



Viewbank Voice

RESPECT, RESPONSIBILITY, DOING YOUR BEST, HONESTY AND TRUSTWORTHINESS

Nevin Parade, Viewbank VIC 3084
Phone: (03) 9459 1512
Fax: (03) 9457 7115
Email: viewbank.ps@edumail.vic.gov.au
Web: www.viewbankps.vic.edu.au
Out of School Hours Care Program:
Phone: (03) 9459 7529

DIARY DATES

Fri Aug 4

Chocolate Orders due by today

Fri Aug 4

Pupil free day

Sun Aug 6

Working Bee (afternoon)

Fri Aug 25

Father's Day Stall

Thu Aug 24

Book Week Celebration- Dress-Up Day (Whole School event)

Mon 28 – Wed 30 Aug 17

Year 3 Urban Camp

Tue Sep 19

Whole School Production
A – K (Afternoon & Evening show)

Thu Sep 21

Whole School Production
L- Z (Afternoon & Evening show)

Fri Sep 22

Last day of Term 3
2:30pm dismissal

Mon Oct 9

First day of Term 4

Tue Oct 10 – Fri Oct 13

Year 5 Camp

Thu Oct 19

Viewbank Primary School
Walkathon

Sat Oct 28

Vision Portraits Family
fundraising photos

Sat Oct 28

Working Bee (morning)

Mon Nov 6

Pupil free day

Fri Dec 22

Last day of Term 4
1:30pm dismissal

Tue Jan 30

First Day of Term 1

PRINCIPAL'S REPORT

3 August, 2017

PUPIL FREE DAY

A final reminder that tomorrow is a pupil-free day. Out Of School Hours Care will also NOT be operational.

WORKING BEE

You are cordially invited to our Term 3 working bee which commences at midday on Sunday, August 6. Afternoon tea will be provided, with a range of tasks to be completed in the afternoon. One of the tasks on Sunday is to tidy up the shipping container which is located near the staff car park. It contains lots of tables and chairs in excellent condition which are available on a 'make us an offer' basis (there's even a couple of old school desks circa the 60s). We anticipate finishing just after 3pm and you don't have to attend for the full time, so if you can spare an hour we'd love to see you!!!

GRADE 2 SLEEPOVER

Excitement is mounting as Friday, August 11 draws ever nearer. The Grade 2s return to school at 5pm on that afternoon and spend the night at school, participating in a range of activities including a dance/disco and movie night before being collected PROMPTLY at 7.30am the next morning!!

PARENT OPINION SURVEY

More than 200 families have been invited to participate in this year's parent opinion survey, conducted for the first time online by ORIMA research. Please check COMPASS if you were one of the families randomly selected as all of the information relevant to your participation is available there. The survey will be open from Monday 7 August to Sunday 27 August.

OSHC MEETING

The OSHC subcommittee is scheduled to meet on Monday, August 7 in the gymnasium foyer. The meeting commences at 6pm.

Have a lovely 'long' weekend.

Kind regards,

Bill Kersing
Principal



SCHOOL COUNCIL NEWS

Whilst tomorrow is a Pupil Free Day at school, it is also Principals' Day - a day when we celebrate and acknowledge the important role that Principals and Assistant Principals play. Each day they work to ensure our school is delivering the best possible education for our children. I would ask that everyone take a moment tomorrow to reflect on the leadership roles of Bill, Suzanne and Gill; the support and direction they offer to all staff at Viewbank and the positive role modelling they display to our children.

Thanks for doing a great job!

Duncan Baulch
School Council President



COMPASS SCHOOL MANAGER

Please be advised that student absences, Term payments and excursion permission forms are now accessed via Compass



SCHOLASTIC BOOK CLUB



All Scholastic Book Club orders are due back at school by Wednesday 9th August, 2017
No late orders can be accepted.

SCHOOL TERM DATES

2017

Term 3: 17 July to 22 September
Term 4: 9 October to 22 December

2017 PUPIL FREE DAYS

Friday, August 4
Monday, November 6

2018

Term 1: 29 January (teachers only) to 29 March (Students start 30 January)
Term 2: 16 April to 29 June
Term 3: 16 July to 21 September
Term 4: 8 October to 21 December

HOW TO ACCESS THE COMPASS PARENT PORTAL

TO ACCESS COMPASS VIA YOUR WEB BROWSER ON YOUR DESKTOP COMPUTER OR MOBILE DEVICE (Internet Explorer, Firefox, Chrome, Safari)

- Click on the Compass link on the VBPS webpage (or go to <https://viewbankps-vic.compass.education>).

TO ACCESS COMPASS VIA THE APP (iOS or Android)

- Download the 'Compass School Manager' app and follow the prompts.



HATS ON

From 1st September until 30th April school hats must be worn outside during all outside activities.



SAFE PARKING AROUND VIEWBANK PRIMARY SCHOOL

The traffic around the school is a concern during the school drop off and pickup period. What can Council do to resolve this?

- Unfortunately the streets around most of our schools in Banyule become highly congested on school days during the drop off and pick up periods.
- Managing school related traffic can be a very complex and difficult matter with the competing demands of residents, parents and through traffic needing to be balanced.
- With such issues Council seeks to work with the school, school council and local community to seek the appropriate balance through:
 - Minimising residential amenity and access impacts;
 - Facilitating calmed and relatively unobstructed through traffic movements; and
 - Ensuring that safe pick up and drop off activities can occur as needed.
- Council primarily manages these issues through school related parking restrictions, school crossings and where needed capital works improvements; subject to funding considerations.
- The health and environmental benefits of walking or riding to school are significant factors for our community. Council is happy to work with our schools to help improve and encourage the take up of these forms of transport, even if it is only the last kilometre of travel.
- There is a lot that the community can do to help improve these issues such as parking away from schools and walking the final leg, or even looking to stagger pickup times to help avoid the busy peak periods.

Council continually monitors schools to enforce parking zones and restrictions to ensure the safety of students. Council promotes a safe and happy community. By parking appropriately when you

drop your children off to school, you can help to ensure there is no danger to students and avoid traffic congestion around schools.

Parking restrictions at and near schools to provide a safer environment for children may include:



NO STOPPING SIGNS
Vehicles are not permitted to stop in an area that a No Stopping Sign applies.
Even if the vehicle is on, not in park and with the brake pedal engaged, it is still committing an offence.
You will find these mostly on intersections, at School Crossings or in locations where it has been found that vehicles stopping has the potential to cause accidents or injury to other road users, including pedestrians.
Some No Stopping signs will have restricted operating times, so it's best to double check these, outside of peak pickup and drop off times.
Rule 167 (Road Safety Road Rules 2017)



NO PARKING SIGNS
Vehicles are permitted to stop in an area that a No Parking Sign applies under the following conditions:

- To drop off/pick up goods or passengers,
- That the vehicle does not stop for longer than 2 minutes*,
- The DRIVER of the vehicle remains within 3 metres of the vehicle while the goods/passengers are being dropped off/picked up.

*Some No Parking signs may have a time specified on the sign, such as 5 Minutes, etc. This means that you can stop here for the indicated time, but the driver must remain within 3 metres of the vehicle.
Some No Parking signs will have restricted operating times, so it's best to double check these, outside of peak pickup and drop off times.
These Signs are usually installed for quick pick up and drop off of children around schools.
Rule 168 (1) (Road Safety Road Rules 2017)

STOPPING NEXT TO A YELLOW EDGE LINE
Vehicles are not permitted to stop on or next to a yellow edge line.
Yellow edge lines are installed in some cases where vehicles stopping can cause traffic congestion or where it is unsafe for vehicles to park such as across driveways or between two driveways where there is insufficient space for an average sized vehicle to park.
Rule 169 (Road Safety Road Rules 2017)

STOPPED – DOUBLE PARKED
No vehicle is permitted to stop and double park.
This can cause a dangerous situation for other motorists and passengers getting out of the illegally parked vehicles.
Even if the vehicles ignition is on and not in park, an offence is being committed.
Rule 189 (Road Safety Road Rules 2017)

STOPPED ON A FOOTPATH
Vehicles must not stop on a footpath.
This can force pedestrians out onto the road or unknown terrain, which can possibly lead to a fall or being struck by traffic.
Even if vehicles park on a footpath and driveway, with the crossover still available for pedestrians to get around, drivers are committing an offence.
Rule 197 (1) (Road Safety Road Rules 2017)

STOPPED ON/ACROSS A DRIVEWAY
Vehicles must not stop on or across a driveway, unless they are dropping off passengers or goods, not stay longer than 2 minutes and the driver remains within 3 metres of the vehicle.
However, it is best to keep driveways clear to ensure residents can leave their property with ease and without conflict.
Rule 198 (2) (Road Safety Road Rules 2017)

Continuous White Centre Line: If a road has a continuous white centre line, there must be three metres between the vehicle and the white line.

School Crossing: You cannot stop within 20m of the approach side or 10m of the departure side of a school crossing.

Nevin Parade Restrictions:



Turning circle: No standing between 8:15am and 4pm school days. **(No stopping in turning circle to drop off or pick up children during the above hours)**



Adjacent to school fence: 15minute parking between 8:15am - 9:15am and 3pm - 4pm school days.



West side of Nevin Parade: No standing between 8:15am - 9:15am and 3pm - 4pm school days.



Staff Carpark: Private property, Viewbank Primary Staff Only.

Winston Road Restrictions:



Adjacent to school fence:

KISS AND DROP ZONE

Between 8:15am – 9:15am and 3pm – 4pm you **cannot leave your vehicle parked or unattended.** You can only stop here to immediately pick up or drop off your child; you must then drive off as soon as possible.

This parking zone works very well for fast drop off and pick ups. It only takes one parked car to stop this area moving smoothly.

Lascelles Avenue Restrictions:



Adjacent to school fence: 15minute parking between 8:15am - 9:15am and 3pm - 4pm school days.



South side of Lascelles Avenue: No standing between 8:15am - 9:15am and 3pm - 4pm school days.

PARENT REMINDER:

For the safety of children, parents are reminded to take care and obey parking signs when picking up or dropping off children around schools.

IMPORTANT OFFICE MATTERS

Term Expenses (Excursions, incursions and activities) and Consents

Dear Parents/Guardians,

Term 3 expenses are now overdue.

Term expenses are paid on Compass via Course Confirmation/Payments and consent for excursions/activities are via the Event link. All items that require action are shaded on your homepage under 'My News' and an email is sent when term expenses are put on Compass ready to be paid.

If we do not have payment and consent by the due date unfortunately your child/ren will be unable to attend excursions/activities. The office staff will no longer be phoning on the day of an event to chase payment or consent. If you have paid your term expenses but not provided consent, your child will be unable to attend and no refund will be provided. Reminders will be sent via Compass email. All activities planned for the term are part of the school curriculum and therefore it is expected that all children attend.

If you are experiencing any difficulty paying term expenses, please see me.

Yours sincerely,
Lucy Addati
Business Manager



Remember, as soon as you stop to let your children in or out of the car, you are deemed to be parked. You do not have to leave your car or turn the engine off to be fined.

At children's crossings, you must remain stationary at the stop line while any person (including an adult or the supervisor) is on the crossing or the stop sign is displayed. Do not let your child alight at this time, ensure that they wait until you are safely and legally parked.

If you breach a parking regulation the Parking and Information Officer assigned to monitor the crossing will usually record your registration number and details, and the Penalty Infringement Notice will be posted to the registered owner of the vehicle within the next three days

EDUCATION SUB COMMITTEE REPORT

So that the school community are informed we will communicate with you the policies we have been working on in order to benefit our school. The Education Sub Committee has been working on the draft of the following policy: **Health and Nutrition** to benefit our school. Please read through the attached policy and if you would like to provide feedback or further recommendations please let me know by **Friday August 11th**.

Regards Suzanne Kot on behalf of the Education Sub Committee.



SCHOOL BANKING

Don't forget to hand your bankbooks into your class teacher every Tuesday for banking.



LIBRARY HELPERS

The Library always has new books to be covered and needs assistance with the shelving of books. If you have some spare time to assist, please pop into the Library and offer your services. Even 10 minutes while waiting to pick up your children would be appreciated.



YEAR SIX SPORTS REPORT

Girls Softball Report

After an exciting softball game between Viewbank Primary School St Martins, our girls came back proud. The Viewbank girls won 9-10 in a very fair and fun game. Thank you to our coach Mr. Byrne for being a great umpire and very supportive. Our captain was Dilheer and she and Lucy showed us all how to sneak bases!

BOYS SOFTBALL REPORT

On 28 of July 2017 the boys softball team played an amazing game with Saint Martins, unfortunately we lost. We had some amazing catches, e.g Emilio after myself (Paddy) dived and caught it but it slipped out of the glove and he dived and caught it. Good game to both teams good luck Saint Martins, hope you do well for the rest of the season.

CADBURY® FREDDO & FRIENDS FUNDRAISING BOX.

ORDER DUE BY **TOMORROW**

As part of our plan to improve Viewbank Primary School we will be running a fantastic Cadbury® Fundraiser Drive in August to raise money to resurfacing of the large asphalt area.

We are pleased to announce that for this drive we have **CADBURY® FREDDO & FRIENDS FUNPACK** for sale. Selling for \$1 per item (\$50 per box), this represents excellent value to the buyer and our profits will go towards the resurfacing of the large asphalt area.



Cadbury Freddo & Friends Funpack

Cadbury Freddo & Friends Funpack

Each box contains a mixture of products. If a variant is not available it will be replaced with a product of equal or greater value.

- ✓ Freddo Dairy Milk chocolate frog 35g
- ✓ Freddo Dream White chocolate frog 35g
- ✓ Caramello Koala 35g
- ✓ Freddo Popping Candy chocolate frog 35g
- ✓ Freddo Twin Peppermint chocolate frog 35g
- ✓ Freddo Twin Strawberry chocolate frog 35g
- ✓ Freddo Raspberry Rocks 35g



Fundraising activities such as this make a vital contribution towards improving our facilities for the benefit of our children. In anticipation of a successful fundraising drive, we thank you for your support.

Viewbank Primary School Parents and Friends

[If you wish to purchase chocolates or make a donation to this drive please make a payment via Compass Course Confirmation and Payments no later than 4th August, 2017.](#)

[In late August Chocolates will only be provided to families who have paid in full by 4th August.](#)

KITCHEN GARDEN UPDATE



This week in the kitchen garden...

Here's what we been cooking this week (Recipes at the office)

Grade 3s made Basic Bread, Potato Salad, Red Lentil, Tomato & Pumpkin Curry and Broccoli & Cauliflower Fritters

Grade 4s made Pumpkin Burgers, Patatas Bravas, Sultana Scrolls and Tabbouleh



Pictured Right: Hamdi & Abdulrahman rolling up the Sultana scrolls.

Pictured below: Our marinated olives will be for sale in the next few weeks



Happy cooking from the grade 3 & 4s!



PRINCIPALS' DAY

Tomorrow, Friday 4 August is **Principals' Day**. This day gives the school community a day to acknowledge and recognise the tireless efforts that our Principal (Bill Kersing) and Assistant Principals (Suzanne Kot and Gill Nicholls) make to our school to make it such a vibrant and stimulating place of learning.

We would like to express our gratitude to them and thank them for everything they do in their challenging roles as leaders of our school.

Viewbank Primary School Parents and Friends Association



LUNCH ORDERS

CLASSROOM CUISINE provides lunch orders to our school on a **MONDAY, WEDNESDAY and FRIDAYS**.

Lunches must be ordered online using the CLASSROOM CUISINE website.

www.classroomcuisine.com.au



UNIFORM SHOP OPEN EVERY TUESDAY

The Uniform shop is open every Tuesday from 9am to 10am. You can also leave orders anytime at the school office and the uniform will be sent home with your child.



WINTER PINAFORE'S NOW AVAILABLE FOR PURCHASE.

ICY POLE FRIDAY

Due to popular demand students will continue to be able purchase icy poles over the counter during Friday lunch play during Term 3.



All icy poles cost \$1.00 each.



We are asking for parent helpers to assist with the sale of these icy poles on Fridays from 1pm to 1:45pm. If you able to assist can you please notify the office of your available dates.



Email: viewbank.ps@edumail.vic.gov.au
Phone: 9459 – 1512

VBPS 2017 PRODUCTION



VIEWBANK PRIMARY SCHOOL PRODUCTION FOR 2017

Progress is going steadily and the scenes are starting to take shape as the children work hard to learn their songs and remember their choreography. It's a lot of fun seeing the props and costumes begin to transform the music room and the excitement is certainly beginning to build!

Our focus for the production this year is literature with the children exploring well known and well loved characters, stories and adventures through music, dance and drama.

PERFORMANCES

As usual the two cast groupings are divided according to surname with a few exceptions where it is necessary to even out numbers across the performances. Our venue is the same as it has been in the past - Planet Shakers 360 Main Road, Lower Plenty.

This year each group will give two performances on their nominated performance date. A matinee during the school day and then again that evening.

A - K
Tuesday 19th September

L - Z
Thursday 21st September

HELPERS NEEDED

We are looking for people to help with some specific props and costumes. If you feel you might have some time, please indicate below the type of task you would be happy to assist us with and leave your contact details with the office.

Sewing skills | Hand stitching | Cutting out fabric | Prop making

We are fortunate again this year to have Kathryn Harvey who has kindly offered to coordinate costuming, along with Lauren Sandford and Andrea Ditoro.

Many thanks

Ruth Panaccio & Renee Davey

CYBERSMART TIP

Cybersmart Tip



Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.

www.esafety.gov.au

2018 FOUNDATION EVENTS

Viewbank Primary School Foundation 2018 Transition Events

May Information Night

Come along and meet our team
Thursday 4th May 7:00-8:00 pm

Education Week Open Day

Meet the team and see our school in action
Tuesday 23rd May 9:30am-3:00pm

Education Week Open Morning

Can't make it to the Open Day? Come along on Saturday
Saturday 27th May 9:00am-12:00pm

Term 3

Story land (Library)

Wednesday 16th August
9:30-10:30am

Maths land (Gym Foyer)

Thursday 31st August
9:30-10:30am

PMP land (School Gym)

Wednesday 13th September
9:30-10:30am

Term 4

2018 December Information Night
Thursday 23rd November 7:00- 8:00pm

Classroom Session 1

Wednesday 29th November
11:30am-1:00pm

Classroom Session 2

Wednesday 6th December
11:30am-1:00pm

Viewbank Primary
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Nevin Parade
Viewbank
VIC 3084

Ph: (03) 9459 1512

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Email: viewbank@viewbank.vic.edu.au

Web: www.viewbank.vic.edu.au



VIEWBANK PRIMARY SCHOOL ENTERTAINMENT BOOK MEMBERSHIP



We're fundraising with
entertainment

Viewbank Primary School is raising funds. Here's how you can help...

Help us raise funds for our School by buying an Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!



[CLICK HERE TO ORDER NOW>>](#)

Melbourne Entertainment
2017 | 2018

[SEE WHAT'S INSIDE](#)

Learn about the Entertainment
Digital Membership

[WATCH VIDEO](#)

PUPIL OF THE WEEK – 31/7/2017

Foundation D	Jason
Foundation K	Jaeden & Zara
Foundation P	Harrison
Foundation R	Topaz & Maya
1R	Whole Class
1C	Madison
1T	Lucas
1K	Brody
2C	Bethany
2L	Elena
2M	Bruce
3B	Thomas
3G	Charlie
3M	Zoe
3W	Tehya
3E	Siddesh
4L	Robert
4F	Gretel
4N	Hannah & Darragh
4S	Hamish
5T	Levi
6B	Kaitlyn
6A	Jamie & James
6G	Dennis
6C	Charlotte

COMMUNITY NEWS

Mums & Dads

This is for YOU!

Winter
Midweek
Special



- Enhance stamina, strength & mobility
- Increase energy & fitness
- Stimulate mind & body
- Reduce stress
- Feel good

with...

Tue: Boxing

Wed: Centergy

Thu: Circuit

3 x Group Sessions p.w.

for 5 Weeks (from 14 Aug 17)

Up to 50% off - Only \$99!

*ONLY 8 places available!
Valid from w/c 14/08 - 17/09/17
All abilities & fitness levels.

Call NOW!
0416 089 855

Belinda Nelson
(Viewbank Primary School Mum)
Owner / Head Trainer
Email: belinda@viewtofitness.com.au
Website: www.viewtofitness.com.au



Join us at the

Macleod College

German Christmas Market

Gingerbread, Pretzels, Bratwurst
Glühwein, Snowglobes, photobooth

11 August from 5-9pm
G Block, Macleod College





FIREBALL TENNIS ACADEMY
AFTERSCHOOL
TENNIS LESSONS

Enrol your students in
Fireball Tennis Academy's
Red Ball Tennis Lessons
at Viewbank Primary!

As one of Tennis Australia's top
performing academy's we will
deliver confidence to your child
both on and off the court!

CONTACT 0422 270 224
MEMBERSHIP SERVICES

LEARN TENNIS TODAY 

www.fireballtennis.com.au

Book the babysitters and round up your friends!
You're invited to...

DISCO BINGO

*A social & fundraising night for
Viewbank Preschool*

Instead of the traditional bingo numbers being called, our host Dolly ditches the balls and plays 30 secs of a well known song for players to mark off on their Disco Bingo ticket. We'll have lots of prizes up for grabs and beats to get you singing, dancing and dabbing the night away! So tell your friends, book your babysitters and get ready to have some fun!

When: Friday 11th August 2017, 7pm-11pm
Where: Old Shire Offices - 60 Beverley Road Heidelberg
Cost: \$25 per ticket - BYO Drinks & Nibbles. 6-8 per table.
Dress: A touch of disco (optional)
Booking Deadline: Wednesday 9th August

All tickets must be pre-purchased - for bookings contact Caroline
(fundraising@viewbankpreschool.com.au / 0402 027 642)

Briar Hill Family Medical Centre

NOW OPEN!



Newly opened, family friendly clinic committed to providing patients with quality of care.

Mental Health Assessments
Mens and Womens Health including Pregnancy,
Immunizations & Children's Check.
Chronic Disease Management - Diabetes,
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All GP Consultations 100% Bulk Billed

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- Registered Nurse Div1
- Podiatrist by appointment
- Pathology onsite

Monday - Friday 9am - 5pm

Ph: 94321494 + 94324395
Fax: 94323278

2/78 Sherbourne Rd Briar Hill
Free parking at rear

www.healthengine.com.au
BOOK ONLINE



KUMON



Give it a try!

Trial the Kumon English or Maths Programme over two weeks, from 14-31 August 2017.

Find out how we can develop in your child:

- calculation and reading ability
- concentration
- a daily study and reading habit
- the confidence to learn independently.

Please see the back of this flyer for details. Terms and conditions apply.

Register by 7 August!

Some centres may accept registrations after this date, depending on demand. Please enquire with your local centre.



KUMON

Trial Kumon English or Maths

Just follow these four easy steps:

1. Call your Kumon Instructor by 7 August to register for an information session.
2. Have your child assessed for the Kumon English or Maths Programme and discuss a study plan.
3. Arrange for your child to attend four class sessions during the period of 14-31 August.
4. Meet with your Instructor to discuss your child's Kumon experience.

Register your child for the Free Trial by 7 August!



KUMON VIEWBANK / HEIDELBERG WEST EDUCATION CENTRES

Instructor: Mona Castillo

tel: 0417 116 303

Call now to register for the Free Trial

TERMS AND CONDITIONS:

- Places are limited and acceptance for the Free Trial is on a first-come, first-serve basis.
- Attendance at an information session is mandatory prior to your child participating in the Kumon Free Trial. Please register for this by 7 August!
- The Free Trial consists of four sessions at a Kumon Education Centre over two weeks, during the period of 14-31 August.
- Worksheets are provided for non-centre days during the two weeks.
- Late registration may result in fewer study sessions.
- Class days, operating hours and available sessions vary across Kumon Centres.
- The Free Trial is available for one subject only (either English or Maths).
- There is no obligation to enrol after the Free Trial.

<http://au.kumonglobal.com>

big5sports

Term 3
2017

BUILDING A PATH FOR JUNIOR SPORT

Viewbank PS "Early Bird Special" 15% off

Dance Stars

DEVELOPING POSITIVE FUTURES



\$105

Our dance program is specifically designed to introduce children to the fundamentals of the dance language: movement, time, space and energy. Step to the beat in a number of sequences to learn a choreographed dance routine!

When: Wednesday	Time: Lunchtime
Classes commence: 26th July	Where: Viewbank PS
Classes conclude: 13th September	Who: Prep - Year 4

To receive the Early Bird Discount, enter the code "Early Bird" to receive your 15% off.

Offer ends at 5pm 10th July 2017

ENROL ONLINE:

WWW.BIG5SPORTS.COM.AU

Enquiries E: admin@big5sports.com.au P: 0422 043 853

Woolworths Earn & Learn 2017

Dear Parents,

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school/early learning centre – and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 26th July to Tuesday 19th September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit woolworths.com.au/earnandlearn

CONTACT JULIAN T:0431 116 748

10 years of guitar experience, completed VCE classical guitar, studying music at university, grade 6 AMEB.

1 ON 1 LESSONS AT AFFORDABLE RATES

Discover your passion for music!

Guitar Lessons

Classical or contemporary



ACTIVE KIDZ BIRTHDAY PARTY PROGRAM

POOL GAMES

TARZAN ROPE

KAYAKING

BALL SPORTS

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CATERED | SUPERVISED | FUN
LA TROBE UNIVERSITY SPORTS CENTRE BUNDOORA
Enquiries: 9479 2973 or scbirthdays@latrobe.edu.au

LA TROBE UNIVERSITY



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*BONUS SESSIONS ADDED TO END OF NEW MEMBERSHIP WHEN YOU JOIN ON DAY OF FREE ASSESSMENT. NOT TO BE USED WITH ANY OTHER OFFER.

ASPIRE AT CLC



Twilight Tour

Wednesday, 9 August
 4:30pm-6:00pm
 Principal's address at 4:30pm

REGISTER AT
 WWW.CLC.VIC.EDU.AU/TOURS

**2019 APPLICATIONS CLOSE
 25 AUGUST 2017**

19 DIAMOND STREET ELTHAM VICTORIA 3095
 E REGISTRAR@CLC.VIC.EDU.AU | T 03 9439 4077

PRIVATE BUSES OPERATE DAILY TO AND FROM CLC
 Visit our website for further details

CATHOLIC LADIES' COLLEGE
 A COLLEGE FOR CATHOLIC GIRLS



TENNIS LESSONS
 VIEWBANK TENNIS CLUB
 RUTHERFORD ROAD (2 MINUTES FROM THE SCHOOL)

ENROL NOW FOR TERM 3 LESSONS

TERM 3 SPECIAL OFFER
 FOR THE FIRST 10 NEW STUDENTS
 ENROL NOW & RECEIVE **30% OFF**
 YOUR FEES & ALSO RECEIVE A
 HEAD TENNIS RACQUET PACK FOR **FREE**

WE SPECIALISE IN LESSONS FOR BEGINNERS



FOR MORE INFORMATION
 TEL: 9432-3706
 WEB: WWW.TOPLINETENNIS.COM
 EMAIL: INFO@TOPLINETENNIS.COM

TOPLINE TENNIS ANZ HOT SHOTS




CONFIDENCE IS THE BEST SELF DEFENCE

You are invited to attend a **FREE TRIAL CLASS**
 at our upcoming **Open Night**

Viewbank Primary School
 Friday 6:00 - 7:00pm

Our classes provide a positive learning environment for the whole family. Students of all ages can build confidence, improve their fitness and be empowered to reach their maximum potential in all areas of life.

All family members welcome (5 years+) *Limited Free Passes available*

\$75 Starting membership. Training fee from \$11 per class.
 Family discounts available.

Call / Text to book in Jason Knight 0407 083 304

GKRKARATE.COM

MACLEOD TENNIS CLUB
 Invites you to tantalise your taste buds

Gather up your family and friends to come and support the club in this social and fundraising event.

Tickets \$25 each includes tastings, nibbles, a prize for one lucky winner and a great night out for all!

Tastings presented by locals




When: Saturday 24th June 2017
 Time: 7:30pm

Where: Macleod Tennis Clubhouse, 27 Aberdeen Rd Macleod 3085

Ticket purchases and RSVP please contact:
macleodtc@hotmail.com

Year 1 Healesville Sanctuary Excursion

Last Thursday all of the Year 1 students eagerly boarded the buses and set off for a day at Healesville Sanctuary. The students (and teachers) had a terrific time exploring the sanctuary and enjoyed many opportunities to ask questions relating to the Term 3 unit *Surviving the Wild!* The Year 1s have been finding out about the features and habitats of animals and plants so it was great to be able to see Australian wildlife up close. We were lucky enough to experience the *Spirits of the Sky* show, where we discovered Australia's majestic birds of prey and magnificent parrots. One of the highlights was seeing Kevin the talking parrot who taught us about the adaptations of different birds and even did a dance that the Year 1s thoroughly enjoyed.

I saw a Black Headed Python. I liked the colours - *Owen, 1K*

My favourite part was when I saw the koalas and when I was feeding the Rainbow Lorikeets - *Bonnie, 1R*

The dingoes were my favourite because they were so fluffy - *Pippy, 1C*



I really liked seeing the snakes because it was very interesting in the Reptile House - *Matthew, 1T*



My favourite animal there was the Emu! - *Holly, 1R*

I liked feeding the Black Cockatoo the most - *Sebastian, 1R*

Seeing the Koalas was wonderful - *Sofia, 1C*



The platypus was the best because he seems very fast - *Lucas, 1T*

I enjoyed seeing Bernice the buzzard pick up the rock and fascinatingly dismantle the pretend Emu egg - *Brody, 1K*



PLEASE COME TO OUR WORKING BEE

Sunday 6 August 2017

12.00-4.00pm



Come when you can, leave when you have to. If you are able to support our school by attending the Working Bee we would love to see you there.

Tasks for Working Bee:

- Clean storm water pits and open drains
- General weeding including fenced plots surrounding the oval
- Rake/ turn over soft fall in all playground areas (use fork to loosen then rake)
- Sweep/blow paths
- Clean/collect litter
- Clean/sweep/blow prep area Winston Road
- Whipper snip banks around oval and Jalinga perimeter (careful they are steep)
- Move soccer & football goal posts
- Mow oval and Jalinga, nature strips and edges
- Install shed onto slab
- Trim trees as identified by Karen and dispose of in large bin. Trim trees along west wall of building containing office and staff room (leave melaleuca and viburnum)
- Empty shipping container, round foldable table moved to shipping container, move from science classroom.
- Mound from chook yard to be redistributed and placed inside coupe.

Afternoon tea provided

Kids are welcome under your supervision. They usually have a good time helping and playing.

.....
Please cut here and return to the school office - Tax deductible donation in-lieu of attendance is much appreciated.

I would like to make a tax deductible donation of \$.....towards Building and Grounds Maintenance Fund.

Child's name: _____ Grade: _____

Payment method: Visa MasterCard

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Expiry Date:

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Name on card: _____ Signature: _____

Contact no: _____



VIEWBANK PRIMARY SCHOOL
Love of Learning, Learning for Life
HEALTH & NUTRITION POLICY

RATIONALE:

1.1 Viewbank Primary School acknowledges that healthy eating has a long lasting and positive impact on a child's growth, development, health and capacity to learn. This policy is based on the latest evidence and is consistent with state and national guidelines.

1.2 As a health promoting school, we will promote **healthy nutrition and education** to students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

PURPOSE:

2.1 Viewbank Primary School is committed to a whole school approach to healthy eating habits and education in line with the *Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating:*

2.2 We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

OBJECTIVES:

3.1 This policy is designed to achieve a balance between the seven (sometimes competing) objectives of:

1. Provide healthy food.
2. Maximise parent participation (when they provide the food).
3. Raising funds.
4. Student enjoyment.
5. Encourages food choices which represent the foods of the school community.
6. Ensures healthy food choices are promoted and are culturally sensitive and inclusive.
7. Displays nutrition information and promotion materials about healthy eating.

GUIDELINES:

- 4.1 To support healthy food choices.
- 4.2 Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- 4.3 Support learning activities that offer the students the chance to try different foods such as the Stephanie Alexander Kitchen Garden Program.
- 4.4 Students will be permitted to eat fruit or vegetables at a designated snack time, unless circumstances do not allow e.g. school incursion.
- 4.5 When possible, students have the opportunity to engage in food-related activities such as planning and gardening for meals within the Stephanie Alexander Kitchen program.
- 4.6 Viewbank Primary School promotes the concept of 'Rubbish Free lunches' and encourages all students to bring a healthy lunchbox free of packaging to school for lunch and snacks.
- 4.7 Parents are encouraged to provide their children with an appropriate lunch based on the *Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating*.
- 4.8 Liaison with families in order to arrange a suitable food supply for students who have specific dietary requirements e.g. Allergies for school events e.g. class parties, end of year celebrations, camps etc.
- 4.9 Encouraging parents to send healthy choices to school for children's birthdays.
- 4.10 Discourages the consumption of 'occasional' and 'select carefully' foods for celebrations, including children's birthdays. Parents are encouraged to send non-food related items, or food in line with this policy if they wish to bring something.
- 4.11 Ensuring that the organisers of special events and community events provide healthy food in line with this policy.
- 4.12 The Out of School Hours Care provider is required to comply with the school's policy on food and nutrition and the ACECQA guidelines, access link for further information. <http://www.cecqa.gov.au/Childrens-health-and-safety>.
- 4.13 Lunch Orders are organized via Classroom Cuisine and is operational on Monday, Wednesday and Fridays each week. This way of operating is for the provision of food and refreshments as a convenience to students, parents and members of staff.

IMPLEMENTATION:

- 5.1 To integrate healthy eating/nutrition education into all year levels through the provision of learning opportunities as outlined in the Victorian Curriculum.
- 5.2 Discuss with students safety concerns relating to food intolerances and allergies.
- 5.3 Sharing food from lunchboxes is prohibited.
- 5.4 Availability of fresh, clean tap water to students at all times. Encourage students to drink water regularly throughout the day, inclusive of the promotion of water bottles in classrooms.

5.6 Teachers will provide a supervised, orderly environment for students to eat their lunch.

EVALUATION:

- 6.1 Feedback from parents via the annual Parent Opinion Survey.
- 6.2 School Council annual reporting process.
- 6.3 Staff feedback via Committee and Staff Meetings.

DEFINITIONS:

Healthy eating: Eating a wide variety of foods from the five food groups each day. Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.¹

Nutrition: Everyone needs food to provide the right balance of vitamins, minerals and nutrients (like protein, carbohydrate and fats) to feel energised and to help them grow and stay healthy. The meals we eat and the drinks we drink satisfy hunger and thirst throughout the day as well as fuel the body. Preparing and sharing meals with friends, family or community is a significant way to build relationships and is an important part of our culture.

‘Occasional’ foods and drink: Also referred to as ‘extra foods’ or ‘discretionary foods’ (sometimes called junk food), these are foods like potato chips, chocolate, cakes, lollies, soft drinks and some takeaway food like hamburgers and hotdogs. These foods are usually low in nutrients and high in salt, sugar or fat.²

‘Select carefully’ foods and drink: Include foods like commercially prepared pastas, noodles and soups, meat products and fruit juice.

‘Everyday’ foods and drink: Include whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, reduced fat dairy products and water.

Further Resources:

Dietary Guidelines for Children and Adolescents in Australia

http://www.nhmrc.gov.au/_files_nhmrc/file/publications/synopses/n34.pdf

Australian Guide to Healthy Eating

<http://www.education.vic.gov.au/school/parents/health/Pages/eating.aspx>

School Council ratified this policy

Next review of this policy

¹ Nutrition Australia Victorian Division, www.nutritionaustralia.org

² [DEECD 2012 School Canteen and other School Food Services Policy](#)

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^By Tuesday 19 September 2017.



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