SCHOOL VALUES

- **Care and Compassion** – Care for self and others
- **Honesty and Trustworthiness** – Be honest, sincere and seek the truth
- **Respect** – Treat others with consideration and regard: respect another person’s point of view
- **Responsibility** – Be accountable for one’s own actions, resolve differences in constructive, non violent and peaceful ways; contribute to society and civic life, take care of the environment

National Literacy/Numeracy Week
This week is National Literacy and Numeracy Week. To help celebrate, students will take part in a range of Literacy & Numeracy multi-age group activities on Thursday planned and implemented by the grade 5/6 students. There are some great activities planned and lots of hands on learning opportunities. It should be a great morning of collaborative learning for all the students.

2014 Parent Opinion Survey
All families will received a Parent Opinion Survey today and I ask that all parents take the time to complete it as your opinions are important to us and will be reflected in the management and organisation of the school. Please complete your survey and return it to the school by Friday August 8th 2014. Please be assured that your responses are totally confidential. If you would like more information about the parent opinion survey process please do not hesitate to ask.

ACTIVE AFTER SCHOOL PROGRAM
The Active After School Program for term 3 commences next week. Children will be taking part in Cricket on Tuesday nights and Athletics on Thursday nights. Please make sure you have returned the Active After School form before next Tuesday night. Students without returned permission forms will be unable to take part.

CASEA Parents Info Session
Thank you to those parents who attended the session today. If you were unable to attend and would still like to learn more about the program we will be holding another session in a fortnights time on Monday, 11th August from 9.30am – 10.30am or please come and see me and I will put you in touch with the CASEA team. This is a great opportunity to develop your parenting skills and understand your children a little better.

Coughs, runny noses & the cold weather
We have a number of children with coughs, colds and runny noses. As you all are aware it has been extremely cold the last couple of weeks and the mornings are particularly freezing. We are concerned with the number of children who are only wearing a t-shirt at school. Last Friday prior to going tree planting we had to hand out a number of jumpers and jackets to children to ensure they were warm. I ask that all parents ensure their children are appropriately dressed for the winter weather. I think many children are choosing to take jumpers off after leaving home so could you please chat to your children about keeping warm and healthy over winter so they don’t spread these nasty germs around the school.

School Accounts
Just a friendly reminder that it would be greatly appreciated if families could finalise their school account as soon as possible. If you are having difficulty or require alternative payment arrangements please don’t hesitate to come and see me.

Account Details … EPPALOCK PRIMARY SCHOOL COUNCIL OFFICIAL ACCOUNT
BSB 063 506
Account 10152204
Please find below some interesting information around how parents can help prepare their children for reading that has nothing to do with books!

**How You Can Foster Your Child’s Reading Readiness**

Support for sensory-motor integration comes not from flashcards or “educational” apps—but from the following activities.

**Physical movements, such as:**
- Skipping (cross-lateral)
- Hopping
- Rolling down hills
- Playing catch with a ball
- Jumping rope
- Running
- Walking
- Clapping games
- Circle games

**Fine motor activities to strengthen important neural pathways, such as:**
- Cutting with scissors
- Digging in the garden
- Kneading dough (play or bread!)
- Pulling weeds
- Painting
- Beading
- Drawing
- String games (e.g., Jacob’s Ladder)
- Sewing
- Finger crochet/knitting

By contrast, watching television/videos and playing video or computer games are poor sources of stimulation for sensory-motor development. They may actually interfere with the healthy integration of the young nervous system, by keeping the child’s nervous system in a state of stress, in which the “fight/flight/freeze” system is *repeatedly activated*.

**EMA**

The second instalment of EMA is now open. Parents that have already lodged an application at the beginning of the year at Eppalock Primary school do not need to lodge another application. If your circumstances have changed and you are no longer eligible for EMA please notify the office. All new applications need to be received by Friday August 1st. **No late applications will be accepted.** The second instalment of EMA is now open. Parents that have already lodged an application at the beginning

**CONGRATULATIONS** to Jack who will play his 50th game for Strath Storm at Ewing Park at 10.00 am this Saturday. Good Luck Jack.

I hope everyone has a great week ........Mrs Ryan

**SCHOOL UNIFORM**

Order forms are attached—could all orders and money be returned to school by Monday of next week (4th August) please?
# IMPORTANT DATES

## JULY

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>28th</td>
<td>Scholastic Book Club orders due back</td>
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<tr>
<td>Tuesday</td>
<td>29th</td>
<td>Parent / Teacher Interviews (12noon—6.00 pm) <strong>PUPIL FREE</strong></td>
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<tr>
<td>Wednesday</td>
<td>30th</td>
<td>Music / Drama</td>
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## AUGUST

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday</td>
<td>1st</td>
<td>Parent Club Special Lunch—SOUP</td>
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<td></td>
<td>Living Green</td>
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<td></td>
<td></td>
<td>Clubs</td>
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<tr>
<td>Monday</td>
<td>4th</td>
<td><strong>SCHOOL UNIFORM ORDERS to be returned</strong></td>
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<td></td>
<td></td>
<td>Confucius Classrooms</td>
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<tr>
<td>Tuesday</td>
<td>5th</td>
<td>Music/Drama</td>
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<td></td>
<td></td>
<td>Active After School Care Begins ( Cricket)</td>
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<tr>
<td>Wednesday</td>
<td>6th</td>
<td>Art Gallery Excursion (Prep—Grade 6)</td>
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<tr>
<td>Thursday</td>
<td>7th</td>
<td>MARC Library</td>
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<td>Active After School Care (Athletics)</td>
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<tr>
<td>Friday</td>
<td>8th</td>
<td>Living Green</td>
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<tr>
<td>Monday</td>
<td>11th</td>
<td>BSE Band to perform at Assembly</td>
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<td></td>
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<td>Confucius Classrooms</td>
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<tr>
<td>Tuesday</td>
<td>12th</td>
<td>Drama/Music</td>
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<td>AASC - Cricket</td>
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<td></td>
<td>Music/Drama</td>
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<tr>
<td>Thursday</td>
<td>14th</td>
<td>AASC - Athletics</td>
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<tr>
<td>Friday</td>
<td>15th</td>
<td>Living Green</td>
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<td>Clubs</td>
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18th - 22nd August—**Book Week**

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>18th</td>
<td>Confucius Classrooms</td>
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<tr>
<td>Tuesday</td>
<td>19th</td>
<td>Drama/Music</td>
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<td></td>
<td>AASC - Cricket</td>
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<tr>
<td>Thursday</td>
<td>21st</td>
<td>MARC Library - <strong>Book Week Activities</strong></td>
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<td>AASC—Athletics</td>
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<td>Friday</td>
<td>22nd</td>
<td>Living Green</td>
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<tr>
<td>Monday</td>
<td>25th</td>
<td>Confucius Classroom</td>
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<tr>
<td>Tuesday</td>
<td>26th</td>
<td>Drama/ Music</td>
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<td>AASC - Cricket</td>
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<tr>
<td>Thursday</td>
<td>28th</td>
<td>AASC - Athletics</td>
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<tr>
<td>Friday</td>
<td>29th</td>
<td>Living Green</td>
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## SEPTEMBER

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>2nd</td>
<td>AASC—Cricket</td>
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<tr>
<td>Thursday</td>
<td>4th</td>
<td>AASC—Athletics</td>
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<tr>
<td>Tuesday</td>
<td>9th</td>
<td>AASC—Cricket</td>
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<tr>
<td>Thursday</td>
<td>11th</td>
<td>AASC—Athletics</td>
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<td></td>
<td></td>
<td>School Council Meeting 6.00pm</td>
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<tr>
<td>Tuesday</td>
<td>16th</td>
<td>AASC—Cricket</td>
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<tr>
<td>Wednesday</td>
<td>17th</td>
<td>Pupil Free Day (staff PD)</td>
</tr>
<tr>
<td>Thursday</td>
<td>18th</td>
<td>MARC Library</td>
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<tr>
<td></td>
<td></td>
<td>AASC—Athletics</td>
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<tr>
<td>Friday</td>
<td>19th</td>
<td>Last Day—Term 3—1.30 pm dismissal</td>
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</table>
Congratulations to the following students who received awards this week …

- **Hamish**—for being responsible in the classroom
- **Bella**—for working hard in school
- **Jack**—for trying his best at sport last week

**VALUES AWARD FOR BEING RESPONSIBLE MEMBER OF THE SCHOOL COMMUNITY** was presented to **BRIDIE**

HAPPY BIRTHDAY to **SAM** and **Lydia** for last Saturday, 26th July.

We hope you both had a great day!

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**PARENT CLUB NEWS**

Parent Club will run a special lunch this Friday, 1st August with a delicious selection of soups available.

(see attached information)

**TRIVIA NIGHT**—our annual Trivia Night is being organised for later this term. We are seeking the support of family and friends with donations of Auction Items and Raffle Prizes.

If you can help, please let Nikki know.
Book Week 2014

21st August

Fun Book Week Activities

Dress up as your Favourite

Book Week Parade

Friends and Family

The Children’s Book Council of Australia

Connect to Reading

Children’s Book Week 16 to 22 August 2014
Dear Parent

Have you ever thought about wanting some new ways to help your child cope with the ups and downs of life? To help teach your kids about strong feelings and how they can manage them better? To learn parent approaches to remain calm when things get stressful in your family?

These feelings skills are really important to help children make and keep friends, do well at school and feel good about themselves.

Parents of children in prep to grade 6 have an opportunity in term 4 to participate in a free parent program at your school. It is an 8 week program which runs from **9.30-11.30am on Mondays** at Eppalock Primary School (child minding will be available).

The group will commence on **Monday 6th October 2014** and conclude on **Monday 24th November 2014**.

If you would like to find out more about the program, please come and meet Kerry Holland and Megan Rohde from Bendigo CASEA (Bendigo Health) from **9.30-10.30am on Monday 11th August 2014** at Eppalock PS (child minding available).

If you cannot make this time and would like some more information on the program please call Kerry or Megan on Ph 5442 7596.

Please return the attached RSVP to school by Friday 8th August, 2014

---

Yes I will be attending the CASEA Parent Info session on Monday 11th August, 2014.

Name _________________________________________________________
Are you eligible for public dental care?

All children aged 0-12 years and all Aboriginal and/or Torres Strait Islander people are eligible to access public dental services and are offered the next available appointment.

Treatment is free for people who hold a health care card; a minimal co-payment may be required for people who do not have a health care card.

Call Bendigo Health public dental service - 5454 7994 or Amy Clark, Loddon Mallee Oral Health Network on 0418 983 190.

AXE CREEK COMMUNITY FRESH PRODUCE SWAP

Do you have excess vegetables, fruit, eggs or herbs from your garden?

Not sure what to do with them?

Bring them to the Axe Creek Community Fresh Produce Swap at Eppalock Primary School.

If you have excess vegetables, fresh fruit, eggs, herbs or any other items, please bring them along and be part of our Fresh Produce Swap program. There are baskets on the bench in the school foyer and the process is that you can swap your produce for other produce.

If you do not have produce to swap that’s OK, just help yourself to the fresh produce displayed. You do not need to pay for any of the produce, however if you wish to make a monetary donation for anything it will be put towards our Living Green Program.

BENDIGO BANK SCHOOL BANKING

The staff from Bendigo Bank’s Strath Hill branch visit Eppalock Primary School each TUESDAY MORNING providing a school banking service for students.

Participants in the program will use a Bendigo Piggy Bank Passbook Account and moneybox to learn about the process and the benefits of saving.

With no account keeping fees, no transaction or government fees, no penalties and no deposit restrictions—plus a lot of fun games and rewards—a Piggy Bank Passbook Account makes saving fun.

Please note—the school banking program provides a deposit service only, however, withdrawals can be made at the Strath Hill branch.
Asthma and Hay Fever (Allergic Rhinitis) in Spring.

During Spring time plants, grasses and trees release pollens into the air. As a result, students and staff who are sensitive to pollen may find their asthma and hay fever (allergic rhinitis) symptoms worsening. During days of windy conditions or during thunderstorms more pollen is released into the air. When breathed in these tiny particles penetrate the lungs.

Hay fever is very common during spring and as a result of the strong association between asthma and hay fever, those with both conditions will often experience increased asthma symptoms during this time.

Tips to help your students and staff reduce asthma and hay fever symptoms during spring:

- Be aware of which students have pollen as a trigger for asthma or hay fever.
- Encourage students to be aware of their own symptoms and to seek assistance when needed.

Check the daily pollen forecast at melbournepollen.com.au and consider planning activities indoors.

For more information on asthma and hay fever please contact The Asthma Foundation of Victoria. Or visit our website: asthma.org.au

National Asthma Week

1st - 7th September 2014

Why not get your school involved in National Asthma Week (NAW) this year!

We can provide you with all you need to develop your own Asthma Information display. Check out our website asthma.org.au for Brochures and other Resources available. Or send us an email with your ideas and we will see how we can help!

Stay tuned for more about National Asthma Week.
National Young People and Asthma survey

To help inform future activity under the National Young Person and Asthma Strategy managed by Asthma Australia, we have developed a comprehensive survey for young people aged 12-25 years. This survey was designed by the Young and Well Cooperative Research Centre, the evaluators of the strategy, and released in June.

As well as finding out about their asthma and use of medications, this survey will also explore health and well being indicators, allowing for comparisons with more general young person populations.

If you are reading this before 31 July, the cut off date for the survey, please inform any young people you know with asthma of this opportunity. They can access the survey link via the Asthma Australia website. Thank you.

We look forward to sharing the survey finding with the Australian community in national Asthma Week (1-7 Sept).

We encourage staff to use the online package to update their asthma knowledge at any time, e.g. when you have newly enrolled students with asthma.

Funded by the Australian government, asthma training packages are FREE for staff in schools and other education settings. Contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462) for more information on asthma training options for your school or setting.

Your experiences with asthma in the school setting

We are always interested in hearing about your experiences with students’ asthma as staff members. This will help us to share real stories so other staff can understand the importance of being trained and feeling confident to deal with an asthma attack.

Through our website, training packages and social media we can alert other staff to the benefits of Asthma Australia’s FREE training and help improve outcomes for students with asthma across Australia. All information will be de-identified to ensure privacy.

Please share your story by:
- telling the trainer when they are at your site
- contacting your Schools Coordinator on 1800 ASTHMA
- or you can email your story to info@asthmaaustralia.org.au
  (subject: School Case Study).

Update on the new asthma online training for staff

During this term the new online asthma training package will become available and replace the current one. The changeover will be seamless for you as users.
SPECIAL LUNCH

FRIDAY 1ST AUGUST 2014

‘ENDLESS CUP’ OF SOUP

with a bread roll

$2.50

Money to be placed in a named envelope and brought to school on or before Friday