**DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 6 Feb</td>
<td>Yrs 3 - 6 House Swimming Carnival 9am</td>
</tr>
<tr>
<td>Mon 9 Feb</td>
<td>Senior School Assembly 2.55pm Prep “Meet the Teacher” 2.40pm - 7pm Yrs 1 - 6 Info Night Sessions 6pm - 8pm New Online Canteen starts today</td>
</tr>
<tr>
<td>Wed 11 Feb</td>
<td>Prep Testing (No Preps at school today)</td>
</tr>
<tr>
<td>Thurs 12 Feb</td>
<td>Return of Runners Club 8.10am Oval</td>
</tr>
<tr>
<td>Fri 13 Feb</td>
<td>Yr 6 Interschool Sports Yr 3 BBQ to Roy Dore Reserve</td>
</tr>
<tr>
<td>Mon 16 Feb</td>
<td>Junior School Assembly 2.55pm</td>
</tr>
<tr>
<td>Tues 17 Feb</td>
<td>Yr 2 City Of Kingston Incursion 9am Yrs 3 &amp; 4 Swimming Program at PARCS</td>
</tr>
<tr>
<td>Wed 18 Feb</td>
<td>Prep Testing (No Preps at school today) Yrs 3 &amp; 4 Swimming Program at PARCS Yr 1 Kingston City Council Incursion</td>
</tr>
<tr>
<td>Thurs 19 Feb</td>
<td>Yr 5 Queen Vic Market Tour 9am Yrs 3 &amp; 4 Swimming Program at PARCS</td>
</tr>
<tr>
<td>Fri 20 Feb</td>
<td>Yr 6 Interschool Sport Yrs 3 &amp; 4 Swimming Program at PARCS</td>
</tr>
<tr>
<td>Mon 23 Feb</td>
<td>Senior School Assembly 2.55pm</td>
</tr>
<tr>
<td>Tues 24 Feb</td>
<td>Yr 2 Cranbourne Botanical Gardens 9am Yrs 3 &amp; 4 Swimming Program at PARCS</td>
</tr>
<tr>
<td>Wed 25 Feb</td>
<td>Prep Testing (No Preps at school today) Yrs 3 &amp; 4 Swimming Program at PARCS</td>
</tr>
<tr>
<td>Thurs 26 Feb</td>
<td>Yrs 3 &amp; 4 Swimming Program at PARCS</td>
</tr>
<tr>
<td>Fri 27 Feb</td>
<td>Payment Plan #1 Instalment due today Yr 6 Interschool Sports Yrs 3 &amp; 4 Swimming Program at PARCS Prep Welcome Picnic 6pm</td>
</tr>
<tr>
<td>Mon 2 Mar</td>
<td>Yr 6 Camp Coonawarra 8.45am Yrs 3 - 6 District Swimming Carnival (selected students only) Junior School Assembly 2.55pm</td>
</tr>
<tr>
<td>Tues 3 Mar</td>
<td>Yr 6 Camp Coonawarra Yr 2 Swimming Program at PARCS Yr 5C &amp; 5D (9 students) excursion to VSSEL 8am - 4.30pm</td>
</tr>
<tr>
<td>Wed 4 Mar</td>
<td>Yr 6 Camp Coonawarra Prep Testing (No Preps at school today) Yr 2 Swimming Program at PARCS Yr 5B &amp; 5D (9 students) excursion to VSSEL 8am - 4.30pm</td>
</tr>
<tr>
<td>Thur 5 Mar</td>
<td>Yr 6 Camp Coonawarra Yr 2 Swimming Program at PARCS Yr 5A and 5D (9 students) excursion to VSSEL 8am - 4.30pm</td>
</tr>
</tbody>
</table>

**PRINCIPAL’S REPORT**

**WELCOME BACK**

I would like to welcome back all families to the new school year. I hope that the festive season was a safe and happy family affair. Our current school enrolment is 746 students. I would also like to welcome our prep class of 2015 and new students in Years 1 - 6 to Patterson Lakes Primary School. I hope your stay at Patterson Lakes is both fulfilling and rewarding.

I have included a small number of reminders below to assist parents for the commencement of 2015.

On a personal note, it’s nice to be back at Patto after working for South Eastern Region for most of last year.

**STAFFING**

We welcome Giselle Renault [French] and the return of Meaghan Bainbridge and Hannah Hunt to Patterson Lakes Primary School.

**2015 SCHOOL LEADERSHIP POSITIONS**

At last year’s final assembly, the following students were announced as our 2015 school leaders. I wish them every success in their leadership roles.

**SCHOOL CAPTAINS**

Corey O 6A, Sara S 6B

**JUNIOR SCHOOL COUNCILLORS**


**Thompson Tornadoes House Captains**

James M 6B, Coby P 6C, Maddi T 6D, Emily T 6D

**Gladesville Gladiators House Captains**

Tarrant S 6C, Tim M 6C, Star H 6D, Zoe S 6C

**Wells Wildcats House Captains**

Aden G 6B, Mackie E 6A, Caitlin L 6C, Amy M 6A

**McLeod Mustangs House Captains**

Harvey T 6A, Charlie A 6B, Jerzie V 6C, Trinity H 6B

**ENVIRONMENT LEADERS - Dolphin Research Ambassadors**

Hannah V 6A, Natalie M 6B, Molly K 6C, Jack M 6D, Dillon H 6B, Kai K 6C

**CLASS CAPTAINS AND WASTE WARRIORS**

The names of Class Captains and Waste Warriors will be published in next week’s newsletter.
PRINCIPAL'S REPORT

SUPERVISION OF STUDENTS

Just a reminder to all parents that teachers are officially on yard duty before school from 8.45 – 9.00am and after school from 3.30 - 3.45pm. A bell is sounded at 3.45pm to ensure that students that have not been collected by parents report to the office.

For new parents to our school, the following procedures have been implemented in relation to student safety and children arriving at school well before 8.30am.

Contact will be made with parents informing them that staff are not officially on yard duty until 8.45am.

Parents will be asked if they can find other alternatives for morning supervision.

If there are no other supervision alternatives, parents will be provided with an enrolment form for Before School Care.

PUNCTUALITY

The school seeks the cooperation of parents to ensure that children arrive at school no later than 8.55am to enable classes to commence on time and without interruption. If children arrive after 9.00am they miss important introductions and instructions to learning sessions. This disadvantages the child who is late, and also impacts negatively on the other students and the teaching time for the whole class as the teacher often needs to stop teaching to re-explain instructions to the late child.

Children who are late are required to go to the office and obtain a late pass before proceeding to class. If children are required to leave school early, parents are required to sign an early leavers pass at the office.

ONE BIN POLICY

During the past 4 years, students have been encouraged to bring ‘nude food’ to school that has minimal wrapping. Most food will be eaten in classrooms, with only unpackaged food being allowed in the eating area.

The aims of the ‘One Bin Policy’ are to:

- Encourage parents to adopt an active role in planning the types of snack foods and lunches, and their packaging that is provided for their children.
- Reduce the amount of material going to landfill.
- Reduce the amount of litter being produced.
- Reduce the cost to schools of waste and litter management.
- Encourage Patto to be a good example on waste minimisation practices.

HOUSE POLO TOPS

Just a reminder to parents that House Day is every Friday. Students are to wear their House polo top to school.

PRINCIPAL'S REPORT

VALUABLES AT SCHOOL

The Department of Education and Training [DET] does not hold insurance nor does it accept responsibility for private property brought to school by students, staff and visitors.

STUDENT ABSENCE BY TELEPHONE

The office encourages parents to leave a message on the Absence Line [Press 1] when your child is going to be absent from school. Remember to advise the child’s name, grade and the reason for the absence.

WATER BOTTLES IN CLASSROOMS

Children are encouraged to bring water bottles to use in their classrooms during class time. Research informs us that children usually do not drink enough water during hot weather. This can sometimes result in dehydration. Headaches, bad behaviour, sleepiness are all associated with dehydration. Bottles should be the ‘pop top’ style and contain water only.

JEWELLERY

Jewellery and make up [other than studs and sleepers] should not be worn at school. This policy reduces health problems, peer group competition and in the case of jewellery, the chance of losing a valuable item or causing an accident. Earrings should be of the ‘sleeper’ or ‘stud’ type. In some activities, Workplace Health and Safety Regulations may require sleepers to be covered by tape or the removal of all jewellery.

BIKE SAFETY

Bikes must be walked in the school grounds after 8.00am and before 4.30pm. This ensures the safety of all students and adults. Students who disregard this safety guideline will not be permitted to ride their bike for the remainder of the school year. The use of other forms of wheeled transport i.e. skateboards, scooters, rollerblades continue to be banned as a mode of transport by students to and from school. School Council discourages students below Year 3 from riding their bikes to and from school, unless under the supervision of an adult. There is a $584.10 fine for not wearing a helmet.

FACE OF KIDS HOTSHOT

Congratulations to Sophie D, 5A who was chosen by Tennis Australia as the face of Kid’s Hotshot registration page.
## Happy Birthday

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTHDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serafina M</td>
<td>5 February</td>
</tr>
<tr>
<td>Luke J</td>
<td>6 February</td>
</tr>
<tr>
<td>Sienna S</td>
<td>6 February</td>
</tr>
<tr>
<td>Jett S</td>
<td>6 February</td>
</tr>
<tr>
<td>Jaxon P</td>
<td>6 February</td>
</tr>
<tr>
<td>Tarkan G</td>
<td>7 February</td>
</tr>
<tr>
<td>Juno B</td>
<td>8 February</td>
</tr>
<tr>
<td>Sahara J</td>
<td>8 February</td>
</tr>
<tr>
<td>Jack O</td>
<td>8 February</td>
</tr>
<tr>
<td>James G</td>
<td>8 February</td>
</tr>
<tr>
<td>Shanika K</td>
<td>9 February</td>
</tr>
<tr>
<td>Sam W</td>
<td>10 February</td>
</tr>
<tr>
<td>Bella W</td>
<td>10 February</td>
</tr>
<tr>
<td>Sarah A</td>
<td>11 February</td>
</tr>
<tr>
<td>Tyler R</td>
<td>11 February</td>
</tr>
</tbody>
</table>

## Meet the Teacher Meetings

**Monday 9th February**

**Prep Meet the Teacher Night:**

The school is conducting Meet the Teacher Meetings for the Prep year level from 2:40pm to 7:00pm on Monday, 9th February.

Meetings will be of 10 minutes duration and will be held in your child’s classroom.

For these meetings we are using an internet-based booking system called Parent Teacher On-Line (PTO) which can only be accessed by the parent who is nominated as ‘Parent A’ on your child(ren)’s school enrolment form. Using this system you will be able to book the meeting times that suit you best from any internet-connected device. A computer will be available at the office during school hours if you do not have internet access at home or elsewhere. Alternatively you may organise a time with your classroom teacher.

## Year Level Information Night

Year Level Information Night will be held on Monday 9th February. This will replace the Meet the Teacher in Years 1-6 in 2015.

Each year level will introduce themselves as a team and outline their expectations and provide information in the areas of classroom management, curriculum, classroom support, communication, specialist timetable, wellbeing and excursions.

**Year 1 Information Session:** 6.30pm-7pm in Mrs Bowly’s room (Room 12).

**Year 2 Information Session:** 6.30pm-7pm in Mrs Ashburn’s room (Room 15).

**Year 3 Information Session:** 7pm-7.30pm in Mrs Krieger’s room (Room 30).

**Year 4 Information Session:** 7pm-7.30pm in Mrs Walker’s room (Room 25).

**Year 5 Information Session:** 7.30pm-8pm in Mrs Ryan’s room (Room 8).

**Year 6 Information Session (this will include camp information):** 7.30pm-8pm in Mrs Carmona’s room (Room 10).

Please return your form to your classroom teacher indicating your attendance. Your attendance would be greatly appreciated.

## Assistant Principal’s Report

### Student Support Services and OnPsych Counselling Support

Schools are allocated student support services officers by the region to assist with a range of student wellbeing concerns such as counselling, speech issues, cognitive and language assessments.

Leanne Banfield has been allocated to our school as a Guidance Officer (psychologist). Cate McGrath will again be our Speech Pathologist for a third year. Our school has been allocated Mondays for these services and we look forward to Leanne and Cate’s valuable support this year.

The school will again be using a company called OnPsych to help support students by way of counselling through the Mental Health Care Plan. Brittany Taylor, who was with us in 2014, will be visiting our school each Thursday.

If your family requires any of these services it is best to discuss your concerns with your child’s class teacher first.

### Welcome to Our New Families

The following families have commenced at our school with students in Years 1-6:

- Milne (Years 1 & 2), Martins (Year 2), Cooper (Year 2), Culpin Watson (Year 2), Ozbinay (Year 2), Matar (Year 2), Poturaj (Years 3 & 5), Guak (Years 3 & 5) and Smith (Year 5).
Family School Accounts

‘Thank you’ to all of the wonderful families that have either paid their accounts in full or made payment arrangements with the school. Your support is greatly appreciated.

All families will have received their Family Statement (posted in 2014). For those families that wish to utilise the instalment option for payment of family accounts, the form below must be returned to school by Friday 13th February 2015.

Thank you.

Accounts are payable via BPAY using the details on your statement, in person at the school office (Cash / Cheque / Credit card / EFTPOS) or you can call us on 9772 4011 to use your credit card over the phone.

Patterson Lakes P.S. - Payment Plan Election Form

Child/ren name/s: ____________________________________________________________

I wish to pay my school account in three equal instalments during 2015 as follows:

Instalment #1 due by 27/02/2015 $_______
Instalment #2 due by 30/04/2015 $_______
Instalment #3 due by 31/08/2015 $_______
Total amount payable $_______

Parent Name: __________________________________________________ Signature: ______________________

Contact Phone: ________________________________

LUNCH CLUBS

<table>
<thead>
<tr>
<th>Day</th>
<th>Club</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Social Club</td>
<td>Room 8 (Mrs Ryan)</td>
</tr>
<tr>
<td></td>
<td>Sing Club</td>
<td>Music Room</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Social Club</td>
<td>Room 8 (Mrs Ryan)</td>
</tr>
<tr>
<td></td>
<td>Garden Club</td>
<td>Vegetable Garden</td>
</tr>
<tr>
<td></td>
<td>Homework Club</td>
<td>Room 24 (Mrs Dyer)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Chess Club</td>
<td>Room 18</td>
</tr>
<tr>
<td>Thursday</td>
<td>Social Club</td>
<td>Room 8 (Mrs Ryan)</td>
</tr>
<tr>
<td></td>
<td>Maths Club</td>
<td>ICT LAB</td>
</tr>
<tr>
<td>Friday</td>
<td>Library</td>
<td>Library</td>
</tr>
<tr>
<td></td>
<td>Science Club</td>
<td>Science Room</td>
</tr>
</tbody>
</table>

BOOK CLUB

Book Club Orders are due TOMORROW
Runners Club 2015!

Runners Club begins on Thursday 12th February 8.10am on the school oval and will run every Thursday 8.10am-8.45am for the remainder of the year (weather permitting).

Runners Club is open to all students Prep - 6, their siblings and parents. Students run, walk or jog as many laps as they can and record their results.

This year we have recruited Mr Patane who is eager to help out and build the success of the club alongside Miss Conway and Mrs Laughlin.

Certificates will be handed out to students in Prep - Yr 2 for every 50 laps completed and to students in Yrs 3 - 6 for every 100 laps completed. Special awards handed out at the end of the year for students with the most laps overall.

YEARS 3 - 6 SWIMMING CARNIVAL

PLPS 2015 Swimming Carnival (Years 3 – 6)

Students in Years 3 – 6 will be participating in the 2015 Swimming Carnival at the Pines Pool in Frankston North on Friday February 6th 2015.

Buses will leave school at approximately 9.10am and return at approximately 3.00pm for a normal 3.30pm dismissal.

Students are to wear their house polo shirts with their bathers underneath and bring the following:

- Towel
- Hat
- Sunscreen
- Goggles
- Lunch and snacks
- Large drink bottle
- Change of underwear
- Plastic bag for wet clothes and towel
- Optional money for canteen ($5 max)

Students will be provided with a house coloured swimming cap to compete in as they arrive.

FIRST AID NEWS

A timely reminder to all parents and carers that we have numerous students at this school with life threatening allergies to certain foods. Letters have been sent home informing parents of students who have a child in their class suffering with a life threatening allergy, outlining what the allergies are.

One of the main concerns in our school is allergies to nuts and this year we have many students with life threatening allergies to various nuts, especially hazelnuts and peanuts.

Given that one of the main ingredients in Nutella is hazelnuts and peanuts in Peanut Butter, I ask parents/carers to be very mindful of this when packing your children’s lunch and to avoid sending peanut based foods to school. We also ask that you educate your child(ren) with regard to not swapping food with other children at school, encouraging safe habits.

Regards,
Rachael Grady - First Aid Officer

WORKING WITH CHILDREN CHECKS

Many of the opportunities we provide our students at PLPS could not go ahead without the wonderful help from parents. We often require parent helpers for school sporting events, excursions, fundraising events and classroom programs. If you wish to help out at PLPS you will be required to register your Working with Children Check (WWCC) at the School Office.

Please note there are no fees for a Volunteer WWCC.
For more information visit www.workingwithchildren.vic.gov.au
YEARS 3 - 6 SWIMMING CARNIVAL FRIDAY 6TH FEBRUARY 2015

EVENTS TIMETABLE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.10am (Approximate time)</td>
<td>Freestyle</td>
</tr>
<tr>
<td>11.30am (Approximate time)</td>
<td>Breaststroke</td>
</tr>
<tr>
<td>12.15pm (Approximate time)</td>
<td>Backstroke</td>
</tr>
<tr>
<td>1.00pm (Approximate time)</td>
<td>Butterfly</td>
</tr>
<tr>
<td>1.30pm (if time allows)</td>
<td>Noodle Race</td>
</tr>
</tbody>
</table>

Age groups:

If you are turning 8 anytime in 2015 you will be in 9/10 year old age group
If you are turning 9 anytime in 2015 you will be in 9/10 year old age group
If you are turning 10 anytime in 2015 you will be in 9/10 year old age group
If you are turning 11 anytime in 2015 you will be in 11 year old age group
If you are turning 12 anytime in 2015 you will be in 12/13 year old age group
If you are turning 13 anytime in 2015 you will be in 12/13 year old age group

Age group order for ALL events:

Boys  12/13
Girls 12/13
Boys  11
Girls 11
Boys  9/10
Girls 9/10
### PATERNSON LAKES PRIMARY SCHOOL CANTEEN MENU 2015

<table>
<thead>
<tr>
<th>YUMMY TUMMY HOT FOOD</th>
<th>SUPER SANDWICHES, ROLLS &amp; WRAPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna 97% fat free</td>
<td>Vegemite</td>
</tr>
<tr>
<td>$4.20</td>
<td>$2.20 $2.80</td>
</tr>
<tr>
<td>Macaroni/Cheese 97% fat free</td>
<td>Cheese (Lins)</td>
</tr>
<tr>
<td>$4.20</td>
<td>$2.40 $3.00</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>Egg &amp; Lettuce</td>
</tr>
<tr>
<td>$3.90</td>
<td>$2.60 $3.20</td>
</tr>
<tr>
<td>Dim Sims Swizzled (Low Sodium)</td>
<td>Ham (97% fat free)</td>
</tr>
<tr>
<td>$1.00</td>
<td>$3.00 $3.60</td>
</tr>
<tr>
<td>Chicken crumbed tender</td>
<td>Ham (97% fat free) &amp; Salad</td>
</tr>
<tr>
<td>$1.60</td>
<td>$4.00 $4.60</td>
</tr>
<tr>
<td>Hot Noodles Chicken or Beef</td>
<td>Roast Chicken</td>
</tr>
<tr>
<td>$2.70</td>
<td>$3.50 $4.10</td>
</tr>
<tr>
<td>Pizza Ham &amp; Pineapple</td>
<td>Roast Chicken &amp; Salad</td>
</tr>
<tr>
<td>$3.90</td>
<td>$4.50 $5.10</td>
</tr>
<tr>
<td>Hot Dog 97% Fat Free</td>
<td>Salad (Lettuce, Cheese, Tomato, Beetroot, Carrot &amp;</td>
</tr>
<tr>
<td>$3.50</td>
<td>$3.60 $4.20</td>
</tr>
<tr>
<td>Beef Burger with Lettuce and Sauce</td>
<td></td>
</tr>
<tr>
<td>$4.20</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>$4.20</td>
<td></td>
</tr>
<tr>
<td>Cheese Free Hot Dog (no roll)</td>
<td></td>
</tr>
<tr>
<td>$2.50</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TASTY JAFFLES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Bean &amp; Cheese</td>
<td>Salad</td>
</tr>
<tr>
<td>$3.20</td>
<td>$6.30 $6.90</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>Large Chicken Wrap - 2 Chicken Tender, Lettec, Lite Slice Cheese &amp;</td>
</tr>
<tr>
<td>$2.80</td>
<td>$6.30 $6.90</td>
</tr>
<tr>
<td>Cheese (Lins)</td>
<td>Salad</td>
</tr>
<tr>
<td>$2.80</td>
<td>$6.30 $6.90</td>
</tr>
<tr>
<td>Ham (97% Fat Free &amp; Cheese (Lins)</td>
<td></td>
</tr>
<tr>
<td>$3.70</td>
<td>$6.30 $6.90</td>
</tr>
</tbody>
</table>

### MRS MACS GOOD EATING RANGE

- Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG
- No Added Preservatives, or Artificial Colours
- 100% Vegetable Pasta
  - $4.00 $4.60
- Beef Pie
  - $4.00 $4.60
- Sausage Roll
  - $3.00 $3.60
- Potato Top Pie
  - $4.00 $4.60
- Tomato Sauce
  - $0.30 $0.36

### SNACKS

- Cobs Popcorn Sea Salt or Slightly Sweet
  - $1.50 $2.10
- Jim’s Chicken Crackers
  - $1.40 $1.60
- Rockchips Honey/Soj
  - $1.40 $1.60
- Rockchips Sea Salt
  - $1.40 $1.60
- Go Cookies
  - $1.00 $1.00

### EXTRAS

- Salad Dressing - choose Mayo, French or Italian
  - $0.55 $0.60
- Lunch Bags
  - $0.10 $0.12

### TERM 1 & 4 ONLY

- Fruity White Gold Wedge
  - $3.00 $3.60
- Fruit Salad Tub
  - $0.60 $0.72

### FROZEN TREATS AND SNACKS

- Frozen 100% Juice Tubes
  - $1.00 $1.20
- Frozen Skim Milk Tubes
  - $1.20 $1.40
- Chocolate, Jaffa & Bubblegum
  - $0.60 $0.72
- Frozen Pineapple UPG’s
  - $0.60 $0.72
- Frozen Yoghurt Tub Strawberry
  - $2.10 $2.52
- Straw Choc Shakes Cup
  - $2.20 $2.52
- Straw Paddle Pop
  - $1.60 $2.00

### DRINKS

- 600ml Water
  - $1.50 $1.80
- 250ml Milk (Low Fat)
  - $2.40 $2.80
- Chocolate, Strawberry
  - $2.10 $2.52
- 100% Fruit Juice
  - $2.10 $2.52
- Orange, Apple or Tropical
  - $2.30 $2.80
- Aqua Fruit Flavoured Springwater
  - $2.30 $2.80
- Cola, Blue Heaven or Apple Raspberry

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Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices:

- ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○ Every Day Foods (eat most)
- ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○ Select Carefully foods (eat moderately)
- ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○ Gluten Free
- ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○○ ○○ Denotes Vegetarian

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Please be aware food items may contain nuts, traces of nuts, nut products or processed on the same equipment that has processed nut products.

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EFFECTIVE TERM 1 2015

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****LUNCHES MUST BE ORDERED ONLINE*****

[www.munchmonitor.com](http://www.munchmonitor.com)
CANTEEN SERVICE IS BACK MONDAY 9th FEBRUARY...
NOW YOU CAN SAVE TIME BY ORDERING ONLINE!

Service available Monday, Thursday and Friday

The Patterson Lakes Primary School canteen is ONLINE!
✓ place lunch orders online up to 4 weeks in advance (up to 9am on the day)
✓ top-up the account using VISA/MasterCard (or with cash at canteen window)
✓ view your transaction history online
✓ list allergies to alert canteen staff

Patterson Lakes Primary School has teamed up with MunchMonitor to offer an easy to use online ordering system for parents and students. Simply set up an account, submit your orders online and the canteen will deliver your child’s lunches as they always have.

How do I set up an account to order online?
• go to www.munchmonitor.com
• click LOGIN then REGISTER
• enter School ID: plps and Password: munch3197
• Then follow the 4 easy steps to create your account:

[Diagram with steps listed]

STEP 1: Create a Parent Profile by entering information about yourself
STEP 2: Add your Students to your account
STEP 3: Transfer money to your account by clicking the Account Top-up button.
STEP 4: Click MY ORDERS and you’re ready to Order lunches!

What does it cost?
This fantastic service costs only $2.50 per Family Account per term (irrespective of the number of students on your account or how many times you place orders). You can cancel at any time & there are no other fees to use MunchMonitor.

Need more information?
Simply go to www.munchmonitor.com, enter the School ID plps and password munch3197 & click FAQ for answers to Frequently Asked Questions. Alternatively, send an email to help@munchmonitor.com

Added bonus: COUNTER SALES every Friday
Sales of icypoles and ice creams will be available at the Canteen Window (After School Care building) on Fridays only (Prices on canteen menu).
We currently have 600 users registered on Tiqbiz since the launch of our school’s Tiqbiz app, showing even more so that it’s certainly proving to be a valuable communication tool for our school.

If you haven’t downloaded the school app yet and wish to do so, please follow the simple instructions below. Should you require any assistance you can contact Tiqbiz direct on 9800 1489 or contact Rachael Grady at the school on 9772 4011.
School Banking 2015 is ready for launch.

For over 80 years, the School Banking program has been teaching Australian children lifelong money skills. This year, your child is invited to join the Dollarmites on an intergalactic mission to Planet Savings.

Information on how students can get on board with School Banking, including a Savings Tracker and a rewards redemption card, is available from your School Banking Co-ordinator.

Your school has received parent packs that include all the information you need to get on board. If you haven’t received a parent pack yet, please ask your School Banking Co-ordinator.

Rewarding good savings habits with eight new items in 2015

The School Banking program encourages good savings habits by rewarding students with awesome reward items. For every 10 deposits made through the program, they can redeem a reward from our Outer Space Savers range, including ET DVDs, Planet Handballs, Invisible Ink Martian Pens, Intergalactic Rockets, Glow-in-the-Dark Solar Systems, Cosmic Light Beam Torches, Outer Space Savers Money Boxes and Lunar Light Bands.

You could win a family trip to Disneyland

In a School Banking first, students who make 25 or more School Banking deposits in 2015 will automatically receive one entry into the competition draw to win a family trip to California’s Disneyland. The prize includes return airfares, five nights accommodation, transfers and three days park entry for up to two adults and two kids, plus AUD$2,000 spending money.

For more information, visit commbank.com.au/schoolbanking

Things to know before your Can: Conditions apply. Promotion starts 9.00am AEDT 27/1/15 and ends 11.59pm AEDT 18/12/15. Entry is open to all YouthSaver account holders aged 5-15 years who participate in CommBank’s School Banking program. Entrants under 16 must have parent/guardian consent. The draw will take place at 12.30pm AEDT on 12/1/16 at the Promoter’s office. The first valid entry drawn will win a family trip to California’s Disneyland valued at $22,245. The winner’s name will be published in the public notices section of The Australian on 26/1/16. Promoter is Commonwealth Bank of Australia ABN 48/123/123/124 of Level 2, 11 Harbour Street, Sydney NSW 2000. Full terms and conditions available at commbank.com.au/schoolbanking NSW Permit No LTPS/14/09857; ACT Permit No TP14/04345; VIC Permit No 14/5966; SA Permit No T14/2327.
Welcome to 2015!

Be prepared for an Asthma Spike

What is the February asthma spike?

'Spikes' are significant increases in asthma presentations to hospitals and emergency departments.

For children and adolescents with asthma these 'spikes' occur soon after the return to school and other education settings following the long holiday break.

Therefore, a significant 'spike' in asthma presentations and admissions to hospital for children and adolescents, experiencing severe asthma exacerbations, occurs throughout the first few weeks of February.

Triggers that can be encountered are:

- Respiratory viruses, such as cold and flu viruses.
- Anxiety and stress due to returning to school.
- Cleaning products that leave behind strong smells, aerosols or airborne dust.
- Dust and mould spores from poorly ventilated, or insufficiently cleaned school rooms.

What can we do to avoid asthma exacerbations in our school?

- Ensure your school has a sufficient amount of Asthma Emergency Kits. A minimum of 2 and at least one per every 300 students.
- Ensure that each kit contains in-date reliever medication (e.g. Ventolin, Asmol or Airomir), 2 spacers, reliever record sheet and instructions detailing the emergency procedure.
- Ensure student Asthma Care Plans are updated on an annual basis and returned to school.
- Ensure staff education and training is up to date.
- Ensure your school’s Asthma Policy is current.
- Ensure staff are aware of which students in their class have asthma, and know where Asthma Emergency Kits are stored.
- Ensure all classrooms are opened, cleaned and aired out in the weeks before students return to school.

Why does the spike occur?

While there have not been direct links established, the February 'asthma spike' is believed to be largely due to children and adolescents coming back into contact with asthma triggers in and around their school environment, that they have had time away from during the holidays. Forgetting to take their medication (because their asthma feels better during the summer) and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.
Help your kids manage their asthma

Checklist for Parents

Does your child have an up to date Asthma Action Plan (Asthma Care Plan)?
The Asthma Care/Action Plan tells the school how to manage your child’s asthma and what to do if their asthma gets worse. This should be updated & signed by the doctor on an annual basis.

Does your child carry their reliever puffer and spacer with them at all times? Or is it readily available to their Carers?
Medication needs to be available wherever your child may be (school, child care, sporting field, home)

Are you and your child aware of their asthma triggers?
Do you take steps to avoid these triggers? Are the Teachers aware of these triggers?

Do you listen to what your child says?
They will be aware of their asthma symptoms and should be able to tell you when they need their medication.

Does your child take their asthma medication correctly?
Good technique allows more medication to get into the lungs where it is needed. Talk to your doctor or pharmacist if you would like to check your device technique.

Asthma and Thunderstorms

Summer storms are becoming more frequent throughout Australia. Thunderstorms can combine heavy rain, high humidity and strong winds. A European study found there are observations in favour of the possibility that thunderstorms disturb ground-level pollen grains, bursting the pollen grains and making the allergens small enough to be inhaled into the lungs. There is also evidence that after rain and during wet conditions there are a larger amount of fungal spores in the air. These can act as a trigger for asthma symptoms.

What can you do?

- Ensure preventer medication is taken as prescribed.
- Have an up to date Asthma Care Plan.
- If your asthma gets worse during thunderstorms try to stay indoors with the windows closed.
- Always carry your reliever medication with you.

For more information on Thunderstorms and asthma please see www.asthmaaustralia.org.au
7 ways to make this year your child’s best year ever at school

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child’s best year ever year at school:

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night’s sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.
Chelsea Football Club Registration Day
Fri 5th Feb 6pm - 9pm and Sat 7th Feb & Sun 8th Feb 11am - 3pm. Edithvale Recreational Reserve Edithvale Rd, Edithvale. Log onto www.chelseafootball.com.au for details.

Peninsula Strikers Football Junior Football Club
Soccer club catering for boys and girls Yrs 6 - 18. Register your interest by going to http://bit.do/strikers2015 or visit www.peninsulastrikersjuniorfc.sportingpulse.net

Peninsula Speech Pathology Services
Free Social Thinking Information Seminar available to all interested parties. Thursday 12th February 7.30pm-8.30pm 16/1140 Nepean Hwy Mornington. RSVP: 03) 5975 1500

Skye United Soccer Club Registration Day
Saturday 14th February 2015, 10.00am - 3.00pm. Carrum Downs Secondary College (McCormicks Rd, Carrum Downs). Ages 5 Year + Boys & Girls. Phone Wendy on 0448 618 372 for further details.

2015 Australian Ski Show Nationals - Free Entry
The best show skiers come together for one show, Fri 27th Feb at the National Water Sports Centre, Bangholme 6pm. For further details: Bethany Campbell on 0433 417 383.