



VPPS VALUES CUP SCORES			
ARUNDEL	ASCOT	ILFORD	TONKIN
70	75	61	67

NEWSLETTER

DIARY DATES

TERM 1 | WEEK 5 | FRIDAY 01/03/19

Thank you to all the parents who came along to the Acquaintance Night and those who stayed for the Annual General Meeting last Tuesday evening. It was lovely to see your support and interest in meeting your child's teacher.



Jo Catsas-Maroulis



David Hern



Kelly Rivett

A special thank you to three of our 2018 elected members who have retired due to family commitments from Governing Council – Maxine Gavros, Jodi Nyskohus and Matt Neagle.



Rohan Wundke (Chair)



Vicki Therkelsen



Judy Lamp (Vice Chair)

We thank each one of you and valued your precious time, vision and energy in order to continue to improve Vale Park Primary School and support to increase outcomes for all of our students.



Melanie Foster



Caroline Zhao



David Drury

Congratulations to our 2019 Governing council elected members. We look forward to working with you.



Ioannis Kasselouris
(Bearer of the seal)



Jeff McDonald



Russell Barlow

Images Unavailable:
Lisa De Guglielmo (Treasurer), Mhairi Hall (Secretary), Anthony Moors & Sandra Barazin.

Term Dates 2019

Term 1 29th Jan - 12 Apr

Term 2 29 Apr - 5 Jul

Term 3 22 Jul - 27 Sept

Term 4 14 Oct - 13 Dec

Governing Council

Tuesday 19/03

Principal Tours

Wednesday 27/03

All welcome & bookings are required

Public Holiday

Monday 11/03

Pupil Free Day

Tuesday 12/03

Key Dates

04/03 - Swimming Week

08/03 - Spirit Excursion

11/03 - March Public Holiday

12/03 - Pupil Free Day

15/03 - P&C Morning Tea

22/03 - Harmony Day

25/03 - Interviews Commence

28/03 - NAPLAN Online Practice Test

29/03 - Sports Day

03/04 - Yr 6/7 G&D

01/04 - Photo Day

04/04 - SAPSASA Cross Country

10/04 - Yr 6/7 G&D

12/04 - Last Day of Term 1

2:05pm Finish

growing for the future...



Growing Harvesting Preparing Sharing



Principal
Jo Catsas-Maroulis
jo.catsasmaroulis493@schools.sa.edu.au

Deputy Principal
Ann Shepherdson
ann.shepherdson119@schools.sa.edu.au

Assistant Principal
Kim Dickmann
kimberley.dickmann611@schools.sa.edu.au



Government of South Australia
Department for Education





NEWS & UPDATES

NAPLAN Online

On Thursday 28th March (week 9) all schools involved in transitioning to NAPLAN Online will be undertaking a National Co-ordinated Practice Test. This is to help with the move from paper to the online format, ensuring the national ICT and administering systems are in place before the tests occur in May. Vale Park will be involved in testing on this day – which may include students from Years 3, 5 and 7. This test will not provide student performance information.

All families of students in years 3, 5 and 7 received a “NAPLAN Online - Privacy Collection Notice” outlining this.

The National Practice Test is an opportunity for students to become more familiar with the layout of NAPLAN Online.

School Interviews

Parent Teacher Interviews are coming up in week 9 of this term. This year we will be implementing a new online booking system. You will be able to book in with your child's teacher / teachers via a website using a specific code for our school. More information regarding this will be coming out in the next few weeks.

2019 Materials & Services Fees

A reminder that the 2019 Material and Services invoices for \$420 have been posted to parents/guardians and we require payment by Friday 12th April 2019. If you do not receive the invoice or are unable to pay the invoice by the due date, please contact the Business Manager, Graeme Schutz, on 8261 3733 or call in to the front office to organise a payment arrangement.

Staff Carpark

As stated in the adherence that was sent home to all parents and caregivers dropping off and collecting children from the OSHC & Vale Park Primary School, the Staff Carpark located on the school grounds (entrance off Arundel Street) is strictly for **STAFF ONLY** between the hours of 7:45am and 4:30pm.

We recommend you park on either Tonkin Street, Arundel Street or Washington Street to drop off or collect students. Please **DO NOT** use Ascot Avenue as this has an enforced Bike Lane and is also a **NO STANDING** zone on the school side. Please ensure you read and obey the street signs for any conditions or time restrictions.



Photo Day Moved

Please note the Vale Park Photo Day has now moved to Monday 1st April 2019.



Student Absences

A reminder to the Vale Park Community that if your child is going to be absent from school due to sickness or family reasons can you please ensure you let the Front Office know. This can be done by ringing the school on 8261 3733 at anytime. Please leave a voicemail message if you are unable to speak to any of the Front Office staff.

Additionally, you can send an email to dl.0967.info@schools.sa.edu.au to notify the Front Office staff.

For all absences that are more the three (3) days due to sickness a medical certificate provided from a doctor will need to be provided.

If your child is going to be away for an extended period of five or more days you will need to speak with the Front Office staff about completing an Exemption Form.



CANTEEN

Canteen Updated Menu

Monkey Snacks have increased to \$1 due to the rising cost of Bananas.

THE VPPS CANTEEN Menu Term 1 2019

HOW TO ORDER YOUR LUNCH/ RECESS	HOT FOOD	SANDWICHES
<p>Recess Orders available Wednesday, Thursday and Friday.</p> <p>Lunch orders available Tuesday, Wednesday, Thursday and Friday.</p> <p>Online ordering available through the QKR app.</p> <p>More details about QKR are available from the canteen and front office.</p> <p>OR</p> <p>Place your order in your class canteen tub on the morning of the day you want your order.</p> <p>Write your lunch/ recess order on a bag. Please mark recess and lunch orders clearly.</p> <p>Make sure Name, Class, Order and Money are included. Extra bags 10 for 50c.</p> <p>ORDER NOTE: Gluten Free items are marked GF on the menu. If ordering any gluten free items please mark this clearly on your order.</p>	<p>VEGIE Spring roll.....90c</p> <p>Corn Cobette.....\$1.00</p> <p>Cruizer Pies - Beef.....\$4.80</p> <p>Sausage Rolls.....\$3.50</p> <p>Pastie.....\$4.80</p> <p>Sauce - Tomato, BBQ or Sweet and Sour.....30c each</p> <p>Pizza Singles - Ham and Pineapple.....\$3.00</p> <p>Ham and Cheese.....\$3.00</p> <p>Jacket Potato with bolognaisse sauce(GF).....\$4.50</p> <p>Chicken Schnitzel with salad and wedges.....\$5.00</p> <p>Chicken tenders with salad (GF).....\$5.00</p> <p>Chicken Wedges (4 per serve).....\$4.00</p> <p>Dinosaurs in a bag (6 chicken nuggets).....\$3.00</p> <p>Dinos In The Mud.....\$4.50 (5 nuggets, pasta and bolognaisse Sauce)</p> <p>Fish Fingers in a Bag (5).....\$3.00</p> <p>Fried Rice (GF).....\$3.50 (a great Vegetarian option)</p> <p>Small Serve of Nachos.....\$3.50 (corn chips served with salsa and cheese)</p> <p>Large Serve of Nachos.....\$4.50</p> <p>Giant Toasty (Half a roll, tomato Sauce, grated cheese).....\$2.00</p> <p>Salad Bowl(GF)(tomato, cucumber, carrot and lettuce).....\$3.50</p>	<p>Salad Sandwich.....\$3.50 (Tomato, carrot, cucumber and lettuce)</p> <p>Cheese Sandwich.....\$2.50</p> <p>Cheese and salad Sandwich.....\$4.00</p> <p>Ham Sandwich.....\$4.00</p> <p>Ham and Cheese Sandwich.....\$4.50</p> <p>Ham and Salad Sandwich.....\$5.50</p> <p>Vegemite Sandwich.....\$2.00</p> <p>Toasted Sandwiches.....add 20c</p> <p>DRINKS</p> <p>Water.....\$1.50</p> <p>Milk- Choc or Strawb.....\$2.50</p> <p>Frozen Milk.....\$2.60</p> <p>Glee-raspberry,blackcurrant,grape or tropical (99% sparkling fruit juice).....\$2.00</p> <p>Juice- Apple, Orange or Apple/ Blackcurrant.....\$2.00</p> <p>ICEBLOCKS-can only be purchased from the canteen counter</p> <p>Freeze Pops-Choc, Cola, Bubblegum,Lemonade, Watermelon Fizz or Strawberry.....60c</p> <p>Zing Creamy yoghurt Stick-Yogurt,Apple,Mango, Blueberry or Strawberry.....60c</p> <p>Jelly Fruit Shape-Orange, Apple, Pineapple, Strawb. or Grape.....30c</p> <p>Wobbli Jelly Stix-Apple, Orange, Pineapple or Strawberry.....15c</p> <p>Nice and Joosy- Lime, Raspberry, Orange and Blackcurrant.....50c</p> <p>Zing sour-Lime,Raspberry or Blueberry.....60c</p>
<p>SNACKS</p> <p>Fruit Strap-apricot, strawberry or boysenberry.....\$1.00</p> <p>Muffin- Large/small.....\$1.00/40c</p> <p>Monkey snacks.....\$1.00</p> <p>Apple slinky-bring your own apple.....20c Ours.....80c</p> <p>Cookies.....40c</p> <p>Yoghurt sandwiches.....80c</p> <p>Ovalteenies.....\$1.00</p> <p>Rice rolls.....40c</p> <p>JJ's-chicken, salt & vinegar.....\$1.40</p> <p>Red Rock Chips-honey soy chick OR sea salt.....\$1.40</p>	<p>Our Menu highlights what are 'GREEN' eat anytime foods and 'AMBER' eat sometimes foods. We hope this helps to encourage children to make better food choices when ordering their lunch and gain an understanding of healthy eating and how it impacts on them.</p>	

Reminder

CANTEEN OPENING TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED ALL DAY	Recess CLOSED	Recess 10.45-11.05	Recess 10.45-11.05	Recess 10.45-11.05
	Lunch 1.25-1.45	Lunch 1.25-1.45	Lunch 1.25-1.45	Lunch 1.25-1.45



2019 SPORTS DAY POLOS FUNDRAISER

Sports Day Polos in team colours will be available again in 2019.

As a Sun Smart School, only Polo tops or collared shirts will be permitted to be worn during school events such as Sports Day.

Sports Day Polos will cost \$26.00 each (GST inclusive). All adult sizes will incur an extra \$2 charge.

Payment can be made in cash, cheque (made out to Vale Park Primary School), credit card, EFTPOS and Bizgate (Vale Park Primary School website).

Please place you order form with your payment in a sealed envelope with your child's full name, room number and marked Sports Day Polos Order. **One order per student please.**

Payment must be made by **12pm on Friday 8th March 2019** to the Front Office. As these Polos are made exclusively to order, please choose carefully as there will be no exchanges and definitely **NO LATE ORDERS WILL BE ACCEPTED.**

SPORTS DAY POLOS ORDER CREDIT CARD FORM 2019
Payment to be made in full by Friday 8th March 2019
NO LATE ORDERS ACCEPTED

STUDENTS FULL NAME: _____ ROOM NO: _____

I hereby authorise Vale Park Primary School to draw on my credit card for the amount of:

\$ _____ **for the Payment of: Sports Day Polo for 2019**

Only Visa/Mastercard accepted.

_____/_____/_____/_____

Expiry Date: ____/____/20____

3 Digit Security Code: _____

CARD HOLDERS NAME: _____

Signature of Card Holder: _____

Date: ____/____/2019



2019 SPORTS DAY POLOS FUNDRAISER

TEAM	CHILDREN SIZES							ADULT SIZES +\$2				
COLOUR	4	6	8	10	12	14	16	S	M	L	XL	2XL
TONKIN GREEN												
ARUNDEL RED												
ILFORD YELLOW												
ASCOT BLUE												

Student Full Name: _____ Room No: _____

Parent/Caregiver Name: _____ Contact No: _____

TONKIN _____ @ \$26.00 (GST incl)

ARUNDEL _____ @ \$26.00 (GST incl)

ILFORD _____ @ \$26.00 (GST incl)

ASCOT _____ @ \$26.00 (GST incl)

TOTAL ENCLOSED: \$ _____

Please Tick: Cash Cheque Credit Card Bizgate



ROOM 5

It was great to see so many families visit the classroom on Acquaintance Night and we were very excited to share our work with them. We were particularly keen to show our family's our Character Strengths. We picked which strengths connected with us the most. We have learnt that we all use different strengths and we are all strong in some areas but may need to work on other Character Strengths as we try out different activities during the school year. We learnt that a great team needs lots of different strengths and we are all important members of our team. We will be referring to the Character Strengths all year to help with our learning as they also link to having a Growth Mindset.

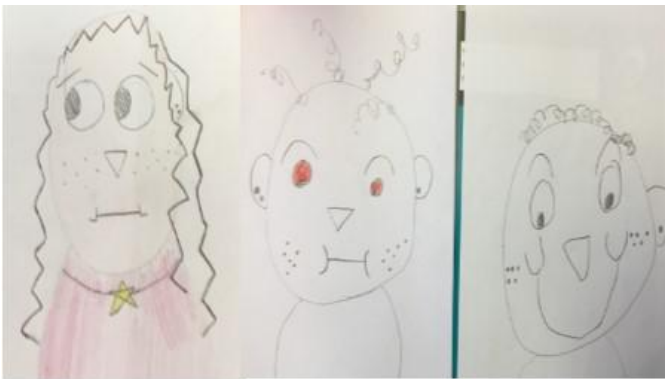
During our morning routine we have been practising skip counting and looking at multiplication patterns. We have also been practising breathing techniques and mindfulness. In literacy we have been discussing narratives and how to make a sizzling start to our own texts.

Gaining our licenses.

The red team in cooking got their knife licenses during our kitchen lesson on Tuesday 19th. This means they are competent to use a sharp knife under supervision to chop vegetables.



In Gardening on Thursday 21st we all gained our planting and hand tool licenses. We had to identify garden tools, show we could sensibly use a wheelbarrow, and plant some plants correctly.



Meeting our Buddy Class — Room 16

At the end of week 4 we met our buddies and had a fun afternoon drawing self portraits. We had to use different symbols for everything about us, for example, if we have brown hair we drew a zig zag lines on our head. If we like vanilla ice cream we drew round circles on our cheeks.



Art Studies

This term students in Room 12 are learning about different artists and the techniques used in their work.

The first artist we studied was Vincent van Gogh. Here are our beautiful artworks!

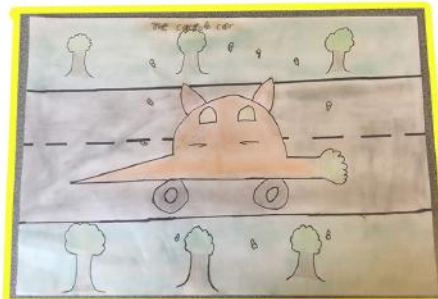
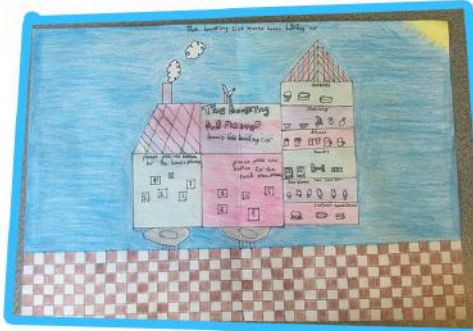
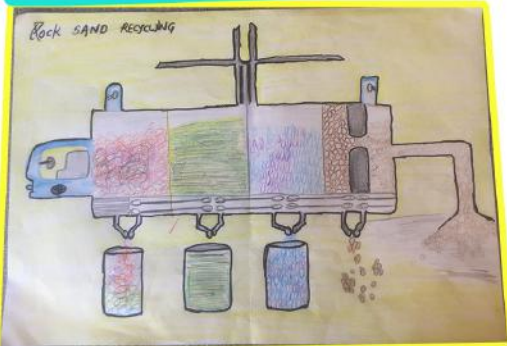


Room 19 - Year 4s



In Room 19, we have been creating designs for the Toyota Dream Car Contest. We had to consider what problem in society we could provide a solution to with our designs. Students designed cars that rescue endangered animals, clean our oceans, recycle rocks, feed the homeless with candy and many more.

Miss Rivett



My dream car is meant to get people where they want to be, by getting over lava lakes using its propeller. It also has inflatable wheels for driving on water. These inflatable wheels can drive up hills too. So this car is extremely useful for camping and long road trips.
- William L.

In room 19 we have entered a competition, we have to design a dream car of anything we can imagine. We have been very creative on what we draw and what we want it to look like. The winner gets a trip to Japan. If you come in second place you get \$500 to spend at any apple store. If one class enters 20 students you will get a Art pack for that class. I think everybody has done a good job.
- Maya K.





こんにちは！

At the beginning of the year in the Japanese room we have been using Japanese language during art and craft activities such as the beautiful *sakura* pictures shown here made by the senior school.

The Grade 2/3 students have been learning about animals and their habitats. Here are some photos of the *doubutsuen* game we played in Week 4.

Ben-sensei





HOW SCREEN TIME AFFECTS REST

When children don't get enough sleep they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. With more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

"The main effect of overusing media devices is that it can decrease the total amount of sleep kids get," says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

Timing - the use of electronic media can lead to delays in children's bedtimes, resulting in less time being available for sleep.

Content - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.

Light emissions - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine.

Dr Loughran suggests the following:

- Set a 'bed time' for media devices - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.
- Tweak their bedtime routine - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- No media devices in the bedroom - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- Replace screen time with exercise during the day - outdoor exercise in bright light is wonderful for sleep and helps balance their 'virtual' and real lives.
- Limit food and drinks during screen time, especially at night - electronic devices tend to encourage mindless over-eating and drinking, which can stimulate the body and imbalance hormones.

What constitutes 'too much' screen time remains to be defined. You might like to read up on the Department of Health guidelines. They recommend that children five to 12 years have no more than two hours of screen-based entertainment per day, and that two-to-five year olds have less than one hour.



Article from KidsMatter





DRAGONBOATS SA

F I E R C E F A S T F U R I O U S

2019 AUSTRALIAN NATIONAL DRAGON BOAT CHAMPIONSHIPS

Congratulations to Bethany Wells-Parker on her selection for the South Australian State Junior team to compete at the National Championships in Canberra for the SA team known as The Dragonmites.

Bethany will represent South Australia at the National Championships held from 17th to 22nd April at Weston Park, Yarralumla (on Lake Burley Griffin) in Canberra.

Bethany is hoping to raise funds to support her first major event. All funds raised will help cover her travel and accommodation. We thank you in advance for any donations you make.

Please visit Bethany's Go Fund Me Page to assist her, even for a small donation will help her reach her target of \$1500.

[GOFUNDME.COM/MISS-BETTY-TO-THE-DRAGON-BOAT-NATIONALS](https://www.gofundme.com/miss-betty-to-the-dragon-boat-nationals)



VALE PARK
PRIMARY SCHOOL



OPEN DAY

Demonstrating students' learning and showcasing our facilities

- Music and Arts Program
- Hospitality - Café and Commercial Kitchen
- Science and Technology Labs
- Sports Education Pathway
- Pedal Prix
- Early Years Program
- Primary Years Program

Sunday 31st March 2019

10.30am -12.30pm

McKay Ave, Windsor Gardens

For more information please phone: 8261 2733

or visit: www.avenues.college.sa.edu.au



OPEN NIGHT

Wednesday 20 March 2019

Government of South Australia
Department for Education



Take the stress out of parenting

A series of 3 free engaging and informative workshops for parents with children aged 3 to 12 years

- Workshop 1. The Power of Positive Parenting** Wednesday 6:00-8:00pm 13 March 2019
Ensuring a safe engaging environment - Creating a positive learning environment - Using assertive discipline - Having reasonable expectations - Looking after yourself as a parent
- Workshop 2. Raising Confident and Competent Children** Wednesday 6:00-8:00pm 20 March 2019
Showing respect to others - Being considerate - Having healthy self-esteem - Having good communication and social skills - Being a good problem solver - Becoming independent
- Workshop 3. Raising Resilient Children** Wednesday 6:00-8:00pm 27 March 2019
Recognising and accepting feelings - Building a positive outlook - Developing coping skills - Expressing feelings appropriately - Managing negative feelings - Managing stressful life events

Where: Felixstow Community School
12/23 Briar Road, Felixstow

Registrations: Email Chantal Rainsford on Chantal.Rainsford418@schools.sa.edu.au

Everyone is welcome, however **bookings are essential**
Delivered by the Department for Education's Positive Parenting Team
If you can't make these times, www.triplep.com.au has all our upcoming workshops

Happy families. Better relationships. Successful kids.

Government of South Australia
Department for Education

FREE Triple P

Marryatville High School Special Interest Music Centre INFORMATION EVENING Thursday 21 March 2019 7.00 - 8.00pm



The Forge Theatre
Marryatville High School
170 Kensington Road
MARRYATVILLE

Information about the Special Interest Music Centre, course structures, curriculum and selection process.

For information about the event call 8304 8431

Glenunga International High School

Excellence^{PS}
Opportunity^I
International Mindedness
Harmony



Information Night
International Baccalaureate Diploma
IGNITE (Gifted and Talented)
Hear the experts! Ask the questions!
Thursday 7 March 2019 6:15pm until 7:45pm

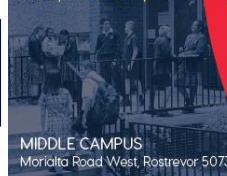
Open Day
See a world class 21st century school in action
Friday 8 March 2019 10:00am until 12:15pm

Please register your interest via our website. Only registered people will be able to attend.

99 L'Estrange Street, Glenunga SA 5064 | Phone: 08 8379 5629
glenunga@gih.s.sa.edu.au | www.gih.s.sa.edu.au

OPEN NIGHT

Tuesday
19 March 2019
5.30 pm to 7.30 pm



Families are invited to join a school tour of the Middle Campus to:

- Explore our exciting learning opportunities
- Discover our 2020 Special Interest Programs
- Hear about our new facilities
- Meet the Principal, Staff and Student Leaders

Visit us to see the Senior Campus 'in action'
Tours at 11:00am and 1:00pm on Thursday 4 April 2019.
Register for the Senior Campus tour on 8364 2299.


Government of South Australia
Department for Education



NORWOOD MORIALTA
HIGH SCHOOL



pack a
waste-free
lunch



URRBRAE

AGRICULTURAL HIGH SCHOOL

OPEN DAY


FOR PROSPECTIVE
YEAR 8 STUDENTS
TUESDAY MARCH 19TH 2019

*2 hour programme (9.30 - 11.30am or 1.00 - 3.00pm or 5.00 - 7.00pm)
Includes Application Information,
Farm Tours and School Tours*

*Students wishing to enrol at Year 8 level in 2020 and their parents are invited to attend.
Parking on the School Oval with access via Gate "C" off Cross Rd.
Proceed to the Gym.*

- Urrbrae is a Special Interest School which offers a comprehensive curriculum including Agricultural Studies.
- Selection for enrolment is based on the student's interest in Agriculture, the Environment and Technology
- Application Packages available from March 19th
- Enrolment applications close 5pm Wednesday May 1st

505 Fullarton Road, Netherby, SA, 5062
Ph: (08) 8274 7455
dl.0798.admin@schools.sa.edu.au
www.urrbraehs.sa.edu.au



Government of South Australia
Department for Education

VT0466781

Waste Free Wednesdays

VALE PARK PRIMARY SCHOOL



SCAN QR CODE FOR NUDE FOOD INFO

KESAB - Wipe Out Waste
<http://www.kow.sa.gov.au/nude-food.html>

Parents and Caregivers Morning Tea

**When: Friday morning 15th
of March 8:45-9:15am**

Where: SAKG Kitchen



walkerville
junior football club

*Join the Roar in Season
2019!*

**Want to play for a great footy club?
We are looking for players for our
U9, U11 & U12's teams.**

DOB 2010 DOB 2008 DOB 2007

Walkerville Junior Football Club was established in 1961 and is proudly affiliated with SANFL Juniors. Our friendly, successful and well-run Club has more than 400 Junior members and we would love you to be a part of this wonderful club.

REGISTER NOW!

WJFC - Smith Street, Walkerville
wjfc.cats@gmail.com
www.wjfc.com.au



Contact Phone Numbers

OSHC: (after 3pm) 8266 0439

Mobile: 0422 274649

Uniform Shop

Open Tuesday Mornings 8.30 - 9.15

Kristina: 0434 354 144

Mon - Fri 8am - 4.30pm

Vale Park Pre School: 8261 0228