



Dinjerra Messenger

Term 1

No. 02

23 February 2017



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From the Principal

Dear Parents and Guardians,

Last Monday, I attended a meeting in town regarding planning for the redevelopment of our school. The Department of Education and Training (DET) have already provided the money to employ architects who have developed a Master Plan for the demolition of our two old buildings and the building of our replacement classrooms and administration wing. School Council, at its last meeting, closely looked at the draft Master Plan and ratified it as an appropriate Master Plan to take our school into the future.

The town meeting was attended by two people who work at Major Projects, a project manager from ARUP who are a type of budget checker for the Government, a representative from the Region (who was in Horsham and was linked by video phone), our architects and me.

Outside of some minor quibbles about the location of some portables, it would appear that Stage 1, (a \$6M project) is most likely, after these minor adjustments, to go to Treasury to be funded in the May State Government budget. The works will provide for a school of 250 students. Stage 2, for a school of 450-475 (another \$5-6M) will go ahead if Stage 1 brings in the students as expected.

This is fantastic news and about time. As the only government primary school in Braybrook, Tottenham & Maidstone, this neighbourhood needs and deserves a school designed to provide a 21st. Century education.

Recently, we ordered 6 metres of sand to re-fill our sandpit. Bobby Kotevski volunteered to shovel it into the pit (because of a lip it couldn't be tipped from the truck directly) but work is going very slowly. If anyone has a few spare hours between 9-5 Monday to Friday, and feel like a bit of a work-out, please let Bobby know and he will set you up with the school shovel and a cool glass of water.

Regards,
Graeme Smith
Principal

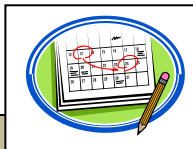
Student Free Days For 2017

1. Compulsory first day January 30, 2017
2. Monday, May 22, 2017 (Report Writing)
3. Tuesday, August 1, 2017 (Curriculum based TBD)
4. Tuesday, September 5, 2017 (Curriculum based TBD)

Finishing Times For End Of Term Days

1. March 31, 2.30PM
2. June 30, 2.30PM
3. September 22, 2.30PM
4. December 22, 2.00PM.

Calendar of Events



Date	Event	Time
Fri, 03/03	Grades 3 and 4 to visit Braybrook Library	1.30pm to 3.00pm
Fri, 10/03	Visit from Braybrook College for Grades 5 and 6	2.00pm to 3.00pm
Mon, 13/03	Labour Day public holiday – children not required at school	All Day
Tues, 14/03	School resumes	9.00am
Mon, 20/03	Grade 5/6 Transition Day at Braybrook College	9.00am
Tues, 21/03	Grade 5/6 Transition Day at Sunshine College	9.00am to 3.00pm
Fri, 31/03	Last Day of Term 1	Early finish at 2.30pm
Tues, 18/04	School resumes	9.00am

Dinjerra Primary School No. 5450

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Principal : Mr Graeme Smith

Assistant Principal : Mr Bobby Kotevski

On the Noticeboard

1. Playgroup Timetable at various locations
2. 100 Story Building Holiday Program
3. Little VIPs Child Care Centre
4. 10th Scouts Group Open Day
5. 2017 Kinder Registrations
6. Maribyrnong Community Centre Newsletter
7. Single Parent Active Kids Free Family Fun Day
8. Braybrook Community Hub – MyTime Support Group for parents of a child with a disability
9. Australian Girls' Choir
10. Maribyrnong Youth Services
11. Inner West Single Mums' Playgroup
12. Indian, Nepalese & Pakistani Support Group
13. New Op-Shop in Sunshine
14. Learning Together, Sunshine
15. Transformers at the Braybrook Hotel
16. School Banking Program
17. Asthma Check List

Students, please do not use the Office area as a short cut to your classrooms. This is a quiet area and we are trying to work!

Prep Starting Times

Please accept our apologies for the mistake that appeared in the Prep Commencement Days and Times calendar for 2017.

We didn't realise that we accidentally had the students have an extra rest day on Wednesday March 1st. This is an error. Preps are required to attend next Wednesday as their full time school days commence next week Monday 27th Feb.

We apologise for the error and we hope it doesn't cause any undue inconvenience. If you have any additional questions, please let me know.

Graeme Smith

Principal

From the Assistant Principal

STUDENT ENGAGEMENT & WELLBEING

Controlling Your Emotions

We need to be in control of our emotions.

Being in control of your emotions can be hard. The ability to stay calm and find a positive way to interpret a situation helps people to cope and to problem solve. People who allow their emotions to overwhelm them are more likely to act impulsively. These people are also more likely to be more vulnerable. Learning how to express emotions in a positive and assertive way helps people to feel more in control when things are difficult for them.

Does everyone get upset or angry?

Everyone experiences feelings of anger and being upset from time to time. Sometimes you get upset and angry over something that a person has done or said. It is okay to have a feeling of anger as long as you don't turn the feeling into a hurtful action. Your feelings don't hurt other people or get you into trouble, but your actions do. Please remember that other people and what they do don't make you angry. It is how you think and feel about what happens that makes you angry. You have to be in control of your feelings and find a safe way to show you are angry.

What can I do?

When you feel the strong feeling of anger, you need to do something to cool down the feeling so you don't hurt yourself or someone else. You can try doing the following things:

- Use positive self-talk and say "I can stay calm" and "It is not the end of the world".
- Walk away from the conversation or the situation.
- Talk to someone you trust.
- Tell the person why you are upset or angry.
- Do things that make you feel happy.
- Try and keep your mind off the situation.
- Try relaxation strategies to calm down the anger emotion.

What can you do at home?

Share stories of times when you felt upset and angry. Discuss how you felt before and after the event. Discuss strategies you use to control your emotions. What works and what doesn't work?

Kind regards,

Mr. Bobby Kotevski

Assistant Principal

Kelly Club Dinjerra

Get along to Kelly Club Dinjerra OSHC program for loads of fun, sport, games, cooking, craft, arts, structured free time and healthy, yummy breakfast and afternoon tea!

We're open **Monday – Friday** for **Before School Care 7am – 8.45am** and **After School Care 3pm – 6pm**, **providing breakfast and afternoon tea.**

Our programs are approved with subsidies available, prices start from \$3.00 per session with your CCB rebate!

Ask at the office or contact Lara for more information and to book:

Phone: 0466 665 941 Email: dinjerra@kellycluboshc.com.au

Ph: 0466 665 941

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Healthy Lunches

Dear Parents and Guardians

WHAT GOES IN MY LUNCHBOX



FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	

Students are at school for 6 hours each day so it is important that they have food that is not only healthy but food that will allow them to keep concentrating for a long period of time. Food gives our brain energy so it is important that students have eaten a good breakfast before arriving at school as it will help their minds be awake and ready to learn. All students need to have snacks and lunch with a fruit.

11:20am is fruit time. Students are encouraged to bring fruit to have at this time.

Below are a few healthy lunch box ideas to inspire you year-round. It is recommended that you think of each lunch box in terms of the five food groups and making sure they're all represented:

- **Dairy:** the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.
- **Fruit:** fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants),

that help your body stay healthy.

- **Grain (cereal) foods:** always choose whole grain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.
- **Lean meats and poultry, fish, eggs, tofu, nuts and seeds:** our body uses the protein we eat to make specialised chemicals such as haemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.
- **Vegetables, legumes and beans:** vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.

At 1:20pm it's lunch time.

Lunch ideas: a sandwich, small pita wrap or small bread roll with fillings such as:

- mashed egg with lettuce
- shredded chicken with cheese and lettuce
- tuna, corn and lettuce
- turkey breast with cucumber and lettuce
- chicken, chutney and alfalfa sprouts
- cold roast meat, chutney, lettuce and tomato
- vegemite and cheese
- cream cheese and grated carrot
- avocado, tomato and lettuce
- mashed banana
- A few crackers or rice cakes with cheese
- A small, cold slice of frittata
- A homemade savory muffin – zucchini or corn and cheese
- One or two slices of homemade pita pizza
- Snack ideas
- Small, fresh pieces of fruit: a mandarin, banana, apricot, pear, plum or a bunch of grapes
- Sliced fruit: apples, oranges, melon or pineapple
- Two or three crackers with cheese or vegemite
- One or two small pikelets – try including grated fruit or vegetables in the mix
- A flavored scone – pumpkin or cheese
- A few vegetable slices or sticks served with dip (be sure to blanch tough or fibrous vegetables until soft)

- A small tub of yoghurt
- A cheese stick

Try to avoid

Packaged snack foods such as muesli bars, fruit straps, chocolate bars, lollies, donuts and potato chips. These are foods that are high in kilojoules, added sugars, salt and/or saturated fat and have little nutritional value. Sugary snacks give children a quick burst of energy which is burnt out very quickly and then they are left feeling slow and tired making it hard to concentrate. They also can cost more than many of the foods mentioned above.



Physical Education News

Your children have Physical Education and Interschool Sport lessons on the following days:

Grades Prep, 1/2C, 1/2E, 5/6C and 5/6L all have PE on Thursdays.

Grades 3/4H and 3/4V have PE on Fridays.

Grades 5/6C and 5/6L have Interschool Sport practise on Friday mornings.

It's very important for your children to wear **good, supportive runners** on their Physical Education and Interschool Sport days. It's also so much safer for them to participate in Physical Education and Interschool Sport.

Sports House Captains and Sports House Vice Captains for 2017....

The children at Dinjerra Primary will either be in Green or Gold House for 2017. If they are new to the school they will find out soon which house they are in. Everyone will be attending House meetings to elect new Sports Leaders from grades 5/6 soon. Grade 5/6 children should be starting to think about being a leader and writing their speeches. These new leaders will attend lunchtime meetings and represent the children in their house for all sporting matters at Dinjerra. We have a Sports Carnival for the whole school planned for later term 3. We love to have parents and carers come along to support their children on the day. **Stay tuned for a date!**

Art Room News

1. Please save your margarine and ice cream containers for use in the art room. They come in very handy.
2. It would be a great idea if your child had an old large tshirt of their own to wear when they come to their art lesson.
3. Your children have Visual Art lessons on the following days.

Monday - Grades 1/2 C, Prep L, 5/6 C and 5/6 L

Tuesday - Grades 1/2 E, 3/4 H and 3/4 V

Thanks for your cooperation

Debbie Domas Visual Arts and PE & Sports teacher.

Important Information For Parents Regarding Insurance

Parents are reminded that the Department does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

In some circumstances, medical or other expenses will be paid by the Department where it is assessed that it is likely, that the Department is liable for negligent (careless) acts or omissions of its staff/volunteers. For more information about the claims process please go to <http://www.education.vic.gov.au/school/principals/spag/governance/Pages/claimsprocess.aspx>

Student accident insurance/ambulance cover policies are available from some commercial insurers, and can be obtained by parents/guardians for individual students.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

CSEF

The State Government has financial assistance to help with paying for sports activities, camps and excursions if you hold a Health Card or Pension Card. To apply for this assistance, please bring your current Health Care Card or Pension Card to the office and sign an application form (CSEF) as soon as possible. If you have already signed this application but have not supplied the office with you card, please bring it in as soon as possible as we must sight every card.

Thank you

The Office Staff

