**NEWSLETTER 14 – Week ending 15th May, 2015**

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<td>Cluster Day - Whorouly Parent Info Night – Resilience held at Wang HS for all parents</td>
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**SCHOOL PHOTOGRAPHS**
A reminder that school photos are on **MONDAY**. Thank you to everyone who has returned their photo envelopes. If you have misplaced your envelope there are more available from the office. Money and envelopes need to be returned **TOMORROW**. All students are required to be in full school uniform (blue shirt). Year 6 students please bring both shirts as you will be having your Year 6 photos taken on this day.

**STUDENT FREE DAYS**
Friday 5th June is Report Writing Day and Monday 8th June is Queen’s Birthday public holiday. There will be no school on these days. If you require OOSH on Friday please see Helen or Bec. If there are enough numbers this program will run.

**YEAR 6 PLACEMENT FORMS**
Thank you to everyone who has returned their forms. These need be sent off to secondary schools next week so please bring yours in.

**PRINCIPALS REPORT**
Next Thursday students will travel to Whorouly PS for our term 2 Cluster Day. This session will focus on health and wellbeing and will include a presentation from Hugh van Cuylenberg from The Resilience Project.

This project is an independent, social enterprise dedicated to helping young Australians.
A little bit about the program......
At The Resilience Project, we believe that resilience is the ability to manage difficulties and bounce back from adversity, using such experiences as learning opportunities. Resilient people, when challenged or distressed, know they can find a way to make things turn out for the best. We support schools in developing a culture of resilience. The Resilience Project runs highly engaging student, staff and parent workshops.

Our vision is simply to help young Australians to be mentally healthy. We achieve this by partnering with schools and organisations, ensuring that every partnership is highly personal, specialised and tailored to their needs.

We strive to be respected and well known in the education/health and wellbeing sector, based on our imperative to prioritise the wellbeing of Young Australians. Our achievements will be realised by being grateful, humble, relentless and loving.

**Student session**
Drawing on the fascinating experiences of our presenters, we work with students to explore Professor Martin Seligman’s Positive Psychology Framework. With a combination of engaging presentations and thought provoking activities, students walk away from the program with practical strategies to help them develop their resilience:

- **Positive Psychology Framework - A pathway to resilience**
  - gratitude
  - positivity
  - empathy
  - kindness
  - mindfulness

As part of this amazing opportunity of having Hugh speak with our students he will be holding a parent session at Wangaratta HS. Everyone is welcome and ENCOURAGED to attend. Parents that attended last year’s session with Hugh have returned their slips and again are attending. I believe this shows the importance and positive feedback that this program has.

Students will also participate in cross country on this day so please make sure they are wearing their runners!

**Hand, Foot and Mouth Disease**
As some of you may already be aware there is an outbreak of Hand, Foot and mouth disease in Wangaratta. Today we have been notified that a student may have contracted the disease.

**What is hand, foot & mouth disease?**
Hand foot and mouth disease is caused by a virus (usually coxsackie virus A16). It causes blisters on the hands and feet, in the mouth and often in the 'nappy' area. It is generally only a mild disease that lasts seven to ten days. This infection is spread by direct contact with fluid from the skin blisters, nose and throat discharges, droplets (sneezing, coughing) and faeces (stools).

There is no connection between this disease and the foot and mouth disease that affects cattle and some other animals.

**Who gets hand, foot & mouth disease?**
Most people have been infected with the virus which causes this disease by the time they are adults. So it is generally just a small percentage of children who get features of disease after infection.

**Signs & symptoms**
People usually develop symptoms between three to seven days after being infected.

The most common signs and symptoms are:
- a high temperature (fever)
- a sore throat
- small, blister-like lesions that may occur on the inside of the mouth, sides of the tongue, palms of the hands, fingers, soles of the feet and 'nappy' area.

**How long is it infectious?**
The skin blisters of hand, foot and mouth disease are infectious until they become crusty and there is no fluid in the blisters. The virus may also be shed in the faeces for several weeks after the blisters resolve.

Children with hand, foot and mouth disease should be excluded from school and child care centres until all the blisters have dried.

Jeremy Campbell – Principal

Oxley Primary School is committed to Nurturing confident, lifelong learners, in a friendly rural community.
OXLEY WILDCATS NETBALL
What a fantastic couple of games the year 3 & 4 girls have had. On Saturday the Oxley Wildcats need to be at court 12 at 10.30 for training then we will be playing on court 3. Pam is away this week so Jaye will be coaching and umpiring. The positions are as follows:-

GK          Addisyn Miller
GD          Sienna Box Corsini
WD          Nicole Bertalli
C           Imogen Currie (Captain)
WA          Ebony Newton
GA          Layla Williams
GS          Sophie Leask

Captain please remember to bring the oranges! Girls please bring your netballs if you can. Thank you

IMPORTANT INFORMATION – OOSH
Here at OPS we are very lucky to have an amazing OOSH (Out of School Hours) program. This program runs every week night from 3.30 pm to 6.00 pm and throughout the school holiday periods. Bookings can be made by phoning the school. Please note that if your child is not collected by 3.50 pm and a phone call has not been received, your child/ren will be placed in the OOSH program and a fee will apply. Thank you

3rd LITTLE DUCK LUNCHES
Please be aware that mini calippo’s are now sold out and will not be available until the warmer weather returns. They have been removed from the online ordering system and if they are ordered on a paper order then a refund will be given.

Please see the specials below for this term

2015 Term 2 Snack and Lunch Specials:

SNACK: White Choc and cornflake crunch cookies x 2 (GF*) $1.50
LUNCH: Sweet and Sour Chicken Stir Fry with rice (GF*) $4.00

*Gluten Free ingredients are used however the kitchen is not a total Gluten free environment so minute traces of Gluten may be present.

SEASONAL SPECIALS:

Pumpkin Soup with bread roll $3.00
Tomato Soup with bread roll $2.50
3 Chicken Nuggets $1.50

COMMUNITY NEWS

**BIKE NEWS**
Hey kids, who loves to ride their bike? Cycle Sport is a sport that kids can get into just like soccer, footy, cricket, swimming, hockey, athletics, tennis, and netball. The Wangaratta Cycling Club are holding their annual free "Come 'n' Try Day" starting at 1pm on Saturday 16th May at their clubrooms at the Wangaratta Livestock Exchange located in Shanley Street, South Wangaratta. Interested Junior Cyclists aged 8 and above are welcome to come along. Bring your bike, your helmet, and Mum or Dad. Places are limited. To register your interest please send an email with your name, your age, how long you have been riding for and your contact details to wangarattacyclingclub@gmail.com or contact our club president Mal Kay 0447 214 464. Beginners welcome.

Libby's Dance School

OXLEY HAS A DANCE SCHOOL!
Junior Ballet, Jazz, Contemporary Ballet and Hip Hop.
Come down to the Oxley Hall every Thursday night and join the fun!

Junior Jazz (3-6 year olds) 4.00pm to 4.45 pm
Intermediate Jazz/ Hip Hop (7-12 year olds) 4.45pm to 5.30pm
Senior Adult Dance & Fitness 7.00pm to 7.45pm
Welcome to our Open Days

Come along and visit our sites to make your selection for 3 and 4 Year Old Kindergarten Places in 2016

On site OPENDAYS

Appin Park Kindergarten (4 Year Old Program) – Appin Street, Wangaratta
Wednesday 13th May: 1.00pm - 3.00pm

Christopher Robin Kindergarten (4 Year Old Program) – Merriwa Park, Wangaratta
Tuesday 19th May: 2.15pm - 3.15pm

Genrowan Pre School (Occasional Care, 3 & 4 Year Old Program) – Old Hume Highway, Genrowan
Monday 25th May: 12.00pm – 1.00pm

Moyhu Pre School (Occasional Care, 4 Year Old Program) – Byrne Street, Moyhu
Thursday 21st May: 2.30pm - 3.30pm

Violet Town Kindergarten (Occasional Care, 4 Year Old Program) – Hyacinth Street, Violet Town
Tuesday 19th May: 9.00am – 10.30am

Wangaratta West Kindergarten (4 Year Old Program) – Orkney Street, Wangaratta
Wednesday 20th May: 1.00pm – 3.00pm

The Hub – Yarrunga Primary School (3 Year Old Programs) – Burke Street, Wangaratta
Tuesday 26th May: 1.00pm – 2.00pm

At each site you will have the opportunity to meet with Staff and Committee Members who will be on hand to introduce themselves, to show you around and answer questions relating to what happens at the site.

NERPSA: Tel: 5721 2755 Email: admin@nerpsa.com.au Website: www.nerpsa.com.au
BOOTS FOR ALL

Donate your old footy boots to indigenous communities in the Northern Territory

Please drop boots in the marked bin at the school office. Thankyou!

AFL North East Border  Website: www.aflneb.com.au  Email: events@aflneb.com

Wangaratta
Wangaratta Sports Development Centre
Wangaratta Showgrounds
Golf Links Lane Wangaratta 3677
PO Box 1132, Wangaratta Victoria 3676
Tel: 03 5722 1993

Wodonga
Trotman Building
Level 3, 111-113 Hume Street
Wodonga 3699
Tel: 02 6036 1993