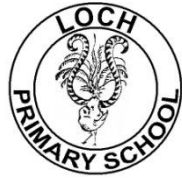


LOCH PRIMARY SCHOOL



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NEWSLETTER NO. 6 4th March, 2015

PRINCIPAL'S PRATTLE:

Clean Up Loch Day

Congratulations to all of our students who participated in Clean Up Loch Day. A trailer load of rubbish was collected which was a fantastic effort by everyone involved. A member of the community commented on how well behaved students were and how impressive they were in uniform, cleaning up rubbish in the Loch village and contributing in such a worthwhile way to the community. Our year 5 & 6 students showed great leadership as they organised their groups and encouraged younger students to participate. Thank you to Miss Mitchell for her organisation of the day and to all teachers involved.



School Council Elections

We have filled all necessary positions on our council without the need for elections. The council members for 2015 are:

Chris Cronin	Parent Member
Sean Monson	Parent Member
Tim Richards	Parent Member
Stan Barrett	Parent Member
Julie Nettle:	Parent Member
Megan Kirk:	Parent Member
Laura Silcock:	Parent Member
Kristy Barry:	Parent Member
Stan Barrett:	Parent Member
Paul Jones	Community Member
Helen Crawford	Community Member
Chris Massaro	DET Member
Tracey King	DET Member

Sincere thanks to Mel Davies for her contributions to the school council and who has now retired from her position. To all parents who have volunteered to be council members and for their contributions and enthusiasm we are grateful and thankful.

Premiers' Reading Challenge

Loch Primary School is getting ready for the Premiers' Reading Challenge. The Premiers' Reading Challenge encourages children to read a set number of books over the year and record their efforts online. It's a great way to get children talking about reading with their friends and pushing themselves to read as many book as they can. Consent forms are attached to the newsletter and students will be given more details in class about how to record the books they have read. Huge thanks to Anne Kerr for her coordination of the program.

Reading stories to children helps them succeed at school. Most of us already enjoy cuddling up with our children to read a bedtime story. It's a special time of sharing and bonding that becomes an anticipated, nightly ritual for many families. But did you know that research has shown that the amount your child is read to as a toddler is an important factor in overall success at school?

A 2013 study by the Melbourne Institute of Applied Economic and Social Research (University of Melbourne) *Reading to Young Children: A Head-Start in Life* has found that children who are read stories daily were almost 12 months ahead. Children read to more frequently at age 4-5 achieved higher scores on the national tests (NAPLAN) for both reading and numeracy in Year 3, aged eight and nine.

To read the summary of this study, see: [Reading to Young Children: A Head-Start in Life](http://www.education.vic.gov.au/Documents/about/research/readtoyoungchild.pdf)
(<http://www.education.vic.gov.au/Documents/about/research/readtoyoungchild.pdf>)

Don't stop reading with your child once they can read independently. Listening to books beyond a child's reading level improves their knowledge of story structure, expands their vocabulary and helps them explore challenging concepts under the

guidance of a loving adult. A rich vocabulary and advanced comprehension enable a child to understand more of what they read at school.

In his bestselling book, *the Reading Bug ... and how to help your child catch it*, popular children's author Paul Jennings says, "... reading aloud to a child from a very early age is the most beneficial thing you can do". He says this does more than creating a love of books, "It prepares children for their own silent reading by getting them used to the language of books."

For more reading tips, see the Department of Education and Early Childhood Development's:

- [201 Literacy and maths tips to help your child](http://www.education.vic.gov.au/Documents/school/parents/primary/201literacymathstips2011.pdf) (http://www.education.vic.gov.au/Documents/school/parents/primary/201literacymathstips2011.pdf)
- [More About Reading](http://www.education.vic.gov.au/school/parents/primary/Pages/p4p160512.aspx) (http://www.education.vic.gov.au/school/parents/primary/Pages/p4p160512.aspx)

Strzelecki Lions

Members of the Strzelecki Lions visited Loch Primary School yesterday to discuss the student Peer Mediation Training and the Excellence Awards. Our Year 5 & 6 students will be provided with information regarding Areas of Excellence shortly. We are very lucky to have the support of this group of people and are very appreciative of the financial contributions they make to our programs, ensuring our students can participate in every opportunity provided. The Strzelecki Lions funded the Peer Mediation Training which students participated in last week and are committed to working with us to build the skills of our students. The Lions members enjoyed a tour of the school and were very impressed with the learning which they observed and our beautiful school grounds. We thank the Strzelecki Lions for their positive encouragement and willingness to work with us.



Brain FOOD

It has been recognised through research that people regularly need food and water to maintain high-level brain function. This has important implications for students in our schools. At Loch PS teachers strongly advocate for students being able to nibble on brain food and drink water throughout the school day. "... brains run better on a "nibbling diet". Nibblers were shown to have better cognitive functioning, fewer discipline problems, lower cortisol levels, better glucose tolerance and better maintained insulin levels.

Some schools have reported significant drops in behaviour problems and increased learning performance since making nibbling food available at various times of the day." (John Joseph – Focus Education "Food for Thought: The Critical Foundation for Brain Care")

For a young developing brain the most important meal of the day is breakfast. The metabolic rate in the brain increases soon after the alertness chemicals move us out of sleep patterns and into daytime cycles. An increase in blood flow to the brain will ensure that nutrients are carried to the brain for conversion into chemicals. Brain cells require fuel (through glucose) to operate effectively, and water to keep them hydrated. Proteins also boost brain alertness while carbohydrates induce calmness or relaxation.

For many students, particularly during periods of growth, the wait until a break time can also cause a decrease in energy and brain function. The brain needs a regular supply of water to keep it in top working order.

Teachers will provide a flexible Brain Food time for students. It is a time when students are encouraged to eat brain-healthy food that helps maintain the glucose supply to the brain. Students will also be encouraged to sip from water bottles throughout the day. Students are seated during brain food breaks (this is not a play time).

As Parents /Caregivers please:

- Ensure that students have eaten a healthy breakfast
- Provide children with a small amount of healthy brain food in a separate container.
- Ensure children have a bottle of water for use in the classroom

Foods considered brain foods are those which are raw and in their natural state such as:

- Fresh peeled & sliced fruit and vegetables.
- Dried fruit (eg apricots, prunes, raisins and sultanas)•
- Shelled unsalted nuts or seeds•
- Plain unsalted pop corn

School Photos

Our school photos were taken today and it was very pleasing to see so many students wearing correct uniform and presenting neatly with gorgeous smiles. It is a good time to remind parents that all children are expected to wear school uniform at all times and if you are unsure please contact us to look at the policy.

Public Holiday – Monday 9th March

A quick reminder to all families that no students will be required at school on Monday as it is a Public Holiday. Have a safe and restful long weekend.

Tracey King
Principal

Cosy Kitchen Lunch Orders

Change of Fried Food day – this week only
This week "Fried Food Day" will be on Friday due to staffing at the Cosy Kitchen. It is a terrific writing activity to allow children to write their own lunch orders. If your child wishes to do so, please supervise and check and ensure orders are legible and clear. To assist the Cosy Kitchen, please use black or blue pen only, include student name, class, order items and cost.

Stephanie Alexander Garden

Parents who are interested in supporting the Stephanie Alexander Garden program are invited to join us for afternoon tea for discussions and planning. We will be meeting in the staff room at 2.30pm on Thursday 12th March. We would be grateful for any assistance parents are able to provide.

Working bee

Our first working bee for 2015 is this **Thursday 5th March from 3.30 until 6.00pm.** A BBQ and refreshments will be provided. Our focus will be on the garden areas, spreading mulch, weeding and spraying, removing a small dead pine tree & cleaning out the garden sheds. All families are encouraged to join us and lend a hand to keep our gardens well maintained for the use of our students. Please let us know for catering purposes if you are able to attend.

Uniforms.

The uniforms were delivered this week.

FOR SALE

There are 2 size 8 polo shirts and a size 8 windcheater available if anyone is interested in purchasing them.
Polo Shirts are \$16.00 and Windcheater \$20.00.

SCHOOL COUNCIL:

Next meeting is the AGM and will be held on Monday 16th March.

PARENTS & FRIENDS:

Easter Raffle

We would ask all families to donate some eggs or Easter goods to make it a mega Easter raffle. Raffle tickets are attached. Could they please be back by Thursday 26th March.

WELL DONE AWARDS:

Mrs Achterdenbosch:

Zac Sherar and Leilani Lightowler for always doing their best.

Miss Mitchell:

All Grade 3's for their great work to organise and run their lolly stalls. Rory Nettle for looking after class members when spiders came walking in.

Mrs. Davidge & Mr. Hunter:

Daniel Wilson for a terrific attitude and great improvement in reading and spelling, Dallas Loughridge for terrific leadership and positive attitude towards our clean up day, Jarrah Standish for teaching Mr. H how to spell the word 'pearch' (the fish!)

DIARY DATES:

Thursday 5th March – Bookclub orders due.
Thursday 5th March – Working Bee 3.30 pm to 6 pm
Monday 9th March – Public Holiday
No students required at school
Tues 10th to Fri 13th March – Gr. 6 Prom Camp
Monday 16th March – School Council Meeting
Friday 27th March – Last day of Term 1
Monday 13th April – First day of Term 2

Reminders:

Please return Chaplaincy Forms, Student Updates and Head Lice/Photo Permission forms as soon as possible.

Prom Camp

Grade 6 to return forms and organise payments for Prom Camp for next week.

Premiers Active April

Registrations are being encouraged by families from Loch PS to participate in the Premiers Active April for 2015. Let's see how many families we can get to participate.

Register today at activeapril.vic.gov.au

Registrations have been set up for the school under the Username of lochps and the Password is Loch2015 You can register for our school under the teams of Lyrebirds or Legends.

Parent Payments

If you would like to make a payment plan for the Parent Payments for 2015 please call in and see Tracey or Lyn otherwise they are due and payable now.

The payment of \$200 per child can be made in cash or cheque or directly deposited into the school account, BSB 063 515 Account No. 1001 4378 Please use your family name in the description field. These can be paid quarterly, half yearly or however you can to make it workable for your family. **Please let us know if you wish to use any of these options.**

