







Gladstone Views Primary School

NEWSLETTER



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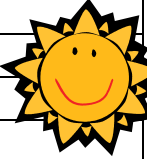






Principal: Michael West

Assistant Principal: Jane Donaldson

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Thursday October 23, 2014

Diary

Fri 24 Oct		Rotary Club Raffle Tickets due – <i>Final day</i> (Drawn on Cup Day) 
Fri 24 Oct	9.30am – 3.00pm	Prep Excursion to Anakie Fairy Park (Tomorrow) 
Mon 27 Oct		Gladstone Views Health Fair - Gr. 5/6
Tues 28 Oct	9.00am – 3.00pm	Gr. 3/4 Excursion to ACMI
Tues 28 Oct	7.00pm	Prep 2015 Parent Information Session 
Wed 29 Oct		Canteen Special Lasagna Day Lunch 
Fri 31 Oct		Cricket Gala Day
Fri 31 Oct	9.30am – 10.30am	Ready, Set, Prep 2015 Transition Day 1 – <i>Action in the classroom</i> 
Tues 4 Nov		Public Holiday - Melbourne Cup Day
Wed 5 Nov	12.00pm – 2.00pm	Responsible Pet Ownership Incursion P-2
Fri 7 Nov	9.30am – 10.30am	Ready, Set, Prep 2015 Transition Day 2 – <i>Make a Logo Learner</i> 
Mon 24 Nov	2.00pm – 2.30pm	Parent Helpers Afternoon Tea
Tues 9 Dec	7.00pm	School Council – last meeting for 2014
Thurs 11 Dec		Whole School Picnic
Tues 16 Dec		Grade 6, 2014 Graduation

Items Distributed With Newsletter Today

• Fitman Flyer	• Gr. 5/6 Personal Dev. Program Notice
• 'Class of 2015' Uniform Order Form – Gr. 5	• Portsea Camp Gr. 5/6 ~ 2015 Notice
• 2015 Booklist Supplies & Educational Materials Notice	

FROM THE PRINCIPAL

It's great to be back at the Views and a big thank you to Mrs Donaldson and the staff for ensuring a smooth start to the term. I am very fortunate to have had the opportunity to visit other countries and to look at their education systems and learn from them. Both Japan and Singapore score very highly in the PISA results that measure which students are achieving the best educational outcomes in literacy and numeracy. One feature that was prevalent in both countries was the high regard that they have for teachers and the importance they place on education. In addition they are very respectful as a society and discipline is valued greatly.

At the Views we are continually striving to improve our teaching practice to ensure that all students are learning

however we realise that there is still room for improvement. We are very blessed here to have teachers who not only work very hard but also strive to improve themselves and each other.

It is important that we prepare our students for the future and that future is very much about living in a digital age, we also need to provide our primary school students with the essential skills of literacy and numeracy first.

We try to do that in a caring and compassionate environment while focussing on developing resilient disciplined and respectful students who are lifelong learners. Our journey continues.

Have a great week

Michael West



CANTEEN NEWS

Mon 27 October - Fri 7 November

	27 Oct – 31 Oct	3 Nov – 7 Nov
Mon	Phuong H.	-
Tues	Merla K.	Melb. Cup Day
Wed	Skye V.	Kerri C.
Thurs	Andrew C.	Andrew C.
Fri	Amanda H. Sonia W.	Amanda H. Kristie K.



❖ Brochures available at the office

STAR FISH AWARDS

For any of the 4 principles

Week ending 8 Aug

'Choose your Attitude'

Prep A	Richard	For trying harder to choose a more positive attitude each day.
Prep B	Tai M	For a great improvement in effort and concentration during writing.
Prep C	Evan B.	For always being a caring and thoughtful friend.
1/2A	Olivia G.	For always coming to school with a smile on her face, ready to learn and for making Miss Borg and all of 1/2A proud. Fantastic job Olivia .
1/2B	Bassem H.	For making Mrs Torre's day every day by working to the best of his ability at all times. Well done!
1/2C	Mason L.	For always making his peers day in Maths by helping those who are having trouble.
3/4B	Elizabeth S.	For making Mrs K's day every day by always listening attentively and contributing to discussions.
3/4C	Lachlan D.	For making Glykeria's day with an amazing illustration to her story.
5/6A	Alexia T.	For always making my day with her vibrant and bubbly attitude.
5/6B	Jade M	For always being a friendly and happy member of our class, ready to take on any challenge.
5/6C	Lani M.	For being present during class discussions and listening attentively to make sure she completes tasks accurately.

STAND TALL AWARDS

Week ending 1 Aug

Prep A	Kane	For trying so hard to achieve his goal to improve his handwriting.
Prep B	Alex P.	For using expression and many strategies to improve his reading.
Prep C	Siena G.	For delivering an interesting and confident oral presentation about her camping trip.
1/2A	Addison A.	For his outstanding improvement in his writing creating a very lengthy recount. Well done Addison, keep up the fabulous work!
1/2B	Mariam P.	For asking herself some great questions before, during and after reading to improve her comprehension. Keep up the great questioning!
1/2C	Ruby S.	For her excellent persuasive text on 'Dogs are better than Cats.'
3/4B	Paige B.	For her detailed and informative text about the platypus. Well done!
3/4C	Kallam S.	For his fantastic concentration and focus during <i>Read to Self</i> .
5/6A	Gizem S.	For her incredible leadership skills in organising her group in preparation for the Health Fair.
5/6B	Thomas H.	For being a great contributor during Book Club discussion groups. He takes lead and is able to articulate his thinking clearly.
5/6C	Ebony R.	For applying her computer knowledge skilfully and creatively when presenting her work.

Chocolate Drive 2014 Winners

Junior School Winners ~ D'Agostino & Madden Families

(Draw for most chocolates sold)

Senior School Winner ~ DeKeizer Family

Winner drawn at assembly ~ Jarryd P.

(Each winner received a \$30 Coles/Myer Voucher)



Come one come all to the Gladstone Views Health Fair!

The Grade 5/6 students have been working extremely hard putting together stalls and activities relating to social, emotional and physical health. We invite you to come along and join in all the fun and action. Some of the attractions on the day:

- Sporting activities
- Meditation
- Information stalls
- Films
- Demonstrations



(Fitman will be here at GVPS)

When: Monday 27th October 2014
Time: 3:00- 4:00pm
Where: Senior Core area & Basketball courts

DONATE \$20 & WE'LL GIVE YOU 14 DAYS!

With all proceeds going direct to National Breast Cancer Foundation

NATIONAL BREAST CANCER FOUNDATION CORPORATE SUPPORTER

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New Patients Welcome

Bulk Billed Dental*

* Bulk billed dental items refer to conditions that are covered by Medicare and its qualifying criteria. Children must be aged between 2-17 years and receive an Australian Government payment such as Family Tax Benefit - Part A. For more details visit www.health.gov.au/Internet/main/publishing.nsf/content/childdental

CarePlus Dental
 Shop 105 Gladstone Park Shopping Centre, Gladstone Park, VIC 3043
 Ph 9338 8220
www.careplusedental.com.au

northernmusic.com.au

Ph. 9338 7639



Cudgee Primary 105 Anniversary 2014

You are warmly invited to a Celebratory Morning Tea Sunday November 30, 2014 at 10am for the 150th anniversary of Cudgee Primary School

Please RSVP to the school by November 15th

Please feel free to forward on this invitation to any past students, staff or interested community members. Cudgee Primary School invites families to find out more about our school community, by calling to arrange a school tour or coming along to annual school events:
 Cudgee Primary School Night Market (Fri 28 November 5 – 8pm)
 Cudgee Primary School Concert (Tue 9 December 6pm)

Fiona Selamy (Principal) and Matt Dodson (Classroom Teacher)
 Cudgee Primary School
 3 Hallowella Rd, Cudgee 3765
 ph: 35676346 m:0438659095 e: cudgee.ps@victoria.edu.au
www.cudgeeps.vic.edu.au

Forbidden Flowers

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Information facts on Asthma

Dust & bedding

We spend a third of our lives in our bed, so it's no surprise that they can harbour some allergens. The one that causes most concern is usually the dust mite. Dust mites are a microscopic bug that thrives in humid climates and they love bedding! They're also found in carpets, soft furnishing and even toys. Not quite the gourmet diet, dust mites live off the dead skin cells that humans shed and the allergen they produce can hang around in your home. The following tips may help to reduce the impact of dust mites in your home:

- **Mattress, doona and pillow protectors** – there are several different brands on the market but the ones that are often suggested are the ones that completely cover the bedding and are machine washable. They create a barrier which stops your skin cells from entering your mattress and pillow, feeding the dust mites.
- **Washing** – washing your bedding and soft toys in a temperature that is around 65°C may remove some of the allergen.
- **The Freezer** - If you can't wash your soft furnishings or toys, try placing them in the freezer in a plastic bag overnight.
- **Regular vacuuming and cleaning** – Regular cleaning and vacuuming at least once a week, can help rid of allergens and dust in the carpet and surrounding areas.

Some Broccoli Each Day Could Keep the Asthma Away

Eating one to two cups of lightly steamed broccoli a day would help asthmatics to breathe normally and prevent their condition from worsening, University of Melbourne research has determined.

The study finds consuming vegetables from the cruciferous family — which also includes kale, cabbage, brussel sprouts, cauliflower and bok choy — reduces and even reverses lung damage.

The research, led by honours student Nadia Mazarakis and supervisor Dr Tom Karagiannis and Dr Simon Royce, could change the treatment for people who suffer from asthma and other breathing complaints.

"Laboratory tests have shown that consumption of broccoli changes the formation of the airway and may make clear breathing easier for those who suffer from asthma and allergies," said Ms Mazarakis.

"Blockages in the airway were reversed almost entirely.

"Using broccoli to treat asthma may also help for people who don't respond to traditional treatment."

The findings are part of the trend in healthcare research that looks to incorporate dietary treatments with prescription medication.

This research is still in the experimental phase and during an asthma attack or severe breathing issues normal medical advice must be followed. Ms Mazarakis will be presenting the research findings at the 2014 Undergraduate Research Conference about Food Safety in Shanghai, China.

