THOMAS MITCHELL WEEKLY


THOMAS MITCHELL DRIVE, ENDEAVOUR HILLS.
Issue No. 16

PH. 9706 2254
May 29th 2014

Friday 30/5 Year 6 Excursion – Melbourne Star/Shrine of Remembrance
Friday 30/5 Year 5 Excursion – Sovereign Hill Excursion, Ballarat
Monday 2/6 Year 3 Activity – Life Be In It
Monday 2/6 Year 4 Excursion – MCG and National Sports Museum
Thurs/Frid 5-6/6 Curriculum Days. Students do not attend school
Monday 9/6 Queen’s Birthday Public Holiday

FROM THE PRINCIPAL

SAFETY AROUND THE SCHOOL
For two short periods each day – 8.45am to 9.05am, and 3.15pm to 3.45pm, the road traffic around the school is very busy and dangerous for both children and adults. There are road rules and parking rules in place to ensure the safety of everyone. Parents are requested to set a good example for their children and comply with these rules. It does sometimes mean that the traffic moves more slowly than you may want it to, but please always remember that the safety of everyone is the most important consideration. It is better to be 5 minutes late than to be responsible for an accident. Over the years, we have had two students hit by cars outside the school. Fortunately no one was killed!!

SCHOOL EXCURSIONS AND VISITORS
Parents would be aware that each year level regularly has an excursion or a visitor to school. Teachers spend an enormous amount of time researching appropriate places to visit or visitors to bring a program to school. They work hard to ensure that they are getting value for money, and the activity is appropriate to the curriculum that is currently being studied.

The organisation of the activity is then handed over to Emily, who manages the complex task of “making it happen”. Perhaps from the outside, students going somewhere on a bus may seem a fairly simple thing. I can assure you that it is a much, much more complex exercise than that!

PREP ENROLMENTS FOR 2015
We are now taking enrolments for our 2015 Prep classes. This year we had to restrict our enrolments, so I encourage current parents with siblings to enrol early. Contact the office for details.

CURRICULUM DAYS – THURSDAY 5TH AND FRIDAY 6TH JUNE, 2014
Parents are advised that Thursday 5th June and Friday 6th June will both be Curriculum Days. Children do not attend school. Monday 9th June is the Queen’s Birthday holiday.
MESSAGES FOR CHILDREN
From time to time parents phone the school to give messages to children. Unfortunately messages can only be given to students in emergency situations. Sometimes parents want to alter the arrangements about picking up children after school. The only message we can give children is that the normal pick-up arrangements are changed. In this case we will tell students to either wait at the office for a nominated person to collect them or go to the after school care program housed in our gymnasium (children will need to be enrolled in this program beforehand, either as a regular or as a casual).

John Hurley, Principal

Nude Food

Week 5’s winner was Prep SP with an average of 68% of students bringing completely “Nude” lunch boxes all week. This means they had no rubbish at either snack or lunch. Prep SP received a certificate and a prize.

Runner up was Prep AY who had 63% of students bringing “Nude” lunch boxes. Prep AY received a certificate.

What is a “Nude” lunch box?
A “nude” lunch box is one that has no plastic wrappers or rubbish that goes to landfill. Use re-useable containers and re-use snaplock bags to build a healthy and rubbish free lunch box. And remember, fruit scraps are not included as rubbish! Check out www.nudefoodday.com.au for tips on bringing healthy, nude lunches.

RACV Street Scene Program for Prep

On Wednesday 11th June the Prep students will participate in the RACV Street Scene Program, as part of their learning about how to be safe at school and in the wider community.

A Traffic Safety Educator from RACV will visit our school and provide each Prep class with a 45 minute (free of cost) workshop about road safety. These sessions include passenger, pedestrian, bus and bike safety.

The aim of this program is to provide education that prepares children and young people to become safer road and transport users.

We are all excited about this program!

Anna Yin, Jane Xu, Michelle Sal, Qing Liang and Sonja Pullen, Prep teachers.
PREMIERS’ READING CHALLENGE 2014 – IT’S NOT TOO LATE

With only three weeks to go, it’s not too late to join the Challenge. All enrolment forms need to be in by FRIDAY 20th June. Thomas Mitchell Primary School encourages all students to take part. The Premiers’ Reading Challenge is a great way to get students reading and talking about books. Students can discuss book lists with their friends to find out what they’re reading and what’s worth reading. The Challenge also encourages students to push themselves to read as many books as they can. The school will enrol students and issue them with a password and user name. This is used by students to logon to the website and record what they have read. All students who complete the Challenge will receive a certificate from the Victorian Premier and be eligible to receive raffle tickets to go in the draw for great prizes from the Library.

The Thomas Mitchell Library Resource Centre has hundreds of books from the Challenge list, so it is easy for them to find books to borrow and read. Further information is available from the Library. Book lists are available for viewing in the school library. The Library is open before and after school if any parents wish to find out more details.

Books in languages other than English can also be read and be entered as part of the Challenge.
Josie Morando, Librarian

SPORT NEWS

YEAR 6 INTERSCHOOL SPORT
There is no interschool sport this week. The next round will be on Friday 13th June.

DISTRICT CROSS COUNTRY CARNIVAL
Good luck to the students who have qualified to compete in the Divisional Cross Country Carnival next Monday, 2nd June at the Toomuc Valley Reserve, Pakenham.

HOUSE POINTS

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<td>Freeman</td>
<td>Fraser</td>
<td>Bradman</td>
<td>Perkins</td>
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Results from Week 4 Term 2:

Total House Point Results for 2014:

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<tr>
<td>1st</td>
<td>Freeman (Blue)</td>
<td>740 Points</td>
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<tr>
<td>2nd</td>
<td>Bradman (Red)</td>
<td>670 Points</td>
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<tr>
<td>3rd</td>
<td>Fraser (Orange)</td>
<td>570 Points</td>
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<tr>
<td>4th</td>
<td>Perkins (Green)</td>
<td>500 Points</td>
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Have a great week

Olivia Goder, Physical Education Teacher
Thomas Mitchell 29th May 2014

Curriculum days - 5th/6th June – No Program Running
Please note due to low attendance numbers we will not be running a Curriculum day program. Sorry for the inconvenience to those families that did book.

Each week we will be asking the children at OSHC to tell you all a bit more about the program. The article this week is from Natalie A.

I have been coming here for a while now and it’s a great program. There is always a lot to do and the staff are nice and helpful. As I am in grade six I will be leaving soon for high school and I will be sad to leave OSHC.

Janice 😊

UNIFORM SHOP NEWS
UPCOMING DATES FOR THE UNIFORM SHOP DURING TERM 2

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<th>Friday Mornings</th>
<th>30th May</th>
<th>6th, 13th, 20th, 27th June</th>
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<td>8.30am – 9.30am</td>
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<th>Tuesday Afternoons</th>
<th>3rd, 17th June</th>
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EFT & Credit Card Facilities Available (Minimum Transaction of $15)

We welcome the following students who returned to the Thomas Mitchell Primary School Community

Joseph, 5LR
Giordy, 1BE
Gastroenteritis is a bowel infection which causes diarrhoea (runny, watery poo) and sometimes vomiting. The diarrhoea can last up to 10 days. *Gastroenteritis can spread easily.*

**POSSIBLE CAUSES**
Most common cause is a virus or bacteria that infect the bowel. Viral infections tend to go away quickly, while bacterial infections may need antibiotic treatment.

**TRANSMISSION (how is gastro spread?)**
- Particles of the virus or bacteria from contaminated poo and vomit can transfer onto the hands and reach the mouth and enter there
- Particles from toilets flushing or from surfaces that hands then touch such as toilet seats, flush buttons, toilet door handles become a vehicle for gastroenteritis to spread

**CLINICAL FEATURES (signs and symptoms)**
- Vomiting
- Watery diarrhoea
- Tummy pain
- More severe pain, and blood or mucus with the diarrhoea, may suggest that the gastro is caused by bacteria (often linked to food poisoning)
- Fever and sore throat may be present

**ILLNESS DURATION**
Gastro usually lasts for 3-4 days. It may take a week or so for bowel motions to return to normal

**HOW TO PREVENT THE SPREAD**
- Teach everyone in your family to wash hands regularly, especially after they use the toilet and before they eat
- Wash hands with warm soapy water
- Wash your hands before you eat

**TAKING CARE OF YOUR CHILD AT HOME**
Gastroenteritis can cause *DEHYDRATION*

*Children with gastroenteritis must keep drinking even if the diarrhoea seems to get worse.*
*Frequent vomiting and runny poos means your child may be losing a lot of fluid. Lost fluid must be replaced with suitable fluids*
It is preferable to give oral rehydration solutions such as Gastrolyte or Hydrolyte (available from chemists). These are specially formulated to replace lost fluid rapidly. These are designed to replace sugars and salts lost during an episode of gastroenteritis.

Make sure your child drinks clear fluids – these include diluted juice or cordial, you could even try icy poles if your child is struggling to drink.

Your child will need extra fluids to replace the fluids lost by diarrhoea and vomiting.

Medicines to stop vomiting and diarrhoea are usually not helpful and can cause other problems in children.

Start offering easily digested foods (ie; bananas, rice or toast) as soon as the vomiting stops.

Avoid dairy products and sugary foods which may irritate digestion.

If your child complains of a tummy ache a warmed heat (wheat) bag may help.

Make sure your child gets lots of rest.

WHEN TO SEE YOUR DOCTOR

As a general rule, if the child looks very ill in addition to being in pain, medical help should be sought.

If there is a lot of diarrhoea (8-10 watery poos)

If your child is vomiting often and not able to keep any fluids down

If your child seems dehydrated – not passing urine
  - pale
  - has sunken eyes
  - cold hands and feet
  - drowsy or irritable
  - dry mouth and tongue

If your child develops severe abdominal pain

If there’s blood in your child’s poo

If your child’s vomit is a green colour

SCHOOL EXCLUSION

Please exclude your child from school until there has not been a loose bowel motion for 24 hours.
COMMUNITY NEWS

Thomas Mitchell Playgroup – No playgroup Thursday 5th June

As the school has curriculum days on the 5th and 6th June, playgroup will not be held next Thursday. Playgroup will resume on Thursday 12th June. We will be exploring jungle animals reading stories and colouring pictures of lions, tigers and other jungle animals.

Jenny Wallace, Playgroup Coordinator

PARENTS’ CLUB

Expressions of Interest in Cadbury Fundraiser!
As part of our ongoing commitment to raising funds for our school we are hoping to run a successful Cadbury® Fundraiser Drive in the coming weeks. In order for this to run smoothly we are seeking your interest prior, so we can estimate the required number of boxes to order. If you are able to help by selling a box or two we ask that you fill in the attached form and return to the office as soon as possible. Your help is appreciated.

Entertainment Books/Memberships
Entertainment Books/Memberships are now available for purchase at the office for $65.00, with 20% of all sales going towards school fundraising.

Student Banking – Account Opening Day
Don’t forget Student Banking is every Wednesday and every little deposit counts. This week we had 70 deposits and opened a few new accounts. Great job!! Banking Rewards – if any students have more than 10 tokens and wish to claim a reward, please put a note in the bank book along with the required amount of tokens. Rewards can be viewed on the CBA website, or forms are available from the school office.

School Banking is such a great way to support our Parents Club fundraising efforts. All the money you deposit stays in your child’s bank account, earning interest, and the school is paid a commission for each deposit from the Commonwealth Bank!!

NEXT MEETING TO BE HELD ON MONDAY 2ND JUNE AT 2.30PM IN THE STAFF ROOM.

CADBURY FUNDRAISER EXPRESSION OF INTEREST

Name: ________________________________ Class: __________________________

No of boxes: __________

Please return to office ASAP, your assistance is greatly appreciated.
Eco Ambassadors

With a great team meeting each week for our Environmental Program, two students have been selected to be our 2014 Eco Ambassadors. Introducing Krish and Paige from year 5. They will take part in a number of leadership roles over the year, guiding our team and school in Education for Sustainability.

“Hi! My name is Krish and I am co Eco Ambassador for 2014. I was born in England and I am now 10. I do many outdoor sports, including athletics. I love athletics and got into state this year for the 400m sprint. I like to help the environment at home by doing little things such as short showers, not buying products that contain palm oil and reusing and recycling. My hobbies are looming, drawing, cycling, swimming and reading.”

“Hi, I’m Paige, I love to sing and dance, horse ride and garden. I’m a eco ambassador because I believe we can save other species of animals that we are killing. If we save other species, we save ourselves.”

Look out for the girls around the school and let them know what you do at home or in your classroom to help our environment.

Giant Mosaic for Veggie Patch

The Art students are designing, creating and building a mosaic sign for our vegetable patch. To complete this project, we need a variety of tiles or plates of different colours, sizes and textures and other mosaic art materials. If you have some spare tiles, we would appreciate any donations small or big. Thank you for your support and keep an eye open for this beautiful piece of art that will appear later in the year near our veggie patch.

National Tree Planting Day

We have registered to be apart of National Tree Planting Day on 23rd of July. On the day we will participate in a variety of activities around our grounds to assist in the wildlife corridors in our area and the different habitats. Our goal is to have every child plant one plant, so we are looking at approximately 800 plants. We will be only planting native plants that are indigenous to this area, that are low water uses and are safe and long-lasting vegetation. We will be planting a variety of grasses, shrubs and smaller trees in numerous. This vegetation and the days experience will be beneficial to the students and the wildlife in our area. We are beginning to collect saplings and stock tubes for this special day, but we are in need of donation from school and wider community. If you are able to assist in any way could you please contact me. Keep an eye open in the newsletter for more information on National Tree Planting Day.

Nude Food is Everyday

Don’t forget to try and bring your lunch and snack as Nude food each day. We have already seen an increase in the number of people giving this a go. Keep it up. See the results for last week and some helpful tips on the Nude Food page of the newsletter.

If you have any questions or suggestions about our Education in Sustainability Program, please contact.

Liz Cooke and Rose Arbuthnot – Sustainability Team

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