100 YEARS OF THE ANZACS 1915 - 2015

LEST WE FORGET

ANZAC DAY: This week our thoughts are very much centred on ANZAC Day and the importance that this day has for each of us both individually and as a nation. Each class has been involved in learning about this day in class at an age appropriate level. Children have each made a poppy which is now displayed in the front office. We would invite you all to create your own poppies and bring them to school to be displayed along with those of the students. On Friday materials will be placed in the parent drop in centre so that you can make your own and add to the display. To keep your strength up, there will be some ANZAC biscuits for you as well as tea and coffee.

Events that our children are involved in to commemorate ANZAC Day are as follows.

Our 2 School Captains, Balin and Molly along with House Captains Laura, Noel, Connor, Jen, Amy and Illiana will attend the Children’s ANZAC Ceremony at Seaford RSL commencing at 10.30. Balin and Molly will lay a wreath on behalf of our school community.

The year 5 KID reps, Paige, Emily, Harvey and Jude will attend Monterey Secondary College for a special ANZAC Assembly. At this assembly they will read the letters to home that they have created, imagining they were a soldier or a nurse at Gallipoli.

Year 3/4 students on camp will observe a minute’s silence at 11 am.

All students back at school will assemble around our Lone Pine Tree. Designated students will provide a reflection of ANZAC Day, the Ode will be recited, and a minute’s silence observed.

Year 5 and 6 students will read their own personal stories and reflections at assembly.

In this newsletter we have included the thoughts of some of our students from the years 5 and 6 classrooms. Some have been written as letters, some as reflections. Each shows a maturity in the thoughts of our students, demonstrates a level of understanding of the enormity of the events, and shows an empathy for those that experienced the horrors of war.

NO CANTEEN THIS WEEK: A reminder also that there will be NO CANTEEN tomorrow, however children are able to order sausage in bread and a drink. If sending orders to school these need to be here in the morning. If using the QKR App, please make sure that orders are placed today (Thursday)

PARENT FORUM: Wednesday May 6th will be our next parent forum at the Parent Drop In Centre. A number of your elected parent reps on School Council will be in attendance so this will be a great opportunity to meet them, find out how our school council operates and know how you can raise any concerns to school council through your representatives. The forum will be fairly informal. Commencing at 9 am tea, coffee and morning tea will be available.

SCHOOL PHOTO DAY: A reminder that our school photo day is Tuesday May 5th. Order forms have been provided to you and it is important that these are returned with payment or credit card details, or that you have submitted an order on-line. It is important that all children come to school on this day and that they arrive by 9am as their grade may be first. Please make sure that your child is dressed in correct school uniform.

PUPIL FREE DAY: School Council has approved Tuesday May 26th as a pupil free day. All staff will be working on site with the day beginning with a presentation of The Seven Habits of Highly Effective People and an overview of “The Leader In Me” which derives from the 7 Habits. The remainder of the day will see the staff working together to develop a time line and processes to implement this culture into the school. Please place this in your diary. The Out of School Hours Care program will operate on this day for parents who require it. Please make sure you book early with Matt to secure a place for your child.

Regards
Michael
CELEBRATING OUR CHILDREN'S
ACHIEVEMENTS

Cooper, Ella, Jack, DJ, Connor, Skye, Brody, Georgia, Ashley, Renee, Hayden and Will received their Values Awards at assembly last Friday.

Molly and Balin received their School Captain badges at assembly last Friday.

Alyssa and Balin shared their sporting achievements with us at assembly last Friday. Balin will represent Victoria in the National Baseball Championships in June, and Alyssa came 3rd in Javelin at the State Little Athletics Competition.

Well Done Balin and Alyssa

SCHOOL PHOTO DAY IS COMING
SCHOOLPIX will be visiting us on Tuesday 5th May

PHOTO DAY TIPS:

Dress: Clean and tidy as per school uniform guidelines

Hair: Neat and swept off face

Manual Orders: Complete your order form and return with payment to school on photography day

Online Orders: To pre-order online, take your personal Order and ID Numbers found on your order form and go to www.schoolpix.com.au. Orders can be placed online up to 3 working days after photography. You do not need to return the order form if you order online.

Remember: All orders placed online will receive a free 20cm x 25cm black and white portrait print.

Sibling order forms available at Office

SchoolPix

PO Box 5222, Hallam VIC 3803
Ph: 1300 766 055
Email: info@schoolpix.com.au
Benefits of books

Reading books with children has many benefits. Book sharing can be a special time for educators and their students; it provides an opportunity to relax and take time out from the demands of everyday life.

Books are one of the greatest tools for helping children develop language skills. You can introduce children to new words and to new adventures that they have not yet experienced. For example, if the child has not yet been to a farm, you can introduce them to farm animals through colourful illustrations. The greater a child's exposure to books in their early years, the more success they will have with literacy at school and into the future.

It's never too early or too late to get children involved in the enjoyment of reading. Reading at least one book a day with a child will put them in good stead for developing strong literacy skills later in life.

Have fun with books and your young people will discover that learning is fun!

From "Health Promotion" - The Peninsula Health newsletter

Helping You to Quit

Did you know that smoking is known to increase the risk of lung cancer, cardiovascular disease, chronic obstructive pulmonary disease and many other illnesses? Add to this the risks of second hand smoke to your children and you have good reasons to use Peninsula Health Quit Smoking Support Services.

Peninsula Health Quit Smoking Support Services are for people who would like to stop or manage their smoking. Services are available in Frankston, Mornington, Rosebud and Hastings.

The service will support you to improve your health, handle stress and anxiety about quitting and empower you to give up smoking.

Individual sessions are available at $9 with a pension or Health Care Card or $14 for non-card holders. Don't delay, plan for a healthier future for your family today. To register for Quit Support Services contact Peninsula Health Community Health Phone 1300 665 781.

From "Health Promotion" - The Peninsula Health newsletter

SCHOOL BANKING

ACCOUNT OPENING DAY

30TH APRIL, 2015

2.00 P.M.

IN STAFF ROOM

CONDUCTED BY MEMBER OF THE COMMONWEALTH BANK

COMMUNITY NEWS

Displayed on the Noticeboard in the front foyer of the Office.

• 12 week body transformation—personal trainer starts 7th May 2015.
• It’s not too late to change your smoke alarm batteries
• Seaford United soccer club is looking for boys and girls to play soccer.
Healthy Lunchbox ideas

Try these tasty recipes and reward your kids with a delicious and healthy lunchbox treat!

Lunchbox pies (makes 6)

1 ½ cup frozen vegies (peas, carrots & corn)
100g lean ham cut into small pieces
5 eggs
1 cup grated low fat cheese
1 cup self-raising flour
1 tsp dried mixed herbs

1) Preheat an oven to 180C. Line a muffin pan with baking paper or muffin wrappers.
2) Whisk eggs in a bowl. Add other ingredients and mix until well combined.
3) Spoon the mixture into muffin pan and bake for 30min.
4) Remove from oven and allow to cool.
These can be served warm or refrigerated.

Tuna pasta salad (serves 4)

200g canned corn kernels (½ 400g can)
250g pasta (farfalle, pene, spirals, elbow, etc)
1 tomato, chopped in small pieces
1 carrot, grated
1 cucumber, chopped in small pieces
425g can tuna in oil

1) Cook pasta as per packet directions, drain and rinse with cold water
2) Add all other ingredients
3) Toss through until everything is mixed evenly and refrigerate until ready to serve
Serve salad in an air tight container and make sure you include an ice pack in the lunchbox to keep it cool.
For more recipes go to www.freshforkids.com.au.
21/4/1915

Dear Mother and Father,

For the past day, soldiers have been coming in bleeding, injured and wounded. Through courage, the soldiers soldier on and my fellow nurses continue to save and help, the injured men. I am awe-struck by the soldier's courage and sacrifice. The aberration is outrageous. One of my friends has caught an unknown disease. I miss you all and I hope the self-courage invested in me, is enough to survive. I have already finished about a quarter of my biscuits, and if you were wondering, the biscuits weren't very pleasant.

I would be honoured if you could send me some tablets and a packet of matches.

Love Your Loving Daughter, Jemma

26/6/1915

Dear Ma and Pa,

We just dropped off the soldiers in Gallipoli. I stayed on the ship headed to Egypt to help the wounded soldiers. We arrived and set up many tents and already many soldiers have come in with gunshot wounds and large cuts. We have also come close to bullets. I got on the ship feeling depressed and brave, but I am quite okay now as I am used to seeing the wounded come in with blood dripping from their bodies.

It is very hot and humid inside the tents and I am sure it is outside too. I miss you guys so very much and wish to come home. I hope that you guys are doing well and not worrying too much, as I am fine. I just have one problem though, the conditions are confronting, and I am just not use to it. I can't wait to see you again.

From your loving daughter.

Amy xxx
Dear mum

I am writing from Gallipoli after a couple of months of war. It has been hard for me and my friends. I was not expecting such a hard time. We have not had good luck since we got here. I'm afraid I'll never see you again, but I hope I survive long enough to make it home. The Turks are getting the best of us. The Turks were ready for us the second we got off the boats and into the water. There are so many injured and dead. I'm lucky I was not one of them. Could you please send me some good socks. Thank you.

Your loving son Beau.

Anzac letter 25th April 1915

Dear Ma and Pa.

I have had an amazing experience learning to be a soldier. I have had some diseases and been to the nurse a couple of times Right now I feel fine. I miss you so much, and can't wait to see you. Let's hope I get out alive. I have made some friends and sadly they have passed away. Although at the end of the day I will never stop fighting for our country. I miss your cooking so much and I can't wait to come back home. I hate having the same meal night after night. So can you please send over some food and tablets also heaps of biscuits, as I get really hungry. Anyway I need to stop writing. When you get this letter, I just want you to know that I love you and always will.

Love David