Principal’s Message

Last week we had the pleasure of a visit by former Australian cricketer and the co-founder of the McGrath Foundation, Glenn McGrath. I would like to thank Elders for their very generous support which enabled Glenn to spend time with us.

During the presentation that Glenn made to the school he had three key messages for the students. They were:

1. Believe in yourself
2. Work hard (practise, practise, practise)
3. Follow your dreams

Glenn spoke about the challenges of moving from a small rural town and commencing his cricket career in Sydney.

It was great to see a number of students take the opportunity to ask sophisticated and insightful questions of Glenn. When we moved into the game phase of the afternoon all students participated in the games really well and were great ambassadors for their community.

It was great to see so many students and staff dressed in a splash of pink on the day. We were able to raise a total of $175.75 for the Foundation. As Glenn explained, this money will be used by the Foundation to train and employ Breast Care Nurses and to promote greater awareness of breast cancer in the community.

To visit the website please go to www.mcgrathfoundation.com.au

Robert Boucher

SOCIAL SKILL

This week’s social skill is ‘Resolving conflict through displaying appropriate behaviour’. Next week’s social skill is ‘Consideration’.

Whole School Dates to Remember

March 29th School Council
April 5th School Review Part 1
April 6th Parent Teacher Interviews
April 6th School Photos
April 8th Last day of term 2:30 finish
April 27th Term 2 Begins

Flagstaff Campus Dates to Remember

April 6th Parent Teacher Interviews
Flagstaff 2.45 – 6.00pm Please make an appointment

Tambo Campus Dates to Remember

Mar 23 - 25th Outdoor Ed camp Mallacoota
Mar 25th Farm World Ag Hort Trip
Mar 30th National Youth Week Art
April 5th Interschool volleyball & tennis
April 6th Parent Teacher Interviews
Tambo 4.00-7.00pm No appointment needed
April 28th Gippsland Senior & Junior Golf
May 11th TIS Day Yr 12 Bairnsdale
Australian Government assistance for National Capital excursion

Last year our Year 5 and 6 students enjoyed an educational tour of the national capital. While on this tour they participated in a variety of educational programmes focused on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist you (the parent) in meeting the cost of the excursion the Australian Government contributes funding of $30 per eligible student under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. This contribution will be paid directly to the school.

This rebate was factored into the budget for the trip last year and has already directly reduced the cost to parents.

We would like to thank the Australian Government for their support of this program.

What tips can I use to help my child learn to read?

Tip 1 – Talk to Your Child

Oral language is the foundation for reading. Listening and speaking are a child’s first introduction to language. Talking and singing teach your child the sounds of language, making it easier for him or her to learn how to read.

Here are some things you can do to help your child build an appreciation for words and language:

- Tell family stories about yourself, your child’s grandparents, and other relatives.
- Talk to your child as much as possible about things you are doing and thinking.

EARTH HOUR 2011

Earth Hour is a call to action for individuals and organisation to turn off their lights for at least one hour to protect our natural resources. This year Earth Hour will take place from 8:30pm to 9:30pm on Saturday 26th March.

Our school will participate in Earth Hour that ensuring that non essential lighting is turned off at this time.

For more information, see :http://www.earthhour.org.au
Tips for Healthy Living

Healthy Eating: Feeling good inside and out
Want to feel great? Then think about what goes into your body. Fast food just slows you down. Eat well and you'll be stronger, have better concentration and more stamina. Your hair, skin, teeth and nails should start to show the results.
Here are a few simple tips for improving your diet in ways that mean you can still enjoy it.

1. Keep your balance. The experts say you need at least 40 different nutrients for good health. Try and eat a variety of foods most days. Include fruit, vegetables, nuts, legumes (such as dried peas, beans and lentils), wholegrain cereals, lean meat, skinless chicken and low-fat dairy products.

2. Get the day off to a good start. Before school, build a breakfast around fruit, low sugar high fibre cereals, porridge, rice, wholegrain breads, bagels, English muffins, smoothies, yoghurt or baked beans.

3. Downsize your order. Some food outlets offer ‘upgrades’ to larger serves, which we accept without really needing a larger meal and the extra kilojoules, fat and sugar that come along with it.

4. Keep it interesting. Food doesn’t have to be boring. Try something different like wraps and rice cakes, tortillas, crispbreads and chapattis, naan and corn cakes and, as an alternative to regular breads, consider wholegrain or rye bread, pocket bread and fruit bread.

5. Be lean with meat. Choose lean meats, fish and skinless chicken in place of sausages and processed meats.

6. Not mad about meat? Then enjoy some of these other foods every day for a balanced diet: lentils, tofu, dried peas and beans such as chickpeas, baked beans and kidney beans.

7. Choose low-fat dairy. Make low-fat milks, yoghurts and cheeses your choice. Or consider non-dairy alternatives such as calcium fortified soy milk. Salmon with bones, almonds, baked beans and broccoli are also good sources of calcium.

8. Get out of food ruts. Avoid ordering the same foods at lunch from the canteen or only eating your favourite foods.

9. What have you got for lunch? A healthy lunch should include fruit, vegetables, meat or alternatives, dairy products, wholegrains and water. Try and say no to biscuits, cakes, chocolates, energy bars, potato or corn crisps and pastries.

10. Think twice about which takeaway. There are heaps of healthy takeaway options to choose from. Try sushi and pita wraps, baked potatoes, souvlaki, kebabs, vegetable or seafood pizzas, tabouli, falafels, steamed rice with vegetables, baked chicken, grilled fish or steamed dim sims. Healthy desserts include fruit salad or a fruit smoothie.

11. Listen to your stomach. Eat until you’re satisfied, not until you’re stuffed. Your stomach will let you know the difference.

12. Avoid comfort eating. Notice if you’re eating simply because you’re bored, sad or lonely. These can lead to unhealthy eating habits later in life.

13. Cut out TV dinners. Try to avoid eating in front of the television or computer screen.

14. Feed your growth spurts. There’s a good reason why you may feel hungry all the time. It’s probably a growth spurt, so keep up your vitamins, minerals and kilojoules with healthy, fresh food.

15. Go for healthy snacks. Snacks between meals are okay but keep them healthy. Grab a piece of fruit, a cob of corn or a tub of low-fat yoghurt, a tin of tuna, nuts and dried fruit, sandwiches and low-fat cheese.

16. Be colourful. When you eat fruit and vegetables, look for a variety of colours at every serving including yellow, orange, green, purple and red such as capsicum, berries, eggplant, sweet potato, tomatoes, plums, berries, mangoes and melons.

17. Go for whole fruits. You are better off choosing a piece of fruit over fruit juice as juice may contain energy, but little fibre.

18. Go for 2 and 5. Go for 2 fruit and 5 vegetables, especially if they’re raw, steamed or baked.

19. Change to water. Whenever possible, drink water instead of fizzy drinks, sports drinks, caffeine drinks and cordials and always carry a bottle of water when doing physical activity.

20. Stay focused. Improving your eating habits for a day or even a week isn’t too hard. The trick is keeping it up. It helps to involve family and friends in your plans – especially those preparing your meals.

21. Go easy on supplements. With the right variety of foods, you won’t need vitamin supplements and body building powders.

If you need to change your basic diet or you just lack motivation, talk to your doctor or dietitian. For more information, tips or advice call the ‘Go for your life’ Infoline on 1300 73 98 99 or Go for your life website.
Career Expo 2011

Wednesday 4th May 2011
10.00am - 6.30pm

@ Nagle College
Lindenow Road Bairnsdale

Industries Involved

Victoria Police
Industry and Primary Skills
EG Tafe
Various Universities
East Gippsland Regional Clinical School
East Gippsland Water
Defence Force
One Harvest / Vegco

"To get the most from the Career Expo"
Talk to as many presenters as possible
Talk to presenters about jobs that interest you
Make some notes
Ask good questions

If you would like more information please contact Karyn at Workways Bairnsdale on 5153 1122
Expressions of interest are being sought for local TAFE courses now!

Cert IV in Training and Assessment

Chainsaw

C.I.C. Industry Induction Card formerly “Red Card”

Certificate 1 in Information Technology modules: Excel and Word

Gourmet Gardening

Small Engines

Basic Welding

Horticulture:
  - Vegetables – gown your own
  - Improve the soil in your garden
  - Sustainable gardening
  - Build a Pizza Oven
  - Install a micro irrigation system

Hospitality

We are serving up some tasty short courses for you to gain new skills, opportunities or to up-skill staff.

Short courses include:
  - Responsible Service of Alcohol | Safe Food Handling & Food Safety Supervisor | Responsible Service of Gaming | Food and Wine courses | Basic to advanced Coffee Making | Hair and Beauty | Licensees First Step (Compliance) | First aid | Specialist cookery
  - Three day Food & Beverage Skills course | Chocolate Making

We can also customise courses to suit your personal or business needs

2011 - Flexible Learning Centre Courses.

Enroll and study in your own time, at your own pace!

- Certificate I to III in Information Technology
- Certificate II to IV in Business Administration
- Certificate IV in Front Line Management
- Certificate IV in Small Business Management
- Certificate IV in Business Human Resources
- Certificate IV in Occupational Health and Safety
- Certificate III and IV in Financial Services (Accounts Clerical and Bookkeeping)
- Certificate IV in Training and Assessment
- Certificate IV in Quality Management & Assurance
- Certificate III in Government
- Certificate IV in Professional Writing & Editing
- Certificate IV in Real Estate
- Diploma of Business
- Diploma of Business Administration
- Diploma of Management
- Diploma of Human Resources Management

For more information or an East Gippsland TAFE Course Guide 2011 contact Roslyn Smith, EG TAFE Outreach Coordinator, Swifts Creek on (03) 5159 4433 or rsmith@egtafe.vic.edu.au

Courses are subject to numbers.
Come along and join in with us...
‘We’re going on a Bear Hunt’ around the playground.
For Pre-School Families

Omeo Primary School Library

Time: 10:00-10.30 A.M.

When: Thursday 24th March 2011

Contact person: Rowena Turner - 5159 4323
Omeo Primary School - 5159 1313