Term 2 — Issue 6  
28th May, 2014

Dear Parents,

Congratulations!!
Miss Rendall recently saw this advertisement in the Drama Victoria newsletter.

A unique project, an exciting opportunity
Drama Victoria is calling for government schools to participate in its Footprints 2014 program! Places are limited to UP TO two schools to participate in an experience that has been enriching and transformative for a number of primary and secondary schools - now it's YOUR chance to engage in this cross-curricular adventure with your students!

Each project takes place within one of Melbourne’s arts and culture institutions, with previous examples including the Melbourne Museum, Immigration Museum, National Gallery of Victoria and ACMI. This year will see the project take place in one of Melbourne’s most iconic buildings… FEDERATION SQUARE!

Thinking this would be a great opportunity for our students Miss Rendall and Mrs Barratt put an application together for 6RB to be involved in the 2014 Footprints program.

Consequently they were notified of their application success!!! The following article was in the recent Drama Victoria News.

Footprints is GO!
A warm congratulations to Kilberry Valley Primary School who have been selected to partner with Federation Square to create an original piece of theatre with an expert drama facilitator. Stay tuned for updates throughout the project!

This will be an exciting experience for our 6RB students and we will keep you informed of the progress and performance date. Well done!!

Further Congratulations!
The local News paper edition of Thursday 22 May had an article headed ‘A Special Kind Of Person.’ The piece was announcing the winners of the Casey Volunteer Awards. One of the winners was our own Education Support staff member, Jenni Verhagen. Jenni received recognition for her work establishing the Casey Asperger Support Group along with Meghan Porteous. The group runs programs for students of all ages and assists parents in many ways. Congratulations Jenni on this community based award!!

School Tours
These occur weekly, so please pass on the information to anyone you know is looking for a school in 2015. Please have them ring the office to organise a time.
School Council
School Council met last Monday evening and were treated to a presentation from our two of our ICT staff outlining the 5 year Plan for ICT at Kilberry Valley. Mr McEachern and Mrs Spalding outlined the process the ICT team had undergone to look into the future to ensure relevant experiences and skill development for our students. With the speed this industry changes it is a bit of ‘crystal ball thinking’ at times to gauge the best path to follow. The team have done a great job setting directions for the future use of ICT at Kilberry Valley.

Organisation is going well for the School Carnival so keep Saturday 15th November free so you can drop in for some fun activities at school.

Many other topics were discussed regarding school operations and directions. I remind you that anyone can attend these meeting (you just can’t vote on any matters). Please contact me if you are interested in attending sometime to see how Council functions.

Footy News
Almost got there, but certainly off the mark a little against a strong team in Port Adelaide. I would hope the Hawkers should win this weekend against Greater Western Sydney. Even without Alistair Clarkson at the helm I am sure they will get it together and pile on another win.

Have a great week and keep smiling!

Neil Cunningham
Principal
KILBERRY CAFÉ
Kilberry Café is back for 2014.
What is Kilberry Café?
It’s an opportunity to meet other parents and enjoy a chat and a cuppa prior to assembly every Friday. Staff will be available to answer any of your questions regarding things that are happening around the school.
And, this year we will have students showcasing some of their work and hosting families that attend Kilberry Café.

SO COME ALONG—WE LOOK FORWARD TO SEEING YOU!
NEW GYM EVERY FRIDAY 2.15-2.45PM
Excursion to Coal Creek!

On Friday 16th May the Grade 2s and 1CS went on an excursion to Coal Creek to learn about life in the olden days. We learnt many interesting things such as how wool was made on a spinning wheel and how people travelled around on diesel trams and horse cart. We also discovered that only children from wealthy families were allowed to go to school, other children had to work and do chores around the house.

Did you know that in the late 1800s students had only one book to read for the whole year!

We had a busy day and can now compare life from the past and the present!

2SD
Please help our Breakfast Club!

The volunteers at the KVPS Breakfast Club are proud to announce that we have served 1916 FREE meals this year. These numbers demonstrate the popularity and need for this program amongst our community.

It is a wonderful chance for students and families to socialize and make a healthy start to their day.

In order for our Breakfast Club volunteers to continue to offer this essential service we are asking for a **donation of 1 food item from each family at KVPS.**

If you could be kind enough to send 1 of the following items to school we would be extremely grateful.

Please note this donation is optional and only one item per family is required.

As we need a range of products, we ask that each year level please donate a different item

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Long-life milk</td>
</tr>
<tr>
<td>Grade 1</td>
<td>Long-life milk</td>
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<tr>
<td>Grade 2</td>
<td>Honey</td>
</tr>
<tr>
<td>Grade 3</td>
<td>Honey</td>
</tr>
<tr>
<td>Grade 4</td>
<td>Vegemite</td>
</tr>
<tr>
<td>Grade 5</td>
<td>Long-life milk</td>
</tr>
<tr>
<td>Grade 6</td>
<td>Long Life milk</td>
</tr>
</tbody>
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This FRIDAY there will be FREE toast for **all students**

**Time:** 8:30- 8:55am

**Day:** FRIDAY mornings

**Place:** New Gym

**Cost:** FREE

We are always looking for parent helpers.

If you have a current WWCC (Working With Childrens Check) and would like to help us out on FRIDAY Mornings please contact Mrs Cavanagh in the new Gym.
Healthy Recipe of the Week
Ms. Rendall’s Polenta Frittas

Try this tasty recipe for Polenta Fritters.

Ingredients:
- 1 cup water
- 1 cup milk
- 1 Tbsp. oil
- 1 tsp. salt
- 1 cup polenta (coarse cornmeal)
- 2 eggs
- 1 tsp. cinnamon (optional)

Directions:
1. Place all ingredients in a pot.
2. Bring to a boil then turn down to medium low heat for 10 – 15 minutes, stirring often.
3. Pour into a dish and cool overnight.
4. Slice and bake in the oven or lightly fry.

Serve with applesauce or other fruit.

KVPS Staff and families please email recipes to: cavanagh.jacqueline.j@edumail.vic.gov.au

Have a Happy and Healthy Week
Mrs Cavanagh
After School Care provides a safe environment for children to explore and play

About the program

After School Care promotes a healthy and active lifestyle, encourages friendships and supports children to develop new skills – all while having fun.

Kilberry Valley Primary School has partnered with Camp Australia, the leading provider of before and after school care in Australia. This high quality program embraces the schools values and builds on your child’s educational experience and individual interests.

The program combines active games with planned and unplanned play, quiet time, homework time and a healthy snack. Every day is an adventure led by enthusiastic Camp Australia staff who are on a mission to bring smiles to kid’s faces. As trained educators, we know lots of different ways to help your child get the most out of their day and feel good about themselves.

Key Information

<table>
<thead>
<tr>
<th>Hours</th>
<th>Times</th>
<th>Full Fee</th>
<th>Out of Pocket*</th>
</tr>
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<tbody>
<tr>
<td>Before Care</td>
<td>7:00 AM - 8:45 AM</td>
<td>$16.37</td>
<td>$5.22 to $8.19</td>
</tr>
<tr>
<td>After Care</td>
<td>3:30 PM - 6:00 PM</td>
<td>$22.96</td>
<td>$7.24 to $11.48</td>
</tr>
</tbody>
</table>

Note: Additional fees apply for casual bookings and Vacation Care onsite/offsite excursions

Next step

Find the after school care link on your school website and click through for more information.

or

visit www.campaustalia.com.au and enter your school name in the school finder.

Notes on Fees and out of pocket: *

1. The Child Care Benefit (CCB) is income tested and scaled, resulting in a reduction of between 0% and 80% of the fees.
2. The Child Care Rebate (CCR) is not income tested and is available to almost all Australian families. It provides a rebate of 50% of fees owing after the CCB has been calculated and considered.

So that the CCB and CCR can be automatically applied to your account you will need to provide your Centrelink Customer Reference Number/s (CRN/s) during the registration process. These can be obtained from the Family Assistance Office on 13 61 50.

We look forward to caring for your children

www.campaustalia.com.au | 1300 105 343
Heart Foundation
Walking
Would you like to join a fun, free walking group?

What: Kilberry Valley Walking Group
When: Every Thursday 9.15am
Where: Meet us in front of Kilberry Valley Primary School Office

Heart Foundation Walking groups are a great way to make friends and look after your health. Beginners are welcome and it’s free.

For more information about joining this group please contact Abi on 0423 963 403 or email on abi060686@hotmail.com
Starting 13th of March!!
www.heartfoundation.org.au/walking
Kilberry Valley Primary School’s

FrIdAy 20Th JUne.

Prec – Grade 2: 4.30 – 5.30 PM
Grade 3 – Grade 6: 6.00 – 7.30 PM

TICKets: $5.00

InCludes: DJ, Drink,
Packet of Chips & Glow Sticks
Lots of Fun Games & Prizes on the Night!

All Tickets Must Be Pre-Purchased – No Door Sales
KVPS Students Only
ODD DRESS DAY

Come dressed in your weirdest and wackiest outfit to raise money for our World Vision child, Alan!

When: Wednesday 4th June

Gold coin donation
**Kilberry Valley Primary School**

**ADVERTISING**

Please Note:
The Department of Education and Early Childhood Development does not endorse the products or services of any private advertisers. No responsibility is accepted by DEECD for accuracy of information.

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**WELFARE CORNER**

**Sleep**

Sleep has a big impact on health. Children need enough sleep to help them grow, ward off sickness, think clearly and remember things, and fend off bad moods. Children who are well-rested are more likely to have the energy needed for exercise and being active. Additionally, getting enough sleep can help your child learn better and have better memory. When you've had enough sleep (no matter what your age) you're also more likely to make healthy eating choices. When you're well-rested, you can remember your healthy eating goals and have the energy to follow through by taking the extra moment to choose nutritious food.

But starting from a young age, we want to cram in as much as possible into each day. Who hasn't seen a baby fighting sleep to the point of falling asleep in their plate of food or at play? The trend continues as children get older and beg to stay up for another TV show. It's up to you as a parent to encourage enough sleep for children to help keep them healthy, active, and happy. The trick is to knowing how much sleep children need based on their ages.

**How Many Hours of Sleep Do Children Need?**

Sleep needs vary from child to child, but the following are general guidelines from the National Sleep Foundation:

- **3 to 5 years old**: 11 to 13 hours per day
- **5 to 12 years old**: 10 to 11 hours per day
- **12 to 18 years old**: at least 8 1/2 hours per day

**How parents can help ensure sleep for their children**

If your child needs sleep help, the good news is that parent interventions are almost always effective. Here are some tried-and-true methods to ease the way to sleep for kids.

* Make sure your child is in sleep mode and prepared for bed at the proper time. Turn off electronics at least one hour before bedtime. If your child has a TV in her bedroom, seriously consider moving it out. Research shows that children who have a television in their bedrooms tend to sleep less.

* Create a calming night time routine. Winding down each night with the same calm routine e.g. bath, book, tooth brushing, signals that it's time for sleep, especially for younger children.

* Be consistent with bedtime and rising. Don't relax sleep rules on weekends or for homework. If your child is permitted to fight off sleep once, it's going to increase their interest in doing so again.

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**Parents, for the sake of our students, please model good road user behaviour especially around the school. Children and young people will copy the example you set!**

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**ABSENCE NOTIFICATIONS**

REMINDER TO PARENTS:

If your child is absent from school, please ring the school office on 9702 8688 on the morning of the absence or send a note with the student on the day they return to school.

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**Kilberry Valley Notices sent home**

The following notices have been sent home to families and require your prompt attention:

**GRADE 4 SCIENCEWORKS EXCURSION**

Final payments are due by Friday 30th May, 2014. The cost of the excursion is $21.00.

**MELBOURNE MUSEUM FOR PREP KS, PREP MU AND PREP CA**

Final payments and consent forms due by Tuesday 3rd June, 2014. The cost of the excursion is $14.00.

**GRADE 6 WINTERSPORTS LIGHTNING PREM**

Final payments and consent forms due by Wednesday, 11th June, 2014. The cost of the excursion is $9.

**MELBOURNE MUSEUM FOR PREP CM, PREP PD AND PREP AM**

Final payments and consent forms due by Friday 13th June, 2014. The cost of the excursion is $14.00.

**SCHOOL DISCO'S**

Final payments and consent forms due by Thursday 19th June, 2014. The cost of this incursion is $5.00.

**GRADE 4 CAMP 2014 - PHILLIP ISLAND ADVENTURE RESORT**

Final payments will be due by Wednesday 25th June, 2014. The approximate cost of the camp is $260.

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**LATE PAYMENTS CANNOT BE ACCEPTED**

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**CANTEEN NEWS**

Chocolate Muffins are NO longer on the menu.

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**WORKING WITH CHILDREN CHECK**

We would like to remind parents who are interested in helping at the school in any way, that you will require a Working With Children Check.

YOU CANNOT ASSIST IN ANY CAPACITY WITHIN THE SCHOOL UNLESS YOU HAVE A WORKING WITH CHILDREN CHECK. THIS INCLUDES EXCURSIONS, INCURSIONS & CLASSROOM HELP.

Apply on-line Department of Justice Victoria. There is no cost involved.

Then once you have received your Working With Children Check card, bring it to the office to register and wear the card whenever you volunteer at the school.

This will ensure an even greater level of security for your children.

THANK YOU