

The Cassowary

Official Newsletter of Beverley Hills Primary School

25th February 2008, Number 02



2009 HOUSE SWIMMING CARNIVAL



Monday 23rd of February Grades 4 - 6 travelled to Aquarena to participate in the Annual House Swimming Carnival. A fantastic morning was had by all the children participating in a number of swimming events ranging from freestyle through to the novelty events. The effort of the children was excellent. They enjoyed receiving their ribbons, and felt a great sense of achievement when they reached the end of the 50m pool. The day enabled the teachers to select the school swimming team for the District Swimming on Thursday 26th February at Aquarena. Thanks to all the staff members for helping co-ordinate



the morning making it a huge success. It was great to see the parents supporting the event cheering on the Houses and helping out with the numerous jobs. Your help is invaluable.



Swimming Captains for 2009 are Jason L. and Jacqueline P.

The House results were;

4th Place – Green House on 210 points

3rd Place – Blue House on 299 points

2nd Place – Gold House on 336 points

1st Place – Red House on 361 points

Congratulations to all Red House members. A trophy will be presented at assembly to Tommy W. (Captain) and Enoch J. (Vice Captain). Well done to all the House Captains and Vice captains who did a fantastic job getting

their teams organized. Great effort for their first official leadership roles! All the students enjoyed the water slide. It was a fabulous way to finish an excellent morning. It was great to see all the students sprinting to the top combining fitness with fun. Good luck to all the students chosen to swim for Beverley Hills PS at the District Swimming Sports. PE Teacher Mrs R. Wallace



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Principal: **Malcolm Corr**

ROAD SAFETY STARTS WITH YOU

At this time of year it is customary to remind parents of two issues - parking and head lice. It never ceases to amaze me that courteous, calm, law-abiding adults take on a different persona when they get behind a wheel of a car. Whilst they would queue patiently for a tram or a bus or a purchase they seem to have no time or patience to look for a legal car park when 'picking up' or 'dropping off' their children at school.

Our behaviour serves as a model for our children, so if we want them to be careful when using the roads as pedestrians now and motorists in the future we must set a good example. Please obey the traffic laws, do not double park, do not park on corners and above all be patient and courteous when interacting with other members of the community. Our children's lives are put at risk when people act impatiently or selfishly. Take five minutes to find a parking space eg. Rosella Street and walk to the school. I find it impossible to justify double parking beside a vacant car space – something I have frequently observed.

Remember also and remind your children, as we do, to use the school crossing in Cassowary Street. For those readers of this column who require a more authoritarian approach to change their behaviour I have requested local Government parking inspectors to pay us an unscheduled visit in the near future. I am confident they will find no one to 'book' (I hope).

SCHOOL COUNCIL ELECTIONS

Nominations are called for parent and staff representatives on School Council. Official forms are available at the school office. Nominations will close on Monday 2nd March 2009 at 4.00pm

HEAD LICE

With regards to head lice please check your children's hair thoroughly at least once a week. If you find evidence of lice or eggs notify the school and see the local chemist about treatment.

- Children must not return to school until their hair is treated.
- The school will check all other children in your child's class once notification is received.
- Remember clean hair is not necessarily a defence against lice.

IS IT ASTHMA

Does your child have a wheeze, shortness of breath, cough or a tight chest?

- | | |
|---|--|
| • With a cold or chest infection? | • If the temperature suddenly changes? |
| • Early in the morning or late at night? | • Near cats or other animals? |
| • During or after exercise? | • Around cigarettes smoke? |
| • During the winter season when it is cold? | • Around pollens or moulds? |

If your answer is "yes" to any one of these questions it could be a sign that your child may have asthma. It is vital that you pick up and fill in a school asthma plan from the office and return it promptly.

Calendar

FEBRUARY

26th - District Swimming (Aquarena)
26th - Kindergarten AGM
27th - Family Night / BBQ

MARCH

2nd - 5th Parent/ Teacher Interviews

MARCH

3rd - Sausage Sizzle (\$3.50)
9th - Labour Day Public Holiday
16th - P&F Meeting
18th - School Council
26th - School Photos
26th - Kindergarten AGM



FAMILY PICNIC / MOVIE NIGHT

Friday 27th February 6.00pm – 9.30pm Movie Night – Kung Fu Panda. Entry by a gold coin donation at the door. The school BBQ will be available on the night for families to bring their own meat and cook it themselves or you may wish to bring dinner from home. In the past Pizza, Fish and Chips and Chicken have been popular.

SAUSAGE SIZZLE

The Sausage Sizzle will be held Tuesday 3rd March (\$3.50).

NEXT MEETING

The next meeting of P & F will be held in the Staffroom on Monday 16th March at 8.00pm. This meeting will be the 50th Annual General Meeting of the P & F. Please feel free to come along and join in, meet some other parents and help support your child's school.

President - Susan Kent - P.9891-7037

Secretary – Helen Drossinis – P.9842-7213

Treasurer – Yasmin Tibb – P.9842 4875



BEFORE CARE WEEK 2nd – 6th March

MON	Construction
TUE	Games
WED	Children's Choice
THU	Craft
FRI	Free Play

AFTER CARE WEEK 2nd – 6th March

MON	Games
TUE	Free Play
WED	Cooking
THU	Movie
FRI	Craft

BEFORE CARE WEEK 9th – 13th March

MON	Labour Day Public Holiday
TUE	Games
WED	Craft
THU	Free Play
FRI	Construction

AFTER CARE WEEK 9th – 13th March

MON	Labour Day Public Holiday
TUE	Art Activities
WED	Movie
THU	Free Play
FRI	Games



The first committee meeting for the year will be held on Thursday 21st February at 1.30pm at the kindergarten. All welcome!

The welcome BBQ for 2009 last Friday night was enjoyed by all. It was a great opportunity for parents to meet each other in a social environment. There are a number of social occasions during the year and your support is needed to make them successful.

The Annual General Meeting for the Kindergarten is to be held on Thursday 26th February 2009, at 1.30pm, at the Kindergarten. Everyone is welcome and encouraged to come along!! This is the first meeting of the year and office bearers are elected, being part of the Kinder committee is a great way for parents to make a difference to the kinder, so come along and get involved.

See you there....Marg Hoskin – President

What a great start to the year it has been. Our 4yo group has settled in well with most having attended our 3yo group last year – the comfort and familiar surroundings and faces is obvious. The 'new- kids' have blended in well and the program is running smoothly. Our 3yo program is now in 'full-swing' with only a small group at this stage (several children start next term). There have not been too many tears as our little ones settled in, (although Jo, Connie and Deidre have been seen dabbing their eye occasionally.) Please remember if you have any questions or concerns do not hesitate to speak to Deidre at the kinder or Mr Corr at the school. Enjoy the year!

Deidre Fent– Kindergarten Teacher

EDUCATION MAINTENANCE ALLOWANCE (EMA)

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children. To be eligible for receipt of the EMA you must:

- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 1986 or be a Veterans Affairs (TPI) pensioner or be a foster parent.

The eligibility criteria must be met as at the first day of Term 1 (28th January 2009 which is the first day for teaching staff) and Term 3 (13th July 2009).

The EMA application must be submitted to the school by 27th February 2009 for the first payment and 7th August 2009 for the second payment. Application forms are available from the school office.

FENCE FRIENDS

Once again FENCE FRIENDS are on sale. If you would like to see your masterpiece on the school fence then part with \$25.00. What fun it will be to see your very own Fence Friend on the school fence. Twenty-Five dollars is not a lot of money for years of enjoyment. Designing and painting your "Friend" will take place between 4.00pm – 6.00pm 27th February before the Family Picnic under the supervision of Mrs Ferrall (Art Teacher). If interested please pay at the office and book a time to complete your 'Fence Friend'.



HEALTHY EATING CHOICES FOR CHILDREN

Healthy eating means eating a wide variety of nutritious foods from all of the food groups. These foods contain lots of vitamins, minerals and fibre. Eating a wide variety of foods from all food groups will help you grow. Some foods contain too much sugar or fat and not many vitamins and minerals. These foods we should only eat sometimes.

Teach your children how to make healthy food decisions by showing them the difference between 'everyday' foods (vegetables, wholegrain bread, cereal, milk, cheese, fruit, meat, fish and nuts) and 'sometimes' foods (sweet biscuits, chocolate bars, soft drinks, chips or cake). Sometimes food should be a special treat at birthday parties or only a couple of times a week.

Eating breakfast is a must for young children. It assists with concentration, recall and memory – and helps them stay focused at school. Encourage children to eat a healthy and filling breakfast before school and if possible, make a special family time for breakfast on the weekends.



Teach your children the importance of drinking water when they are thirsty – especially after exercise. A water bottle is a must for all Physical Education sessions at school.

In Summer, encourage children to make their own ice-blocks by freezing fruits such as sultana grapes, quartered oranges, halved peaches or peeled bananas, or use fresh fruit juices in plastic moulds, add a little water to help them go further and freeze better. These will make a refreshing and healthy snack for after school.

This week is the first week for Fitness Club, twelve Grade 4/5 children have been invited to bring a friend to the gym to complete some Circuit Training exercises for twenty minutes on a Tuesday and Thursday lunchtime. This will be a fun activity looking at improving upon their individual fitness levels.

Good luck and enjoy to all involved!
PE Teacher - Mrs R. Wallace