



Friday 31st August

Term 3 week 7

Newsletter

Principal's Column



Welcome- We warmly welcome Laura White officially to PVPS in Foundation S. Laura has been working very hard ensuring the change of teacher has been seamless and she has developed a terrific connection with all her students and the families of Foundation S. We would also like to pass on congratulations to Sam Spokes and her husband, Craig

on the safe arrival of Ollie (Oliver William Murphy), born on the 15th of August. We are all looking forward to meeting him!

PVPS Arts Event- Lots of work and planning is going on in the Art's area at PVPS. Mrs. Davide and Mrs. Lyon bring such passion and enthusiasm to the arts program at PVPS. Please make sure you make some time to visit the event on the 12th and 13th of September.

Father's Day- I would like to wish all the dads and granddads a Happy Father's Day on Sunday. A special shout out to Luisa and the wonderful helpers (PFA) for planning and providing all our children with many great gifts for our fathers. It is a massive job with around 550 children to cater for. THANK YOU PFA.

Nude Food- As part of our Sustainability Program we are having a focus on waste. The 5/6 area have been getting involved in the 'War on Waste' and surveying the classrooms bins. At PVPS, we are trying to increase the consciousness of our students and wider community about living more sustainably. A strategy that is very appropriate in a primary school is nude food. The use of reusable containers is ideal for this. We recommend a number of smaller containers that children can access easily as the most effective. For the younger children using a separate container is so much easier than your child having to take out their whole lunch at each break.



Healthy Lunch Ideas:

Healthy lunch has four components:

1. A main item, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. A fruit or vegetable snack, such as whole fruit, cut up veggie sticks, fruit or savoury kebab or a small salad.

3. A second snack based on a core food, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. A drink. A bottle of tap water is best, and plain UHT milk is also acceptable.

Nutrition Australia; 2013

Below are some ideas for building your Nude Food lunchbox.

(www.nudefoodday.com.au)

Recess and play lunch ideas

FRUIT can be given to your child in a multitude of ways, including:

- ✚ Whole pieces, such as apple, mandarin, kiwi fruit, grapes, berries, nectarine and banana
- ✚ Chopped pieces frozen overnight
- ✚ Dried fruit, such as a small container of sultanas, dried apple, apricots or raisins
- ✚ Tinned fruit in natural juice; decanted into a small reusable container of course
- ✚ Fruit Kebabs - combine any of the chopped fruits on a wooden skewer or tooth pick: Banana, Apple, Watermelon, Grapes, Kiwi Fruit, Rockmelon, Peaches, Nectarines, Pears & Mandarin

SAVOURY KEBABS-Combine any of the below foods on a wooden skewer, or toothpick:

- ✚ Pineapple pieces
- ✚ Sliced meat: ham, chicken, salami
- ✚ Cheese cubes
- ✚ Cherry tomatoes and basil leaves

YOGHURT-Natural yoghurt, flavoured yoghurt and greek yoghurt are great options to buy in bulk and decant into smaller containers for snacks. Sprinkle over the top with some chopped fruit, nuts or seeds to add additional health benefits.

Healthy Chip Alternatives

PITA CRISPS

- ✚ Create pita crisps by cutting pita bread into wedges, sprinkle with reduced-fat cheese and put in moderate oven until crispy (@ 10 mins). Store in an airtight container.

MOUNTAIN CRISPS

- ✚ Create mountain crisps by cutting mountain bread into wedges and place in moderate oven until crispy (@ 10 mins). Store in an airtight container.

CARROT CHIPS

- ✚ Peel carrot slices (or finely chop into slices), and mix in bowl together with small amount of oil (1tsp), salt and pepper. Mix gently and lay out onto baking tray. Bake at 180°C for @ 8 mins. Allow to cool and crisp. Will store for up to 5 days.

BEET CRISPS

- ✚ These require a longer cooking time at a lower temperature. Peel whole beetroot and cut into thick slices. Mix in bowl together with small amount of oil (1tsp), salt and pepper. Mix gently and lay out onto baking tray. Bake

at 150°C for @ 50 mins. Allow to cool and crisp. Will store for up to 5 days.

TORTILLA DIPPERS

- ✚ Cut the tortilla in half, and then into three or four wedges. Lightly spray a small pan with oil, and cook on both sides until crisp. When cool, pack into airtight container.

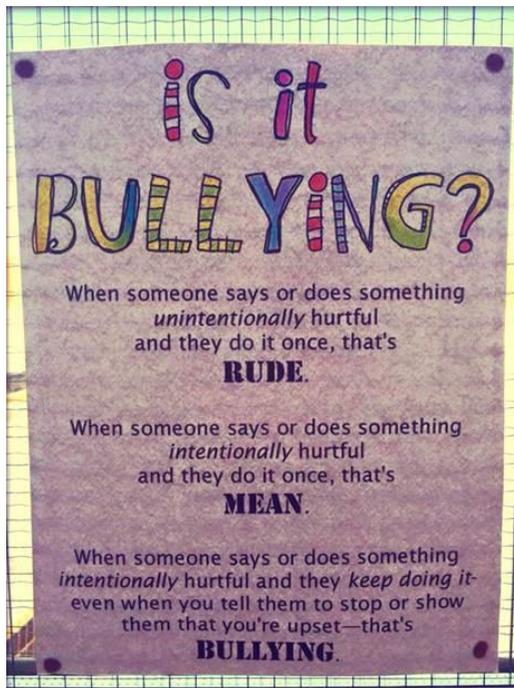
CHIP N DIP & VEGIE STICKS

- ✚ Serve any of the above homemade chips with a selection of dips or salsa. Alternatively, you can add cut up pieces of celery, cucumber, capsicum, snow peas or carrots for the dippers. Depending on how adventurous your child is, they may enjoy hummus, french onion, tzatziki, tomato salsa, sundried tomato or pesto to go with the vegie sticks and chips.

MINI TREAT

- ✚ Try decanting a small handful of plain popcorn, mini pretzels or grainy crackers into a small container for a light snack. A small sweet might include homemade muffins, a slice of banana bread or swiss roll slice.

Positive Communities Program- During term 3 across the school, we have been running our Positive Communities Program. We have a focus on anti-bullying and positive relationship building, which supports all our children and is protective and proactive in preventing bullying. Sometimes I find there is misrepresentation of bullying in the media and across the community. I saw the following image and thought it is a clear description of what bullying is and what it is not. I hope you find this helpful.



Calendar



September

- 6th Grade 1 Open Morning 9-10am
7th 5/6 Open Morning 9-10am
7th Assembly and Bake Sale - 3pm
12th Art Show 3.30-8.30pm
13th Art Show 3.30-6pm
19th School Council – 7pm
20th Choir Performance at RSL 11am-12pm
21st Last day term 3- Assembly 2pm and early finish 2.30pm

October

- 8th Term 4 begins

Meet the Teacher

This week we caught up with our new Foundation teacher, Laura White, about a few of her favourite things and places 😊

Favourite hobbies: Travelling, seeing friends and eating out.

Favourite food: All kinds of pasta

Favourite subject to teach: Writing

Favourite holiday destination: Rome or Amsterdam

Favourite sports team: The BOMBERS!

Favourite children's author or children's book:

Roald Dahl

Favourite local café or restaurant: I love dumplings



Book Club

Thank you to all those families who ordered from book club this term.

The school has earned Scholastic Rewards to the value of \$530.00.

- Also a big thank you to Simone Tregoning (book club coordinator) for organising all the orders and deliveries! 😊

Cadbury Chocolate Fundraiser

If you are able to purchase or sell another box of chocolates, there are some available at the office. Thank you to all those families that sold chocolates or made donations. 😊 😊 😊

- ❖ **Any families still owing money for the chocolates need to organise payment ASAP.**

ARTS GALLERY EVENINGS

HAVE YOU BOUGHT YOUR TICKET YET ON COMPASS??

HAVE YOU SIGNED UP TO HELP FOR THE EVENINGS??? Sign into our link to volunteer. <https://www.volunteersignup.org/ELA4Y>

WOULD YOU LIKE TO HAVE THIS HANGING ON YOUR WALL?



A reminder to all parents and community of Pascoe Vale Primary School that our Arts Gallery Evenings are on the 12th (3.30 – 8.30pm) and 13th (3.30-6.00pm) September.

Wednesday 12th September will be our opening evening where you can dine at school whilst looking at our student's wonderful works of art and listen to our marvellous choir perform. Our opening ceremony with our special guest and performance will be at 5.30pm.

We would love to have our parents come to see their children's work and celebrate our Arts Program and make it a community event.

Looking forward to seeing you all at our event.

Rita Davide and Maria Lyon

DISTRICT ATHLETICS



On Wednesday the 29th of August, students for grade 3-6 competed at District Athletics. We competed against 11 other schools.

Competitors who finished first or second in their event have qualified for Division Athletics competition.

Congratulations to:

Ollie S in high jump

Michael A in 200 metres

11 year old boys 4x100m relay team - Noah I, Jonah T, Vidu P, Ryder Mc

Belle W in high jump

Sabina K in long jump

Taneisha B in 100 metres

Lily-Bella in 200 metres

Everyone did an amazing job; we would like to say a big thankyou to Ms Brooke, Elias, Tim, Ms Kara, Ms Martin and Mrs Conway for helping us to train. Thank you to all the parents that came to Athletics and supported our school.

Congratulations to all the students who made it through to District. Everyone should be very proud of their effort and behaviour on the day. Well done Pascoe Vale Primary School.



