MKPS NEWS
Middle Kinglake Primary School
Issue 3

12th February 2015

STUDENTS OF THE WEEK
Middle Mates focus: Being a good friend.

P/1/2
Alex Holder
For being a great friend and Grade 2 role model and looking out for the new preps.

2/3/4
Paige Fuller
For the thoughtful way she cares for her friends, by writing letters to them.

4/5/6
Alanah Griffith
For stopping her game to help a prep find their buddy.
### Dates to Remember:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 19th Feb</td>
<td>Parent Teacher interviews</td>
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<tr>
<td>Monday 23rd Feb</td>
<td>Swimming starts</td>
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<tr>
<td>Thursday 26th Feb</td>
<td>House Captain speeches</td>
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<tr>
<td>Friday 27th Feb</td>
<td>Clean up Australia Day</td>
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<tr>
<td>Friday 6th March</td>
<td>Finance subcommittee meeting 9am</td>
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<td></td>
<td>Swimming House sports</td>
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<tr>
<td>Monday 9th March</td>
<td>Public Holiday, no school</td>
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<tr>
<td>Tuesday 10th Mar</td>
<td>School Council AGM, 7.30pm</td>
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<tr>
<td>Wednesday 11th Mar</td>
<td>Preps 1st Wednesday</td>
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<tr>
<td>Monday 16th Mar</td>
<td>Whole school excursion- Quantum</td>
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Next week’s Middle Mates social skill focus is: “Moving between classes in an orderly fashion.”

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**BE SAFE, BE RESPONSIBLE, BE RESPECTFUL**
MORNING CUPPA: Thank you to all the parents who joined us for a cuppa on Monday after assembly. It was a great opportunity to sit and have an informal chat. We are planning to have a morning tea on the first Monday of every term. Stay tuned for the dates.

Morgan, Mandy, Joyce and Nadia were in attendance and we discussed PFA briefly; their role and what they provide for our school (your children). PFA will have their first meeting in the next few weeks and it would be great to see a lot of new faces attend. PFA have generously offered to assist with payment of the school swimming program, funding $25 per student to make the cost more affordable for parents. If you have any questions in regards to PFA please pop in and see me or contact one of the current members.

THANK YOU: A big thank you to the Darkin family for buying us a new Araucana rooster. He seems to have settled into his new home very well.

9am START: Please ensure students are at school and ready to learn by the 9am bell. Important instructions and learning starts at 9am and if your child arrives at school any later than this their learning, and the learning of others, is disrupted. We would appreciate parent assistance with this.

OSHC: Please ensure that you let us know of your permanent bookings for 2015.

PARENT TEACHER INTERVIEWS: Parents will have the opportunity to meet with their child/ren’s teacher/s on Thursday 19th February in a 10 minute interview to discuss students’ interests, learning styles and progress so far. Interview times and the parent response questionnaire will be sent home today.

PREP NURSING PROGRAM: School nurse Jenny Banks (Towt) will visit MKPS on Thursday 26th Feb. All prep students received the prep health questionnaire to complete. Please return the completed questionnaire to school by Thursday 19th Feb. This is a very valuable program that provides lots of information for staff.

SWIMMING: Permission notes and information about this year’s swimming program were sent home on Monday. Swimming starts on Monday 23rd Feb. Please contact the office if you require another note.

SPORTING SCHOOLS: Will take place on Mondays and Thursdays from 3.30-4.45pm (formally Active After School Communities).

I’ve had lots of students visit my office to show me the great work they’ve completed. Congratulations to Max and Aidan for the writing they completed. Their writing was interesting to read and very neat. Great effort boys!
Our whole school excursion to Quantum Victoria on March 16th is coming around quickly and teachers and students are looking forward to the day. Quantum Victoria is an innovative centre bringing science and mathematics education to life for students, teachers and the wider community.

The centre which is located at Charles LaTrobe College Bundoora is funded by the Department of Education and Training (DET). Quantum Victoria will provide us with innovative science activities for free.

Students in years 5/6 will be participating in a lego robotics program. They will solve a challenge that involves some construction and programming of robots to complete tasks around a Lego city.

Students in years 3/4 will enjoy a program called Makey, Makey. They will learn about conductors, insulators and basic circuits whilst expressing their creativity in fun and whimsical ways.

Year Prep-Two students will participate in the QV Bean Story. Mexican jumping beans are seedpods that have been inhabited by the larva of a small moth (Cydia deshaisiana). During this program, students will gain an understanding of the biology of the real ‘Mexican jumping bean’, including classification and survival of living things. In addition, they will build their own toy bean and observe its movement and then experiment with different characteristics.

Please keep this day free of appointments so that your child is able to enjoy the exciting opportunities on offer. Keep your eye out for the permission notes in the next few weeks.

Karen Somers
Dear Parents,

Nominations are now being called for our Middle Kinglake PS School Council. There are three parent member positions vacant on council. **Nomination forms are available through the office and must be lodged before 4pm Monday 16th February.**

Some vacancies arise each year on School Council as councillors complete their two-year term. Of course ‘retiring’ councillors are always able to be renominated for another two-year term if they are eligible. In the case of there being more nominations than positions available, we will hold an election as per DET process.

We thank all of these School councillors for the wonderful work they have done for the school over their past 2-year term. All have been very active School Councillors. Please call the school if you need further details about the role of a School Councillor.

If you are considering nominating for School Council it is strongly recommended that you visit the DET website, particularly noting the following document: [http://www.education.vic.gov.au/school/parents/involve/Pages/schoolcouncilguide.aspx](http://www.education.vic.gov.au/school/parents/involve/Pages/schoolcouncilguide.aspx)

**WHAT DO YOU NEED TO DO TO STAND FOR ELECTION?**

Nomination forms are available from the school office. You are able to nominate yourself and a seconder is no longer required. Once the nomination form is completed, return it to the school office by 4.00pm Monday 16th February. If there are more nominations received than there are vacancies on council, a ballot will be conducted in the two weeks after the call for nominations has closed. Please ask at the school for help if you would like to stand for election and are not sure what to do.

**SCHOOL COUNCIL ELECTION TIMELINE 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Thursday 5th February</td>
<td>Information re SC published in newsletter</td>
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<tr>
<td>Monday 9th February</td>
<td>Nominations open and nominations forms available from school office</td>
</tr>
<tr>
<td>Monday 16th February</td>
<td>Closing date for nominations 4pm</td>
</tr>
<tr>
<td>Wednesday 18th February</td>
<td>If more nominations than positions are received, a list of candidates is displayed</td>
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<tr>
<td>Monday 23rd February</td>
<td>Ballot papers distributed as necessary</td>
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<tr>
<td>Monday 2nd March</td>
<td>Close of ballot 4pm</td>
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<tr>
<td>Tuesday 3rd March</td>
<td>Votes counted and ballot declared</td>
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<tr>
<td>Tuesday 10th March</td>
<td>First meeting of new School Council</td>
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Ride to School Frequent Riders Club Card

As part of Middle Kinglake Primary School’s Ride2School initiative for 2015, Michael has introduced our own very own Ride to School Frequent Riders Club. By presenting your card to Michael each time you ride to school, you will be eligible to receive great prizes once you have completed all 14 ride days. Simply visit Michael to collect your laminated Frequent Riders Club Card and get riding!

Get these squares hole punched on the days you ride.

Fill in your name here and present it to Michael.
Facts about students, health and active travel

Today levels of physical activity are significantly low when compared with statistics 40 years ago. The Ride2School team are working to reverse this trend. This infographic is designed to show the benefits of increased physical activity with students and the school community.

In the 1970s
8 out of 10 students rode or walked to school. Today there are only 2 out of 10

Activity trend
Over the past 40 years the number of children who are physically active everyday has significantly dropped.

Physical activity
is ranked second to tobacco control as the most important factor in disease prevention in Australia.

60 minutes
is the minimum daily requirement for physical activity for children under 18

Students who actively travel arrive awake and alert, improving their concentration in class and ability to understand the curriculum

Getting children out of cars and into active transport is believed to be the most effective way to improve levels of physical activity.

Active Transport
can reduce congestion and parking problems, leading to healthier local environments and communities.

Physically active students are healthier, happier and more socially connected.

About the Ride2School Program
The Ride2School Program is a behaviour change initiative that works to make active travel normal for students, while improving schools education outcomes.
The program aims to tailor its assistance to suit the needs or overcome the barriers faced by each school.

Join thousands of schools across Australia and register today at ride2school.com.au

Schools that participate in the Ride2School programs achieve an average of 5 in 10 students who actively travel to school.

References
- Australian Bureau of Statistics
- American Cancer Society, American Heart Association, 2004: Healthy people 2010 with revisions
- Centre for Disease Control and Prevention
- Local Transport Authority
- Physical Activity Policy: Transportation, Court and Benign to you - Geography
- Hunter, T. et al. 2001: Cycling and health: an opportunity for public health

RIDE2SCHOOL
**Nude Food Fridays**

Congratulations to Grade 2/3S and 4-6H with the least amount of waste last Friday. Well done! Our whole school waste was less than the previous week at 30g. Can we do as well or even better this week? Thank you to those families who minimize waste on a regular basis.

This week's results:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Number of pieces of waste</th>
<th>Weight of waste in grams (g)</th>
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<tbody>
<tr>
<td>Prep-2 F</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>2/3S</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>4/5/6H</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Whole School Waste (minus weight of plastic bags)</td>
<td></td>
<td>30g</td>
</tr>
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Remember, every Friday is Nude Food Friday. No packaging please.

**Cartridges 4 Planet Ark / Mobile Phone Muster**

Please remember, at MKPS we are an official site for the collection of ink cartridges and mobile phones for recycling. Bring in any type to the office and we will send them off for recycling.

**The Connected Garden Harvest Picnic - coming soon!**

A number of Western Murrindindi schools have been involved in The Connected Garden project since Spring 2014 - which aims to increase food awareness, food production understandings and to improve healthy eating knowledge in kids in the Shire. As part of this some of the children from each of the schools will be invited to a big Harvest Picnic on March 20th (in Yea).

Have a look at the blog and follow it to see what's going on in the project: https://theconnectedgarden.wordpress.com

We are needing a huge amount of overgrown zucchinis on the day - so if you have some that have gotten away from you at home - please save them for us or call the community house to donate them - 5797-3070.
Can all students please bring a box of tissues to assist with classroom supplies. Thank you.

Students who have asthma medication at school are required to provide an asthma plan from your GP. Please ensure that a copy of the current asthma plan is provided to the school.

“PERSONAL TRAINING”, “PILATES CLASS” & “LIVING LONGER, LIVING STRONGER CLASS”

To all the mums out there that are going to have a little more time on their hands as school starts back this week.

If you are interested in any of the following—general fitness, nutrition, weight loss, resistance training for toning & strength, flexibility training, posture correction, injury rehabilitation, lifestyle change, boxing & kick boxing training.

I have a fully equipped personal training studio in Kinglake and 20 years of experience.

Call Leith Darkin on 57862142
RABBITS FOR SALE

Prue bred dwarf lop
Males & females
Assorted colours
Special price $40
Michelle Thomas
57861955

St Mary’s Church, Kinglake: welcomes 2015 enrolments in catechetics for Catholic children (grades 2-6) for bible education and/or preparation for First Communion (grade 4) and Confirmation (grade 6) any time, preferably by Feb 27th if possible. Please contact Sr Margaret Ryan on 547861064 or margaret.ryan@mercy.org.au