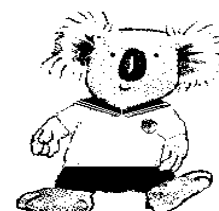


# NEWSLETTER

Web Page: <http://rosewooddownsps.vic.edu.au>  
 Email: [rosewood.downs.ps@edumail.vic.gov.au](mailto:rosewood.downs.ps@edumail.vic.gov.au)  
 Ph: 9795 3744 Fax: 9795 9971



## Dates for your Diary

<b>Friday</b>	<b>11<sup>th</sup></b>	<b>May</b>	<b>Subway Lunch</b>	
			<b>Mother's Day Stall</b>	8:30am – 10:00am
			<b>Anglicare Parent Program</b>	9:30am – 12:00pm
			<b>Mother's Day Afternoon Tea</b>	2:30pm
			<b>Individual School Photo Orders</b>	(must be placed by) 11:59pm
<b>Monday</b>	<b>14<sup>th</sup></b>	<b>May</b>	<b>CAMP – Grade 1 + 2</b>	
			<b>Perceptual Motor Program (PMP) – PREP</b>	2:30pm – 3:30pm
<b>Tuesday</b>	<b>15<sup>th</sup></b>	<b>May</b>	<b>CAMP – Grade 2</b>	
<b>Friday</b>	<b>18<sup>th</sup></b>	<b>May</b>	<b>District Gala Sports Day 1 – UNIT B</b>	
			<b>Anglicare Parent Program</b>	9:30am – 12:00pm
<b>Monday</b>	<b>21<sup>st</sup></b>	<b>May</b>	<b>Perceptual Motor Program (PMP) – PREP</b>	2:30pm – 3:30pm
<b>Tuesday</b>	<b>22<sup>nd</sup></b>	<b>May</b>	<b>Book Fair</b>	
<b>Wednesday</b>	<b>23<sup>rd</sup></b>	<b>May</b>	<b>Book Fair</b>	
<b>Friday</b>	<b>25<sup>th</sup></b>	<b>May</b>	<b>District Cross Country</b>	
			<b>Anglicare Parent Program</b>	9:30am – 12:00pm
<b>Monday</b>	<b>28<sup>th</sup></b>	<b>May</b>	<b>Perceptual Motor Program (PMP) – PREP</b>	2:30pm – 3:30pm
<b>Friday</b>	<b>1<sup>st</sup></b>	<b>June</b>	<b>Crazy Hair Day</b>	
			<b>Anglicare Parent Program</b>	9:30am – 12:00pm
			<b>Disco</b>	
<b>Monday</b>	<b>4<sup>th</sup></b>	<b>June</b>	<b>Perceptual Motor Program (PMP) – PREP</b>	2:30pm – 3:30pm
<b>Friday</b>	<b>8<sup>th</sup></b>	<b>June</b>	<b>Curriculum Day – STUDENT FREE DAY</b>	

## Principal's Report

### Collecting children early from school and Student Absences

#### Collecting children from school early - Procedure

If you need to collect your child before the end of the school day, then we need you to send your child to school with a note that states the reason why they are to be collected early and the actual pick up time. We would prefer that all children stay at school for the whole day. We have many parents who come early to collect children without a valid reason for doing so. Each time a parent comes to collect a child early we need to disrupt not only their grade, but the whole Unit. Where possible, I ask that appointments are scheduled for out of school time. Just as absences impact a child's learning so does leaving school early. If a child is collected at 3:00pm each day, then over a week that child will have missed two and a half hours of learning time. Often children are very upset that their parents have interrupted their school day and don't wish to miss out on class activities. At the end of each day teachers give students instructions that they need for the following day. Please work in partnership with us, ensuring that children stay at school for the whole day.

#### Absences

The Department of Education has introduced new legislation requiring all schools to contact parents if their child has an unexplained absence, **on the day of the absence**. If your child is absent please ensure that you contact the school office on 9795 3744 (*you can leave a voice message*), use the FLEXIBUZZ App or send a written note. We need you to contact the school regarding absences on the day of the absence. To help us contact parents about unexplained absences in a timely manner, we are introducing a new roll

marking system called **Compass**. If your child is not at school and we have not received notification of this absence, you will receive an automated message from the Compass system, either by SMS or email. This message will give you a link that you can click on that will enable you to approve the absence and provide an explanation. It is very easy to respond to the notification via your phone or computer. Please ensure you do this as soon as possible if you receive an absence notification via Compass.

Late arrivals - after 9.05am

I have noticed that some children who are arriving late for school are bypassing the front office. When children arrive late to school, we ask them to report to the front office with their parent, who needs to sign them in. At the office, the student will be given a 'late pass' which they will hand to their class teacher. We are issuing 'late passes' as we need to record late arrival details on our new Compass absence system.

Road Safety



In the flier last week, I wrote about my concerns regarding the traffic situation at the front of the school. We still have families crossing the road without using the crossing; I ask that you walk that little bit further along Murray Road to use the supervised school crossing. **Please note that U-Turns are banned in front of the school.** It is extremely dangerous when cars turn into driveways, not only blocking the footpath, but also then reversing into Murray Road. Unfortunately, we have drivers doing U-Turns all of the time in front of the school, even though it is clearly signed that U-Turns are **not allowed**. We take the safety of our students very seriously and ask you to set a good example for your children. If you are concerned about the traffic at the front of the school, please contact the local council.



Canteen – Subway orders next Friday

Subway orders next Friday. **Subway orders will be due in Wednesday morning by 9:15am. A Subway envelope has been distributed to your child today. Extra envelopes are available in the front office.**

Special Invitation- all mums are invited!

To celebrate 'Mother's Day', all of our mums are invited to an afternoon tea **11<sup>th</sup> May at 2:30pm**. A short assembly in the hall will follow this afternoon tea. We would be delighted to see as many mums as possible.



NAPLAN Breakfast Club

Our NAPLAN Breakfast Club which is held every Wednesday morning from 8:15am, has been very well attended. These sessions are for children in Year 3 and 5 and are designed to help them become familiar and more confident with the test in a relaxed environment. Thank you to Mr Growcott and Ms Lucas for running these sessions.

Helen Casey  
Principal



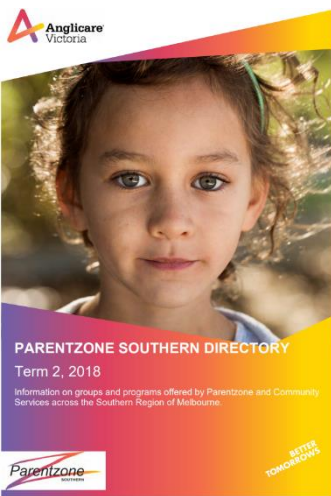
Anxiety

From time to time parents will approach teachers with some concerns about their child feeling anxious. Parents may struggle with knowing the difference between anxiety over a particular situation, or anxiety that is problematic and a threat to general health and wellbeing.

Anxiety can be caused by one or a combination of factors. These include genetic factors, ongoing stress, family background, physical health issues, or a traumatic event. Excessive anxiety that occurs more days than not for a period of months, is certainly reason to seek professional help.

It is important to discuss your concerns with the teacher, however, it is also essential that you seek help from health professionals who can investigate and develop a treatment plan.

ARCVIC is a non-profit organisation that provides valuable information, support and guidance to people who may be suffering anxiety, or living with family members who are. They have provided the school with some helpful literature which is available at the office and well worth reading. They can be contacted on 03 9830 0566 or [www.arc.vic.org.au](http://www.arc.vic.org.au).



**Anglicare**

Anglicare Victoria is another valuable resource offering support groups and programs to families. Term 2 Programs, now available in the City of Greater Dandenong, are on display in the community space in the Hall, copies are also available from the office or you may click the following link for detailed information:

<https://bit.ly/2I5a21S>

Our Anglicare Program, 'Growing Great Kids', is being presented by Jasbir Singh at Rosewood Downs. We have received lots of positive feedback from our participants showing Anglicare Victoria offers valuable programs for the community. Most programs are FREE!

**Neighbourhood House**

Healthy Lunchboxes

At our last Neighbourhood House session we looked at a variety of Healthy Lunchbox options. A special thank you to Rehana Niazi and Dim Baltas who showed the delicious and nutritious foods they packed into their children's lunchboxes. If you were unable to attend this session we have attached a Healthy Lunchbox pick and mix guide with some great ideas.

Community Garden

At our next Neighbourhood House Session Anne, from Dandenong Bunnings, will be visiting with a variety of Winter vegetable seedlings to plant in our Community Garden. We will also be picking and cooking some of our garden produce. See the attached flyer for details. We look forward to any members of our Rosewood Downs Community joining us. As Saeed from Year 5 quoted, 'Gardening makes you feel alive!'

English Language Classes

We are offering English Language classes with any members of our Rosewood Downs Community welcome to join. These classes run each Friday, 9:15am – 11:15am, in the Hall foyer. Toddlers also welcome.

**KidsMatter Action Team**



### Caught You Being Kind Award

Havyn Packer (Prep H) and Niki Stankovic (4M) were both "Caught Being Kind". Well done, Havyn and Niki!

### Music Award & Music News

Tufunmi Ayeni (Prep H), Jacob Rose (1PT), Kelly Beal (2/3H), Mahi Patel (4F), Yusuf Dalati (5FP), Maja Kupresak (6B), Crystal Van Ravenstein (Prep R), Mingqi Duan (1C), Lana Debski (2W), Theodora Rozakis (3M), Alex Holland (5T) and Amreeta Boby (6P).

**Anita Chan – Music Coordinator**

### Art Awards & News

Havyn Packer (Prep H), Parsa Mansuri (Prep/1S), Maahi Kaur (2W), Aleisha Zhou (5T), Chloe Cashman (6B), Brandon De Baize (6P)

Douggie Robertson-Watters (PR), Lana Debski (2W), Alannah Terzic (3M), May Pham (6P), Ashlee Spencer (6P)

**Lindsay Campbell**

### Sport Awards & News

Michelle Wong (PR), Brianna Wilson (2/3H), Judd Esmonde (5T), Monica Thomas (6B)

Rada Lesic (P/1S), Mingqi Duan (1C), Daniela Tokanovic (2W), Hayden Cashman (4M), Seth Cooper (5FP), Kyra Redden (6P)

### Sport News

#### **Unit B District Gala Sports Day 1 – Friday 18<sup>th</sup> May**

We are all looking forward to our first Gala Sports Day for the year. The Unit B students will be competing in four sports against students from the 10 other schools in our District.

The venues for the Gala Sports Day this Friday are:

**AFL, Netball and T-Ball** – Greaves Reserve (Bennet St, Dandenong)

**Basketball** – Dandenong Basketball Stadium (270 Stud Rd, Dandenong)

The competitions will be starting at around 10:00am and will run to about 2:00pm.

Students need to return their permission forms as soon as possible. If there are any parents from Unit B available to help and support our teams could they please let the Unit B teachers know, Thank you.

#### **District Cross Country – Friday 25<sup>th</sup> May**

The students who finished in the top 8 spots in our school Cross Country event in each race automatically qualified for the school team. They will be competing on Friday the 26<sup>th</sup> of May at Tatterson Park in Keysborough against students from the nine other schools in our District. Parents are welcome to come and support our team and hopefully we can continue our success at this level of competition.

#### **PMP – Every Monday afternoon in the Dance Studio**

PMP has started really well and all of the students and helpers are having great time exploring the different skills and activities. Please remember, it's recommended for students to wear shower caps during their session to prevent the transmission of head lice. If you have not already done so, please send along a named shower cap to be kept at school.

Thank you so much to the parents who have volunteered their time to assist with the program. We are still in need of more volunteers to enable the program to run smoothly each week, so please come along to see how the sessions run. Sessions are from 2:30 to 3:30pm each Monday afternoon in the Dance Studio.

**Lindsay Campbell - Sport Coordinator**

### **Junior School Council**

#### **Kids Helpline Casual Dress Day – Friday 11th May**

We need your support – every dollar counts. On Friday 11th May, Rosewood Downs PS will be having a casual dress day and collecting donations at morning assembly. All students, parents and staff are invited to colour in and cut out the tokens below, then sticky tape a gold coin to them and place it on the Kids Helpline mat in the hall. All funds collected will be sent to Kids Helpline Australia to support the organisation. You can also use the link below to access more information about Kids Helpline and donate money directly through our school fundraising page: <https://khlischool.everydayhero.com/au/RDPS>

Thank you for your generosity and support.

**Junior School Council**

### **Library**

#### **Book Fair 22<sup>nd</sup> and 23<sup>rd</sup> May**

The Book Fair is coming to the school next week. This is your big chance to get the latest books as well as help support the school. Books will be available to purchase before and after school on Tuesday 22<sup>nd</sup> May and Wednesday 23<sup>rd</sup> May.

**Mary Thompson – Librarian**

### **Unit News**

#### **Unit A**

We are off to a great start this term with our PMP and Buddies programs already running smoothly. The Prep children are very enthusiastic participants in PMP and really look forward to our Monday afternoon sessions. We are so appreciative of the parents who have volunteered to assist in leading the activities. We do ask that girls avoid wearing tights or leggings on Mondays, as the children need to be barefooted to benefit from the activities and use the equipment safely.

Buddies is proving to be lots of fun and the children are getting to know the Grade 5 students they have been matched with. We are very impressed with the way the Grade 5 students have begun to take their mentoring and support roles very seriously, showing kindness and generosity towards the Preps.

We are also very grateful to the parents who are assisting with our reading program each morning. The consistency of hearing children read daily is vital and we are already seeing a significant improvement in fluency and confidence.

The Grade 1 students will be attending Camp Oasis on Monday 14<sup>th</sup> May. They are expected to arrive at school at the normal time and the bus will depart promptly at 10:30 a.m. No doubt they will have lots of fun on the day and will be able to relate lots of interesting stories on their return at 5:30 p.m. Please make sure that your child has a warm jacket and is dressed suitably for the possibility of changing weather.

We would like to ask for your assistance if for any reason your child is absent from school. Please personally notify your child's teacher, or Shelby at the front office, for each day that your child does not attend school.

The Mother's Day stall will be running on Thursday and Friday so if your child is purchasing a gift, please ensure their money is brought to school in a named purse or envelope.



We would like to take this opportunity to wish all our Unit A mums a very Happy Mother's Day. We hope you are spoilt with love and kindness on your special day.

**Unit A Team,**

**Ashlee Rumney (Prep R), Linda Harrison (Prep H) and Chanté Smith (Prep/1S)**

### **Unit B**

The students in Unit B have a big few weeks coming up with a number of different activities taking place across the school in upcoming weeks. The grade 5 students have been working hard towards NAPLAN, which will begin next week and take place over three days. Next week we also have our first Gala Day of the year.

There have been a lot of permission forms and notices going home in recent weeks and a number of them are due this Friday. Could you please do your best to ensure the following forms are returned by the end of the week: Gala Day permission forms, REACH permission forms and transition to high school forms (Grade 6 only).

Finally we'd like to take the opportunity to wish all the mums a happy Mother's Day for this Sunday and we hope all your children spoil you.

Thank you,

**Unit B Team,**

**Brenda Brighton (6B), Shaun Pepper (6P), Mia Todisco (5T), Carly Pinwill & Jo Ford (5PF)**

### **Unit C**

It's been a busy start to Term 2 but we are settled in for a couple of weeks of testing with NAPLAN for the Grade 3's being conducted next week and benchmarking beginning across the school.

Unit C has an environmental studies focus which involves gardening, cooking and sustainability which we run on Wednesday afternoons between 2:30pm and 3:30pm. If you would like to be involved, please let us know.

The Grade 2 children in Unit C are off to Camp Oasis next Monday and Tuesday for their first overnight camping experience. There is lots of excitement brewing, as you can imagine.

Grade 2 and 3 are also presenting a short talk to their grades about their community involvement over the next few weeks. They have been given the information about expectations as well as the success criteria, so please be on the lookout for the notification of when their talk will be.

**Unit C Team, Mrs Maddy Hartmann (2/3H), Mrs Dianne McCulloch (3M), Ms Gail Fitzpatrick (4F) & Miss Caitlyn Marsham (4M)**

### **Unit D**

It's been another busy two weeks in Unit D. The excitement is mounting as we begin to prepare for camp next week. If you haven't sent in your forms and money please could you do so as soon as possible as the payment is overdue now.

Children have been developing their "Think Plus Skills" The Grade ones are learning how to give feedback that is kind, helpful and specific. The Grade Twos are looking at "2 Glows and a Grow" as we review our work, to note two things that were done well (Glows) and one item to focus on for improvement next time (the Grow).

In Integrated Studies the Grade Ones continue to look at Natural and Man made Environments and The Grade twos are exploring Forces.

We are looking forward to our Casual Dress day on Friday in aid of the children's helpline, please don't forget a gold coin donation!

Our Mother's Day stall is open for parents on Friday 11<sup>th</sup> May 8:30am – 9:15am.

There are some great inexpensive gifts on offer. Details and price lists have already been sent home.

Please don't forget our Mother's day afternoon tea at 2:30pm in the hall and the performance on Friday at 3:00pm. We would love to see you there. This performance is always adorable!

Have a great fortnight,

**Unit D Team,**

**Mary Chan (1C), Terrie Palmer-Tanner (1PT), Karen Woodhouse (2W)**

# FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



## FOR A HEALTHY LUNCHBOX

# PICK&MIX

## SOMETHING FROM EACH GROUP

# 1-6!

### FRUIT

1

#### FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

#### MIXED FRUIT

- Fruit salad
- Fruit kebabs

#### DRIED FRUIT

- Dried fruit, nut, popcorn mixes\*

#### TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



### VEGETABLES

2

#### FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

#### Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

#### SALADS

- Colelaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad\*

#### BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

#### SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

### MILK, YOGHURT AND CHEESE

3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

#### Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

#### Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

### MEAT OR MEAT ALTERNATIVE

4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silver-side, chicken)
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter\*

#### Can serve with:

- Wholegrain sandwich roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

#### Vegetable frittata

- Stirless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shreds)
- Homemade pizzas with lean roast or deli meats and vegetables

#### Can serve with:

- Side salad
- Steamed or roasted vegetables

### GRAIN AND CEREAL FOOD

5

- MAINS
- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

#### Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bogels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous-cous dishes
- Noodle dishes
- Sushi

#### SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

#### SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

#### SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

### WATER

6

- Take a water bottle (for refilling throughout the day)

#### Tip:

- Freezes overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/nut/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>





