FAMILY: ______________________________

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NEWSLETTER 23 – Week ending 8th August, 2014

IMPORTANT DATES - TERM 3

AUGUST
Friday 8th OLC Grade 4-6 Sports at Wangaratta High School
Monday 11th ART 3-6
Tuesday 12th Music
Wednesday 13th ART P-2
Monday 18th Library/Science
Tuesday 19th Music
Wednesday 20th Jeremy – Network meeting
Thursday 21st School Day
Sat & Sun 23/24th Parking Fundraiser at Sam Miranda
Monday 25th ART 3-6
Tuesday 26th Music
Wednesday 27th ART P-2
Thursday 28th AAS Tennis
Thurs & Friday 28th/29th Jaye - Business Managers Conference

SEPT
Wednesday 3rd FOUNDATION 2015
Sunday 7th TRANSITION DAY 9-11.30

BIRTHDAYS
Happy birthday this week to Leticia Box-Corsini. We hope you have a great day!

HOT LUNCHES
If you would like to bring in a hot lunch please make sure that it is wrapped in foil and CLEARLY named. Hot lunches are running on Tuesdays and Thursdays ONLY!

PRINCIPALS REPORT
It is almost the end of week 4, time flies when you are having fun. On Monday I sat down with all the students and ate my fruit before the morning bell. As I was doing this I looked around to see what everyone else was eating and I was extremely impressed with a number of healthy snacks and lunches that the students were eating.

I have copy and pasted an article from the following website (http://www.kidspot.com.au/Back-to-School-Lunch-box-nutrition-Healthy-lunchbox-ideas+1756+181+article.htm ) to help those who are looking for some inspiration. As the article states very rarely will the lunch box come home empty at the end of the day. Good luck!

Ideas for healthy lunch boxes

It is possible to pack your child a nutritious lunch box that will actually come home at the end of the day empty and eaten.

Try these tips:

- Think about what your child likes to eat at home and try to translate that into a lunch box option.
- Vegetables are often overlooked in the lunch box. Try cutting up some carrot sticks or putting in a handful of cherry tomatoes.

To view the events that are being held for the entire term at Oxley PS go to our website at: http://www.oxleyps.vic.edu.au/
While the humble apple is a great lunch box filler (sturdy and hard to squash), consider cutting softer fruit up and putting it into a smaller container for protection. Berries and kiwi fruit survive very well this way.

Dairy can be hard to include, particularly in hot weather. If you can't safely get a yoghurt into the lunch box, make sure you offer dairy when she/he comes home from school.

Last night's leftovers in a container with a small spoon can make a welcome change to the parade of endless sandwiches.

Try putting together a small picnic in her lunch box - slices of tomato, ham, grated carrot, grated cheese and some bread and butter - so she can build her own sandwich.

Stick to water in the drink bottle - most juices are full of sugar and make the drink bottle smelly. They also don't do a very good job of quenching thirst.

Homemade pikelets are a great snack - easy to make ahead of time, they're filling and don't require any extra toppings.

UPCOMING EVENTS FOR STUDENTS

August and September look like they are going to be fantastic months for the students at school with plenty to look forward to.

Excursion to Wangaratta High School

Today the Year 4, 5 and 6 students attended Wangaratta High School as part of our transition day. Today is just one of the many ways in which we help the students with their transition from Primary School to Secondary School. This excursion will have two main benefits:

- Firstly they will have the opportunity to interact with students across the cluster and form a wider network of peers that they will know when they make the transition from primary to high, and
- Secondly they will get to experience Secondary School life first hand. I understand that not all of our students will be attending the High School however it will still give them a feel for what it will be like when they transition from grade 6.

Snow Trip

I’m really looking forward to this year’s snow trip and the reports are that the conditions are excellent at the moment. Fingers cross that it keeps on snowing.

Mrs Howard has also promised this year to show off her expert skiing skills, so watch out. On Monday a final letter will be going home in regards to the snow trip so please keep an eye out for it. If there are any parents that I have missed off the below list please let me know.

Day 1
Helen Taylor, Bruce’s Niece, Jean Box, Jason Ryan & Jason Mullins

Day 2
Jean Box, Cam Miller & Jason Leask

Anglesea Camp

We are starting to count down to the year 5 and 6 camp to Anglesea. There will be more correspondence going home about this camp on Monday, so please keep an eye out for it.

Important information for Parents

Thank You

There are a few people that we need to thank in regards to helping out at school over the last fortnight.

Our plant a tree day was a huge success with over 125 native trees/shrubs planted down behind the football goals. We are hoping to really develop this area in to a native reserve for everyone in Oxley.

Thank you to Jean Box, Wayne Pegler, Cam Miller and Jenny Ramsay who all came along to lend their experience in planting trees. Thank you!

FOUNDATION 2015 TRANSITION DAY

All 2015 Preps are invited to attend our first Transition Day on Wednesday 3rd September from 9 am to 11.30am. You will spend the morning with Mrs Batey and the current Prep students. More information to come!
HELPERS NEEDED!!!!!

**Sam Miranda Car Parking Attendants**
A huge thank you to everyone who has put their name down for the Sam Miranda parking fundraiser, remember that many hands make light work. Please see below more details and a roster for this event.

The Sam Miranda Tour of the King Valley is a 3 day Cycling Race held throughout the King Valley over the weekend of 22 – 24 August 2014. Saturday 23rd and Sunday 24th are the largest 2 days of competition/participation and are based out of the Sam Miranda Winery on the Snow Road at Oxley.

Oxley PS has agreed to take on the role as parking attendants over the Saturday and Sunday. Cars are charged a gold coin donation each day. Last year the event attracted over 900 competitors so this will be a great fundraiser for OPS and could raise well over $1500.

If you are available please let us know.

**Saturday 23 August**

*07:00 – 12:00 (arrival of majority of riders, teams, media, spectators vehicles)*

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<td>Robbie Bertalli</td>
<td>Warrick P</td>
<td>Danny Patton</td>
<td>Matt Fraser</td>
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**Saturday 23 August**

*12:00 – 15:00 (last minute arrivals, spectators vehicles etc.)*

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**Sunday 24 August**

*08:00 – 10:00 (arrival of majority riders, teams, media, spectators vehicles)*

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**Sunday 24 August**

*10:00 – 12:00 (last minute arrivals, spectators vehicles etc.)*

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**TUESDAY WALKING GROUP**

Pam and Jo are hoping to start a walking club on Tuesdays before pick up as part of the work that the Parents and Friends club do within our school. We are just trailing Tuesday and if by popular demand another day suits everyone then we will look at moving it or maybe even running it on two different days. Meet out the front of school at 2pm with your runners on. Prams and little ones are welcome to come along on the walk.
**Bunnings BBQ**

We have been allocated Sunday 7\textsuperscript{th} September for our Bunnings BBQ timeslot. I am aware that it is Father's Day however it is just luck of the draw. Please add your name if you can help out.

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<td>9.00 – 10.00</td>
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**SUMMER BULB FUNDRAISER**

If you are interested please return forms and money to school before 14\textsuperscript{th} August.

**PAYMENTS**

We understand that there are lots of events happening at OPS currently. If you would like to organise a payment plan please see me Tuesday-Thursday. Thanks Jaye.

**STUDENT WORK**

The Argument – By Amy O'Brien-Martin, Year 6

Eww green and red capsicum is so disgusting. Why? Because they are too crunchy, and I wish they were never sold in shops or fruit markets. That is how much I hate them. Though people do say they are good in stir fry’s but I definitely disagree!

Dinners ready said mum so Eliza ran out and it was stir fry with capsicum yuck! Eliza was so devastated to see that it had capsicum in it, because usually Eliza eats stir fry and was thinking yum I will enjoy my tea tonight! But no it has yucky capsicum in it. So Eliza says to her mum I am not eating this because you know I like stir fry but not with capsicum!!!

But then her mum says its about time you eat capsicum and there’s nothing you can do about it! So then Eliza says to here mum you can’t make me do anything, and she sobs and runs to her room and starts packing her stuff getting ready to run away, because she is so mad at her mum because of their argument about Eliza eating capsicum. Eliza decides to run away for 3 days. So she quickly writes a note saying: TO MUM, I AM GOING SOMEWHERE FOR 3 DAYS SO DON’T WORRY. ELIZA.

Eliza then secretly left the house and made her way to a secret place that no one even knows of, her secret place is behind the rocks near the beach. So Eliza secretly made her way there so no one saw her. While Eliza was secretly at her hiding place she thought to herself and decided to have something to eat and then make her bed that she made sleep on. After Eliza had something to eat and made her bed she snuggled up and went to bed.

The next day she woke up bright and early and went for a morning swim. After her morning swim Eliza came back and wondered whether she should go and buy some things at the shops or go for a walk on the beach. But Eliza decided to do both but first go to the shops and then go for a walk on the beach. Eliza grabbed her money and a bag to put the stuff she brought in and left go to the shops. After Eliza had been to the shops it was getting a bit late do so she decided to go for a walk on the beach tomorrow. Eliza then had something to eat and then went to bed.

Eliza woke up to a rainy day today and it was the day she was going home, which she wasn’t very happy about but she was running out of supplies so she had no choice but to go home. But then Eliza though I guess my idea about going for a walk on the beach is sort of wrecked now. So Eliza just packed up and made her way home before it started raining. But on Eliza’s way home it did start raining so she started running and got home quicker.

Just as Eliza got in the door her mum straight away said Eliza that was ridiculous what you just did you are grounded for 2 months!