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

Principal’s Report

2014 Parent Opinion Survey
All families would have received a Parent Opinion Survey last Monday, July 28th. We have received a number of these back, (thank you so much to the parents who have completed these), but still have a few outstanding. Could parents please complete their survey and return it to school as soon as possible so that these can be forwarded to the Department of Education for collation and analysis. Thank you.

Celebrations
We had a lot to celebrate last week with National Literacy/Numeracy Week and 100 Days of Schooling for our preps. The grade 5/6 students did a wonderful job organising and teaching literacy and numeracy lessons to all the students in the school on Thursday. The grade prep/one grade looked closely at the number 100 and did a range of grouping activities around what groups of 100 looked like. We finished the day with cupcakes made into the number 100.

CASEA Parents Info Session
Don’t forget the second CASEA Parent Info session will be held next Monday, 11th August from 9.30am – 10.30am in the staff room for interested parents who weren’t able to make the first session. Child minding is available so please come along, have a cuppa and find out about this fantastic program that starts in our school in term four (please see flyer attached). This is a great opportunity to develop your parenting skills and understand your children a little better.

Weeding
Do you have some spare time after you have dropped the kids at school in the morning or before you pick them up in the afternoon? If so we are in need of some parents to do a little weeding in the gardens at the front of the school. Please feel free to pull as many weeds as you like – I hear it’s a good stress release! Thanks in advance for your help.

Box of Tissues
Due to the many coughs and colds going around we are running very low on tissues. If you haven’t sent along a box of tissues at the beginning of the year could students please bring in a box. Alternatively if you have brought in a box but have another spare we would be very grateful for any donations. Thanks so much.
School Review/Self Evaluation
As mentioned in previous newsletters our school is up for review this year. Part of the review process is doing a thorough self-evaluation of where we are at now and what we can do to continue to develop and improve as a school. “The self-evaluation is a significant opportunity for discussion, consultation and feedback across the whole school community, with opportunity for active contribution and leadership from students, staff and parents.” DEECD Self Evaluation Guidelines 2014.

As part of the Self Evaluation process we would like to engage staff, students and parents in a process that facilitates an opportunity for each group to reflect on the strengths, current practices and visions for the future for our school. Therefore on Tuesday August 12th, I wish to invite all parents to attend a School Review Forum to be held at the school from 5pm-6pm (afternoon tea will be available & it is anticipated parents will only need to attend for around 20 minutes). At this forum we will briefly outline the School Review Process and then parents will have an opportunity to provide feedback to the school with regard to their views on our strengths, current practices and areas for growth in the future. Eppalock PS has grown significantly in the last twelve months and continues to thrive. This is an ideal opportunity for all stakeholders to assist in the development of future goals and aspirations for today’s and future students. If you are unable to attend on Tuesday afternoon I have included the questions we will be looking at in today’s newsletter so please feel free to add your opinions and return these forms to the school (please include your name on all sheets).

I will be attending a two day Reviewer Training session this Thursday and Friday which will provide me with information, direction and support to ensure our school gets the very most out of our review process.
I am also a member of the Marong PS review panel. This review will take place on Thursday 14th August and will give me the opportunity to provide advice and support on the future direction of this school.

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

Bendigo Art Gallery School Excursion—Wednesday 6th August 2014
We have been extremely lucky to receive an offer to attend the ‘The Body Beautiful in Ancient Greece’ exhibition at the Bendigo Art Gallery next Wednesday afternoon. This excursion is fully funded by the gallery, including bus fare, so there is no cost to parents. This will be a wonderful opportunity for our students to take part in a guided teaching session through the exhibition and fully complements our arts and literacy programs back at school.
Could all students please be in full school uniform for this day
Students will have an earlier lunch time, so they can eat their lunch before we head off to the Gallery
Departing 12:30pm and returning to school around 3:00pm

Timetable
I have included a whole school timetable in today’s newsletter for Semester 2 so that parents are aware of what is happening at school throughout the week.

ACTIVE AFTER SCHOOL PROGRAM
The Active After School Program for term 3 commences this 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. Students without returned permission forms will be unable to take part.

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

I hope everyone has a great week …….Mrs Ryan
## IMPORTANT DATES

### AUGUST

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<tr>
<th>Day</th>
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<td>Tuesday</td>
<td>5th</td>
<td>Music/Drama</td>
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<td>Active After School Care Begins (Cricket)</td>
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<tr>
<td>Wednesday</td>
<td>6th</td>
<td>Excursion—Art Gallery (Prep—Grade 6)</td>
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<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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<td>Friday</td>
<td>8th</td>
<td>Living Green Clubs</td>
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<td>Monday</td>
<td>11th</td>
<td>BSE Band to perform at Assembly</td>
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<td>Confucius Classrooms</td>
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<td>Tuesday</td>
<td>12th</td>
<td>Drama/Music</td>
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<td>AASC - Cricket</td>
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<td>Thursday</td>
<td>14th</td>
<td>AASC - Athletics</td>
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<tr>
<td>Friday</td>
<td>15th</td>
<td>Living Green Clubs</td>
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18th - 22nd August—Book Week

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

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<th>Day</th>
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<td>Tuesday</td>
<td>2nd</td>
<td>AASC—Cricket</td>
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<td>Thursday</td>
<td>4th</td>
<td>AASC—Athletics</td>
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<tr>
<td>Friday</td>
<td>5th</td>
<td>Clubs</td>
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<td>Living Green</td>
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<tr>
<td>Tuesday</td>
<td>9th</td>
<td>AASC—Cricket</td>
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<td>Thursday</td>
<td>11th</td>
<td>AASC—Athletics</td>
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<td>School Council Meeting 6:00pm</td>
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<td>Friday</td>
<td>12th</td>
<td>Clubs</td>
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<td>Living Green</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>
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<td>Thursday</td>
<td>18th</td>
<td>MARC Library</td>
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<td>AASC—Athletics</td>
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<tr>
<td>Friday</td>
<td>19th</td>
<td>Last Day—Term 3—1:30pm Dismissal</td>
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## PARENT CLUB NEWS

**TRIVIA NIGHT**— Saturday 11th October 2014. We are seeking the support of family and friends with donations of Auction Items and Raffle Prizes. Flyer attached to newsletter.

If you can help, please let Nikki know.
Congratulations to the following students who received awards this week …

Jamison F — For settling in well to his new school over the last few days
Will M — For working hard on his reading
Jazz H — For her fantastic organisation skills

VALUES AWARD FOR BEING RESPONSIBLE MEMBER OF THE SCHOOL COMMUNITY was presented to Tilly C — for being responsible member of the school community

Happy Birthday Ella R for Today, the 4th August.
We hope you had a special day!

RANDOM ACTS OF KINDNESS …

- Lydia thanked Nicole G. for always looking after Banjo and Tilly when they had scrapped their knees at school.
COMMUNITY NOTICES

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.

Further information is available from the school office or by calling into the Bendigo Bank Strath Hill branch.

FAMILY DAYCARE

Would you consider a career as an Early Childhood Educator?
- Professional Training with Nationally Recognised Qualification
- Work from home and work the hours that suit you
- Great income prospects
- All Educators registered with DEECD
- Full ongoing support provided

For more information please call:
1300 856 463

Providing flexible and affordable CHILDCARE in a nurturing home environment
Name_______________________________

What we do well!

Thinking about Eppalock Primary School as it currently is: What do you see as our Strengths?

What we can do better!

Thinking about Eppalock Primary School as it currently is: What do you see as areas in need of improvement?

What you would like to see!

Thinking about Eppalock Primary School: Is there something that is not already here that you would like to see? (facilities/programs)
<table>
<thead>
<tr>
<th>Subject</th>
<th>Time</th>
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<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>Classroom</td>
<td>9:30 - 10:00</td>
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<td>10:00 - 11:00</td>
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<td>13:15 - 2:15</td>
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<td><strong>Tuesday</strong></td>
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<td>Drama/Music P1/P2</td>
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<td><strong>Wednesday</strong></td>
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<td>Drama/Music 3-6 (Art Room)</td>
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<td>Inquiry Learning 6-9</td>
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<td>Writing/Numacy 3-6</td>
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**Notes:**
- Reading Intervention
- PE Reading Recovery Intervention
- Assembly
Eppalock Primary School presents:

A Trivia Extravaganza

Funds raised will be put towards the redevelopment of the Axe Creek Community Centre (The old Eppalock School Building) - Facilities for Kids Cooking, Playgroup, CFA & Landcare

Saturday 11th October 2014  (First Saturday back in Term 4)

$16 per person  (for tickets purchased & paid for up until Friday 19th Sept 2014)
$20 per person  (for tickets purchased on/after Saturday 20th Sept 2014)

Tables of 5 people

"you don’t need a full table / 5 people to come along - you can purchase individual tickets and we’ll put you together with others on the night to create ‘super tables’.

6pm  Masked Wine Tasting - Can you pick the varietal?

$5 per participant
Shiraz, Cabernet Sauvignon, Merlot, Chardonnay, Sauvignon Blanc, Riesling
Wine tasting & nibbles. No wine tasting experience necessary....

7pm  Trivia Extravaganza kicks off
4 rounds of Trivia
Lucky number prizes, door raffles and a silent auction on the night
10.30pm Evening End

"" Child minding will be available on the night at a small cost per child
BYO Drinks  AMAZING PRIZES TO BE WON

Each school family to please bring;
- a plate of supper/nibbles for each of your tables
- bag of lollies ie. Éclairs, strawberry creams, Freddo Frogs, Aldi lolly sticks (These will be collected at the start of the night and put into a ‘tray’ of lollies to be rotated around the tables during the evening - sitting on the winning table each round)

Where:  Eppalock Primary School, Patons Road, Axe Creek
Enquiries and Tickets sales :  Eppalock Primary School Office (03) 5439 6366
Email: eppalockps@edumail.vic.gov.au  (netbanking EFT avail for tickets)
Help us create a fantastic Kids Cooking Kitchen & Community Facility!
NetSetGo Registration

Bendigo Strathdale Netball Association is running the Net (5-7 years age group) section of NetSetGo.

**TIME:** 4.30 – 5.30 – Thursday

**DATE:** 9\(^{th}\) October – 4\(^{th}\) Dec 2014 (6 weeks)

**VENUE:** Bendigo South East College outside courts

**WHO:** Age: 5 years to 7 years boys and girls.

**COST:** $60 – 6 weeks plus give aways

**COACHES:** - Are provided

Please complete the attached Registration form and return with money to BSNA office on any Saturday morning until Saturday 13\(^{th}\) September (between 8.30-3pm). For more information please contact:

Jan Mannes 0409 395 725 or

Vicki Brook at vicki_brook@hotmail.com
PARTICIPANT REGISTRATION FORM

PARTICIPANT DETAILS

Surname: __________________________
First Name: _________________________
Address: ____________________________
Suburb: _____________________________
State: ___________________ Post Code: __________
Phone No: ___________________________
DOB: __________/________/_________ Age: ______
Gender: □ Male □ Female
T-Shirt Size: □ 6 (32cm) □ 8 (35cm) □ 10 (38cm)
□ 12 (41cm) □ 14 (44cm) □ 16 (47cm)
Do you identify as an Aboriginal/Torres Strait Islander? □ Yes □ No □ Undisclosed
Country of Birth: __________________________
Language(s) other than English spoken at home? □ Yes □ No
If yes, please specify the language(s):
________________________________________________________________________
________________________________________________________________________
Do you have a disability? □ Yes □ No

This information is vital to help Netball Australia provide fair, safe and inclusive environments for all. Data will also help your ANZ NetSetGo Centre, State and Netball Australia seek applicable funding to provide greater opportunities.

PARENT / GUARDIAN DETAILS

Surname: __________________________
First Name: _________________________
Phone No: ___________________________
Mobile No: _________________________

DECLARATION

- I agree to pay all fees by the date(s) specified.
- I agree (member and parent) to comply with the ANZ NetSetGo Centre’s Constitution and Bylaws, Netball Australia’s Constitution, Regulations and Policies, including but not limited to the Netball Australia Member Protection Policy.
- I agree that where necessary the ANZ NetSetGo Centre may provide my personal information to the state netball body and / or Netball Australia.
- I understand that the personal information provided on this form will be used for Registration, Insurance and Participant / Club / Team Management purposes.
- I understand that if I do not provide the information requested on this form, the ANZ NetSetGo Centre might not be able to process my registration and I will not be eligible to become a member or compete in the competitions/programs.

I have read, understood and agree to the above terms and I personally consent to the application of my child. I warrant that all information provided is true and correct.

Name: ____________________________
Date: __________/________/_________ Signed: (Parent or legal guardian of participant)

Connect with us: www.netbsetgo.asn.au

f facebook.com/NSGnetball
What does it feel like?

- I can't catch my breath. It's hard to breathe.
- My breathing may sound funny, it may be a bit noisy (wheezing) or it may sound like a whistle.
- Sometimes it may feel like someone is squeezing my chest really tightly.
- I may cough a lot. Sometimes more at night or after sport.
- My throat may feel itchy.

what makes my asthma better?

- My Blue puffer. This is also called a reliever. The medicine in my reliever quickly makes it easier for me to breathe.
- I use my puffer with a Spacer. It helps to get more medicine into my lungs.
Tips for staying active this winter!

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to Students participating in sports and physical activities.

Here are some tips to help prevent EIA in students:

Before Exercise take reliever medication 5-20 minutes before warming up.

Warm Up before exercise as normal.

During Exercise watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the Student should return to the sporting activity after a second occurrence of asthma symptoms.

After Exercise cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

Other things to remember:

✓ Ensure all students have current Asthma Action/Care Plans
✓ If possible make activities that are scheduled for the night indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
✓ Encourage students with asthma to participate fully!