PRINCIPAL’S NEWS

I would like to welcome everyone back to the 2017 school year and in particular our new ‘Southie families’. We had a really smooth start and the students are enjoying the ‘Smart Start’ activities. We are very PROUD of our Preps and the calm way in which they have begun their school life at South.

It has also been a relief that the weather for this first full week of school has been much cooler than we normally get. Students need to remember to wear a broad brimmed hat while they are outside as part of our Sun Smart Policy.

Shared Lunch

Tomorrow as a part of Smart Start, families are invited to come to school and have lunch with their children. Lunchtime begins at 11:00am. You can bring along a shared picnic lunch or order lunch for yourself and your child in the morning at the canteen. We are hoping you can make it.

Monday Assembly

Next Monday will be our whole school assembly and families are always welcomed to join us. School Captains, Vice Captains, Student Leadership Team and House Captains will be receiving their badges at this Monday’s assembly.

Uniforms

Thank you parents, it was fantastic to see nearly all of our students in uniform. School uniform assists in developing a sense of identity and pride and helps us be ‘Proud to be a Southie’. We have some second hand uniforms available through our Parent’s Club at very reasonable prices. Please contact the office if you are interested in purchasing any of these.

New Shade Sails

It is fantastic to see the new brightly coloured shade sails go up this week outside the Grade 3 area, next to the mound. These sails are a great addition to our school’s wonderful facilities. Thank you to the ‘Sun Smart School Shade Grants’ program and the Parent’s Club for providing funding for this work.

School Crossing Procedure

As we have some new families at our school, I would like to revise the crossing procedure for the children’s safety. Please take the time to ensure your child understands the correct crossing procedure. Pedestrians are to enter the crossing through the fenced race and wait behind the white line until the Supervisor blows the whistle twice. Pedestrians cross and then exit through the race on the other side. If one whistle blows that means STOP!

Students must walk their bikes and scooters across the crossings. It is extremely dangerous to walk on the road side of the fences or to follow the Supervisors onto the road before they blow their whistles.

The Supervisors are in charge and at all times students must follow all of their instructions.

Please cross the road with your children using the supervised crossing as it models safe behaviour for them.

Debbie Chandler
Principal

DIARY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 3</td>
<td>Shared Lunch Day</td>
</tr>
<tr>
<td>March 9 &amp; 10</td>
<td>Earth Ed (Grade 3)</td>
</tr>
<tr>
<td>March 13</td>
<td>Labour Day (Public Holiday)</td>
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<tr>
<td>March 23</td>
<td>School Photos</td>
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FOCUS: COURTESY

This week the students are focusing on using people’s names when they are speaking to somebody and making sure they are listening.
ASSISTANT PRINCIPAL’S NEWS

Make this year your child’s best ever at school
By Michael Grose

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are five ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Children spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help children start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that children have plenty of time get up, eat and get ready for the day.

3. **Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help children get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist children exercise.** The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet children today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for children of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

Mrs Marie-Therese Milani  
Assistant Principal

PARENTS CLUB

WELCOME BACK

Parents Club would like to welcome everyone to school. We look forward to seeing lots of parents join us next Monday after assembly for our first cuppa and chat. Your toddlers and pre-schoolers are welcome to come along as we have toys and a sandpit for them to play.

GENERAL MEETING

Our first general meeting and Annual General Meeting will be held on Monday 13th February after assembly in the Parent’s Club room. Parents, carers and other family members are welcome.

Lyn Bozzi  
Parents Club

DROP AND STRIDE ZONES

Have your say!

Mildura South Primary School is asking for parent feedback and input on potential DROP and STRIDE/ RIDE and STRIDE zones to be installed for use in term 2, 2017.

What are they?

DROP and STRIDE zones are a place away from the school where parents can safely drop their children. Children will then walk or ride a short distance to school together with other students also using the zone.

RIDE and STRIDE zones are similar and would involve students walking/riding together to a safe pick up point at the end of the school day.

Note: We do not encourage unsupervised riding for children under 10 years of age.

Why are we trialling these zones?

- To improve student safety by reducing traffic congestion in school zones.
- To promote increased physical activity for children and families.

Please help us develop this initiative by filling out our Survey (inserted in this newsletter). Surveys are due back to the school office by Monday 13th February 2017.

Any and all feedback is welcome!

Nicki Rivett  
Coordinator
OUT OF SCHOOL HOURS
We have places available every day for Before and After School Care.

Before School Care operates from 6.45am to 8.45am each school morning. Breakfast is on offer to all children attending. We have a variety of breakfast to choose from: Every morning there is toast, raisin toast, weet bix and nutrigrain or eggs. Wednesdays - Pancakes and Hash Browns, Fridays - Bacon, eggs, sausages, hash browns. We remain in the gymnasium throughout the morning session with many supervised activities.

After School Care operates from 3.30pm to 6.00pm each school day. Snack is available upon arrival with a variety of fun supervised activities both indoor and outdoor during the afternoon. All children attending After School Care are to bring a hat for outdoor play during Terms 1 and 4. Snacks at After School Care include Nachos, Sandwiches, Shapes, Cheese and Kabana, Pasta and muffins. We have a different snack each day, served with fruit. Activities include: basketball, boardgames, Lego, PlayStation, Xbox, Wii, jigsaw puzzles, art and craft, badminton and dolls.

If you would like more information regarding our service, please call in to see us in the gymnasium or contact us on 5018 6028.

Barb Rayson
Out Of School Hours Coordinator

COMMUNITY NOTICES

RECONCILIATION AND FIRST EUCHARIST PROGRAM 2017
SACRED HEART PARISH, MILDURA
If you have a child in Grade 4 or above and would like them to receive the Sacrament of Reconciliation and First Eucharist in 2017, a Parent Information Evening will be held on Wednesday 22nd February at 7pm in the Sacred Heart Church. Please contact the Parish Office for an Information Brochure on 5021 2872 Tuesday – Friday 9am -4pm.

Sunraysia Daily 39th Mildura Eisteddfod
May 31 – June 19 2017
Entries are now open. Entries close Friday 17th March 2017. Information can be found at our website http://www.milduraeisteddfod.org/

and by following us on Facebook Mildura Eisteddfod Timeline. Email: milduraeisteddfod@gmail.com
Mobile: 0429 481 898
Michele McGauchie
Administrative Assistant

HOT SHOTS TENNIS – RED CLIFFS LAWN TENNIS CLUB
“RED CLIFFS LAWN TENNIS CLUB”
Hot Shots Tennis: Monday 4-5pm, Tuesday 4-5pm, Wednesday 4.15-5.15pm for children 5-12yrs. Racquets available and free Hot Shots T-shirt. @$10 per session.
Thursdays 4-5pm-Coaching for children that are beginning to play sets. @$10 per session.
Wed 3.45-4.15pm. All abilities tennis (Children with a disability aged 5-16yrs @$5 per session)
Mums/Ladies in tennis- Tuesdays 9-10am Racquets available @$10
Other small groups of coaching for more advanced juniors available.
Please contact Community Play Coordinator: Lisa Hill, for all enquiries or to enrol: rick_lisa@bigpond.com 0409 726 824

HOOK IN 2 HOCKEY 2017
Would you like to be a part of our very successful Hookin2Hockey program? Last year, we had over 140 local children come and try hockey, many for the very first time. This is an eight week skill development program, will be run at the Sunraysia Hockey Turf, Eleventh St, Mildura, and costs $85 per child. This fee includes a terrific pack which includes a stick, ball, shin guards, and playing singlet.
The 2017 program will be starting soon in February! For more information please contact Jodie Morvell on 0409 835470 jmorvell@bigpond.com Sunraysia Hockey www.sunraysiahockey.com

BRAINTEASER
This week’s Brainteaser: Name the sisters who played in the final of this year’s Australian Tennis Open.

Your answer:..................................
Your Name:.................................
Your Grade:.........................
Cut out this box with your answer, name and grade and place it in the brainteaser box at the front office. Each week, one lucky entrant will win a prize! 😊