



RPSnews

Number 13

May 14 2009

Richmond Primary School

Brighton Street Richmond 3121

> **T: 9428 1909 F: 9428 9085**

Aftercare T: 9421 8901

E: richmond.ps@edumail.vic.gov.au

www.richmondps.vic.edu.au

Dates to Remember

May

- 15 Interschool Cross Country (weather dependant)
- 17 Garden Working Bee 10am - 2pm
- 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

2009 After School Activity List correction

The phone number for Klim Swim was incorrect. Please note correct details:

Klim Swim (03) 9427 1770
Phone Bookings are available during customer service hours Monday to Friday 3:30 - 6:30 pm Saturday 9am - 12 noon



UPDATE FROM GRADE 3/4

Dear Parents and Carers,

Another exciting week at Richmond Primary with many things going on around the school. Congratulations to everyone for taking part in our exercise program last week as part of week two of the Kidsbodz, and a big thank you to those teachers who organised the sessions. Some highlights included Lisa and her dancing lesson, Riley for his fantastic aerobics uniform and Nick for remembering all the moves to the chicken dance.

Here in the 3/4 area as part of our sustainability unit we have been looking at some of the environmental issues that are affecting the state of Victoria. Students have been investigating the ways that people use different eco-systems around the state and how these activities may affect the wildlife and plant species that rely on these areas for survival.

In connection with our unit, as well as the school focus on healthy living this term, the 3/4s have been involved in some exciting activities. We are currently on the Road to Uluru, which is a program where the students take part in school based physical activity that is recorded and converted into kilometres. As a class group our combined kilometres each week move us closer to our target in the red centre, we still have a long way to go! We have also had two exciting hands on incursions. The first involved the students dissecting plants to see what they have inside them that help them grow and reproduce. The other focused on the digestive system and what happens to our food once we have eaten it.

Preparations for camp are underway, with more information being given out this week. We are currently looking for some interested parents to come with us, so if you are interested please speak to Tracey, Chris or Kate about this.

Chris, Tracey and Rod

Carrot Cupcakes with coconut and cream cheese icing



Grade Prep Starfish had a wonderful morning cooking cupcakes to compliment our letter of the week. We measured, estimated, whisked, stirred,

grated, cooked, iced and then finally ate the gorgeous cupcakes. A big thank you to Kaylie (Spencer's mum) and Elliot who organised this wonderful activity

which not only had us developing our literacy skills but had us also working as mathematicians and scientists.

Fantastic fruit and veg

Did you know that approximately 96% of the Australian adult population do not eat the recommended servings of fruit and vegetables each day and that the most common vegetable eaten in Australia is the potato and this is usually served in the form of hot chips?

If the adults in society are not eating fruit and vegetables how are we expected to encourage our children to adopt this essential habit?

The benefits of making an effort to consume the recommended amount of fruit and vegetables each day are endless. Fruit and vegetables contain many vitamins & minerals that are vital for good health. They are low in fat, salt and sugar and an excellent source of dietary fibre. A high intake of these foods can contribute to reducing obesity, maintaining a healthy weight and protecting the body against disease.

Try these ideas and make a positive difference to your family's health:

- Cut up a platter of vegetables like carrots, capsicum and celery ready for the kids when they come home from school. Place some home made dip or cream cheese on the platter. The plate will empty in no time
- On alternate days make this platter a fruit platter with a fruit yogurt to dip the pieces in
- Encourage the kids to help in the kitchen by chopping the nightly vegetables etc. If kids are involved in the preparation of food they are more likely to try a wider variety.
- Prepare more stir fries. These are easy! Just chop 5 or 6 varieties of different coloured vegetables, slices some beef or chicken, fry it all up in a wok and add your favourite sauce, satay, sweet chilli or soy.

Serve with pasta or rice. Great for a busy family and a quick vegetable fix.

- Start a vegetable of the week habit at home. The supermarket is filled with different varieties of vegetables and we all tend to stick to the same ones. Allow each family member to choose a new vegetable to introduce to the family – one per week. The rule is everyone should try it every day for a week.

- Make your regular desert fruit for 5 nights of the week. Sweet deserts can be a treat only one or two nights a week.

Remember: It takes 8 to 10 tries of a new food before a child will accept it into their diet so persistence is the key. Keep putting new fruits & vegetables on your family's plate and before you know it, it will become a regular item on your menus.

Sourced from www.kidzbodz.com.au



Mission

Drawtism seeks to increase the community's empathy for those affected by Autism Spectrum Disorder. By basing the campaign on Pictionary which has an authentic connection to the experience of autism, the aim is to give people both an insight into the impairments of autism, as well as provide a positive and meaningful

way by which to galvanise support.

RPS will be participating in Drawtism, we are encouraging students to create a Pictionary team of at least three team members. It was cost a gold coin donation per player and the tournament will take place on Tuesday, Wednesday and Friday lunchtimes during the week beginning the 25th of May, so get practising! Teams will be divided into age groups with all students welcome to join. All money raised will go to the Alpha foundation which supports people living with autism. Donations can also be made directly to the foundation.

Values

We decided to put some real fun into fundraising! Drawtism is about play and by this we don't mean being childish. Drawtism is about participation and teamwork: being creative, having fun and working together to create options. Working together requires good communication and we believe good communication is found in play. When we are playful we build rapport and we harness energy. When we play we create possibilities... when we play we draw people with autism out of their isolation.

Student of the week



α

Greek

Zetta Fusinato for her excellent reading in Greek.

Prep

Lucas Accary for settling into school well, and for his enthusiasm and sense of humour.

GRADE

12

Mitchell Gaffy for participating enthusiastically in learning activities with the whole grade!

Charlotte Mansfield for being wonderfully organised and for always being helpful to others in our class.

Kevin Nguyen for being a very mature and helpful member of the classroom and settling in to Richmond Primary, well done!

Sinead Macauley for stunning writing and equally stunning illustrations. Sinead, I'm glad I have your autograph because when you are a famous picture storybook author/illustrator your signature will be worth a lot of money! Congrats and thankyou!

GRADE

34

Freya Boopalan for consistently producing work at an outstanding level and in particular for the great confidence that she is showing in maths.

Cooper Rowland, grade 3, for being a bouncy, enthusiastic and capable student; and for great work at book creation.

Dougal Patterson, grade 3, for being a super 'You Can Do It' model; and, for being a conscientious and careful worker.

GRADE

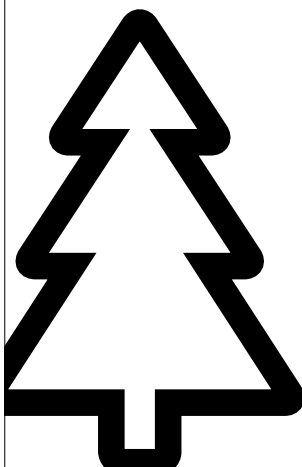
56

Tom Davidson for always offering interesting ideas during class discussions.

Lachlan Mitchell for always applying himself to the best of his ability in everything he does.

Fitness fun at RPS

Each morning this week we have had fitness activities run by extremely talented (and brave) teachers. Our week began with the bar set quite high with Lisa dusting off her lycra and taking us back to the 1970's, where anything was possible and everything was disco, teaching us the nut bush. Next up was the talented duo Chris and Riley who in true Aerobics Oz style taught us to grapevine, skip and perhaps even threw in a pivot here and there. On Thursday Jane and Nick treated us to a thigh slappin', heel kickin' hoedown. We did a little Dosie-do and heel and toe and then ended with that old favourite chicken dance. On Friday we finished the week with Lisa who brought out all the old classics as we skipped, danced, threw and caught balls all whilst getting our heart rate up! A very very big thank you to Lisa who has organised the KIDZBODZ program. We are all having lots of fun, Chris, Riley, Jane and Nick who put their hands up to take on the whole school fitness program and all of the other teachers who participated in the YMCA, chicken dance and helped us dance our way to fitness.



Sustainability Hints

A new feature of the newsletter will be regular tips on what you can do at home to help the environment. At school we have a whole school focus on Sustainability and how we can reduce our carbon footprint.

Tip #1 - Sing in the shower!

Choose your favourite three-minute song and make sure you are out of the shower by the time you finish singing it.

It's more fun than a shower timer!!

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. Each player must put in their own entry

If you win, you are win-binned (disqualified) for one week, to give others a go.

This week's clue:

If you take one letter from this Area 2 student's name, and rearrange the others, you'll have another name for 1.6km.

Last week's clue:

This Area 1 student has the same first name as Muhammad Ali's trainer.

Answer: **ANGELO** Samiotis Prep (Ali's trainer was Angelo Dundee.)

Winner: **Cordelia King** Grade 2 she is da G-REATEST!!!

This week children enjoyed a Drama/ Circus performance by middle years students who were able to show off their circus skills learned last term. It was terrific and well done to all involved!!

Children also enjoyed making juggling balls, doing chalk experiments, relay races and dramatising The Three Billy Goats Gruff and Chicken Little outdoors on the fort.

Thanks to the many families who have donated items in the past week. We continue to need small boxes for our construction area.

We have 3 places available on a Tuesday and 2 places on a Thursday. Get in early if you would like a booking, as these days are most popular and fill up quickly.

Cheers, Mia and the OSHC Team
pearce.mia.p@edumail.vic.gov.au

**Little Chefs Cooking Club:
Fruity Punch**

4kg Oranges
3 litres flavoured mineral water
Strawberries
Pineapple
Cantaloupe

Squeeze oranges, cut up strawberries, cantaloupe and pineapple, and add together with mineral water.
Using a ladle serve into cups. Voila!

UNIFORM SHOP UPDATE: A HUGE apology for those of you waiting on uniform orders. Problems with our supplier have meant unavoidable delays but we hope to receive the stock within the next few days. So keep an eye out for those collection slips in your child's bag! Please be aware if you are waiting on the following items - Polar Fleece Jacket, Girls Cotton & Polyester Pants and Boys Cargo Pants in SIZE 8 there will be another 2 or 3-week delay.

We will be looking at samples of both boys and girls pants from other suppliers, after a number of complaints regarding the kids pants washing and wearing poorly. We'll keep you updated. Thanks again and we really do appreciate your patience.

Sam, Sam & Dan in the Uniform Shop

MOTHER'S DAY STALL

A big thank you to everyone who supported last Friday's Mother's Day stall. The children were very excited to choose their gifts and rest assured, whether the gift was to your taste or not, that they took the job very seriously.

The stall goes from strength to strength each year and as well as being a fun event it is raising valuable funds. This year we made \$1900, well above last year's total of about \$1400. A huge thank you to everyone who helped with packaging and particularly to Natalie McDonald, Maria Nield, George Morgan and Louise Excell who were able to do some last minute wrapping which got us over the line. Also thanks to Bloom Cosmetics for the donation of bath products and Ribtex which again gave us bags and jewellery. You can buy Ribtex craft products at Spotlight. The quality of donations has improved dramatically and I think this is reflected in the standard of the stall. At the risk of being cheeky, it would be great if parents could keep a look out for goodies for the Father's Day stall. This is always a lot more difficult to fill. Dimmeys is closing and they have good looking mugs for \$2 so it would be great to keep them in mind should you be shopping there. Many thanks. **Claire Heaney**

WALKATHON 2009 BARKLY GARDENS FRIDAY 29 MAY 2PM 3PM.

By now all children should have received their Walkathon booklets and we ask you to assist your child / children to gather as many sponsors as possible over the next two weeks.

REMEMBER: If at all possible please keep this date, Friday 29th May, free and come along to the Barkly Gardens to cheer on and support your child, and/or assist in any way you are able (eg. punching holes in cards as children complete laps, handing out icy poles, walking laps with your child etc). Other family members and friends are most welcome too.

It is always a great day and we look forward to seeing as many of you there as possible. Emma

UP UP AND AWAY

WE are no longer collecting Jetstar boarding passes. Our entry was lodged last week and we are hopeful we will score some flights that can be used in an upcoming fundraiser. Thanks to all the families who embraced the collection of passes so enthusiastically. Claire Heaney.

BULB FUNDRAISER

Thank you to all the families who purchased bulbs through this year's "Bulb Fundraiser."
We raised approximately \$700.
A huge thank you to Anthea Gannon for coordinating the bulb orders and payments.

ART ROOM ITEMS

A big thank you to all the families who gave us containers for the art room. We have a good amount now and won't be needing any more for the time being. Nitsa



Thank you to Fowles Auctions and Sales for supplying the concrete required to build a fence in the garden area.

Go to Fowles Auctions and Sales for;
Timber and trusses, Timber flooring, Carpet and tiles

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

HOCKING STUART
The Hardest Working Estate Agents

RPS News is proudly sponsored by
Hocking Stuart Richmond

For all your real estate needs please call
Chris Murphy on 9428 8544 or 0418 344 814