**Term Four Diary: Upcoming Dates**

- Thursday 20th October: Yr 5-6 Netbook Program Parent Info session
- Thursday 27th October: Walk to School Day
- Mon 31st Oct to Fri 4th Nov: Yr 5-6 Queenscliff Camp
- Tuesday 1st November: Melbourne Cup Day – No public holiday for NPS
- Monday 7th November: Parents and Friends Meeting
- Monday 7th November: School Council Meeting
- Friday 11th November: Kinder-Prep Transition

“A smiling face makes a happy place” 😊

These notes were sent home over the past week. Please make sure you have received them:
- 2017 Booklists

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**Next week is Children’s Week and this year’s theme focuses on children having the right to reliable information from the media. Nowadays all kinds of information is available to children at the click of a button or a touch of the finger. Latest statistics say 90% of children have accessed the internet in the last 12 months compared to 60% in 2006. Information and social media via the internet can be positive, but it can also be harmful. Cyberbullying is an example where current statistics say that one in five Australian children between the ages of 8 – 17 has been the target of cyberbullying, with some of it being very harmful. The promotion of good “online parenting” can keep children’s media experiences as positive as possible. Survey statistics, shown here, give you some strategies to keep your child safe online.

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**PRINCIPAL’S MESSAGE**

Next week is Children’s Week and this year’s theme focuses on children having the right to reliable information from the media. Nowadays all kinds of information is available to children at the click of a button or a touch of the finger. Latest statistics say 90% of children have accessed the internet in the last 12 months compared to 60% in 2006. Information and social media via the internet can be positive, but it can also be harmful. Cyberbullying is an example where current statistics say that one in five Australian children between the ages of 8 – 17 has been the target of cyberbullying, with some of it being very harmful. The promotion of good “online parenting” can keep children’s media experiences as positive as possible. Survey statistics, shown here, give you some strategies to keep your child safe online.

**86%** Took a hands on approach

**63%** Helped with online tasks

**61%** Joint online activities

**33%** Listened to kids’ online problems

**19%** Dealt with online incidents

**70%** Monitored their child’s use

**55%** Watched what they do online

**37%** Checked browsing history

**25%** Checked social media profile

**23%** Checked friends and groups

**19%** Friend them

**59%** Limited their child’s use

**43%** Asked them to reduce use

**36%** Temporarily removed devices

**20%** Disabled their data access

**17%** Used internet filters

**16%** Disabled in-app purchases

**79%** Had rules

**57%** Length of time online

**54%** Website accessed

**50%** When they can go online

**48%** Types of accounts

**42%** Suitability of apps

**79%** Spoke to their child

**55%** Online rules

**52%** What they can do online

**49%** Being responsible & respectful

**48%** Ways to stay safe online

**44%** Reducing time online

*These notes were sent home over the past week. Please make sure you have received them:
- 2017 Booklists

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**Regards,**

Jeff Blackley

(Principal)
## Canteen Duty – 1.30pm to 2.05pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Canteen Duty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 21st October</td>
<td>Kellie Salter</td>
</tr>
<tr>
<td>Monday 24th October</td>
<td>Tanya Crocker</td>
</tr>
<tr>
<td>Tuesday 25th October</td>
<td>PALS</td>
</tr>
<tr>
<td>Wednesday 26th October</td>
<td>Denise Fraser</td>
</tr>
<tr>
<td>Thursday 27th October</td>
<td>Janelle Poar</td>
</tr>
<tr>
<td>Friday 28th October</td>
<td>Sam Storer</td>
</tr>
</tbody>
</table>

## Please note:
**NO LUNCH ORDERS**
Monday 31st October and Tuesday 1st November as PALS is closed

## 2017 YR 5-6 OWN-YOUR-OWN NETBOOK PROGRAM

### Reminder Information Night Tonight – 7pm

An invitation was sent out to invite parents of 2017 Yr 5 & Yr 6 students to attend an Information Night related to these students having the opportunity to own their own netbooks.

This information will include:
- The Learning with Technologies Netbook Purchasing program: costings, purchasing process, insurance, the type of device available, etc.
- Comparison with private purchases
- Discussions on how these devices would be used everyday in Year 5 & 6 (and how they are being used currently)
- The ability to use this device in secondary college

**Date:** Thursday 20th October at 7.00pm in the Library

**Who should attend:** Parents of Yr 4 students going into Yr 5 next year **AND** Parents of Yr 5 students who have not already purchased a netbook, but would be interested for Yr 6.

## 2016 INTERNATIONAL COMPETITIONS & ASSESSMENTS FOR SCHOOLS – MATHS COMPETITION

On Tuesday August 16th this year, 8, Year 3-6 students engaged the left hemisphere of their brains by completing the 2016 International Competitions & Assessments for Schools MATHS COMPETITION questions. ICAS assessments have taken place annually in schools for over thirty years and in 20 countries. Educational Assessment Australia (EAA), who design and deliver the assessments, is the not-for-profit arm of the University of New South Wales.

I am pleased to report that our students performed extremely well: congratulations to Cody Peatling (Yr 3), for receiving a Distinction Award, and to Pim Hipwell (Yr 6) for receiving a Credit Award.

**PARTICIPATION Awards:** Billy Smith, Kye Warrin, Jack Tremellen, Bella Peatling, Angelina Crisara and Crystal Jarrott.

Certificates are awarded for each year level in Australia as follows:
- **High Distinction** to the top 1% of students
- **Distinction** to the next 10% of students
- **Credit** to the next 25% of students
- **Merit** to the next 10% of students
- **Participation** to all other students

The school congratulates all these students who volunteered to set themselves the challenge of solving some very thought-provoking mathematics problems. I am sure all the students benefited from their experience in this extension activity.

**Parents please note:** on **Monday 24th October** the Distinction and Credit Certificates will be given out at assembly. The Participation Certificates will be presented to students by their class teacher.

*Jenny Sartoria* – 2016 Maths Competition Coordinator.

## REGIONAL ATHLETIC SPORTS

Congratulations to Jay Laffan-Moodie for competing in the 1500m Run at the Regional Athletic Sports in Albury last Friday and coming tenth. A fantastic effort!

## BUS TRAVELLERS

Buses will run as normal on Monday 31st October 2016 and Tuesday 1st November 2016. Due to some schools having these days off we would like parents to be aware that buses may be a little earlier than normal due to less stoppages.

## YEAR 5-6 CAMP REMINDER

Our Year 5-6 camp is coming up quickly. Thank you to those families who have made payments towards the camp. Final payments are due tomorrow, Friday 21st October. If you have any questions in regards to payments please contact the office.
**2017 PLANNING & ORGANISATION**

In order to effectively plan our school structure for next year (taking into account budgets, staffing, enrolment, rooms, etc), could the following two items be considered by parents:

**Transfers/enrolments:** If there are any parents still to enroll their children, would they please organise enrolment forms as soon as possible. If there are any families moving away from the district, etc and not returning to our school next year, please let Jeff know as soon as possible.

**Special needs:** There may be some parents who wish the school to consider their child’s special needs, regarding class placement for 2017. If this is the case, please collect a Special Needs form from the General Office and return it in the confidential envelope to school by **Monday 7th NOVEMBER** (no late requests, please)

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**2017 BOOKLISTS**

2017 Booklist information was sent home last week. Please take note of the return dates, to help with the ordering process. Payment arrangements for 2017 will remain the same as last year *(Full payment on collection, or instalment payments prior to collection)*

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**SCHOOL COUNCIL**

School Council met on Monday and the following main points were discussed:

- 2017 Budget was discussed and passed. Some adjustments may be needed at the start of next year.
- Parent Payment Policy and 2017 Parent Payments were discussed and passed. Information will be sent out shortly
- SunSmart policy was reviewed and passed with no changes.
- Working Bee last Sunday completed all the listed jobs
- Thanks to Trease, Hall and Jenner families for their support.
- Third flagpole was installed this week
- Shade Structure near the office courtyard has been completed (Funding from a recently received shade grant)

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**WALK TO SCHOOL**

The Walk to School program will be running again this year. It encourages students to keep an active and healthy lifestyle by promoting the benefits of exercise. Students will continue to run and walk laps around the school within their class groups on most days, and in addition to this........ on Thursday 27th October we will be holding a Walk to School morning. There will be designated “stops” throughout the town where students, accompanied by a teacher, will be able to walk safely to school. Students that have participated in the morning walk will be offered a healthy breakfast upon arrival at school. Details of “walking locations”, times, etc will be given out in a separate note next Monday.

If you have any questions or concerns please contact Christine Doyle (Art / Health Teacher)

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**2016 SCHOOL CONCERT DVD**

We are now offering a follow-up DVD of this year’s concert “Weather or Not”. Price will be $15

The DVD is of a high quality and has been produced by Masters Video Production. If you wish to purchase this DVD, please fill in the order form below and return to the school office with the correct money enclosed.

**2016 Concert DVD Order Form:**

<table>
<thead>
<tr>
<th>Family Name: __________________________</th>
<th>Eldest Child’s Name/Classroom: __________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone Number: ________________________</td>
<td></td>
</tr>
<tr>
<td>Number of copies: ____________________</td>
<td>Amount enclosed: $______________________</td>
</tr>
</tbody>
</table>
Most of us think of vegetables as part of a main meal whether they are mixed in with a stir fry or on the plate next to the meat. Sadly, children also soon learn to think of vegetables in the same way. For children to not only get enough vegetables, but also learn to appreciate and enjoy them, they need to experience eating vegetables many times a day. Being creative with vegetables and offering them as snacks will ensure children get enough of their vegies. Here are some creative vegetable snacks that can be included in the centre menu or suggested to parents as lunchbox ideas:

- **Dippy sticks**: Carrot*, zucchini, capsicum, cucumber, baby corn or celery* sticks (*crunchy vegetables can be softened by steaming for very young children).
- **Vegie dips**: Try these: hummus, mashed avocado and creamed corn, carrot and chickpea, beetroot, blended white bean and tuna.
- **Vegetable pikelets**: Add creamed corn; spring onions; grated zucchini and cheese to the usual pikelet mix.
- **Vegie jaffles**: Fillings can include spinach and feta; baked beans; mashed potato and cheese; pumpkin and ricotta.
- **Baked potatoes**: Fillings can include creamed corn; cheesy pumpkin; broccoli and cheese; chilli baked beans.
- **Rainbow chips**: Cut into chips or wedges — parsnips, potatoes, carrots, sweet potato, beetroot and zucchini. Drizzle with olive oil and a little garlic powder before cooking. Tip: to make homemade chips crunchy, rinse off excess starch and dry with kitchen paper or a clean tea towel.
- **Bubble and squeak patties**: Mash up some pumpkin, potato, sweet potato, frozen pea and corn mix and grated cheese. Shape into patties and bake in the oven for 10 minutes.
- **Coleslaw cups**: Serve individual portions in little cups with forks.
- **Vegetable filos/pasties**: Try pumpkin, spinach and ricotta in filo pastry.
- **Vegie rice paper rolls**: Wrap finely cut cucumber, carrot, bean sprouts and rice noodles in rice paper wrappers. Serve with sweet chilli dip.
- **Toast toppers**: Top toast, English muffins or small rolls cut in half with tomato paste (or blended baked beans) diced vegies, sprinkle with low fat cheese then grill for quick mini pizzas.
- **Vegie grills**: Top mushrooms with ricotta cheese and sliced tomatoes, tuna, and herbs, then grill.
- **Cob of corn**: Stick them on an ice cream stick to make them fun.
- **Bread sushi rolls**: Use wraps or plain bread with crusts cut off. Spread with cream cheese and grated carrot or try creamed corn and tuna. You can also use vegie dips as a base spread.
- **Asparagus twists**: Wrap asparagus spears in small strips of reduced fat pastry. Sprinkle with parmesan and bake for 15 minutes.
- **Cauliflower crunch**: Coat florets in olive oil then sprinkle paprika and breadcrumbs. Bake for 20 to 30 minutes (turning once).
- **Quesadillas**: Cheese and grated vegetable mix spread on a tortilla which is then folded and toasted. Some great veg fillings can include: baked beans and cheese; grated zucchini, carrot and cheese; spinach and ricotta; hummus grated carrot and cheese; creamed corn, zucchini and cheese.
- **Vegie meatballs**: Add grated zucchini and carrot to meatball mix and serve as a snack.
- **Mixed vegetable kebabs**: Fry sweet corn, capsicum, zucchini, mushroom, cherry tomatoes. Drizzle with olive oil and grill or BBQ. For safety’s sake use ice cream sticks instead of skewers.
- **Vegie noughts and crosses**: Cut bread into squares, spread with cream cheese and top cucumber or baby tomato circles on half of the squares and capsicum or cucumber strips on the other half of the squares. Use a mixture of white, wholemeal and dark rye breads to make them even more interesting.

For more information and ideas please visit the Nutrition Australia website – [www.nutritionaustralia.org.au](http://www.nutritionaustralia.org.au)
Portsea Camp

- January 19th to January 25th 2017
- For children aged between 9 and 12 years
- $327 includes transport to and from Portsea, meals and activities.
- Please email expression of interest to mundooana05@bigpond.com or text 0412 690 982.
- An application form will then be sent to you
- For more details please contact Jason Andrew – Rotary Club of Numurkah on 0412 690 982

Tuning in to Kids’ Parenting Program

A six session ‘emotion coaching’ program for parents and carers of preschool and early primary age children where you will learn to:

- Communicate with your child.
- Understand your child’s needs and emotions.
- Help your child learn to manage their emotions.
- Assist your child to deal with conflict.
- Have the tools to help manage your child’s behaviour.

Starting: Wednesday 26th October for six Wednesday evenings.
Time: 6:30pm - 9:00pm
At: Morgan Room, Primary Care Connect
199 Wyndham Street, Shepparton
This is a free program.
Program is open to all members of the public
Bookings are essential as places are limited
To register or for further information contact Joanne at Primary Care Connect
Tel: 5823 3200

Tuning in to Teens’ Parenting Program

Come and join us for this 6 session program for parents/carers of young people aged 12 years and older

Would you like:
- strategies to talk with your teen?
- to understand your teen more?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- help teach your teen to deal with conflict?

Starting: Tuesday 8th November 2016 to 13th December 2016
Time: 1PM to 3PM
At: headspace Shepparton
129 High St, Shepparton
This is a free program.
Program is open to all members of the public
Bookings are essential as places are limited
To register or for further information contact Joanne at Primary Care Connect
Tel: 5823 3200 or headspace on 5823 8800

Brought to you by Hume Region Parent Education Service and headspace Shepparton
**WEEK ENDING 14/10/2016 STUDENT OF THE WEEK**

<table>
<thead>
<tr>
<th>Prep S</th>
<th>Liam Young</th>
<th>What a very responsible young boy you are! Well done for handing in the money that you found on the ground.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pr/1H</td>
<td>Jaxon Warren</td>
<td>Responsible! Working responsibly when working on our Maths activities.</td>
</tr>
<tr>
<td>1/2R</td>
<td>Jaron Griffiths</td>
<td>Well done on making a great start in your new school. You have settled in quickly and made some new friends already.</td>
</tr>
<tr>
<td>1/2S</td>
<td>Jade Smith</td>
<td>Respectful – Wonderfully respectful to adults and children alike.</td>
</tr>
<tr>
<td>3/4T</td>
<td>Keisha Broad</td>
<td>Responsible – Well done Keisha for demonstrating responsible actions in learning areas and the yard.</td>
</tr>
<tr>
<td>3/4W</td>
<td>Jacob Lindberg</td>
<td>Congratulations on settling into your new class so well. Great week of learning.</td>
</tr>
<tr>
<td>4/5H</td>
<td>Jake Beggs</td>
<td>Being responsible for your learning, completing all tasks within the set time to a high standard.</td>
</tr>
<tr>
<td>5/6L</td>
<td>Jack Tremellen</td>
<td>Doing a fantastic job in numeracy. Competently completing his Algebra task, following the correct process when working out each problem.</td>
</tr>
<tr>
<td>5/6S</td>
<td>Kye Warrin</td>
<td>For participating enthusiastically during partner and group writing activities. You explained your creative, interesting ideas clearly and in a descriptive manner.</td>
</tr>
</tbody>
</table>

**ACKNOWLEDGEMENTS**

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