Welcome Back to the 2014 School Year

Welcome back to Whitehorse Primary for the 2014 School Year. It has been a great pleasure to meet so many new families and catch up with many of our long standing members of our community. It is wonderful to see everyone back, rested and ready for an exciting new year. I would particularly like to welcome the new staff to our growing school; Ashley Mai (PE and Sport), Stephanie Gibbons (Prep), Joy Terrenzani (3/4), Belinda Pignataro (1/2), Tamara Scully (5/6), Cathie Lewis (Integration Aide) and Kim Mason (Kinder).

WELCOME PICNIC – Thursday 13 February

We are holding our annual Welcome Picnic next Thursday 13 February between 6:00pm - 8:30pm. This year it is a more sporting focus with games to play. There will be a sausage sizzle or you can bring a picnic dinner. Come and meet other members of your community.

PERMISSION FORMS PACK

As in previous years we have sent home a pack with a set of permission notices that need to be read, completed, signed and returned to the school by Friday 7 February. These forms include internet and behaviour codes of conduct, photo and religious education permissions among others.

Please ensure that you read them thoroughly as there are some changes from last year.

NEWSLETTER NOW ONLINE!

Our newsletter will only be available on the website and parents are encouraged to subscribe via our school website so that an email is sent to you when the...
newsletter is uploaded. This will be our prime source of communication and will be uploaded fortnightly. The ‘What’s On @ Whitehorse’ will still come home in a hard copy to all families on the alternative fortnight.

To receive the email telling you that the newsletter is available please go to the website click on the Newsletter tab, choose Subscribe and enter you email address. We encourage all parents to use this method of receiving the newsletter notification.

**CANTEEN**

We are thrilled to announce that Katherine Clarke and Kathryn Zouglakis are continuing the running of the canteen. At the moment they are revising the menu and reorganising in general. We will let the community know as soon as the team are ready to go. Don’t forget to volunteer to help them if you can.

**ALLERGIES/ ANAPHYLAXIS/ ASTHMA**

Allergies and asthma are becoming a feature of the daily lives of children more and more these days. We have quite a significant number of children who have various allergies and/or asthma. We ask the cooperation of all parents by doing a number of simple things:

- Not sending nuts or other products such as peanut butter in lunch boxes. Please save this type of food for home.
- If your child has an allergy or asthma ensure that you have completed the appropriate forms and provided the school with up to date medication.

If you need any assistance with this please contact Mrs Lim.

**PARKING AROUND THE SCHOOL**

No matter where your child goes to school dropping off and picking up times can be chaotic and dangerous. We recently received an alarming letter from the Whitehorse Council relating an incident where one of their officers was severely assaulted trying to ensure the safety of children. We only ask that parents consider the safety of everyone when around the school. A map detailing the parking options around the school can be found on page 5 of this newsletter.

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**Education Maintenance Allowance (EMA)**

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower-income families to help with education-related costs.

If you have a child under 16, and you hold a valid Health Care Card, Pension Card, or are a temporary foster parent, you may be eligible to receive the EMA. The allowance is paid in two instalments, one in March and one in August.

The payment is intended to assist with education-related costs such as; **uniforms, excursions, textbooks, and stationery.** You can elect to have your EMA paid in one of the following ways:

- Paid by direct deposit (Electronic Funds Transfer) into your own nominated bank account; or
- Paid to the school to be held as credit which you can use towards education expenses; or
- Paid by cheque which will be posted to the school for collection.

In 2014, the annual EMA amount per student is:

- $200 for prep students
- $150 for students in years 1 – 6.
- $300 for year 7 students
- $250 for students in year 8 – until age 16*.

*A pro-rata amount is payable for students turning 16 in 2014.

**How to Apply:** Contact the school office to obtain an EMA application form.

**Closing Date:** You need to obtain an EMA application form from the school office and return by 28 February 2014.


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*Kerry Wood*
Welcome back to the new school year and another year of Scholastic Book Club. For all those new to the school just letting you know that we distribute for Scholastic Book Club brochures for the sale of books.

If you would like to order any books would you kindly send your order with either your completed credit card payment, cheque or cash to the school in a named envelope, with your child’s name and grade on it. If you wish to order an item and have it picked up from the office (if a surprise for a child) please note this on your order.

The school receives bonus points for all books ordered which enables us to purchase books and resources for our school.

The current Book Club orders are due back on Friday 7 February.

Thanks you for your support.

Denise Baldacchino

OSHC—ENROLMENT FORMS

It is a government requirement and school policy that all children must have a new enrolment form completed each year. Without this form, we are not legally able to have your child at OSHC.

Enrolment forms are available from the website, Karen or the office.

Karen Goddard

CHOOK ROSTER - HELP NEEDED

It is the start of the term and we are again looking for volunteers to look after the chickens on the weekends. No experience is necessary and our chooks are very friendly.

If you are able to help please speak to Julie or Michelle

STUDENT BANKING

Student Banking has commenced and banking day will be Wednesday again. There are new rewards this year with an underwater theme. All preps and regular savers will be receiving an information pack this week.

If you don’t receive a pack and would like one, please see the office.
Gym NEWS ium
Physical Education with Mr Mai

Dear Parents and Guardians,

My name is Ashley Mai and I will be your son or daughter’s physical education teacher this year and wanted to briefly describe the Physical Education Program at Whitehorse Primary and what your child can expect to learn over the next year.

Your child will have Physical Education each week for 60 minutes. The program has been designed to focus on three major areas:

Movement. In the early grades, for example, the program emphasizes the variety of ways we travel (e.g. running, skipping, hopping), changes of directions and speeds, and different ways to balance, jump and land.

Skill. Basic motor skills such as throwing, kicking, volleying, and striking with a racket are taught in the grades. In the upper grades the children are taught how to use these fundamental skills in games and sports, gymnastics and various forms of rhythmical movement.

Game Play Develop specific skills and understanding of sports. Participate in a range of activities to promote health-related fitness, flexibility and strength and participate in modified major games to gain an understanding of tactics; attack and defence, rules of the game and roles of various positions.

As a teacher I recognise that children are at different developmental levels, with a variety of needs and interests. For this reason in every class I attempt to provide all of the children with experiences that are both beneficial and enjoyable. Each lesson is also adjusted to take into account the wide range of skill and fitness levels that characterises children in primary school.

In closing, this week I will be going through the expectations in PE and it would be great appreciated if you could talk to your child about these rules. If you feel the need to speak to me about your child and their participation in PE please come and see me.

I am so excited to be teaching Physical Education at Whitehorse Primary and looking forward to being your child’s physical education teacher this year.

Sincerely,

Mr Mai

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**P.E. Rules**

1. Follow directions the FIRST time
2. LISTEN when the teacher is talking
3. The whistle means STOP, FREEZE and BE READY TO LISTEN
4. Speak in a FRIENDLY voice
5. Play safely
6. Be RESPONSIBLE for yourself and equipment
7. TRY new things
8. Be a GOOD SPORT
9. Do YOUR best
10. HAVE FUN

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**PLEAS DISCUSS WITH YOUR CHILD**

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**Why have a drink bottle at school?**

It is important that students drink plenty of water during the day, especially when participating in physical activities. Here are some benefits of drinking water:

- **Increases Energy & Relieves Fatigue** – Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. As an added bonus, your energy levels are also boosted!
- **Flushes Out Toxins** – Gets rid of waste through sweat and urination
- **Improves Skin Complexion** – Moisturizes your skin, keeps it fresh, soft, glowing and smooth.
- **Maintains Regularity** – Aids in digestion as water is essential to digest your food
- **Boosts Immune System** – A water guzzler is less likely to get sick. And who wouldn’t rather feel healthy the majority of the time?
- **Natural Headache Remedy** – Helps relieve and prevent headaches which are commonly caused by dehydration.
- **Prevents Cramps & Sprains** - Proper hydration helps keep joints lubricated and muscles more elastic.

So please make sure your child comes to school with a drink bottle.
No Parking
Whitehorse Primary School – Staff Only
St. Philips Primary

Restrictions Apply
Barnsley Street
Junction Road
Robyn Drive
Susanne Street
Wakefield Street – Drop Off Zone

No Restrictions
Blue Hills Avenue
Brendale Avenue
Gunyah Road
Jessie Street
Lane Street
Lynette Street
Marilyn Court
Nicol Street
Nunawading Tennis Club (Off Lane Street)
Zander Avenue

Park and walk
Why not try parking a few streets away from school and walking the rest of the way? Our streets are safer when there are less cars and more children walking to school.

Did you know, kids can easily walk:

- 250m in 5 minutes
- 500m in 10 minutes
- 750m in 15 minutes

Children who walk some or all of the way to school:

- Have fun and explore their local world
- Get to know the neighbourhood
- Practice road safety and personal safety skills
- Gain independence and confidence
- Help meet the recommended minimum of 60 minutes physical activity a day
REligious Education Classes

Are you interested in your child learning about the Catholic faith?
Then join us at ST. JOHN’S CATHOLIC SCHOOL
494 Whitehorse Road, Mitcham,
on
WEDNESDAY afternoons during school terms
4:15-5:15pm
We offer a 4 year program for children in Year 2-6 who would like to receive the sacraments in the Catholic Church. Please note that the Sacrament of the Eucharist is celebrated in the third year of the program. Contact Angela Jordan on 9873 7636 or 0403502558 for an enrolment form or to make enquiries.
Classes for 2014 commence on Wednesday 19th February.

OnLine Music Solutions
Sign up Now for Music Lessons 2014

Dear Parents and students,
Lessons in keyboard, guitar and strings are once again on offer this year. Instruments are available for hire or purchase.
Families wishing to participate in any of these programs will need to get themselves an enrolment form from the school office, have a parent fill it in and either leave it at the office or post it directly to Online Music Solutions. Information about the programs may be found on the reverse side of the enrolment forms (also visit www.musiclessonvideos.net). All families will be directly contacted prior to the lesson commencement date to confirm the lesson time and details.
Note: Students from 2013 need to re-enrol to continue in 2014. All enquiries please phone 98746667 or email oms@bigpond.net.au

What can parents and carers do to help their child’s asthma at school?
If your child is self-managing their asthma, or capable of taking their asthma medication independently, ensure that your child is always carrying their reliever medication (e.g. Ventolin, Asmol, Airomir and Bricanyl) as well as a spacer while at school
Ensure that you have provided your child’s school/preschool with an updated Asthma Action Plan
Ensure that your child knows how to recognise early symptoms of an asthma attack and check to make sure they are using their reliever medication properly
Ensure your child will seek help from school/preschool staff if they experience asthma symptoms
Ensure that your child’s asthma is being well managed and that their medication and management is reviewed annually by your GP (this is a good opportunity to also update the Asthma Action Plan required by your child’s school/preschool)
For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au