integrity through what we do and say. Our integrity can be clearly seen by our conduct, how we work and how we interact with other people both at school and at home. Some of the qualities that people demonstrate when they have integrity:

- Honesty
- Being fair
- Keeping your commitments
- Accept responsibility for actions
- Being trustworthy
- Showing respect
-

Being a person of integrity is something we all want to be. These qualities will be evident in our play, when we are working with others in class, at home and when we are involved in our wider community.

Some people say that integrity means: 'who you are when no-one is watching!'

David Garner.

WANTED PLEASE
for Book Fair weekend

CAKES

Must have ingredients listed, and also be made as healthy as possible in line with the school's developing healthy eating culture and policy. Please deliver to the Canteen after 3pm Fri 2nd or Sat morning after 9am.

PRINCIPAL'S REPORT

Newsletter – Term 3 Week 7

- Book Week, Literacy and Numeracy Week
- Healthy Eating Project – Hot Soup Lunch
- Art in the Park
- NAPLAN
- Book Fair

What a wonderful week it has been this week. It all started with Tuesday's Book Character Dress Up Day. There was such a great feel at assembly, where I think a record number of students and teachers got into character to celebrate Book Week and Literacy and Numeracy Week. I felt so proud standing in front of a packed Gymnasium celebrating the importance of literacy. It showcased our school in such a wonderful way, and I am very grateful to the Kinder parents, some with siblings already at DPS, who came along as well. A happy community event. On Friday, the Book Week Presentations were again a wonderful success. So much effort had gone into these from both students and staff. What I loved is the level of understanding and comprehension of the texts that was shown whilst still having fun and presenting in an engaging way.

I also wanted to make mention, again, of the success of the hot soup lunch two weeks ago. One of the soup recipes is included in this week's newsletter. This event was just a small sample of a large number of actions we will be implementing to promote and develop a Healthy Food Culture at DPS.

Next Friday, 2nd September, there will be an Art in the Park event running at the Community Park between 1 and 4pm. This is a busy time at the school with various programs running, however our Year 1 classes are hoping to make it to the park for this event, as well as some of our Yandoit PS students. Certainly, all are welcome to take part in this event after school at 3:20 until 4pm.

Year 3 and Year 5 student NAPLAN results have been sent home today with this newsletter. As a school, we are very pleased with our overall results – particularly our growth data in Writing, which has been our focus area over the past 2-3 years. As parents, please remember that these are just one test in one area on one day and are not a complete measure of your child and their achievement. Should you wish to discuss these results with your child's teacher, please make a time to do so.

Lastly, preparations for our Annual Book Fair are well-advanced but we still require volunteers for book sorts and helping out on the two days (3rd and 4th September). From 10-2pm on Saturday 27th, there will be a book sorting session before our school Gym is closed from Wednesday onwards for the full set-up. If you are able to help in any of the preparatory work, or on the days of the event please fill in one of the Book Fair forms published in our previous newsletters or come to the office and let us know. There is a specific need for help each year for the Sunday 3pm finish and pack-up, so please see if you can make some time commitment and let us know ASAP. This is a wonderful event that raises thousands of dollars each year to support our literacy programs within the school.

As we move on from our focus on Acceptance to a focus on Integrity for the remainder of the term, I am reminded of this quote about Integrity, the author of which I cannot find:

"Integrity is what you do and who you are, even when nobody else it watching

David Garner

Thank you again to all the parents who have returned their Student/Family updates, these are important documents and need to be returned to the office ASAP.

Unexplained Absence letters

have been distributed with today's newsletter. These will indicate days where unexplained absences have been recorded. If you receive one of these notes please indicate the reason for your child's absence and return as soon as possible.

PARENT/CARER VOLUNTEERS
TERM 3 2016

FRIDAY	SICK BAY WASHING	BANKING
26th August	Tania Green	Shelley Sandow
2nd Sep.	Amy & Sam Kinnear	June Cooper
9th Sep.	Michelle Rushworth	Shelley Sandow
16th Sep	Petra Bueskens	**End of Term No Banking**

CANTEEN DUTY Term 3

Weds 31st August	
Thurs 1st Sept.	Helen Murphy
Friday 2nd Sept.	Lean Schuter, Natalie Hardy

CANTEEN - HELP ALWAYS NEEDED

Please contact our Canteen Manager, Bev Adkins, on 5348 1839 or 0423 357 191 if you can assist. Thank you

3P *presenting "Acceptance"*

HEALTHY FOOD TIPS

Roast Pumpkin and Potato Soup

Serves 20

- 3kg pumpkin, deseeded, peeled, coarsely chopped
- 1kg potato, peeled, coarsely chopped
- 150ml extra virgin olive oil
- Salt & freshly ground black pepper
- 600g brown onion, halved, coarsely chopped
- 8 garlic cloves, crushed
- 4L (8 cups) Vegetable stock
- Extra virgin olive oil (optional), extra, to serve
- Natural yogurt (optional)

Method

1. Preheat oven to 220°C. Combine the pumpkin, potato and half the oil in a large roasting pan. Season with salt and pepper. Bake in preheated oven for 30 minutes or until tender.
2. Meanwhile, heat the remaining oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 10 minutes or until onion softens. Add the pumpkin mixture and stock and bring to the boil. Reduce heat to low and simmer, covered, stirring occasionally, for 10 minutes or until it reduces slightly. Remove from heat.
3. Place half the pumpkin and potato mixture in the jug of a blender and blend until smooth. Pour into a clean saucepan. Repeat with the remaining pumpkin mixture. Taste and season with salt and pepper.
4. Ladle soup among serving bowls and drizzle with natural yogurt

Asthma Australia

Asthma Management in Winter and Spring:

Asthma is one of the most common chronic childhood conditions, affecting 1 in every 10 children in Australia. Emergency admissions and hospitalisations peak during the winter for children with asthma and flare-ups are often more prevalent during the winter and spring. Good management however can help children with asthma and their carers get through this tricky time of year with more confidence.

Here are a few tips for parents and carers:

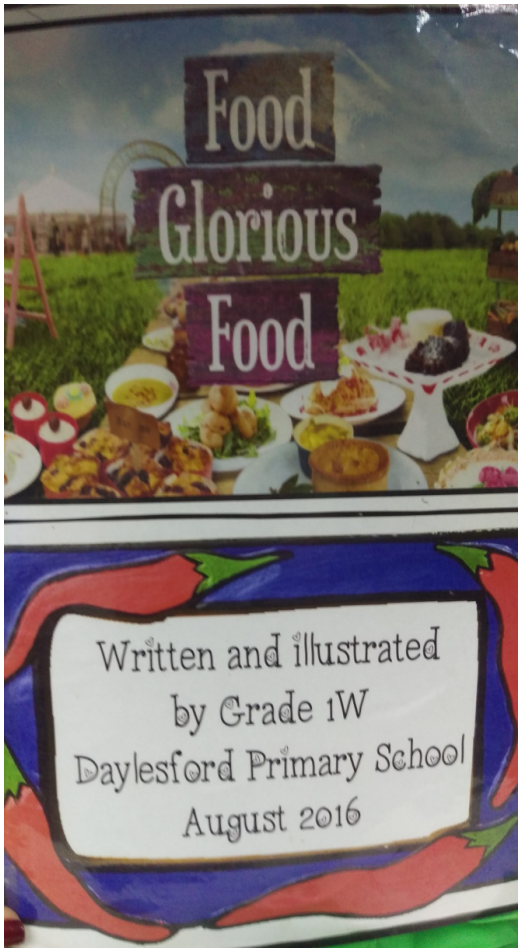
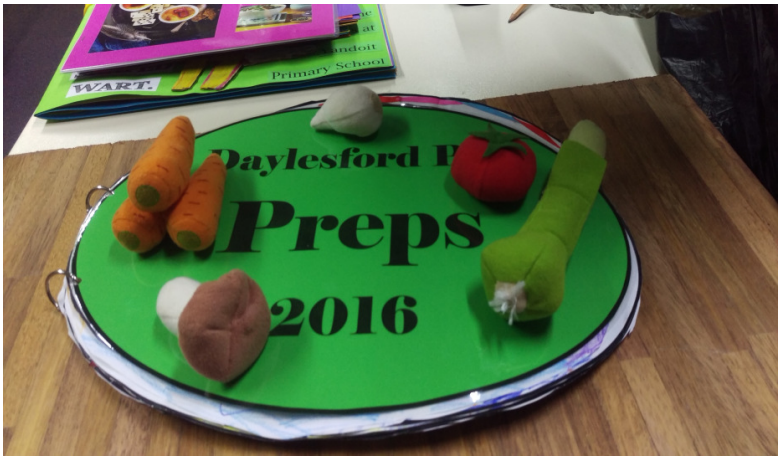
- make an annual appointment for an asthma review by your child's doctor
- update your child's Asthma Plan at the start of each year and provide a copy to the school
- talk to the teacher and other key staff about your child's asthma – their usual triggers, symptoms and medication
- provide an in-date blue reliever puffer and spacer for use at school (clearly labelled with child's name and date of birth)
- help your child understand the importance of taking their preventer medication every day, as prescribed
- ask their doctor about having a flu vaccination
- encourage hand washing and covering one's mouth when coughing to help prevent the spread of germs

School sports and asthma:

Physical activity acts as a major trigger in up to 90% of people with asthma. Exercise Induced Bronchoconstriction (EIB), commonly known as exercise induced asthma, is the temporary narrowing of the lower airways, occurring after vigorous exercise. People with poorly controlled asthma are at a higher risk of EIB due to the sensitive nature of their airways. This may result in episodes of coughing, wheezing, a feeling of chest tightness/discomfort or shortness of breath, often worsening 5-10 minutes after exercise.

To ensure your child can safely participate in sports and exercise at school, the first step is to make sure their asthma is well controlled. If your child is requiring their reliever medication more than twice a week, it is a good idea to see their GP for a review as this may indicate poorly controlled asthma. Also provide the school with an Asthma Plan from the doctor, particularly before a sport carnival or excursion. The plan will include any instructions for EIB (e.g. use of their asthma reliever prior to physical activity). You can help them check that they are using their asthma devices correctly by watching our videos on the Asthma Australia website.

For support with your child's asthma please contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462) to speak with one of our Helpline staff.

Snaps from around the traps

Some of the amazing Words in Winter Entries and Book Week costumes