MESSAGE FROM MRS PENHALL

During the first two weeks of school this term our very fortunate students have been able to participate in a range of new and exciting activities. Last week we had our sister school Linnall Hall visit for National Youth Week. Staff and students provided Flowerdale children with a wonderful array of Arts and Craft projects culminating in a musical performance of Michael Jackson’s Thriller. There were some wonderful relationships formed between all of the students who participated.

This week our visitors have included an African Cultural Experience where Flowerdale students learnt about ‘typical everyday life and the struggles of people living in Uganda’. They were then given opportunity to celebrate the ‘unique culture and traditions’ of Uganda. This was done through a workshop on African drumming where they learnt why African djembes were originally invented and used for. Students also learnt how to make paper beads and how Ugandan women make and sell these beads in order to support their families.

Our new Physical Education Program for term 2 has begun. It is called Blueearth and is a mix of physical education activities, games and self-awareness strategies. Already students are practising their new games in their playtimes, playing cooperatively and having fun.

We are very fortunate to have teachers who source new and exciting programs for our students and to have wonderful relationships with outside organisations. Please ask your children to tell you something about these activities.

Christine Penhall

APRIL
29th No Assembly 2.50pm

MAY
3rd Mother’s Day Stall
4th Grade 6 Leadership Day
5th Mother’s Day Stall & Drug/Alcohol session
6th Assembly 2.50pm
8th MOTHER’S DAY
10th
-12th NAPLAN (Grade 3 & 5)
13th Assembly 2.50pm
16th *EDUCATION WEEK*
18th Olden Days School Day & Footsteps starts
20th WALK TO SCHOOL DAY Assembly 2.50pm
21st BOITE Rehearsal, Yea
25th Footsteps Dance
26th Rotary Dinner

OUR SCHOOL VALUE FOCUS THIS FORTNIGHT IS TEAMWORK
‘Working together towards a common goal’

There will be no assembly next Friday (29th). Please collect children from their classrooms at normal pick-up time. All awards will be presented the following week.

Flowerdale Primary School
RMB 6525 Flowerdale, Victoria 3717
Ph: 5780 1264 Fax: 5780 2064
Email: flowerdale.ps@edumail.vic.gov.au
http://www.flowerdaleps.vic.edu.au
FROM THE OFFICE

Reminders:

- Please return book club orders ASAP to Tash.

FORMS TO RETURN

Transition forms – Grade 6
Vic Premiers Reading Challenge forms – Whole School

PFA

Thank you to everyone who came to our meet and greet this afternoon. It was lovely to have a catch up with everyone ...and the chance to have some lovely things for afternoon tea (thanks Mandie and Lou!).

I’d also like to thank everyone for electing me PFA president for this year. I love helping out at the school and working with the children, and am so pleased to have the opportunity again to do so. Many thanks also to all the amazing people who are the PFA...Lou, Mandie, Kim, Mel, Claire, Mel, Gerrie, Hayley....you’re all wonderful!

Just a reminder that breakfast club is on each and every Wednesday...and our superb Mother’s Day stall is on next week ....Tuesday and Thursday in the multi-purpose room. Come along and buy a present for your mum, nan, grandma, auntie.....

Have a great fortnight everyone!
Lareesa

WE WANT OUR STUDENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what your child thinks of our school. The Attitudes to School survey is an annual survey for Years 5 to 12 students offered by the Department of Education and Training. It is designed to assist schools in gaining an understanding of students’ perceptions and experience of school. Our school will use the survey results to plan programs and activities to improve your child’s experience at school.

Students at Flowerdale Primary School in years 5 and 6 will participate in this year’s survey. All responses to the survey are anonymous. This year the Attitudes to School survey will be conducted at our school over the period Monday 25th April to Friday 29th April. The survey only takes 20-30 minutes to complete and occurs during your child’s class time.

The survey results will be reported back to the school at the end of July. We will let our School Council and parents know what our students have said. Last year we used the survey results to plan curriculum that engages our students and to undertake professional learning that improves our teaching and therefore assists our students to learn better.

Please speak to your child’s teacher if you would like more information.

If anyone has any old classroom items from school in the “Olden Days”, we would love to borrow them to create a display for the children.

We have an old desk, but would love some items to put in it or around it. See Ms Davis. Thank you!

Check out....

www.flowerdaleps.vic.edu.au
Hi, this is Holly and Magenta. We are the school captains of Flowerdale Primary School.

Last week on Friday 22nd of April the both of us, along with a few other schools, travelled to the Shrine in Melbourne to attend the ANZA Ceremony. We sang songs including Waltzing Matilda, Advance Australia Fair and We are Australian. We also laid a wreath. At the end of the ceremony we took a look around the main building and learnt about the battles the Australian’s fought in. As we were walking around we stopped to watch a hologram show near one of the original boats that the ANZACS used land at Gallipoli.

At the end of the day we were all really tired but excited by all of the days wonders!
Name: Mel Young  
Role at FPS: Breakfast Club  
Family: My husband Jason, sons Jordy and Manny  
Favourite food: Anything healthy prepared by someone else  
Favourite movie: Phenomenon

Who do you admire?  
Anyone who selflessly helps others!

What do you like about volunteering at FPS?  
Getting to know all the kids at school by name. Now when Jordy talks about kids at school I know who they are!

One thing that we don’t know about you?  
I work in the kitchen at the Flowerdale Estate.

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Stories from  
Foundation-Grade 3!

Once upon a time there were two kids. One day Mum said “How about you two go to the beach?”

“Why would we go to the beach?”

“Because the beach is fun! There are shells at the beach and people on surfboards. You can watch boats and seagulls. The best thing is swimming!” said mum.

_By Ruby O_

Once upon a time two people went camping on the beach. Then they had a swim at the beach. Then they had something to eat. Then they had a little rest and made sandcastles. It was a sunny day. The two girls were called Lilly and Daisy. Then Lilly said, “Let’s have dinner”. So they did. Then they went to sleep.

_By Violet_

The pirates attacked the armies and only two soldiers survived. Silas and Trey were the survivors.

They had to run out of their place before it exploded. Then they built a new house.

_By Trey_

I was in the forest hunting a dinosaur. It was a T-Rex. It was cool because it had blood on his teeth. It was very tall. I heard growling. He was grey and had big teeth. The teeth were sharp and it had spikes on its back.

_By Jake S_

Two people were battling the snake. The big snake is the boss. The two people were trying to find some treasure, but the snakes blocked them. They need helmets so the snakes can’t bite their face.

_By Hunter_
How lovely to see our students Holly, Ashlee, Ruby C, Violet and Ruby O at the Flowerdale ANZAC Day service!

ANZAC DAY
2016

MOthers Day Stall
At Flowerdale Primary School on
Tuesday 3rd and Thursday 5th May

Gifts will be between 50 cents and $4.00
Staff will be open for kinder students as well

OLDEN DAYS
School
DRESS UP DAY
Wednesday 18th May
Travelling on the Bus

Last week we discussed behaviour and safety on the school bus with all bus travellers. Student behaviour on the bus is still of some concern so each younger student will now be buddied up with an older student to support them. The older students will model good behaviour and ensure the younger buddy sits safely in their seat and follows the rules of the bus:

- no eating or drinking
- no moving around
- positive behaviour to others
- respect to the driver.

Bus monitors have been appointed and will let me know of any concerning behaviour by students each day.

Could all families please support this and discuss appropriate behaviour with their children.

We are also trying to get children home faster and so will be getting the bus away more quickly and on time. First bus will leave school by 3.15 so please ensure you are at the bus stop early to collect your children. The bus driver will not leave any child whose parent is not there to meet them. If he has to wait for parents or contact the school then the bus ride is delayed even more.

Thank you

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IS UNFORGIVENESS MAKING YOU SICK?

In study after study, results indicate that people who are forgiving tend to have not only less stress but also better relationships, fewer general health problems and lower incidences of the most serious illnesses—including depression, heart disease, stroke and cancer. Why? “Because not forgiving—nursing a grudge—is so caustic,” says Fred Luskin, PhD, a health psychologist at Stanford University and author of Forgive for Good: A Proven Prescription for Health and Happiness “It raises your blood pressure, depletes immune function, makes you more depressed and causes enormous physical stress to the whole body.”

Feelings of unforgiveness which can lead to anger, ire, and resentment can literally make us hot under the collar. But researcher and author Dr. Michael Barry says cooling the flames of these feelings that boil within us can help start the healing process for those struggling with illnesses—even cancer.

Dr. Barry has spent years studying the disease of unforgiveness, or holding onto negative feelings and emotions such as hatred, anger and bitterness. These feelings and emotional stressors can impact every organ of our bodies.

Emotional stress, many times caused by unforgiveness, causes high levels of cortisol and adrenaline in the body, which cause wear and tear on the heart and cardiovascular system. These high levels have been linked to cardiovascular disease, immune suppression and, possibly, impaired neurological function and memory.

How do I reach a state of forgiveness?

Forgiveness is a commitment to a process of change. To begin, you might:

- Consider the value of forgiveness and its importance in your life at a given time
- Reflect on the facts of the situation, how you’ve reacted, and how this combination has affected your life, health and well-being
- Actively choose to forgive the person who’s offended you, when you’re ready
- Move away from your role as victim and release the control and power the offending person and situation have had in your life

As you let go of grudges, you’ll no longer define your life by how you’ve been hurt. You might even find compassion and understanding.

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Forgiveness doesn’t excuse their behavior.

Forgiveness prevents their behavior from destroying your heart.

#Beyonder ordinary
Hello travellers!

Congratulations to those who deciphered my clues and figured out that it was Denmark I had visited. I hope you’re as smart this week!

Here are some clues to help you:

1. Due to gases produced by power plants, this country sometimes suffers from acid rain.
2. This country is the world leader in robotics.
3. This country will host the 2020 Summer Olympic games.
4. Square watermelons are grown in this country simply because they are easier to stack and store.
5. There is a cat cafe in this country where you can drink coffee and hang out with real pet cats for as long as you like!
6. In this country there is a tall building with a highway passing through it

Research in books and the internet and when you think you know the answer write it down with your name and place it in the Jelly Bean box.

A name will be pulled out to win a prize at assembly!

Best of luck!

Signing off!

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APRICOT COCONUT SLICE

1 1/2 cups dried apricots
1 cup coconut (desiccated, shredded or flakes)
1 tablespoon freshly squeezed orange juice
2 teaspoons finely grated orange zest
Extra desiccated coconut for rolling

Whizz everything together in your thermomix (speed 9, 40 seconds) or food processor.
Spread the extra coconut onto some baking paper.
Roll the mixture into a log shape and then roll in coconut.
Refrigerate until firm and then cut into small rounds. Store in the fridge or freezer.
ARTS FEST
With Lynall Hall!
FLOWERDALE COMMUNITY HOUSE

Mother’s Day
HIGH TEA & CONCERT
At Beaufort Manor, 111 High Street Yea
Sunday 8th May, 2pm-4.30pm
$40 per person

Featuring: Sheila Brennan ~ Soprano Singer
Christine Middleton ~ Harp
Tim Sheed ~ Bush Balladeer

BOOKINGS ESSENTIAL by Monday 2nd May (contact Lisa on 0400 848 575)

St Luke’s Kids’ Club
Every Wednesday
in term time
Starting In Term 2
For Primary School
Students

Hear the wonderful stories from the Bible
Enjoy craft activities
Play some games
Sing some songs
Munch on a snack

What: Wednesdays 3:30 to 4:30 pm, starting Wednesday 13th April 2016
Where: St Luke's Church Hall.
Students will be collected after school and walked to the hall.

Feed: Application forms available at the school office
Return forms in school or place in an envelope marked “Kids’ Club” and
drop into the box in St Luke’s Church (right-hand side through glass doors).

Come and join in the fun
Joy Clayton, co-ordinator

START DATE

FRIDAY 15th APRIL 2016
EVERY FRIDAY 3.30pm to 4.30pm
YEAL RECREATION OVAL
AGES: 5 to 9 years old
(If younger contact Tato all welcome)

CO ORDINATOR:
TATE MCGILLIVRAY
0417 556 376
Email: reservations@tataanmoore@blgzond.com
REGISTER ONLINE NOW: www.auskick.com
Homework at Flowerdale Primary School

Homework should support teaching and learning at school. It should not place an extra burden on students and families but rather, should provide opportunity to further practise skills they have been taught. At Flowerdale, homework expectations are graduated according to year levels based on expectations around homework from the Department of Education.

**F-2 Homework**

In years F/1/2 parents are encouraged to read with their child every week night. Children can be encouraged to talk about their book and relate it to their personal experiences. Parents should complete the reading record book to track student reading nights.

We encourage parents to further support their child by encouraging them to bring items from home for ‘Show and Tell’. They will need to share information about their ‘Show and Tell’ item with their class. Children are also encouraged to bring interesting Science items such as bugs, leaves etc. to display in the classroom.

**3-4 Homework**

In years 3 and 4 students are encouraged to develop more independent reading habits; reading to self or parent for 15 minutes each week night. At this stage we encourage children to begin reading for enjoyment. Parents may like to discuss the text and record the reading in the record book.

We encourage students to work on their independent spelling words taken from the spelling lists. They are encouraged to learn 5 new words per week.

Students may also be required to prepare for other class tasks such as oral presentations or investigation projects at home. They will be supported by their class teacher and also given class time to prepare.

Year 3/4 students will be introduced to times tables in order to support the class numeracy program. Students in grade 3 will learn the 2s, 5s and 10s. Grade 4 students will go on to learn the other tables at their own pace. Many students and families enjoy playing tables games at home to practise skills.

**5/6 Homework**

In Year 5/6 students should be reading every week day for up to 30 minutes a day. They should read a variety of texts for both information and enjoyment.

Year 5/6 students have individual spelling words to learn and will often be required to research for class topics. This research is not always computer based; often it can simply be asking questions of family members or preparing for oral presentations.

We encourage parents/guardians to support our homework expectations and contact teachers if there are any concerns.

*Ratified at School Council on Tuesday 19th April 2016*
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**Before and After School Care**
**is now available**
**Monday to Friday**

Come and join educator Fiona Henson for crafts, games, food and fun!
As always, children should be booked in for the day you require.
**Contact Murrindindi Day Care on 57720362 to enrol.**

**Need a Doctor? Your Normal GP closed?**
**Give us a Call 1300 968 737**

Whether you need crisis support services counselling, family and relationship support or to be referred to a local church, the **LightFM Careline** is there to help you through.

They are available every day of the week between 9am-11pm on **9583 CARE (9583 2273).**