From the Principal

Parents, carers and teachers made the most of the opportunity to meet this week to discuss learning programs and how we can best cater to the needs of students. Information sharing at the start of the school year is very important, enabling teachers to know their students well, cater to their individual needs and provide the best possible learning environment. If you were unable to attend the “meet the teacher chat” please make a time to come and talk about how your child is settling in. This can be done by phoning the school office or sending a note along to the classroom teacher with your child.

School Council Elections

I am delighted with the number of nominations received from parents who are interested in being on school council. It is a great way for our school community to support the school in the provision of the best possible educational outcomes for our students!

This year there are 4 vacancies for parent representatives and 3 community representatives. Positions are generally two-year terms.

Three positions will be filled through a ballot which will be held in the coming week. It is a requirement that the 4th position, being that of a retiring parent member before the end of their 2-year term, be co-opted by school council members.

The following councillors have a second year to run:

Parent Category: Jenny Quirk
Staff Reps: Teresa Woods, Daryl Bowen, Donna Mizzi

Liz Pulbarrie

Dates for your diaries...

February:
27 Prep Parent Information Session
28 Year 5/6 Interschool Sport (Away)
Schools’ Clean Up Australia Day

March:
7 Interschool Sport Year 5/6 (Home)
10 Labour Day Public Holiday
12 DPNPS Year 3-6 Swimming Carnival & Picnic
12 CANTEEN CLOSED
13 Year 6 VUSC Discovery Day 9:30am - 11:30am
Year1/2 Responsible Pet Ownership Incursion
14 Year 5/6 Interschool Sport (Home)
17 Year 5/6 Allergy Information Incursion
21 Year 5/6 Sport (Home)

April:
4 Term 1 ends. Early finish - 2:30pm

EMA - Parent applications close tomorrow Friday 28th February!!

EDUCATIONAL EXPENSES FOR YOUR CHILD IN 2014.
Parents who hold a valid Health Care Card and are concerned about not being able to pay for camps, excursions, swimming program and other activities for their Child can have their EMA Payment of $200 for Prep Children or $150 for Grade 1-6 Children, paid directly to the school and this money is then kept in credit on your account to cover these costs. Please consider this option as the EMA is provided to assist in covering educational costs for your child/children. This means that you do not have to find money during the year for your child’s participation in educational activities.
EMA forms are due back to the school by 28th February 2014. If you haven’t already completed your form, please do so by this date.
Parents who do not hold a Health Care Card and would like to place funds on their school account to pre-pay for excursions and other activities, can also use this service.
At the end of the year any unspent money can either be refunded to you or kept in credit in your account to be used for the following year.

Bree Campey
Business Manager
Did you know that our school website is now mobile friendly? This means you can view our website from any mobile device such as a phone or tablet.

To view our website, go to the following link. http://www.deerparknthps.vic.edu.au/

We are now in the process of updating information for 2014. If you would like to subscribe to receive our newsletter and links to new information we put on our site, please go to the site and click on subscribe. Fill out your details and send!

Alternatively, you can write your email address below and return it to school with your child.

We are considering holding an afternoon information session to show parents how to use and navigate through our website. If you would be interested in attending this session, please complete the information below:

Name: _____________________________________
Email address: ___________________________________________
Eldest child’s name and grade: ___________________________________________

I would like to subscribe to the newsletter and news items: yes no

I would/would not be interested in attending an information session about how to use the school website.

Carly Lehane
Senior School Teacher & eLearning Co-ordinator

Student Voice

School Captains
Arvi Cabigao
Yasemin Berkant

School Vice-Captains
Lisa Vassallo
Phillip Mirceski

House Captains

Gould (Blue) House:
Michael Tereszko and Alexis Georgiou

Hovell (Yellow) House:
Sahil Narayan and Erna Smajlovic

Mawson (Red) House:
Trentell Collier and Sylviana Lefter

Tasman (Green) House:
Lami Tran and Dina Asefa

Elected Student Representative Council members
SEP  Emily Tran
Johnny Ha
SAS  Angelina Nguyen
Hieu Ly
SJE  Elysha Marroquin
Stephen Zhu
SML Stephanie Nguyen
Christopher Grech
STN  Alesha Tran
Taakena Goulton
MAF Zena Osman
Kyle Millsom
MSK Michael Huynh
Jillian Beltran
MLA Azaria Alvarenga-Rivera
Betim Ibraimoski
MJG Emre Soylemez
Shania Nicolas

Badges will be presented to House Captains and SRC reps this coming Friday at assembly. Congratulations to all!!
Many of the prep parents attended the information session today to find out information about the prep program.

For parents who were unable to attend below are some suggestions to help your child with counting to ten at home.

**Counting Strategies...**

- Count in sequence
- Cover one number
- Ask your child to point to (1,2,3 easier; 6,7,8 harder)
- Say the number I am pointing to...
- Take turns saying each number
- Count on from this number...
- Show me this many
- Show me a different way
- Find this many coins, buttons, forks, spoons
- Say the next number
- Put them in order
- Hide one (turn it over) and ask what is missing
- Show the number of fingers
- Get me this many
- Count backwards
- Hide (turn over) the number before or after
- Hold a single number up – how many is this
- Hold 2 numbers – Which is Bigger/smaller
- Hold 3 numbers – order from smallest to largest

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Dear Parent/Guardians

Over the past few weeks I have been undertaking training and I have been working closely with the Brimbank City Council Coordinator to make sure that I am able to support the school community to the best of my ability. We are starting informal Morning Tea and Coffee catch-ups every Monday from 8:50am in the school gymnasium foyer. Everyone is welcome to take part in these sessions as it will be good to meet all the families and learn about each other.

We want the best for our students & school community and we would appreciate any input that you may have for the program. Our aim is to support members of the school community and provide the opportunity for further learning and development for all families.

We are also looking at starting an after school **Homework Club** every Tuesday from 3:20-4:00pm. Parents & guardians are invited to come along with their children and be supported with specific need with homework tasks or student’s projects. These will be held in the school LIBRARY. It will be a great opportunity for families to support their children and be involved with homework.

Research in education shows that parents who are able to support their children with school activities have better academic outcomes and greater understanding of their learning.

Our aim is to provide support for families to engage with and be involved in our school community to continue to build a rich learning environment.

We encourage families to get involved with their child’s education at every opportunity and share ideas of how we can promote school community engagement.

We are open to new ideas and suggestions and look forward to future conversations.

Kind Regards,

Lindita Dardha
Whole-school Approach to Healthy Eating

The school’s food services and curriculum programs on healthy eating should be complementary. Positive peer pressure within the education setting can create a culture in which nutritious foods and a healthy lifestyle are actively chosen. This culture should permeate the entire school environment and can have an impact on choices made by students about food consumption when they are not at school.

A positive attitude towards a school canteen that supports healthy eating should be promoted and endorsed. This is facilitated through a whole-school approach to nutrition.

The World Health Organisation encourages schools to take a health promoting schools approach to support healthy eating. The Health Promoting Schools framework provides a useful model for schools to promote and protect the health of students. The framework highlights the importance of the relationships between:

- curriculum, teaching and learning
- school organisation, ethos and environment
- community links and partnerships.

Further information can be accessed from: Australian Health Promoting Schools Association

'A health-promoting school is a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health.'

World Health Organization, 1996

Source: DEECD Website

Encouraging feedback...

I would like to take the time to congratulate the school on their effort to promote healthy eating for the students.

All too often the options the students have are processed foods high in sugar and fats that although filling don’t meet their dietary requirements.

I have personally found that since this program was implemented both my children are happy and willing to eat fruit and vegetables at home and also come home feeling energetic and happy, as well as with empty lunch boxes!

As we all know, young children can be fussy in regards to eating fruit and veg. I have found my youngest, aged 6, more willing to try new healthy food options. This will greatly improve his eating choices and start him on a great path to a future of healthy living.

The nude food idea is one of the best I have seen to date and although there were a few teething problems for us at the start, we have found this to be a great and handy alternative to the regular lunches packed with plastic wrappers and rubbish. I have not seen such a clean environment for the children in many years. Well done to the mums and dads as well as the staff for implementing this idea. I have to say it is a great way to teach the students about respecting their play areas and keeping a positive attitude towards the environment.

Although some parents may initially perceive this as a challenge, take pride in knowing this program is a big step towards a happy and healthy lifestyle for the future of our children.

Kind regards,

Sean Honschooten

Foods and drinks from the Everyday category are consistent with the Dietary Guidelines for Children and Adolescents in Australia and are most suitable for school food services.

Providing a wide range of these healthy foods is important for variety. Foods and drinks in this category should be promoted as tasty, fresh and good value choices. These foods should be included as part of the canteen menu wherever possible.

Foods and drinks in the Everyday category are based on the basic food groups and include:

- breads, grains, rice, pasta, noodles and breakfast cereals
- vegetables
- fruits
- dairy foods – reduced or low-fat milk, yoghurt and cheese
- lean meat and poultry, fish, eggs, nuts* and legumes (dried beans and lentils)
- water.

These foods and drinks are the best choices because they:

- are often high in nutrients and fibre
- are low in saturated fat and/or added sugars and/or salt
- help to avoid an excess kilojoule intake.

Within this category even healthier choices can be made. Wholegrain breads and cereal products are higher in fibre, for example grainy bread, high-fibre breakfast cereals, air-popped popcorn.

*Food allergies are the most common triggers for anaphylaxis (severe allergic reactions) in children. Nuts are not included on the school canteen menu.

Source: DEECD Website