

TOOLERN TIMES

www.toolernvaledps.vic.edu.au



Resilience, Engagement, Acceptance, Cooperation, High Expectations

Term 4 Calendar

Monday 11th November

- Remembrance Day
- Assembly
- School Council Meeting

Tuesday 12th November

- Book Fair
- Foundation Transition Session

Wednesday 13th November

- Book Fair

Friday 15th November

Early Dismissal 2:15

-150th Celebration Day

2:15pm—7pm

- Book Fair

Monday 18th November

- Book Fair (Last Day)

Wednesday 20th November

- CFA fire Incursion

Monday 25th November

- Assembly

Tuesday 26th November

- Foundation Transition Session

Monday 9th December

- Assembly

Tuesday 10th December

- Foundation Transition Session

- Grade 6 Graduation

Thursday 12th December

- Grade 6 Day Out

Monday 16th December

- End of year concert

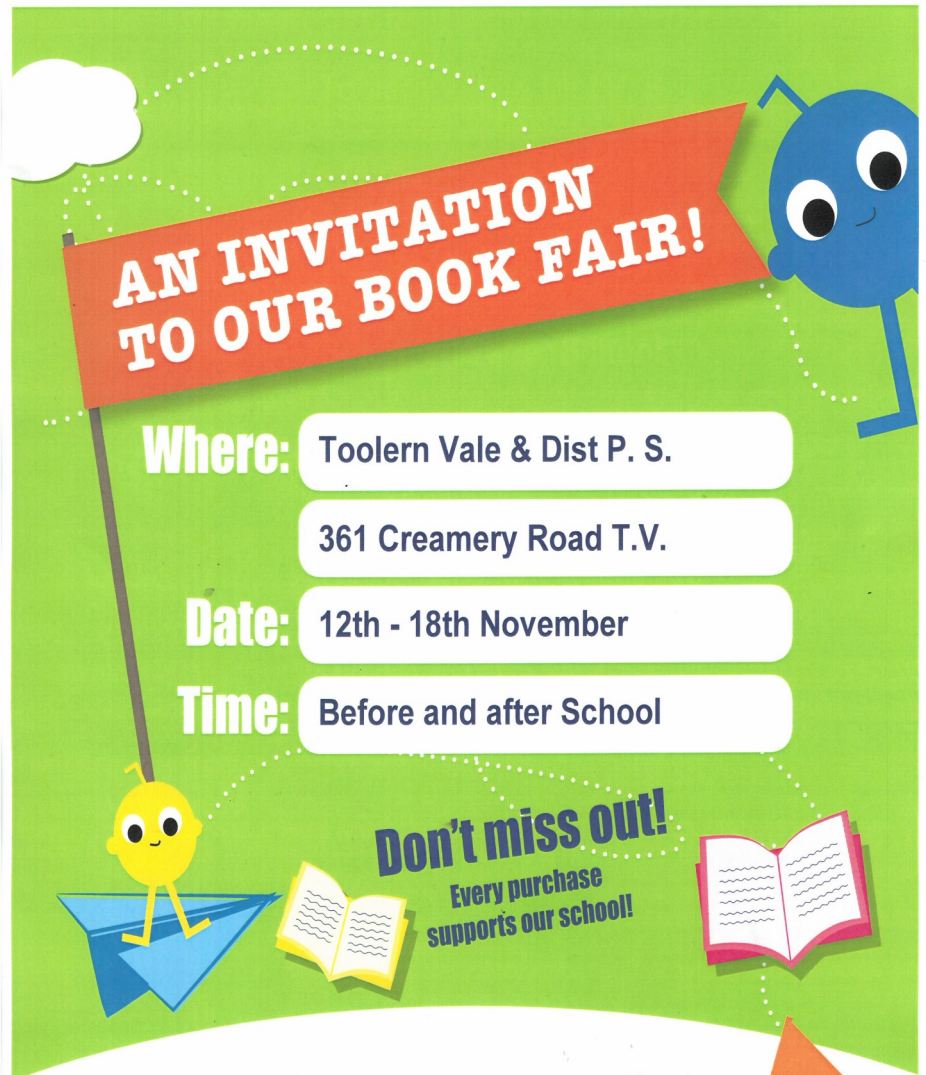
Wednesday 18th December

- School Reports go home

Friday 20th December

- Curriculum Day

(No Students at School)



www.lamontbooks.com.au

"We acknowledge the traditional custodians of the land, and pay our respect to their Elders past, present and emerging. We also acknowledge our gratitude that we share this land today, our sorrow for some of the costs of that sharing, and our hope and belief that we can move to place of equity, justice and partnership together."

Students got RED, ready for Day for Daniel



On Friday 25th October students participated in Australia's largest national day of action to raise awareness of child safety, protection and harm prevention. Day for Daniel is held on the last Friday of October every year and honours the memory of Daniel Morcombe. The theme of the day was to wear Red, Educate and Donate. All funds donated are used towards harm prevention activities and improving outcomes for children and young people who are survivors of crime, directed towards them. Your support, no matter how big or small helps to keep kids safe. **\$128.55 was the total amount raised on the day.**

Thank you to all the families who donated



A big thank you to everyone who took the time and rolled up their sleeves to attend the Working Bee on Sunday. You have all done such an amazing job!! We really do appreciate your help and support.

Ben Outten

Sarndra, Laura and Claudio Santoro

Meiksa Family

Batty Family

Traczynski Family

Carly, Jaymie and Mackenzie Tozer

Duroy Family



Author Heather Anthony



On Friday the 25th October Students got the opportunity to speak with the author of Mouse Sprouts, Heather Anthony. All students enjoyed seeing the hand made models from Mouse Sprouts book and the animation that was on display.

Mouse Sprouts

A Tale about Being Different

Albert and Daphne's brothers and sisters had grand dreams of fame and fortune. Working out what you want to be when you grow up can be hard, especially when you feel different from everyone else. Sometimes, you need to know what you don't want to be, before you discover who you are meant to be.

SunSmart

Reminder: In term 4 hats must be worn outside.

No hat, no play. We also encourage parents to put sunscreen on their children before school and provide sunscreen for use at lunchtime. Sunglasses are highly recommended for all students. Please make sure hats and glasses are named.

Book Fair

We will once again be holding our Book Fair this year. The Book fair is the major fundraising event for the Library. There will be a large selection of fiction, non-fiction and picture story books as well as Book packs. (These are usually \$10.00 and contain 5-6 assorted books) EFTPOS will be available.



Book Fair will run from Tuesday November 12th until Monday 18th November.

The hours are as follows:

Tuesday 12th: 8.30 – 9.00am and 3.00-3.30pm

Wednesday 13th: 8.30-9.00am and 3.00-3.30pm

Thursday 14th: Closed

Friday 15th: 2.30-6.30pm

Monday 18th: 8.30-9.00 and 3.00-3.30pm

Also, anyone attending the School's 150th Celebrations on Friday 14th will be able to purchase books. If anyone would like to purchase a book to donate to the Library this would be greatly appreciated. Thank you for your support.

Transition Days for 2020 Foundation Students:

Remaining transition days for 2020 students.

No 3. Tuesday 12th November 8:55am-10am

No 4. Tuesday 26th November 8:55am-10am

No 5. Tuesday 10th December 8am-12pm

Assemblies

Assemblies are held every second Monday morning at 8:55am. The next assembly will be held on Monday 11th November

Upcoming Assembly Dates

Monday 25th November

Monday 9th December

Reminders..



School Uniform

We would like to remind parents of our Uniform Policy. False nails, SNS and acrylic nails etc, are not permitted at school.

Monday 11th November
Remembrance Day

Friday 15th November
Early Dismissal 2:15pm



150th Celebration
2:15pm – 7pm

Reminder

Smoking is banned in school buildings, on school premises and within four metres of any entrance. This applies to all staff and visitors.



Kitchen News...



Halloween Chicken Dip

Ingredients

1 chicken breast, poached and shredded
125g cream cheese
½ cup of grated tasty cheese
½ cup of grated mozzarella cheese
¼ cup of parmesan
¼ cup of tomato puree
¼ cup of ranch dressing

Bread Dough

¾ cup luke warm water
1 tsp sugar
1 tsp yeast
2 cups of bread flour
2 tsps. Of salt
2 tbsp. oil
Tasty cheese, cubed



Method

Step 1: Poach the chicken breast in a saucepan of water so the chicken breast will be well submerged with at least 5cm of water above it. Bring water to the boil. Place chicken breast in water, place the lid on, and bring back up to the boil. Remove saucepan from the stove and set aside for 20 minutes. Remove chicken from the water and shred with a fork.

Step 2: Once chicken has cooled, combine in a bowl with cream cheese, tasty cheese, mozzarella, parmesan, tomato puree and ranch dressing.

Step 3: Put warm water in small bowl, add sugar and yeast, set aside in a warm place for 5 minutes. In a large bowl add flour, salt and oil and make a well in the centre. Once yeast is frothy, add to the flour and mix well. Knead on a floured surface, then leave in a warm place to rise.

Step 4: On a lightly floured surface, roll dough out and cut out triangles for the eyes and nose and cut out a mouth. Bake in the oven until golden brown, slightly risen and cooked through. Cut the remaining dough into squares, place a cube of cheese on each one, and roll into balls. Place balls around the edge of a greased dish and fill the middle with the dip filling. Bake for 35 minutes and when out of the oven put the face pieces on top.

Kitchen News...



Pumpkin Bread with Maple Cream Cheese Filling

Ingredients

Filling

125g cream cheese, softened
1 tsp. lemon juice
1 tsp. vanilla extract
4 tbsp. maple syrup

Bread

2 ½ cups of plain flour
1 cup of brown sugar
1tsp of cinnamon
1/8 tsp of allspice
¼ tsp. ground ginger
1/8 tsp. ground cloves
1 tsp. of baking soda
1 tsp. of baking powder
½ tsp. of salt
500g pumpkin puree
¾ cup of vegetable oil
¼ cup of water
2 tsp. vanilla extract



Method

Step 1: Preheat oven to 180c.

Step 2: Make the maple cream cheese filling in a medium bowl by combining cream cheese, lemon juice, vanilla and maple syrup. Stir until smooth and creamy. Set aside.

Step 3: Make the pumpkin bread by combining flour, brown sugar, cinnamon, allspice, nutmeg, ginger, cloves, baking soda, baking powder and salt. Whisk to combine.

Step 4: In a medium bowl, combine the pumpkin puree, vegetable oil, water and vanilla. Whisk well. Gradually add the wet ingredients to the dry ingredients, folding with a spatula until just combined. Try not to overmix batter.

Step 5: Grease pan and add half the batter, followed by the cream cheese filling, then top with remaining batter. Bake for 45 minutes, until a skewer comes out clean.



Djerriwarrh Festival

The theme this year is ‘**Melton City Much More**’.

Our take on the theme is that, at Toolern Vale and District Primary School our students learn about **Much More** than just Literacy and Numeracy with our Kitchen Program, Garden Program, The Arts, PE and Health, LOTE and STEM. This year we will be entering a float in the parade with a truck, kindly offered by one of our school families.

Students have been working hard over the last few weeks making signs for our float and making some beautiful sunflowers to make it nice and colourful. We chose sunflowers because they match our school uniform and they are such a happy flower.

Children can dress up as anything relating to Literacy, Numeracy, our Kitchen Program (Chef), Garden Program (Gardener), The Arts (artist, singer, dancer, etc), PE and health (athlete, doctor, etc) LOTE (Italian colours – green, red and white), or STEM (scientist, or something to do with technology, engineering or maths). Students can also wear their school uniform.





STUDENT ACHIEVEMENT AWARDS



Congratulations to the following students who have received awards this fortnight. These awards are given to students in recognition of achievement and will be presented at assembly on Monday 11th November.

Class	Name	Reason for Award
5/6A	Rylee B	<u>Resilience</u> Working to overcome challenges and setting and achieving goals.
5/6B	Shaelan H	<u>Resilience</u> For setting and achieving personal goals.
3/4A	Peyton R	<u>Engagement</u> For getting excited about my Great Cycle Challenge and riding her bike more often.
3/4B	Cassidy B	<u>Cooperation</u> For working and collaborating well with others.
3/4C	Chloe R	<u>Acceptance</u> For always being a great friend.
1/2A	Olivia E	<u>Resilience</u> For trying really hard on her writing even when it was challenging.
1/2B	Charlie J	<u>Resilience</u> For always playing by the rules and not getting upset. Great work Charlie.
Fnd A	Mohammad J	<u>High Expectations</u> For always trying your best and consistently producing high quality work.
Fnd B	Hailey M	<u>High Expectations</u> for working hard during all maths lessons.

IMPORTANT INFORMATION



TOOLERN VALE AND DISTRICT PRIMARY SCHOOL 2018.

POLICY:

UNIFORM

POLICY COORDINATOR:

Principal

Rationale:

Promotes a sense of belonging and school pride.

Policy:

Toolern Vale and District Primary School prides itself on the way students present themselves. Toolern Vale seeks to instil and foster pride in students and a sense of belonging.

Guidelines:

1. School uniform is compulsory for all students. These policies apply to both boys and girls equally.
2. Slouch, bucket or legionnaire's hats must be worn when students are outside during Term 1 and Term 4.
3. Watches and medical bracelets are the only acceptable jewellery. Students will be asked to remove unsuitable jewellery.
4. Body piercings are not permitted. Single basic stud earrings or sleepers may be worn in ears. Students will be asked to remove unsuitable items.
4. Hair must be of a natural colour and hair accessories must be in line with the school colours yellow, bottle green, black or brown. We encourage girls to wear their hair tied back.
5. Make up and coloured nail polish is NOT permitted to be worn to school. Clear or natural coloured nail polish is acceptable. Fake nails of any type are not acceptable. Sunscreen is acceptable in white only.
6. Beanies, gloves and scarves must be in line with school colours yellow or bottle green.
7. Full school uniform is required to be worn by all students for all excursions, before/after school club and sports days. (Unless otherwise notified.)
8. Black schools shoes or standard runners are part of the school uniform. Bright coloured shoes and those with flashing lights or wheels are unacceptable. Runners should be predominantly black or white.
9. Footwear must have thick outer soles, closed toes; shoelaces must be either black for school shoes or predominantly black or white for runners.
10. It is parent's responsibility to ensure that all uniform items are clearly labelled.
11. Exemptions can be applied for to the principal; parents may apply in writing for an exemption from the uniform policy for religious, ethnic or cultural grounds.
12. Hardship. Parents may apply to the principal if finances prevent the purchase of uniforms.

Students Out of uniform:

Students not in school uniform require a note from home. Where a note has not been provided parents will be contacted requesting an explanation.

Students repeatedly out of uniform will be given a uniform from the second hand uniform supply to wear on the day.

Where students are choosing not to wear school uniform a recess/lunch detention (time out) will be given.

Camps and special events

All clothing worn on school camps and for special events must comply with our sun smart policy.

No singlet tops are permitted, or tops showing midriff.

Shorts must be mid-thigh length to prevent sunburn.

IMPORTANT INFORMATION

No inappropriate wording or logos are permitted and all clothing must be appropriate for school (including costumes etc)

School uniform

The uniform is as follows:

Girls

- Bottle green or gold polo top (long or short sleeve or skivvy)
- Bottle green windcheater or bomber jacket, polar fleece jacket or vest
- Bottle green or black pants, track pants, skirt, skort, shorts
- Green & white gingham dress (bottle green or black shorts or bottle green tights or leggings underneath)
- Pinafore

Boys

- Bottle green or gold polo top (long or short sleeve or skivvy)
- Bottle green windcheater or bomber jacket, polar fleece jacket or vest
- Bottle green or black pants, track pants or shorts

Other

- Bottle green slouch bucket or legionnaires hat - terms 1 & 4
- Bottle green beanie - terms 2 & 3
- Socks
- Senior Polo
- Graduation polo or jacket

Sports Uniform

Bottle green and gold polo top, shorts bottle green or black shorts. (School has a set for inter school sports)

All of these items are available for purchase through the Uniform Shop.

EVALUATION:

- This policy will be reviewed as part of the school's four-year review cycle.

SWPBS

REACH for Success

COMMITTEE NEWS

The SWPBS committee would like to thank the staff, students and community for their support in SWPBS initiatives this year. We have achieved so much in updating our interventions to reflect our school values and promote them throughout the school.

Below are initiatives we are currently working towards:

- Updating the staff expectations matrix
- Updating the community expectations matrix
- Updating the behavioural flowchart
- Implementing Behavioural Support Plans (BSP)
- Purchasing and sourcing story books and text books to support weekly lessons
- Implementing class rewards for redeemed "Gotcha Cards"
- Communicating professional learning to all staff to support students

In December SWPBS committee members will present our achievements and efforts to other schools in the Melton and Brimbank network.

FORGET PLASTIC FRIDAYS

The student environmental leaders Georgia Storer, Maya Efthimiou, Rylee Hattwell, Brittney Cottingham, Zoe Kehagias and Kate Muscat have implemented a new initiative to reduce single use plastic in our school. They ask that lunch boxes contain 'NUDE FOOD' without single use plastics.

This includes:

- Glad wrap
- Chip packets
- Wrappers
- Straws
- Sandwich bags
- Single use plastic bottles
- Juice boxes



There will be rewards for classes who make the greatest reduction in their plastic use on Fridays.

WEEKLY LESSONS

In Term 4 we are focusing on improving our positive relationships, setting goals, and preparing for change in the coming year. Here is a list of the lesson topics for our weekly SWPBS lessons:

- Setting Personal and Learning Goals
- Following Safety Instructions and Procedures
- Respecting Personal Space
- Showing Gratitude
- Solving Conflicts
- Being Inspired by the Success of Others
- Participating in Group Games and Activities
- Practising Mindfulness
- Celebrating Successes



Foundation A used a hula hoop to demonstrate the amount of personal space we should allow others, so they feel safe and comfortable.

GOTCHA REWARDS

We are so impressed with the amount of 'Gotcha Cards' that have been redeemed at the 'Gotcha Card' stall each week. The class totals have been tallied up and are as follows:

FND A-	907
FND B-	1035
1/2 A-	1314
1/2 B-	1140
3/4 A-	913
3/4 B-	1583
3/4 C-	1300
5/6 A-	765
5/6 B-	671

There will be whole class rewards for classes to celebrate the achievements in showing our values throughout the year.

Oscar Morris bought a voucher from the 'Gotcha Card' stall to be the Foreman in the Construction Zone.




SWPBS

REACH for Success

GOAL SETTING

In week 2 our SWPBS focus was on setting achievable learning and personal goals. Here are some work samples from the students goals.

Wahool! We have everything we need. Now let's write our SMART goal with all the information we collected.



My SMART Goal
I will do my home work every
Night. I will respect others around me.

Tia P

Wahool! We have everything we need. Now let's write our SMART goal with all the information we collected.



My SMART Goal
I will invite other
kids to play my game.

Monty T

Wahool! We have everything we need. Now let's write our SMART goal with all the information we collected.



My SMART Goal
I will level up
at my x team. I will
level up my stamina
in writing. I will write a
page.

Riley A

Name: Rylee H Date: 14/10/14

My SMART Goal Planner

S SPECIFIC What EXACTLY do I want to accomplish?
I want to finish a multiplication table in under 4 minutes.

M MEASURABLE How will I know when I meet my goal?
When I practise each day and I can complete a table in under 4 mins.

A ATTAINABLE Is it possible to meet this goal with effort by my timeline?
yes, with practise each day.

R RELEVANT Is this goal worth working hard to accomplish? Does it help me with my long term goals?
Yes, if I want to get better at math I need to know my times tables.

T TIMELY What is the deadline I have set to meet this goal?
I have until Friday.

A goal without a plan is just a wish. -Antoine de Saint Exupery

Rylee H

Name: Shaalan H Date: 14/10/14

My SMART Goal Planner

S SPECIFIC What EXACTLY do I want to accomplish?
I want to finish the first book, Jackson Road.

M MEASURABLE How will I know when I meet my goal?
There will be no more pages to read.

A ATTAINABLE Is it possible to meet this goal with effort by my timeline?
Yes, I'm almost done.

R RELEVANT Is this goal worth working hard to accomplish? Does it help me with my long term goals?
Yes, I want to finish the series and this is just the first one.

T TIMELY What is the deadline I have set to meet this goal?
Friday.

A goal without a plan is just a wish. -Antoine de Saint Exupery

Shaalan H

Name: Callum S Date: 14/10/14

My SMART Goal Planner

S SPECIFIC What EXACTLY do I want to accomplish?
I want to write, using facts how much is my writing.

M MEASURABLE How will I know when I meet my goal?
I will know because I will be able to write something and explain.

A ATTAINABLE Is it possible to meet this goal with effort by my timeline?
Yes, if I try my hardest and never give up.

R RELEVANT Is this goal worth working hard to accomplish? Does it help me with my long term goals?
Yes, it is worth it because I hope to become a writer and this will help me in writing.

T TIMELY What is the deadline I have set to meet this goal?
The end of the week.

A goal without a plan is just a wish. -Antoine de Saint Exupery

Callum S

Country	Rate (per 100,000)
Canada	10.4
USA	18.8
Denmark	16.6
Sweden	17.8
Germany	11.1
China	0.6
United Kingdom	13.7
Italy	11.1
India	0.2
Vietnam	0.2
Australia	40.5
South Africa	6.5
New Zealand	39.2

Age-standardised rate of melanoma per 100,000 people

Use a combination of 5 sun protection measures

SLIP on clothing
The best barrier between your skin and the sun. Cover as much skin as possible. The tighter the fabric weave, the better the sun protection.

SLOP on sunscreen
SPF30 (or higher) broad-spectrum and water-resistant. Apply 20 minutes before you go outside. Use a generous amount. Reapply every 2 hours. Never rely on sunscreen alone – use all 5 steps for good sun protection! Check expiry date.

SLAP on a hat
Broad-brim to protect the face, head, neck and ears.

SEEK shade
Natural, built or portable, such as marquees and tents.

SLIDE on wrap-around sunglasses
Protect your eyes year-round.

Australia has one of the highest rates of melanoma in the world

Skin cancer causes more deaths than transport accidents in Australia each year

2162 deaths from skin cancer
1383 deaths from transport accidents for the 2015 period

At least 2 in 3 Australians will be diagnosed with skin cancer by the age of 70

How much sun is enough?

Vitamin D is triggered by the sun touching the skin. It is needed for healthy bones and muscles.

When UV levels are below 3, sun protection is not recommended unless near reflective surfaces such as snow or outside for an hour or more.

UV levels above 3 – sun protection is recommended.

Sunscreen use should not put people at risk of vitamin D deficiency.

UV levels

UV Level	Protection Recommendation
1-2	No protection required unless outdoors for an hour or more or near reflective surfaces such as snow or water.
3-11+	Protection recommended. Use a combination of 5 sun protection measures.

Melanoma incidence in Victoria continues to rise, but rates of increase have slowed. There are also falling incidence rates in people under the age of 45.

Skin cancer incidence is higher in men than in women

Think UV not heat

The major cause of skin cancer is overexposure to the sun's ultraviolet (UV) radiation. UV can't be seen or felt, so it can damage skin without us knowing.

Melanoma is one of the most common cancers diagnosed in Australians aged 15-29 years

Melanoma 25.6% of all cancers

Other cancers 17.7%

Gonadal germ cell cancer 12.8%

Hodgkin lymphoma 9.7%

Thyroid cancer 7.8%

Cervical cancer 2.9%

Other soft-tissue sarcoma 3.2%

Breast cancer (females only) 3.4%

Bowel cancer 3.6%

Non-Hodgkin lymphoma 5.8%

Other carcinomas that arise from epithelial cells, but are not limited to skin cancers 7.7%

Risk factors

Previous skin cancer Fair skin type that burns easily Lots of moles History of severe/blistering sunburns Family history of skin cancer Actively tan Lots of time spent outdoors unprotected Outdoor worker

The fairer your skin, the higher the risk

Check the free SunSmart app to know when you do and don't need sun protection.

sunsmart.com.au/app