



# RPSnews

**Number 9**  
April 2 2009

**Richmond Primary School**

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## Dates to Remember

### April

**3** Term 1 ends - 2:30pm

**7** Bulb orders due back

**20** Term 2 commences

**24** Whole School Kidz Bodz incursion

### May

**5** School Council Meeting 6pm

**8** Mother's Day Stall

**12** 12-14 Grade 3 and 5 NAPLAN Testing

**15** Interschool Cross Country

**20** Richmond Primary School Open Day

**29** Walk-a-thon

### June

**2** School Council Meeting 6pm

**8** Queen's Birthday Holiday

**12** Curriculum Day - Child Free

**20** RPS Monster Trivia Night

**24** 24-26 Grade 3/4 Camp

**26** Term 2 ends - 2:30pm

## PRINCIPALS REPORT

Dear Parents and Carers

Over the past four weeks the School Council has been looking at how it can access the "Building the Education Revolution" funding. To access round 2 funding a submission must be completed by Friday 8th May. After discussions with Education Department representatives and architects, the Council is looking to refurbish the staffroom to include student-cooking facilities, convert the existing library into classrooms and build a new library next to the existing art room. If you would like to look at plans or discuss the project please feel free to contact any Council members or myself.

This term staff have participated in intensive first aid training. The majority of staff completed level 2 first aid training and anaphylaxis training. A key strategy in minimising the likelihood of identified students suffering an anaphylaxis reaction is to ensure that the community is aware of potential triggers. A common source of exposure can be through food sharing. Classrooms teachers discuss with students the importance of not sharing food with other children due to allergies, anaphylaxis, dietary requirements and/or religious beliefs. We ask that you reinforce the importance of your child/children not sharing their food or accepting food from others.

It has been a busy term; parent information sessions and interviews, opening ceremonies, first aid courses and swimming. After all that students and teachers have achieved this term, everyone deserves a well-earned break. Whilst the holidays are for resting and re-energising, they are also an opportune time to reinforce that learning does not stop at the end of a school day. These holidays will present families with numerous opportunities to share real life learning experiences. I encourage parents to grasp these moments and at the same time openly share their own love of learning something new. This newsletter includes some ideas for exploring mathematics during the holidays with your child/children.

I hope everyone has a safe and enjoyable break! **Megan**





## great easter challenge

# Mother's Day Stall

**Friday 8th May**  
**Information for new families**

The Friday prior to Mother's Day the school runs a Mother's Day Stall. All items for sale are those that have been donated from the school community and wrapped by the fundraising committee. Most items are priced from \$1 to \$5. Classes come down to the stall (under Area 3) at various stages through out the morning and can purchase gifts for Mum, Nana or other significant person in their lives. Selling normally starts about 9.15am and is usually finished by 11.30am.

It is a great idea for the littlelies, in particular, to have their cash in an envelope with their name on it, how much they can spend in total and what gifts they need to purchase.

For example, Harriet Jones, \$20, gift for Mum, 2 gifts for Nanans.

**Donations for the Stall:**

We require good quality, new items such as glasses, cups, plates, candles, soaps, toiletries and individually wrapped lollies/chocolates. The lollies are added to the cups, glasses and plates and wrapped. The kids really love purchasing something with a lolly

in it. Any donations of new items that you yourself would like to receive are welcome but please keep in mind the price range (\$1 to \$5) when making donations.

The most important thing is the kids LOVE choosing items to buy for their mum!

All donations can be left in basket near office area.

Many thanks, Fundraising Team

# Bulbs!!!

**Bulb fundraiser – orders due tomorrow**

Don't forget to send back your bulb orders by tomorrow.

For those of us who haven't planted bulbs before, RPS resident green thumb Nick Buckley has given us a few pointers. This might help you work out how many bulbs to buy for your garden.

**Bulb Growing Info**

Spacing and Depth:

As a general rule, you want to be planting your bulbs about two to three times as deep as they are wide. Most

of them are planted pointy end up. If you're unsure which way to plant your bulbs, then just plant them sideways and they'll emerge the right way as they grow. It's also a very good idea to mark the position of your bulbs with stakes or garden markers, that way you won't unknowingly drive a spade into those newly planted bulbs.

Spacing varies according to the effect you want to achieve and the type of plant. If you are planning to move the bulbs after they bloom for example, you can plant them as closely as you want. Otherwise, see the table below:

**Don't forget to get those orders in so you can have beautiful flowers in spring.**

Type of Bulb	Planting Depth	Number of Bulbs per square foot
Tulips	6-10 inches deep	5 per square foot
Daffodils	6-10 inches deep	4 per square foot
Mini Daffodils	6-10 inches deep	7 per square foot
Hyacinths	6-8 inches deep	5 per square foot
Crocus	3-4 inches deep	10-15 per square foot
Snowdrops	3-4 inches deep	15 per square foot

# Student of the week



**GRADE 12** **Griffin Bohn** for outstanding leadership as 'Official Judge' of the Great Easter Challenge and for generally being a friendly, helpful guy. Good on you Griff!

**Declan O'Regan** for his maturity, always being a fantastic help in the classroom and very cheeky smile!

# KQ\*

## KidsQuiz

Write your answer on a piece of paper, along with your name and grade, and put it in the cream letter box in the office. The first correct entry drawn will win a Student Pass for one hour.

The winning entry will be drawn on Tuesday at 3.30pm.

### NOTE:

- > You may place only one entry per week in the box.
- > Each player must put in their own entry (no joint entries)
- > If you win, you are win-binned (disqualified) for one week, to give others a go.

**This Area 3 student is much nicer than the deadly radiation you'd get if you changed one letter in their name.**

Last week's clue:

The last two letters of this Area 2 student's name are Spain's internet code.

Answer: **JAMES Grant** and **JAMES Rizzo** Grade 2 (The Spanish code is 'es')

Winner: **Julia Murray** Grade 3 ... muy bueno, Senorita Julia!

## Casual Clothes Day Disco!!!

Hi, everyone this Friday 3rd of April, the last Friday of Term 1, we will be having a casual clothes day and a disco. If you would like to be involved please bring a gold coin donation. Also any named CD's. All the money raised will go to the Royal Children's Hospital for the Good Friday Appeal.

Thanks the SRC Presidents

## Bushfire Fundraisers

After the devastation of the bushfires three girls from Grade 2 got together to figure out how they could help. **Charlotte Baker**, **Zahli Dowd** and **Hayley Morgan** got together on a Saturday and made a big batch of cupcakes, they iced them with yellow and red icing to signify the fires and then made some with green icing to show rejuvenation. These amazing girls then went and sold these cupcakes to their neighbours and made a grand total of \$40.40, which was donated to the Red Cross Bush Fire Appeal. It is this sort of caring and imagination that proves what a great community we live in. Well done girls!



## Maths + Holidays =

Maths in the Holidays, there are lots of activities you can do over the holidays that can help your child/children without them knowing they are doing mathematics!

- + Keeping a monthly calendar on the fridge and marking in special trips, Easter etc as well as marking off days.
- + Discussing how long (time) and how far (distance) a trip will take. Remember that this can be for short trips as well as for the longer journeys.
- + Giving children timelines e.g. ten minutes until we go to the shops.
- + Make sure children have access to both digital and an analogue clocks.
- + Allow children to use tape measures, e.g. measure their height and compare it with other family members, is the table longer than the couch.
- + Let children help with cooking in the kitchen. Measuring out quantities,

halving and doubling, estimating how many biscuits will be made etc. Children enjoy using scales and levelling cups of flour or sugar.

- + Estimate the distance to an object during a road trip. You will notice how much the estimations will improve with practise.
- + Play board games like Snakes & Ladders.
- + Children can set the table so that knives and forks match, everyone has a glass etc.
- + Talk to children about amounts and costs of items when you are supermarket shopping.
- + Playing with blocks, Lego etc can provide children with good spatial awareness.
- + Provide appropriate jigsaw and puzzles.

Dear Parents and Carers,  
Thank you all for a fantastic term!!

Next terms clubs will include Puppet Making, Sporty Kids, Fun with Drama, Knitting Circle and Jewellery Making. We will continue Science Experiments, Computers, Sewing and Little Chef's. The Active After School Communities Program was also lot of fun. Children developed great skills in Fencing and enjoyed the Circus workshop so much; we will be running it again Term 2. Other AASC programs will include Soccer and Volleyball.

We have had such great feedback about the program. Many families have enrolled on a particular day, as their children have wanted to get involved in the clubs and join in the general fun.

Be sure to get in early for Term 2. We have 2 places left on Tuesday, 3 on Thursday and plenty of room on Monday, Wednesday and Friday.

Please return all Before Care "Increased Hours and Breakfast Club" surveys by Friday April 3rd. Thank-you to the many families who have already returned their form.

A reminder to use the Booking Diary if your child will be absent from the program or you would like to request a casual booking, alternatively you can email me or leave a message on the OSCH telephone.

Wishing you all a happy and safe Easter, Cheers

**Mia and the OSHC Team**

pearce.mia.p@edumail.vic.gov.au

### FINE TUNE YOUR RELATIONSHIP COUPLE COACHING FOR PARENTS

Discover ways to maintain a strong and supportive couple relationship while dealing with the challenges of parenting.

This series of four workshop sessions have been developed to help couples;

- Improve the couple connection
- Enhance communication and conflict resolution skills
- Develop greater emotional intelligence
- Gain insight into family background influences

#### Cost:

\$200 per couple for the four workshop sessions (\$50 per session). Initial session free. Discounts and concessions available.

#### Dates:

Via appointment at a time to suit the couple.

#### About the Couple Coach:

Karen Johnson is a mother of three and an experienced couple counsellor in a Richmond practice who has worked and trained at various organisations including Relationships Australia.

She has conducted extensive research that explores factors that impact on the relationship satisfaction of couples with children.

**Contact:** Karen Johnson 0409 165 876

### SWIMMING is a great sport

Richmond Swimming Club & Yarra Leisure Centre invite you to join us at our Swimming Encouragement Night (Jump off a block, swim 50metres and find out your time.)

**Saturday April 25th 3:30 to 5:30**

**Richmond Swimming Pool**

Gleadell Street Richmond

Call 0430 530 111 for more details

Come join us. Entry is free and open to anyone who can swim 50m. Entries close April 20th Afterwards there will be a sausage sizzle at Citizens Park BBQ  
[www.richmondswimclub.com.au](http://www.richmondswimclub.com.au)



## SECOND NATURE FITNESS

Because health and fitness should be second nature!

**Daniela Accary**  
Personal Health and  
Fitness Trainer

### Exercising Safely

We all know exercise is vital for good health, but poor knowledge of basic exercise techniques could lead to injuries, and injuries can then be caused by improper form or technique.

The benefits of optimal postural alignment are reduced risk of injury, improved aesthetic and enhanced performance.

Your posture plays an important role in all movements, and getting focused and aware is the perfect foundation for improved health.

This is relevant to us all and will assist with the achievement of any long term health and fitness goals!

The strategies recommended are applicable to everyone, and everybody is different.

Areas to focus on are your cardiovascular fitness, strength training, flexibility, mobility, and core stability. Depending on your goals all are equally important.

I am a mother at the school with 3 boys and am totally passionate about helping people get fit and to be the healthiest we can be to keep up with our growing and active children!!

### Class Description:

**Strength and Cardio Group** - Monday 20 April & Thursday 23 @ 9.30am (excludes Queens BDay 8 June) A fun class works on improving overall strength cardiovascular fitness whilst burning calories. Focusing on doing exercises correctly!

**Pilates and Stretching** - Monday 20 April & Thursday 23 @ 10.30am  
Mat based class. Pilates creates a strong, lean, balanced body. This reduces the risk of injury and helps to eliminate nagging aches and pains. Working on core stability, overall strength and flexibility

Send an email to secure your spot in groups.

Feel free to contact me with any questions you may have, or interested in Personal Training. Mobile: 0412 200 996 E mail: [daniela@secondnaturefitness.com](mailto:daniela@secondnaturefitness.com)

### Before, during and after school childminding available!

If interested please contact Penny on 0400 813 441 or Josie on 0400 536 521.

We're conveniently located in Barkly Avenue, directly opposite the school if you wish to arrange a time to meet and discuss availability. We have Working With Children checks.

*Your school community is here to help. If you have any comments, concerns or praise, please speak to your child's teacher, the principal or a School Council member*

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