PRINCIPAL’S COMMENTS

Take Home Reading
I have been delighted with the number of students who are reading at home each night. We want as many of our students reading at home each night and enjoying the experience with a parent or a brother or sister. Keep reading everyone. I wonder who will reach 50 nights reading this term?

Twilight Sports/Activity and Family Picnic
Thank you to all our parents, students and teachers who came along on Wednesday for our special evening. We are a community and together we are a partnership working together to bring about the best possible outcomes for students. I hope you enjoyed the activities and visiting classrooms.

School Costs for Families Report
You may have read in the press that the Victorian Auditor-General has released a report on school costs for parents.

In response to the report’s findings, the Minister for Education has asked the Department of Education and Training to review its parent payment policy.

As a result of any changes to the Department’s policy, we will work with our school council to update our own policy if necessary.

We don’t expect any changes until later in 2015 and we will let you know well in advance.

The Department’s parent payment policy is what we use to guide us in deciding which we will ask you to pay each year.

We review our own parent payment policy, in conjunction with our school council, on a yearly basis and notify you of any changes through our newsletter.

Our aim is to ensure our policy meets parents’ expectations, while also ensuring that all of our students are able to participate in the programs we offer.

Our policy sets out what we ask you to pay for to support your child’s learning, such as books and stationery, and what we ask for optional extracurricular activities.

As always, if you have any queries, or would like to discuss how the school can support you in financial matters, please call me at school.

Regards,
Wayne Lovie
Acting Principal

IMPORTANT DATES 2015

FEBRUARY
Wed 25 PREPS COMMENCE FULL TIME
Thurs 26 Yrs 5 & 6 St Johns First Aid Incursion
Fri 27 Year 6 Beach Safety Program

MARCH
Thurs 5 Year 5 Beach Safety Program
Fri 6 Year 3 Beach Safety Program
Mon 9 Public Holiday (Labour Day)
Wed 11 Yrs 5 & 6 Leadership Incursion in hall
Mon 16 Start Smart Program Years 5 & 6
Tues 17 Start Smart Program Years 3 & 6
Mon 16 to ( Year 1 Swimming Program
Thurs 19 ( PARC, Frankston 9.30-11am)
Mon 23 Start Smart Program Years 1 & 2
Fri 27 2.30pm Dismissal, End of Term 1

NOTIFICATION OF STUDENT ABSENCES
It is requested that parents please ring the school on 9789-5614, prior to 9.30am, to advise if their child will be absent.

PLEASE SUPPORT OUR SCHOOL CANTEEN
Thank you to all our parents who are supporting our Canteen.
We still need your support please for MONDAYS and WEDNESDAYS to ensure that our Canteen continues to operate.
Student Health and Happiness

“When students are happy and healthy, their learning is maximised.”

Healthy Food Choices

A healthy diet has an impact on physical and mental health. Eating the recommended daily intake of fruit and vegetables can improve your mental health and life satisfaction, as well as physical wellbeing, according to medical research.

Just one quarter of Australians eat the recommended daily intake of fruit and vegetables.

Providing a healthy choice for your child’s snack can be tricky if they are having something other than fruit and/or vegetables.

Understanding the Traffic Light approach to food is one way to make a more informed choice.

<table>
<thead>
<tr>
<th></th>
<th>Sugars</th>
<th>Fats</th>
<th>Saturates</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is HIGH</td>
<td>Over 15g</td>
<td>Over 20g</td>
<td>Over 5g</td>
<td>Over 1.5g</td>
</tr>
<tr>
<td>What is MEDIUM</td>
<td>Between 5g and 15g</td>
<td>Between 3g and 20g</td>
<td>Between 1.5g and 5g</td>
<td>Between 0.3g and 1.5g</td>
</tr>
<tr>
<td>What is LOW</td>
<td>5g and fewer</td>
<td>3g and fewer</td>
<td>1.5g and fewer</td>
<td>0.3g and fewer</td>
</tr>
</tbody>
</table>

Source: Department of Health

The Traffic Light approach to food:

Red — shows high amounts of fat, saturated fats, sugar and/or salt. It’s fine to eat this food occasionally or as a treat, but think about how often you choose it and how much of it you eat.

Amber — shows medium amounts of fat, sugar and/or salt, making it an OK choice, although going for green is better.

Green — shows low amounts of fat, saturated fat, sugar and/or salt, which makes it a healthy choice.

Taking the time to read the nutritional information panel on foods can pay off.

On the other side of this page is an article from the Australian Government National Health and Medical Research Council which explains in simple terms how to read the panels.

I explored a small pack of Smiths Original Cut Crinkle Chips (19 grams) to check how they stack up as a healthy snack choice.

- Looking at fats: It is recommended 10g per 100g. My packet had 34.9 g per 100g — way over! Even the small packet had 6.6g per 19 grams.
- Looking at salt (sodium): It is recommended foods with less than 400mg per 100g are good choices — my small packet of chips had 479mg per 100g and 91mg per 19 grams...too much salt!

So how does a Tim Tam biscuit stack up to a closer look at the nutritional panel.

- Fats per 100 grams total fats is 26.9g, well over the recommended level of 10g per 100g and saturated fats was 15.1g well over the 3g per 100g.
- Salt (Sodium) 161mg per 100g so OK, but sugar was 44.9 g per 100g which is well over the 15g per 100g recommended.

This does not mean that we should never eat these foods but it does mean that we should only eat them occasionally — they are not a healthy choice for eating daily.

Mikaela with a healthy choice.

What is your child eating at snack time?
HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don’t rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

### Nutrition Information

- **Total Fat**: Generally choose foods with less than 15g per 100g. For milk, yogurt and cream choose less than 2g per 100g. For cheese, choose less than 15g per 100g.
- **Saturated Fat**: Aim for the lowest, per 100g. Less than 2g per 100g is best.
- **Carbohydrate**: Total 18.9g, Sugars 3.5g, Fibre 4.4g, Sodium 65mg.
- **Ingredients**: Cereals (78%), (wheat, oat bran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

- **Energy**: Per serve 432kJ, Per 100g 1441kJ.
- **Protein**: Per serve 2.8g, Per 100g 9.3g.
- **Fat**: Total 0.4g, Saturated 0.1g.

### 100g Column and Serving Size

- Comparing nutrients in similar food products: use the per 100g column.
- If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.
- Energy: Calculate how many kJ per serve to decide how much is a serve of a “discretionary” food, which has 60kJ per serve.

### Sugars

- Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugar. If sugar content per 100g is more than 15g, check that sugar (or alternative name for added sugar) is not listed high on the ingredient list.

### Sodium (Salt)

- Choose lower sodium options among similar foods. Food with less than 400mg per 100g is good, and less than 120mg per 100g is best.

### It’s Not OK To Be Away from school unless you are unwell.

### School term dates 2015-2017

#### 2015
- Term 1: 28 January to 27 March *
- Term 2: 13 April to 26 June
- Term 3: 13 July to 18 September
- Term 4: 5 October to 18 December

#### 2016
- Term 1: 27 January (school teachers start) to 24 March *
- Term 2: 11 April to 24 June
- Term 3: 11 July to 16 September
- Term 4: 3 October to 20 December
Dealing with and Preventing Bullying

Ballam Park Primary School does not tolerate behaviour of a ‘bullying nature’ and treats reported bullying incidents as very serious breaches of our code of conduct.

Understanding Bullying

(Taken from Friendly Schools and Families—A parents’ guide to dealing with and preventing bullying)

Bullying is a **repeated** behaviour used by one child over another who has difficulty stopping the situation. Bullying incidents are often unprovoked and can be physical, verbal, social or psychological in nature. It is hard for the child being bullied to stop these things happening.

**Note that not all aggressive or anti-social behaviour can be labelled ‘bullying’**.

What should I do if my child tells me they are being bullied?

How should I respond?

- Listen to your child;
- Be aware of your response and react in a calm, helpful and supportive manner;
- Tell your child you are glad he or she has talked to you about the situation;
- Take your child’s concerns seriously without being overprotective;
- Discuss your child’s concerns with the child’s teacher and the school; and
- Become familiar with the school’s ‘Policy on Bullying’ which outlines how the school deals with bullying.
- Always feel welcome to calmly report any concerns to your child’s teacher or at the school office.

In our Student Engagement Policy, it sets out the rights and responsibilities of students, staff and parents and carers. It also describes the expectations of students in terms of their behaviour, what is acceptable and what is not. There are many strategies and practices in place at the school to recognise and promote appropriate behaviour. Students also know that there will be consequences when inappropriate or unacceptable behaviour is used. Bullying is one type of unacceptable behaviour.

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**Pupil Free Days**

The school is entitled to 4 pupil free days each year. The School Council has approved the following days as Pupil Free days:

- **Tuesday, 28th April 2015** — Professional Development Day – VCOP approach to Writing
- **Wednesday, 24th June 2015** — Parent/Teacher Meetings
- Term 4 Planning Day with the date to be confirmed.
HOT CROSS BUN ORDER FORM  
EASTER 2014

Dear Parents/Carers,

Ballam Park PS Parents’ Club would like to offer you the opportunity to purchase delicious Hot Cross Buns and also make a profit for our school. The more buns you purchase the more profit we make for our school.

For every 6 pack of Hot Cross Buns you order, Bakers Delight Beach Street will give $2 to our school.

Simply fill in the details below and select how many and which Hot Cross Buns you would like to order, bring your order form together with full payment back to school **NO LATER THAN WEDNESDAY 26th MARCH** and your buns will be ready to collect from school on Friday 4th April.

Remember to ask family and friends if they would like to order some too.

Student’s Name: ________________________ Class: _______________________

Contact No: _____________________________

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<thead>
<tr>
<th></th>
<th>Qty (per 6 pack)</th>
<th>Total $</th>
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<tbody>
<tr>
<td><strong>Traditional Hot Cross Buns</strong></td>
<td>$7.00 per 6 pack</td>
<td></td>
</tr>
<tr>
<td><strong>Choc Chip Hot Cross Buns</strong></td>
<td>$7.00 per 6 pack</td>
<td></td>
</tr>
<tr>
<td><strong>Mocha Hot Cross Buns</strong></td>
<td>$7.00 per 6 pack</td>
<td></td>
</tr>
<tr>
<td><strong>Fruitless Hot Cross Buns</strong></td>
<td>$7.00 per 6 pack</td>
<td></td>
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Paid
Ballam Park Primary School Fitness and Running Group

February 16th 2015

Dear Parents and Carers,

Expressions of interest are sought from students interested in participating in the B.P.P.S Fitness and Running Group. This group operated successfully last year and about 20 students participated. The end results not only saw Ballam Park Primary School students achieve excellent results in Cross Country, District and Regional athletic competitions but also a general improvement in fitness and wellbeing of those involved. This is also a great way for children to improve their fitness for other sports such as Football, Soccer or Netball,

Some key facts about the group:

• The group meets twice a week- one morning 8:10- 8:40am and one afternoon 3:30- 4:00pm- with days to be confirmed.

• Students need to be in Years 3-6.

• Activities are run by Shaun, a qualified athletics coach.

• The group participates in running and fitness activities at the Ballam Park Athletics Track and/or in the park.

• Cost per term (10 weeks) would be an estimated $20.00 paid by week 2, to cover the cost of the coach.

• We need one or two parent helpers who would need to commit to assist with supervision at each session.

• Nothing less than excellent and cooperative behaviour from our students will be acceptable.

• If there is enough interest from students, the Fitness and Running group will commence in March.

This is not an official school activity but is encouraged by the school to have our students participating and improving their fitness.

Please complete the expression of interest below and return to school by Friday February 20th.

_________________________________________________________________________________________________

Ballam Park Primary School Fitness and Running group
Expression of Interest

I would like my child(ren) _____________________________________________ to participate in the Ballam Park Primary School Fitness and Running Group which will meet one morning and one afternoon each week at Ballam Park Athletics Track. I am aware that there is a $20.00 coaching fee to be paid by week 2.

I am able to commit to assist with supervision for one of the sessions on a regular basis. YES or NO (please circle)

Name: __________________________________________________________ (parent/carer)

Contact number: ____________________________________________
Congratulations to the following students who have been presented with Merit Awards!

1B - Lara W  Joroni P  1R - Chiara P  Charlotte K
2B - Ethan B  Isabella A  2C - Destiny J  Mitchel S
2V - Ryan B  Shantae J
3H - Patrick D  Stephanie U  3J - Ella M  Simone T
4D - Braiden S  Tamesha P  4R - Lilleah C  Kodi B
5K - Cai V  Olivia C  5S - Kane P  Molly S
6B - T.J S, Rusmedin G, Kathryn S, Josh M
6S - George P, Callum P, Josephine T, Brodie L

BOOK LIST AND ESSENTIAL EDUCATION ITEMS YEAR 2015

The Book List and Essential Education Items Year 2015 for each year level were sent home at the end of last year. If you did not receive this list, a copy is available from the office.

PAYMENT WAS REQUIRED BY FRIDAY, 30TH JANUARY, so if you still haven’t paid, please pay now so that your child will receive their books, pencils, etc. A reminder that there are facilities for EFTPOS, Visa, BPAY and phone credit at the office.

Statements will be sent home next week.

OSHC TIMES

How to get started — Before using our programs, you must register online for an account. Registering is quick and easy. Please visit our website to begin: www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details any time of the day online. Please keep in mind we are able to take bookings at short notice to help busy families.

Save on care — You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more, call our Customer Service Team on 1300-105-343 Monday to Friday.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>OUTSIDE SCHOOL HOURS CARE HIGHLIGHTS</td>
<td>Board Games Fresh Fruit</td>
<td>Crafts Fresh Fruit</td>
<td>Computer Lab Fresh Fruit</td>
<td>Sports Day Fresh Fruit</td>
</tr>
</tbody>
</table>

We created a handprint mural and created paper origami craft.

For bookings, please log on to: www.campaustralia.com.au

Star of the Week
Phoenix B
(for helping the younger children)

OSHC Co-ordinator: Judi Sullivan
Phone 0402-354-584

Outside School Hours Care with Camp Australia
Guitar Tuition
with Glen Vinton

On a musical note…

There are vacancies available for 1/2 hour guitar lessons at school on MONDAYS and THURSDAYS.

Please ask at the office for an ‘expression of interest’ form or, alternatively, ring Glen on 5979-4575 or 0437-440-265 for more information.

Private lessons are also available at my house in Hastings.

Glen Vinton
x10sivguitartuition.com.au
Ph: 5979-4575 or 0437-440-265
Email: glen@x10sivguitartuition.com.au

Canteen Open

The Canteen is open on Monday, Wednesday and Friday.

A 2015 Canteen price list is available at the school office.

Special Lunch on Mondays —

HOT DOG ‘N’ DRINK $5.00

On Mondays ONLY, there is a special Canteen lunch —

Hot Dog ‘N’ Drink for $5.00

A Hot Dog (with or without sauce)

plus an LOL 100% Juice (carbonated)

Thank you to all our parents who support the Canteen.
The school sincerely appreciates the sponsorship of both our school newsletter and school website by a variety of businesses, but please be aware that the school is not permitted to endorse or recommend any businesses.

Peninsula Bobcats Basketball Club - Basketball Academy for 2015
Registrations now open. To Register go to
www.bobcatsbasketball.com.au