



# Newsletter

19 MARCH 2015

## CALENDAR

### March

20th Prep Incursion—Responsible Pet Ownership

20th District Athletics for Yrs 3—6

**20th Hot Cross Orders Due**

23rd Fete Committee Meeting

25th Harmony Day

27th Easter Raffle Draw

27th Term 1 ends at 2.30pm.

**THE SCHOOL OFFICE WILL CLOSE AT 3PM.**

30th—10 April VACATION CARE

### April

3rd Good Friday

5th Easter Sunday

5th Daylight Saving Ends

6th Easter Monday

13th Term 2 commences.

16th School Photos

**18th WORKING BEE**

24th Winter Sport for Years 5&6

**25th ANZAC Day**

### May

1st Winter Sport for Years 5&6

**2nd SCHOOL FETE**

8th Mothers Day Stall

8th Winter Sport for Years 5&6

15th Curriculum Day.

Dear Parents,

### TWILIGHT SPORTS

What a great night we had for the Twilight Sports last Thursday evening. It was wonderful to see so many of our school community enjoying themselves in a friendly social occasion. The participation of students, parents and teachers in novelty races reinforced the sense of fun and enjoyment. Many thanks to our teacher's for their support on the night and to our wonderful Parents Club for catering for the hungry masses. The sausage sizzle was very much appreciated by all.



Karen Jenkin  
Principal

### SCHOOL COUNCIL AGM AND MARCH GENERAL MEETING

On Tuesday of this week we held our Annual General Meeting of School Council which was followed by the March General Meeting. The election of office bearers was as follows:

- ◆ **President—Tim Day**
- ◆ **Vice President—Geoff Williams**
- ◆ **Treasurer - Sorin Ardeleanu**
- ◆ **Minute Secretary—Ryan Bolger**

Other members of council are:

- ◆ Mick Daly
- ◆ Cherilynn Kingston
- ◆ Andrew Van Oosterwijck
- ◆ Paul Barbaro
- ◆ Adam Davey
- ◆ Ryan Bolger
- ◆ Gillian Kay
- ◆ Sandra McGregor
- ◆ Karen Jenkin

### 2 MINUTE PARKING ZONE

I would like to take this opportunity to remind parents that parking in front of the school is restricted to a '2 minute parking zone'. I am concerned that many parents are not aware that parking longer than the specified 2 minutes may attract a fine. *Parking time limits are set to allow as many people as possible to have access to parking in an area. The intention of these time limits is to ensure that vehicles leave the area after the initial time has expired and thus provides an equal opportunity to all users.* In our case, the parking zone also provides a close and safe drop-off point for students to easily access the school grounds. Please be mindful of the time limit when parking in the restricted 2 minute parking zone.



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### **DISTRICT ATHLETICS SPORTS**

Our senior students will be taking part in the Syndal District Athletics Sports at Bill Stewart Reserve in East Burwood tomorrow. We have been quite successful in recent years in these sports having won for the past five years in a row. I wish them luck tomorrow.

### **FIRE DRILL POSTPONED UNTIL MONDAY 23rd**

Due to the involvement of students and staff in the Athletics on Friday we have postponed the school fire drill until 10.45 on Monday 23<sup>rd</sup> March.

### **THANK YOU TO PINWOOD NURSERY**

Thank you to Pinewood Nursery for the very generous donation of trays of pansies to fill our garden bed facing Pinewood Drive. We appreciate the Pinewood Nursery's continued support in our efforts to beautify the gardens.

### **PRINCIPAL'S CORNER**

#### **'Sleep and Learning'**

Sleep is obviously important for children as it promotes health, well-being and learning. Current opinion in educational and health circles is that children currently don't get enough sleep. Around nine to ten hours seems to be a minimum for most ages, even teenagers. There is no such thing as a sleep bank. So just because a child slept for ten hours one night doesn't mean he or she can get away with only sleeping six hours the next night. Students who don't get enough sleep have to work much harder to succeed at school.

Getting bedtime right is also vital from a parental angle so you get some space and time for yourself and your partner. Children do not always see bed-time from a parent's perspective. They often dispute calls for bed and complain loudly that it is too early. Procrastinators, hardened debaters and jack-in-the-boxes often come to the fore around bedtime.

Naturally having enough sleep relates to having a good bedtime routine.

#### **Here are 10 tips to consider in battling bedtime dramas:**

1. Decide on a time with your child then stick to it. There are no hard and fast rules about appropriate bed-times for children. However they should suit both parent and child. Discuss appropriate bed-times with children.

Some youngsters fail to see that sleep is a biological need but involving them in the decision making can help.

2. Establish a 30 minute bed-time routine that signals the end of the day. A known routine such as quiet time, drink, toilet and story lets children know what is expected of them and enables them to plan accordingly.
3. Reduce over-stimulation before bed-time by ensuring children are engaged in passive activities. Reading is a good one!
4. Temporarily remove distractions at bed-time for bedtime resisters. Sometimes turning off the television can be enough to send children to bed.
5. If you have a procrastinator focus on your behaviour, not theirs. I know a parent that begins reading a bed-time story whether her child is in bed or not. As her daughter treasures her story this is generally enough to have her rushing to the bedroom.
6. Distinguish between being 'in bed' and 'being in the bedroom'. Children differ in the amount of sleep that they need. It may be more realistic to expect some children to be in their bedrooms at a set time, rather than in bed. Once away from the adult world children generally fall asleep fairly quickly. Young children may remain on their beds surrounded by a favourite toy or books to keep them occupied before they fall asleep.
7. Resist children's efforts to involve you by ignoring calls for drinks or assistance with forgotten homework at bed-time. Once in bed ignore their calling out for 'one more story', a drink or toilet-stop and demonstrate that you are unwilling to play their 'keep you busy with them' games.
8. Avoid sitting with young children until they fall asleep. This may be all right once in a while or for emergencies but habits are easily formed and often difficult to break. Many parents who sit with young children until they drop off discover that they have made a rod for their own backs.
9. Ignore or return boomerangs to their rooms and give them a minimum attention. Children will generally tire of being jack-in-the-boxes when they get little feed-back for the behaviour. If you have an extremely persistent boomerang then you may have to steel yourself for several nights. Be persistent and give little feed-back to them.
10. Make sure you wake them at the same time each morning. If you overcompensate and allow them sleep later to make up for lost



sleep then you are encouraging a late sleep pattern.

From Michael Grose (Parent educator)

Children love routines and whilst some of the above ideas may take some time to establish a good night's sleep is well worth the effort for everyone in the family!

**END OF TERM ONE**

Term 1 finishes next Friday 27<sup>th</sup> March. Our final assembly will commence on Friday at 9.15 am and children will be dismissed at 2.30pm.

**Karen Jenkin  
Principal**

**STUDENT OF THE WEEK**

**Megan L. Prep H**  
Or completing all of her work to a very high standard. Well done Megan, keep up the fantastic work!

**Julia M. 6U**  
For her fantastic exposition on why smoking should be banned. It was a effective piece and your arguments were very convincing, Julia! Well done!

**Clovie D. Prep M**  
For the positive way she approaches all class activities and always having beautiful manners. Well done!

**Hannah R. Prep L**  
For carefully following instructions and sharing with others. Well done!

**Charlotte F. 1T**  
For the fantastic effort she is putting into complete all class activities. Keep up the great work, Charlotte.

**Amelia S. 3B**  
For always displaying a positive attitude. Well done and keep it up.

**Stephanie P. 4M**  
For her consistently polite and positive attitude. It is great to have such a wonderful role model in the classroom

**Matilda H. 1JK**  
For being such a responsible, hard working student who always tries her best. Well done Matilda.

**Georgia S. 3M**  
For trying her best in all classroom activities and for her great listening skills. Well done

**Georgia! Reilly K. Prep R**  
For his cheerful and enthusiastic attitude towards all school activities and for always trying his best. Well done Reilly!

**William R. 6H**  
For his support and willingness to take up leadership roles when required for the class. Well done and thank you Will.

**Isabella K. 4R**  
For being a caring and considerate class member. Isabella is always willing to help her classmates. Keep it up!

**Zainab A-S. 5C**  
For working hard to improve her persuasive writing skills which has lead to a great persuasive piece.

**Hwani Shin 3K**  
For taking responsibility for his learning by asking for help when needed.

**Abhisha M. 2M**  
For completing all tasks to a high standard and always bringing a positive attitude to school.

**Ali A-R. 5T**  
For improving his reading and writing this past week. Ali is trying very hard in all subjects. Well done Ali.

**Mia V. 5K**  
For her excellent oral presentation on the Dalai Lama. You spoke clearly and engaged your audience. Well done Mia!

**Ross M. 2D**  
For working hard to complete his work on time. Keep up the great work Ross!

**PHYSICAL EDUCATION**

Dear Parents,

Tomorrow we are participating in the annual SDSSA Athletics Carnival, which will be held at Bill Stewart Athletics Track. Students have been training very hard all term and would love their parents and relatives to come along and support them whilst they compete. Entry into the track is with a gold coin and you will also receive a program.



We hope to see you there tomorrow.

Rick Byron - Acting Sports Coordinator



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## PARENTS CLUB NEWS

**!! HOT CROSS BUNS FUNDRAISER !!  
ORDERS are DUE IN 9am THIS FRIDAY**

**TWILIGHT SPORTS:** Last week we raised just over \$1,000 on the barbeque which is a fantastic amount so thank you for supporting us on the night. Special thanks to the following helpers who kindly gave up their time before and during Twilight sports: Lucy Adams, Jules Berry, Sue Bleeker, Mick Daly, Cindy Fraser, Koula Giannakis, Kathryn Nichols, Helen Vickery, Lilly Spears, Lisa Strong, Lucy Walker and Scott Williams. Your help was much appreciated by the staff and school community.

**HARMONY DAY:** Don't forget next Wednesday is Harmony Day and this year the Parents Club are getting involved with international cooking demonstrations, a presentation by one of the parents about their journey to Australia and a Bollywood Dance demonstration all taking place after the special whole school assembly which includes a costume parade. Yesterday we sent out a flyer to parents so please return this by the end of the week if you would like to come along next Wednesday and also sample a variety of international culinary dishes.

### 2015 CALENDAR OF EVENTS

#### TERM 1

Fri 20<sup>th</sup> March Hot Cross Bun Fundraiser  
Weds 25<sup>th</sup> March Harmony Day

#### TERM 2

Sat 2<sup>nd</sup> May School Fete Barbecue  
Fri 8<sup>th</sup> May Mother's Day Stall  
Fri 29<sup>th</sup> May School Disco (TBC)  
Mid June Billie G Cookie Dough Fundraiser

**If you would like to help out at any events please let one of the Parents Club Committee members know or contact:**

Mick Daly (5K) 0431 130 131 [mickd0868@yahoo.com.au](mailto:mickd0868@yahoo.com.au)  
Lisa Strong (1T/3B) 0413 015 143  
[sunnymountain1@yahoo.com.au](mailto:sunnymountain1@yahoo.com.au)

### Pinewood Parents Club 2015 Committee

President: Mick Daly (5K)  
Vice President: Lisa Strong (1T/3B)  
Secretary: Jules Berry (2M)  
Assistant Secretary: Lucy Adams (1A)  
Treasurer: Kathryn Nichols (5C)  
Assistant Treasurer: Koula Giannakis (Prep R/3K)  
Members: Sue Bleeker (2M/4R), Kellie Ellis (2D), Hajir Jawad (3M/6H), Scott Williams (2D)

## GOOD FRIDAY APPEAL

On Friday 27<sup>th</sup> March, the Cook House Captains will be holding a Good Friday Appeal fundraiser. For this fundraiser students are asked to dress up in the Good Friday Appeal colours of purple, orange and green.

Students who dress up need to bring a gold coin donation. The donation will go towards supporting the Royal Children's Hospital. We will also be running a competition to design the most creative wheelchair. Students have two options, they can either draw their design or create a model (one entry per student). Two winners will be picked from each category. Please write your name and grade on your picture/model. Thank you, Branden and Seleena, Cook House Captains.

**A reminder that Semester 1 Curriculum Levies and Excursion Levies were due Friday, 6th February, 2015.**



Beautiful photos of your kid's birthday by a professional photographer

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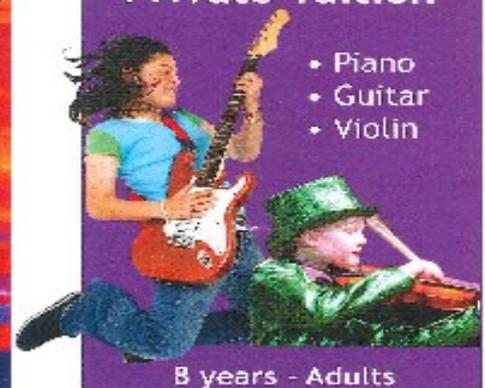
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19 MARCH 2015

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## ONLINE & ENVELOPE ORDER INSTRUCTIONS FOR:

### Pinewood Primary School: 16 April 2015

School photo order envelopes have been or will be distributed to every student and it is important that the order instructions (below) are followed.

## SCHOOL PHOTOS ARE NOW AVAILABLE FOR SECURE ONLINE PURCHASE

### 4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

- STEP 1:** Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) before photo day and enter your 9 digit school code: **[YHM KF9 5L6]**
- STEP 2:** Enter your student's details
- STEP 3:** Choose the package that best suits your needs\*  
\*all orders will be returned to the school for collection.
- STEP 4:** Pay for the photos via the shopping cart (upper right corner of the page).

**PLEASE NOTE:** Late fees will apply once orders are closed (5 days after photo day).

### SIBLING/FAMILY PHOTOS NO ENVELOPE REQUIRED IF ORDERING ONLINE

- STEP 1:** Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) before photo day and enter your 9 digit school code: **[YHM KF9 5L6]**
- Online orders will be closed 2 working days prior to the day of photography.
  - You can find your online order close off date on the top right hand corner of your sibling order envelope, which is **14/04/15**.
  - Orders can also be placed with a cash or cheque payment by returning a sibling order envelope up until the day before photo day.
  - You can collect a sibling order envelope from your school office.

### INSTRUCTIONS FOR ORDERING USING AN ENVELOPE

- STEP 1:** Complete the student details section on the front of the order envelope. Please use black or blue pen.
- STEP 2:** Complete the purchase details on the front of the envelope.
- STEP 3:** Select your payment method using one of the following options;
- **Credit Card** – Online Only at [www.advancedlife.com.au](http://www.advancedlife.com.au)
  - **Cash** – Please enclose correct money – no change given.
  - **Cheque** – Make payable to Advancedlife with your name & address on back of cheque.
    - Allow 60 days for your cheque to be finalised.
    - A \$25 fee will apply to any dishonoured cheque payment.
- STEP 4:** Return your completed sibling order envelope to school the day before photo day.