



IMPORTANT DATES

Friday 16th November	Victoria Market Visit.
Friday 16th November	PA Disco — Prep-6 <u>Change of Times</u> 5.30-6.30pm
Friday 16th November	Gr 5 CodeBreakers workshop at LRG. 9.15-1.00
Friday 16th November	Gr 6 Kylie +CodeBreakers workshop at LRG. 1.00-2.30
Wed-Fri 21st-23rd Nov	HPV team competing in Maryborough.
Friday 23rd November	Prep Melbourne Zoo excursion.
Friday 23rd November	Full payment due for Gr 1 Melb Botanical Gardens exc.
Monday 26th November	Curriculum Day. No children at school.
Thursday 29th November	Gr 6 Sale Stephenson Park excursion.
Friday 30th November	Gr 1 Melbourne Botanical Gardens excursion.
Friday 30th November	Full payment due for Gr 6 Gumbuya World excursion.
Monday 3rd December	Gr 3 Walhalla excursion.
Friday 7th December	Gr 6 'One Day Fun Day' at Gumbuya World.
Monday 10th December	Gr 6 Graduation Lunch at Italian Australian Club.
Wednesday 12th December	Gr 2 & 4 Walhalla excursion.
Tuesday 11th December	Prep & Yr 7 Statewide Transition Day. Prep Parent Information Session. 8.45-10.30am.

Principal's Report

Parent's Association After School Disco

Please note that the disco which is to be held tomorrow will now be from 5.30 to 6.30 for all students who have returned their permission forms.

Many thanks to our Parent's Association for their initiative and organisation of this event.

Grade 6 Graduation

On Monday December 10 our grade six graduation ceremony will take place at the Italian Australian Club in Morwell commencing at 12.30pm.

Parents are invited to attend at 1.15 for the presentation of awards.

Prior to the presentation grade 6 students will enjoy a luncheon, paid for by our school's Parents Association.

Multicultural Sporting Events Invitation

Included in the newsletter this week and next is information regarding two multicultural sporting events (soccer and

cricket) which our school community are welcome to attend.

Human Powered Vehicle (HPV)

Best wishes to our HPV team who will be heading to Maryborough next Wednesday to once again participate in the HPV challenge.

Curriculum Day Monday Nov 26

Our school will be closed on Monday November 26 while our teachers participate in professional learning.

One Year Anniversary

We have now been in our new school building for one year. This is somewhat of a milestone for our school to have come through the journey of a complete school refurbishment.

I recently spoke with a parent and ex student who noted that everything is new by comparison to her school days 17 years ago.

It has been a terrific investment in our school.

*Chris Joustra,
Principal.*

The Value of the Fortnight is: PURPOSEFULNESS



LOWES
*Shop & Save
for Christmas*

Exclusive offer to
ZERO & REWARDS CARD HOLDERS



20% OFF
SCHOOLWEAR
AND EVERYTHING ELSE

INSTORE & ONLINE - THURSDAY 15TH NOVEMBER

* Excludes gift cards & all suit packages. Cannot be combined with other offers or discounts. Floor stock only.
Styles and colours may vary from store to store.
No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.
Offer ends midnight (AEDT) 15/11/18. Must use Zero or Rewards card to receive discount.

MARKET FRESH SCHOOLS

Friday 16th November

The MarketFresh Schools Program is designed to teach students about the importance of eating fresh fruit and vegetables every day as part of a healthy balanced diet.

This program educates over 15,000 students annually about:

- *Nutrition of fruit and vegetables.*
- *How fresh fruit and vegetables are grown, harvested and an overview of the supply chain in the Australian fresh produce industry.*
- *Tastes and textures of fruit and vegetables with students encouraged to taste test fresh produce.*

Session Times: 10.00-11.00 Gr 4 & 5
11.15-12.15 Prep, Gr 1 & 6
1.00-2.00 Gr 2 & 3.

Parents are most welcome to attend.

MORWELL PARK SUSTAINABILITY PROGRAM

GREEN — Food Scraps

RED — General

BLUE — General Recycling

Morwell Park has commenced working towards becoming a more sustainable school. With the Nude Food program starting we are looking at less waste and more recycling and compost for our garden.

For our school to be successful and start thinking about sustainability we have purchased Three Way Recycling Stations which have been placed in each grade level. The product is child friendly and engaging with it's bright colours, clearly distinguished openings, labelled compartments, easy to comprehend decals and colour coded bins to achieve non cross contamination and organised waste control. The Recycling Stations are neatly and hygienically positioned in an easy to clean, compact cupboard.

Our recycling options are General Waste, Food Scraps and General Recycling.

Lets work together to teach kids from a young age the importance of reduce, reuse, recycle and the environmental benefits that follow. These colourful and fun Recycling Stations give our future generations a powerful influence over the recycling habits of our households.

We ask parents to help us to make this Sustainability Program a success. With less waste including wrappers, chip packets and any other plastic items help to sustain the environment for our future.

The grade 5 students have been visiting our grades to explain how the recycling stations work and what we can put in each bin.



HPV

The Energy Breakthrough event in Maryborough is very fast approaching. Children, parents and staff have been working very hard to prepare for this years event.

The vehicles have been modified and children are working on the final stages of their presentation before heading off to Maryborough next Wednesday.

A big thank you to the parents who have been involved in the final stages of preparing the vehicles ready to race.

Good luck to everyone and hope they have a successful weekend.



Katchmi Jnr: Tyson S H, Hayden M, Riley G, Jorja K, Milla R, Sheila A



HPV FUNDRAISING

Thank you to everyone who supported our recent HPV fundraisers.

We raised \$224.00 on the Out of Uniform Day and \$202.00 at the School Production Supper.

Storm Breaker: Kieran W, Aleul B, Ayla S, Joel G, Ethan B, Hollie E, Isabella C, Liam G & Katrina O.



FOODCENTS PROGRAM

The grades 3 and 4 have been participating in the FOODents program over the past three week. They have visited Woolworths supermarket to check the differences in prices and that healthy choices are better value for money.

The students had a cooking session using healthy choices. They cooked Mexican chicken tortillas with Greek yoghurt topping and for dessert the students made fruit crumble also with a Greek yoghurt topping. Both dishes were very popular.



In the last session the students made their own smoothies using berries, mango, banana's, cinnamon and milk. They had to ride a bike to mix their smoothie.

All students in the program have enjoyed the activities. Group 2 in each grade level will start the program next week.

REMEMBRANCE DAY

Members of our JSC attended the Morwell Remembrance Day service on Sunday to remember members of the armed forces who have died in the line of duty.

School Captain Hayden and grade 5 JSC Indiana were honoured to speak at the service.

They both did a fantastic job and spoke very well.



MERCHANDISE

Thank you to everyone who purchased merchandise, we raised \$143.00.





November 7, 2018

MEDIA RELEASE

EXTRA HELP FOR LATROBE VALLEY PARENTS OF KIDS WITH SPECIAL NEEDS

Keeping children happy, supervised and safe during the Christmas holidays is a bit of a juggle at the best of times for many parents.

For parents of children with a disability, the extra demands of parenting a child with special needs can intensify at holiday time, when schedules change and support systems can be reduced.

But a new, free program in the Latrobe Valley is set to make a difference.

Latrobe City Council and the shires of Baw Baw and Wellington have banded together to host a series of free Triple P – Positive Parenting Program seminars in the lead-up to Christmas for parents of children with special needs aged 2 to 12. This includes children with a disability and/or developmental delay including Autistic Spectrum Disorders.

Triple P's Professor Matt Sanders said children with a disability experience higher rates of emotional and behavioural problems, which can be very challenging for parents to manage.

To offer families more support, *Stepping Stones Triple P* seminars will be held in Moe, Drouin, Maffra, Traralgon and Yarram between November 14 and December 10.

The seminars focus on showing parents how to encourage children to reach their potential, and give practical, step-by-step tips on how to change challenging behaviour into positive behaviour.

Parents, grandparents and carers can register to attend at www.triplep-parenting.net.au/latrobevalley.

A landmark, five-year Australian [study](#)* of 3000 parents released last week found a dramatic improvement in the parenting style and mental health of parents who attended a Stepping Stones Triple P program.

More than 55 per cent of parents reported a decrease in stress, anxiety and depression, and improved wellbeing. Parents involved in the study said they also became more consistent with their parenting strategies, and used more positive encouragement with their children.

The study also showed a significant reduction in negative behaviour in children after three months, with improvements maintained up to 12 months after completing the program.

There was even a cost benefit to doing the program, with families saving an estimated \$574 per year due to parents' increased capacity to return to work.

MEDIA CONTACT: Rachel Stewart, Media Relations, rachel@triplep.net or 0408 130767

**Is Statewide Delivery of Stepping Stones Triple P effective?* is a five-year collaboration between the University of Sydney, The University of Queensland and Monash University funded by the National Health and Medical Research Council.

School Production Wrap up 2018 **THE GREATEST SHOW!**



WOW!!! What a wonderful time we all had presenting our latest production “The Greatest Show!” to our school community. The children should be commended for the sensational effort they put into a short rehearsal season and three action packed shows.

The production was based on the music and ideas presented in The Greatest Showman movie and scripted by members of the production team. The children choreographed most of the dances and actions. They created most of these during recess and lunch breaks.

We are so proud of the raw talent uncovered in many of our year 4, 5 and 6 students and can’t wait to do it all again next year!

Thank you to all parents who supported their children with costumes, rehearsals and attending the show. Money raised will help offset the production costs. Thank you also to the helpers at the show and to all the teachers for their flexibility throughout the term.

Special thank you to all of our AMAZING kids J (Actors, Chorus, Sound, Backstage, Ushers).

THE PRODUCTION TEAM (Sharon King, Kristy Evenden, Ann O’Brien, Sherriden King, Donna Marruza)





5 WEEK

COACHING SPECIAL

Monday Nights 4:00pm or 4:30pm

At Latrobe Leisure Morwell

Monday 12th November - 10th December 2018

- ★ Race Preparation For School Swimming Sports
- ★ Stroke Correction ★ Starts, turns and swimming drills
- ★ Learn something new ★ Meet our coaches and team!

School teachers are invited to attend the sessions to observe training practices and improve their swimming knowledge



\$10 for 5 sessions, plus pool entry

Latrobe Leisure Morwell, McDonald Street, Morwell 3840

BOOKINGS ESSENTIAL!

To participate in the program, children must be able to swim 25m unaided.

For bookings and more information, contact: info@morwellswimmingclub.org.au



facebook.com/morwellswimmingclub

GAMCII PreSents

GIPPSLAND ASIAN CRICKET FESTIVAL 2018-19

GIPPSLAND ASIAN CUP

Let The Battle Begin...

Proudly Sponsored by



25th November 2018*

Traralgon West Sporting Complex & Stoddart oval

Activities Start at - 10am

- Food Stalls - Ladies Cricket
- Henna tattoos - Face painting
- Kids Activities - Jumping castle
- Popcorn - Fairy Floss
- Street Soccer - Spike ball
- Totem Tennis - Dodgeball
- Races & exciting prizes

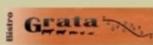
Grand Final Starts at 2:30 pm

*Round Matches on 18th Nov

Free entry...!



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