



WOORAGEE PRIMARY SCHOOL Newsletter

TERM 3, WEEK 4
8th August 2019

WOORAGEE NEWS

Dear Families and Friends,

PARENT OPINION SURVEY: You would have seen our newsletter last week and our Facebook post last weekend, families have **until Sunday 11th August 2019** to complete their Parent Opinion Survey. We would love to hear from you! This is a totally confidential process and a wonderful opportunity for you to share your thoughts and ideas for the future of our school, please see me if you need any support with this.

CHARLIE AND THE CHOCOLATE FACTORY MUSICAL: We are getting VERY excited for our Melbourne Musical excursion next Wednesday! It is going to be a whole lot of fun. Please see the back page for information regarding this excursion. It is exceptionally important that children are on time for departure, as we MUST make it to the theatre by 12:30pm.

WODONGA ARTS FESTIVAL COSTUMES: On Tuesday 27th August, our whole school will be performing at the Wodonga Arts Festival. Students have been busy working on this performance with Billy & Charity during Music. They will need costumes for the day and we will be having a full dress rehearsal on Tuesday 26th August. Students are asked to wear country style clothes ie; jeans, boots, flannos, bib&brace, overalls, Akubra/straw/felt hats, etc. They are to look as country and hillbilly as we can! If students can have their costumes brought to school by Friday 24th August in a labelled bag- this will mean we can ensure all students are ready for the dress rehearsal and then we can keep costumes here to change into, so that no one forgets anything.

AFTER SCHOOL PICK UP: Over the next few weeks, Grace, Jess and I will be participating in our Professional Learning Communities team with Osbornes Flat PS and Middle Indigo PS. This means we have to leave school at 3:30pm at the latest. Bec will be here to supervise the bus students, but it is really important that students are collected promptly from school at 3:20pm, so that we can ensure that everyone gets home safely and so that we can also make our professional commitments.

HEALTHY SCHOOL LUNCH BOXES: In alignment with our school's overall philosophy and Healthy eating policy, I thought it was worth reminding families the preferred items in children's lunchboxes. There has been an increasing number of packaged and processed foods coming to school and also drinks other than water. We have a nude food policy, which means limiting packaging, but also

EVENTS CALENDAR

AUGUST

- 11th Parent Opinion Survey Closes
- 12th WPS to MIPS Years 2-6 Government
- 14th CHARLIE & THE CHOCOLATE FACTORY
- 22nd Jackie French Author Talk Wodonga
- 23rd Book Week Parade & Grandparents Day Lunch 12-3
- 26th MIPS to WPS- Years 2-6 Government
- 26th FULL DRESS REHEARSAL at school for Wodonga Arts Festival
- 27th WODONGA ARTS FESTIVAL (All students)
- 29th Fathers' Day BBQ Breakfast & Activities 8-11am
- 30th Responsible Pet Ownership Incursion
- 30th ABC Gardening Australia Airing

SEPTEMBER

- 6th Alicia commences Parental Leave
- 9th Michele Solecki commences as Acting Principal
- 9th WPS to MIPS Years 2-6 Government
- 13th SCHOOL WORKING BEE
- 20th Last Day of School 2:30pm FINISH



Arden: Yesterday we had to put adverbs and adjectives together to make a sentence that made sense. We had to make up bossy sentences like touch your toes three times. They are called adverbial phrases.



Artemis: Yesterday we were working on how to make a procedure. I put steps up for how to make the bed. Step 1/ we have to put the mattress on the bed. Step 2/ we put the sheets on the bed. Step 3/ we put the pillow cases on the pillows. Step 4/ put the pillows on the bed and put the blanket on the bed as well.



Ollie: Yesterday we were working on adverbial phrases. We had to put together nouns, verbs and adverbial phrases together to make a sentence for a procedural text. We drew the sentence that we made. We colored the first part orange, the second red and the third blue.



Anton: Last night Georgia, Xaine and I went to the Lions Club public speaking night in Yackandandah. Before we got there we had dinner, then we went to the hall to do our speeches. I was nervous at the start, but as I continued I stopped being nervous.

operating from the perspective that fresh is best. We do not allow chips, chocolate, drinks other than water etc to be consumed at school. I have attached a visual from Health Victoria with some lunch box ideas and we are more than happy to assist families where possible with reluctant eaters, strategies, etc. Please just let us know. We would just like to see more of a return to the healthy lunch boxes, so that children have the energy and stamina they need to learn throughout the day.

ACTING PRINCIPAL MICHELE SOLECKI: Our Acting Principal will be here at school for the week from Monday 26th-Friday 30th August. This will be a fabulous opportunity to meet Michele and for Michele to meet the students, staff, families and wider community of our school. It will also provide Michele and I the opportunity to conduct a handover process, so that the transition is as smooth as possible. I look forward to you all meeting Michele over the week. We may be able to organise a welcome morning/afternoon tea or something to that effect.

WENDY LONG SERVICE LEAVE: Wendy will be taking 6 weeks long service leave from Monday 12th August until the end of Term Four. Kaylene Park will be replacing Wendy during this time. Kaylene was the business manager at Wodonga West Primary School for a very long time and comes with wealth of experience. Please see Kaylene if you have any queries that you would usually direct towards Wendy.

BOOK WEEK PARADE & GRANDPARENTS DAY: This week we sent home invitations for Book Week Day/ Grandparents Day. The teachers have been very busy and we have an exciting day planned, with a few surprises! This year will be like every other, students are strongly encouraged to dress up as their favourite book character and to bring this book along with them. Students have the school library, mobile library and local libraries to access these books. Our goal is to share these stories with our Grandparents over our picnic lunch. Student costumes can be as creative as possible and there is certainly no expectation that anything needs to be purchased. Make, borrow or by second hand and see how creative you can be! (There will be extra points for grandparents who dress up too!)

Have a lovely weekend, Alicia Odewahn- Principal



Student Work

By Cameron.

I was feeding my psycho hedgehogs when they attacked me and bit a hole in my wrist. Blood poured out like water from a fire hose. I screamed and

THANK YOU

We would like to say a special thank you to:

Owen and Eric for taking our gardening program every week

Nathaniel for starting to cover some of our new books for us

"The Wooragee Way"

Respect (for self, for others, for the environment and community)

Resilience (Trying Hard, bouncing back, persisting)

Responsibility (for our learning, for our thoughts, for our actions)

WOORAGEE ACKNOWLEDGEMENTS

Anton
Xaine
Georgia

We couldn't be more proud of you all for being so brave at the Lions Club Public Speaking evening. Well Done!

CHECK THE CALENDAR PLEASE!

We have lots of things coming up in the next few weeks and want to make sure you are aware of all of them!

Book Week, Grandparents Day, Fathers' Day, Arts Festival, etc!

AUGUST BIRTHDAY

6th Kalum
8th Tahji
11th Hamish
13th Ocean
21st Bec
23rd Xaine
26th Ollie

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Find us on Facebook



BOOK COVERING

We have purchased lots of new and beautiful books for our children for the library. So they stay in great condition, we are wondering if there are any parents or helpers who might be interested in covering these books for us? Please let one of the staff know if you can help!

SAKG FRIDAY MENU

Vegetable Quiche
Warm pumpkin & potato salad
Warm bean and feta salad
Almond Bananas
Custard
Fruit

CHARLIE AND THE CHOCOLATE FACTORY EXCURSION

Please be mindful of the following reminders in preparation;

- Excursion shirts and full school uniform (we will hand these out on Tuesday 13th)
- Students will need morning tea, lunch and snacks, water, jacket and hat
- Money CLEARLY LABELLED in a zip lock bag or envelope with name and amount of money (for dinner at Wallan if you are happy for them to purchase something)
- Parents who are attending with their children will be supervising their children for the day. Teaching staff will be supervising the children who are attending without an adult and overseeing the general operations and safety of everyone on the excursion.

CHARLIE & THE CHOCOLATE FACTORY ITINERARY

7.00am Coach departs Wooragee School

7:15am Coach departs Beechworth Courthouse

9:15am Arrive at morning tea spot

11.45-12:00pm Arrive into Melbourne for lunch - (Students dropped at Parliament Reserve in Spring Street)

12.20 Students and staff walk to Her Majesty's Theatre

1:00pm Show starts

4:00ish pm Depart Melbourne

5:00pm Wallan McDonalds for Dinner

6.00ish pm Depart Wallan McDonalds

8.30-pm Arrive in Beechworth Courthouse Bus stop

8.45pm Arrive Wooragee School

We will contact families directly if there is any significant change to pick up times at the end of the day

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

- Coleslaw 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 leak 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)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebabs 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 fritata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- 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, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or couscous 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
- Crisps/cakes
- 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:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/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.



*Check your school's policy regarding the use of nuts and products containing nuts.

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

Change a child's life. Become a foster carer.



You could be a foster carer if

- you are over 21
- you have a driver's licence
- you have a spare bed

UMFC provides training before and after accreditation, support with the assessment process as well as resources to help you make the best choice.

You will be supported with

- regular contact with a case worker
- 24 hour on-call worker
- non-taxable financial allowance
- training and development opportunities
- carer social events

You can choose the age range of the child you care for, and for how long (overnight to months)

Foster care has given me a brighter future. It has completely changed my life.

- Byron, a former foster child

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UMFC acknowledges the support of the Victorian and the Australian Governments.

umfc
Upper Murray Family Care

Local kids need safe and loving homes

Our region is experiencing a shortage of foster carers to care for the vulnerable children in our region. Do you have a spare bed? You can help!

Upper Murray Family Care (UMFC) provides foster care for 60 children each night in our region. However, each month, around 18 adolescents and children are unable to be placed as there are no carers available. These young people will be placed in residential care facilities or moved out of the region – away from their school! We need more carer families to support these vulnerable children.

UMFC tries to match the children with foster families. "No two children in care have the same story – they are all unique which is why we need a diverse range of carers", Jeanine Aughey Foster Care Team Leader says.

Foster care is care provided by trained carers in their home. Foster carers provide a safe and nurturing environment for children and young people up to 18 years of age, with the aim of reunifying children with their families.

"We currently have foster homes all over our region, which includes Wodonga, Benalla, Yarrawonga, Mt Beauty and everything in between. We have young single carers, older retired couples, same-sex couples and families with young children." Ms Aughey said. "You don't need to own your own home or have a tertiary education. You just need to be tolerant, patient and adaptable." Call UMFC today on 02 6055 8000 or email fostercareenquiries@umfc.com.au