# Issue No: 25— 17th August 2016

## Dates to Remember

<table>
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<th>Date</th>
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<td>Wednesday 17th August</td>
<td>Sci-Tech Classroom Visit</td>
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| Thursday 18th August  | • BOOK DAY Parade & Activities 9.00am— 1.00pm  
|                       | • School Council Meeting 7pm (Finance @ 6.45pm)  |
| Friday 19th August    | • MOVIE NIGHT—Admella Hall— hosted by Parents’ Club.  
|                       | • Tickets for Performing Arts Festival must be collected.  |
| Wednesday 24th August | Performing Arts Festival—Civic Hall        |
| Thursday 25th August  | CLUBS Program : “Mates”—Music & Singing  
|                       | “Friends”—Enchanted Forest  
|                       | “Buddies”— Racquetball                     |
| Friday 26th August    | Book Club Orders due                       |
| Tuesday 30th August   | Hot Dog Lunch  (orders closed Monday 29th August) |

## STAR STUDENT FOCUS

**PERSISTENCE**

This week’s Star Student is someone who completes learning tasks in the allocated time.

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**Tomorrow we will be celebrating**

**BOOK DAY**

*There will be a Costume Parade in our Hall starting at 9.15am.*

**Parents Welcome!**

*We encourage all students to come dressed as their favourite Book Character*
Principal’s Message

Dear Parents, Carers and Families,

What a fun packed morning our students had yesterday at the Mini-Olympics. The students loved the variety of Olympic events on offer. Thank you to all staff for their help during the morning and a special mention to Mrs Ryan for all of her organisation. It was much appreciated Mrs Ryan!

BOOK DAY TOMORROW:
I know everyone is looking forward to tomorrow and busy organising their Book Day costumes. It is a wonderful day to be involved in and one our students absolutely love. There will be a Book Day Parade in the Hall starting at approximately 9.15am. Everyone is welcome to attend.

COLLABORATIVE PROFESSIONAL LEARNING WITH PORTLAND PRIMARY SCHOOL:
Our teachers have been and will continue to work collaboratively alongside Portland Primary School teachers to develop a Professional Learning Community that will benefit both schools. This week we are meeting to explore the Victorian Curriculum. The Victorian Curriculum is being implemented into schools across the state this year with the aim of full implementation at the beginning of 2017.

MOVIE NIGHT—PARENTS’ CLUB FUNDRAISER:
On Friday night the Parent’s Club will be holding a Movie Night from 6pm until 8.30pm in our hall. It would be wonderful to see lots of our students attend. The cost of entry will be by gold coin donation. Popcorn and ice-cream will be available for $2 each. Hope to see you all there. Don’t forget your comfy bean bags, chairs and blankets.

PERFORMING ARTS MUSIC FESTIVAL—WEDNESDAY 24th August:
Please note: Portland South will be involved in the Music Festival on Wednesday 24th August. Please collect the tickets you have ordered by this Friday—19th August.

KEEP DATE THIS DATE FREE—TUESDAY 6th SEPTEMBER, 6pm-8pm

SCI-TECH FAMILY NIGHT CELEBRATION FOR ALL SCHOOLS THAT HAVE BEEN INVOLVED IN THE PROJECT—6th SEPTEMBER.
This night will be a HUGE celebration of all the work that schools across Portland have been involved in. We thank Portland Aluminium for their sponsorship of the program.

Have a wonderful week.
Vicki.

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**Book Club**

Order forms have been sent home and orders are due back by Friday, 26th August.

**PERFORMING ARTS FESTIVAL TICKETS**

Parents are reminded that the tickets you have ordered MUST BE COLLECTED & PAID FOR by this Friday—19th August by 9.30am!

Our school was very fortunate to receive the number of tickets requested. However, other schools have missed out and their families are eagerly seeking tickets. Therefore, any unclaimed tickets from Portland South parents will be onsold as our school has to pay for all the tickets it has received.
PARENTS' CLUB

FAMILY MOVIE NIGHT

When:  Friday, 19th August—6.00—8.30pm
Where:  Portland South PS—Admella Hall
Cost:   Gold coin donation

BYO Bean Bag, Comfy Chairs and Blankets. School Chairs will also be available.

The following snacks will be available for purchase on the night:

- Popcorn - $2
- Ice Creams - $2

To assist with catering arrangements, it would be greatly appreciated if you could return the following reply slip.

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Movie Night: Reply Slip
Name:   ________________________________ Number Attending: ___________

Please return to the office by the 18th August.

Please note: Children MUST BE collected by a parent or responsible adult at 8.30pm sharp.

FATHER’S DAY RAFFLE

Donations are being sought for the Father’s Day Raffle which will be drawn on Friday September, 22nd at Assembly. The more gifts we get the more hampers we can give away.

We hope to get a wide collection of donations that can be used to make up a number of hampers.
Chocolates, socks or anything really.

A big “thank you” to those families who have already donated the following items:

- Clamp Light
- Body Wash & Deodorant
- Book Gift Voucher
ORDER FORM: HOT DOG DAY

Student’s Name: __________________________________________

Grade: _________________________________________________

☐ Hot Dog @ $2.00 each

☐ Fruit Box @ $1.00 each

Total Enclosed: ________

HOT DOG DAY

Tuesday 30th August

Children will be able to purchase a Hot Dog and Fruit Juice for lunch on this day. Please complete the order form below and return, with payment, by Friday 26th August.
Assistance Required – Breakfast Program

Due to the astounding success of our Breakfast Program we are looking for some parent helpers one morning a week. This will enable us to provide a more comprehensive start to the day.

Now that winter is upon us, the Breakfast Program would like to offer our students the opportunity to *porridge* (green food) and *toast* with jam or *vegemite* (amber food).

At present we provide breakfast on Tuesday and Wednesday morning only, with extra support, we could add to the number of days we offer breakfast.

If you are able to offer time to our wonderful school, please leave your name with Mrs Rogers or Mrs Fisher in the front office, or call the school on 55232911.
Breakfast is provided to all students and their families in the hall from 8.20 – 9.00 on Tuesday and Wednesday mornings.

Schools tuck shops now have a classification for Foods and Drinks, they are now classified into three categories according to their nutritional value: Green, Amber and Red. These classifications can be seen on our own school lunch order form.

**GREEN 'Have plenty' ☺**
Encourage and promote these foods and drinks.
These food and drinks:
- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)
Examples: Breads, fruit, vegetables, low fat dairy food, lean meat, fish & poultry.

**AMBER 'Select carefully' _**
Do not let these foods and drinks dominate the choices and avoid multiple servings.
These foods and drinks:
- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)
Examples: Processed meats, spreads and sauces, snack food bars, full fat dairy, fruit juice, refined breakfast cereal

**RED 'Occasional' _**
These foods and drinks:
- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)
Examples: Sugar & artificially sweetened drinks, confectionary/lollies, deep fried food, chips, cakes & sweet pastries.
“YMCA– Kids Better Health Program”

The YMCA will be delivering this program in partnership with Portland District Health with a focus on encouraging parents and children to get healthy and active together.

Afternoon tea of fruit and water will also be provided.

Sessions will run for one and half hours per week (one day, after school– day yet to be decided) and will include activities, games, tips on healthy eating, reading labels, portion sizes etc.

Maximum participants in the program for the Term 4 will be 6 – 8. There will be no charge to participants.

If you would like to be involved in this program could you please let Mrs. Fisher know asap.

Latest ideas on healthy eating options for kids ............ August 2016

Your kids are what you eat
Study shows close relationship between diet quality of parents and kids.

No global agreement to reduce marketing of unhealthy foods to kids
Comprehensive measures to keep children from influence of marketing have fallen short of WHO resolution to reduce obesity.

Kick-start the day with breakfast
It’s the most important meal of the day, yet 1 in 4 Australian children don’t have breakfast.

Why artificial sweeteners can increase appetite
Studies have suggested that consuming artificial sweeteners can make you feel hungry and actually eat more.

Fruit and veg give the feel-good factor
Research indicates that eating more fruit and vegetables can substantially increase people’s later happiness levels.

Lego Club is Expanding
Portland Library Every Saturday during Term 3 2pm - 3pm
Junior and Teen Concurrent Sessions
Due to the huge response to our new Lego Club sessions we have decided to expand the Library’s lego collection. There will now be two concurrent Lego Club sessions run each Saturday at the Portland Library. These being for Juniors aged 4-11 and teens aged 12-18.
All welcome, no bookings required. Children under 10 must be accompanied by an adult.

Our Veggie Garden has slowed down over winter, but Crystin has still been picking the odd yummy produce.

If there are any mums, dads, grandmothers or grandfathers who would like to assist with the garden, please call in and see Di.