

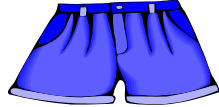
UNIFORM SHOP 8.45am—9.45am

Tuesday 10th June

The Uniform Shop is opened on Tuesday mornings, 8:45am—9:45am.

It is important to bring your child/children along to try on sizes before placing an order, as we are unable to return or refund monies.

Please allow 3 - 4 weeks for delivery, as we only keep display stock on hand.



Marie Warchulski.

SENDING MONEY TO SCHOOL

Could parents please ensure that all money and notices are sent to your child's teacher in an **envelope** clearly labelled with your:

Child's name, Grade

Purpose

Amount enclosed \$



It would be appreciated if parents who are paying any accounts at the office can have the correct money as **no change is held at the office.**

All money is banked daily.

"ALADDIN AND JASMINE GO TO THE BALL."

We are soooooo lucky to have such wonderful Grade 1 students at Sunbury West who are also fantastic Performers Plus! Their amazing Concert will be held on **Thursday Evening the 26th of June, 2008 in Aladdin's Cave of Wonders, (alias The Gym!).**

The Performance will begin at **7.15p.m.** and ticket information has been given to each family this week. The Actors and Dancers are practising enthusiastically and it is all so exciting.

A big thank-you is extended to Grade 1 Parents who have responded so positively to the Arts with this Production and are pretty much organised and ready to go.

Our great Grade 1 Staff, Mrs. Salajic, Mrs. Mallia-McKenzie, Mrs. Abdilla and Mrs.

Clarke will answer any questions you have or just ring me on **97443065** at night or see me at school.

Please organise your Tickets as soon as possible and be accepting of the fact that we offer as good as it gets with seating in a flat floor Gym environment.

We have two very special visitors coming to the Concert and Professional photo opportunities will be available.

It's just tooooooooooo exciting!

It's ON WITH THE SHOW! Mrs. Cavigan and Snowy, Performing Arts.

Fabulous fibre



Fibre is needed to keep our digestive system healthy.

Where is fibre found?

Foods that are a good source of fibre include wholemeal breads and cereals, fruit, vegetables, and legumes

Advantages of eating a high fibre breakfast

- Increases your energy levels throughout the day
- High fibre foods are generally low in fat
- Fibre fills you up so it stops you feeling hungry too soon



Nutrition Australia

How much fibre should my child be eating?

A good rule of thumb to work out a school child's fibre requirement is adding their age plus 5 to 10 grams of fibre.

For example, a 10 year old child needs 10 grams of fibre (their age, plus 5 to 10 grams more of fibre). Therefore, a 10 year old child needs 15 to 20 grams of fibre per day. In comparison, adults need 30 grams of fibre per day.

Most food products list the fibre content on their nutritional panel.

2009 PREP ENROLMENTS

Enrolments for the Year 2009 are now being taken. If you have already picked up an enrolment form please return it to the office.

When enrolling please provide:

- Proof of Age – eg Birth Certificate
- School Immunisation Certificate
- (This can be obtained from Dept of Human Services. Phone 1300 882 008)



Please note:

If you know of any potential enrolments, please ask families to contact the school as soon as possible.

F.O.S.W

The Cookie Dough Orders are due back
on
Friday 6th June

No late orders can be accepted.
Please send all orders to the office.
Thanking you in Advance.



Lunch box news



New menus have been distributed, please take note there have been quite a few price changes due to increased costs. Items will be deleted if correct money not enclosed with orders. Please Note: There is a charge of 5cents per lunch bag when a bag of adequate size has not been provided.

Thank you to our volunteers for next week, the roster is as follows:

JUNE	10.00-12.00	12.00 -2.00	10.0 -2.00
Mon 9th	QUEENS	BIRTHDAY	
Tues 10th	C. Waghorne	A. Dimery	
Wed 11th	L. Othmer	S. Miller	
Thur 12th	M. Delaveris	M. Richards	
Fri 13th	K. Daly J. Knott	M. Murphy P. Campbell	

MID YEAR REPORTS

Mid year reports will be distributed prior to Parent /Teacher Interviews. If you require an extra copy of your child's report please contact Stephen Taylor or Frank Devlin on **97408666**

Imagine you are a single mother of 15 year old boy and you don't want to him to go to a Saturday night party. He puffs his chest, curls his lip and barks:"You're kidding. You can't make me stay home tonight. NO Way!" What do you do? Treat him as if you have taken delivery of a parcel with Handle with extreme care! printed on it. Stand back and approach the parcel slowly and deliberately knowing there is probably something fragile inside.

It's important to understand that teenagers have outgrown their brains and they have faulty judgement. With hormones raging and physical changes they battle being in charge of the bodies as well as their brains.

This doesn't excuse poor or uncooperative behaviour but it helps to remember that though most young people can look adult-like they are actually a long way from being there. Understanding this makes them less scary and their behaviour less hurtful. SO when kids taunt or even issue threats - Stay calm and refuse to be drawn into a game of their making. To do this you need to use robotic-like disengagement. Remain removed and dispassionate no matter how much a teenager acts up. Act like the confident parent, even though you may be quivering inside. And be brief with any instructions - say what you need to say and then shutting up. When things have calmed down give him a reason not to be bad. That means, let him experience something less than pleasant if he chooses to go against your good sense. Perhaps, he can prepare his own meals if he chooses to operate outside your guidelines. Dispassionate disengagement sounds easy but it needs practise.

Follow the rules of disengagement:

1. Refuse to respond to verbal taunts or challenges.
2. Stay calm, even aloof. Stand your ground and act as if this behaviour is not new to you.
3. Be prepared to move away from a teenager who is out of control.
4. Some time after an outburst sit down with him and give him some reasons why he should be cooperative and some reasons why he shouldn't be uncooperative- even just for next time.

Dispassionate disengagement requires that you have a good one-on-one relationship with your young person.

▪ **A relationship establishes goodwill and gives you LEVERAGE when you want cooperation.**

Such relationships take time and effort – perhaps a shopping trip, watch some sport, driving to where they want to go or just hang out together. The pay-off is huge in terms of being able to influence your young person and help them make better choices, even if they are just agreeing to the choices that you make.

STUDENT OF THE WEEK Monday 02.06.08

PREP DA	Mia Fisher Jordan Theodore	For their great efforts in reading and writing.
PREP RH	Whole Grade	For being excellent workers while Mrs Heppell was away.
PREP CD	Samuel Bird Lara Bullock	For their fantastic efforts in their learning.
1RS	Kairangi Hunt-Nathan Ethan McEwan	Fantastic efforts and wonderful manners!
1EM	Liam Ager Jacob Chahine	For great behaviour on the excursion.
1JC	Whole Grade	Excellent behaviour and interest at Bendigo.
2LM	Christopher Nugent	For his wonderful high spirits on his return to school.
2WT	Mitchell Shields	For always trying hard.
2TH	Hannah Francis Natasha Giampaolo	For improved work habits. For always trying her best.
3DE	Corey Barnes	Working well in language.
3NS	Chloe Hubczak Bradley Miller	For her excellent Quest story. Great story starters.
3/4SM	Dylan Featon	For developing terrific work habits.
4BS	Liam Abdilla Brayden Daly Liam McMahan	For great thinking skills and strategies.
4PL	Taylor Jones Lenny Kechayas	For sharing great science experiments with the grade.
5DT	Shania Finnigan	Excellent effort in everything!!
5RN	Jaidyn Keck	For a great improvement in his attitude to work.
5DB	Paul Attard Brielle Johns	For displaying excellent work habits.
6BP	Jye Walker	Excellent focus on all work tasks.
6SM	Jack Chambers Baileigh McLachlan	Excellent improvement in work habits and great oral presentations.
6WD	Tanya Millazzi Ruby Dudderidge	Excellent efforts with Year Books.
ART	2LM 2TH 2WT	For their excellent work with texture.
MUSIC	The Door Helpers	For their fast running and reliability.
P.E.	Zone Cross Country Runners	Wonderful Achievements.

The CRIKEY AWARD for



ENVIRONMENTAL EXCELLENCE

CONGRATULATIONS Mrs Norris

the winner for Term 2 week 7

AWARDED FOR: her effort in organising
school clean up days.

WELL DONE Mrs Norris you are truly an
ENVIRONMENTAL WARRIOR!



SWEEP

Sunbury West Environmental
Excellence Program

ENVIRONMENTAL TIP of the WEEK from the keen
Environmentalist

Marni Kelly 3 NS

**Use your old toothbrush to clean the bath or
sink. You can make a toy with your old
toothbrush and you can paint with it too.
A great tip! Thank you Marni.**