Important Dates For Your Diary

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>June 8th</td>
<td>Interschool Sport – Round 5 - Home Game</td>
<td>Year 6s</td>
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<tr>
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<td>Hands on Science</td>
<td>Yrs Prep., 1 &amp; 2</td>
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<td>June 8th</td>
<td>Spinning in Space</td>
<td>Yrs 3 &amp; 4</td>
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<tr>
<td>June 8th</td>
<td>Junior School Assembly</td>
<td>Yrs Prep., 1 &amp; 2</td>
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<td>June 11th</td>
<td>Queens Birthday – No School Today</td>
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<td>June 14th</td>
<td>Chess – Lesson 13</td>
<td>Participants</td>
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<td>ICAS UNSW Writing Exam</td>
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<td>June 21st</td>
<td>Chess – Lesson 14</td>
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<td>June 22nd</td>
<td>Junior School Assembly</td>
<td>Yrs Prep., 1 &amp; 2</td>
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<td>June 29th</td>
<td>LAST DAY OF TERM 2 Dismissed at 2.30pm</td>
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<td>July 16th</td>
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PRINCIPAL’S REPORT

Dear Members of the Glen Waverley Primary School Community,

Welcome to another very exciting and information packed newsletter! As usual so many marvellous things have occurred at our wonderful school over the past fortnight such as:

Facilities Update
Thank you to the members of our school community who have made so many positive comments about the newly installed shade structure over the Year Prep – Two sandpit – it really is wonderful to receive such positive feedback.

Additional space in the Early Learning Centre (ELC) - Over the past fortnight we have commenced work in building an additional room at the rear of the ELC. We are hoping to complete the concreting component next week and then commence the construction soon after. We plan to use this space for additional storage, meeting and learning purposes.

School gardens – the landscapers have been busy weeding and mulching the area adjacent to the ELC. This area of our school certainly looks very neat and tidy which is extremely pleasing. They also mulched the garden beds adjacent to the Year 5/6 classrooms and cleared some of the sections around the oval.

Sports fields and car park – we are still waiting for the final designs to be completed which I hope we will receive very shortly so they can be shared with the school community. At this stage we are anticipating the landscaping and drainage works to commence within the next few weeks or during the holidays.

Keep Clear Zone – as reported previously, I have been liaising with Vic Roads in the hope that they would be able to install a Keep Clear Zone on High Street Road (in front of our school gates). Unfortunately we have not been successful with this request as it is against their policy. Vic Roads are concerned with the exiting driver being unable to view all of the lanes when leaving our school. Naturally it is not safe to exit when being obscured by other cars, particularly if the exiting car wants to access the far right lane. I hope everyone understands and appreciates where they are coming from. In lieu of this, I strongly encourage everyone to enter and exit our school from Brent St.
Once again, a sincere thank you to the entire school community for the various ways in which you participated in our Education Week festivities. As a staff we were thrilled with our community’s response and are eternally grateful for your support throughout the week.

Australian Education Union (AEU) Stop Work Action
As families would be aware, the AEU have called a Stop Work for Thursday 7th June. Naturally for a union to do so they are dissatisfied with negotiations and have been left with no other alternative. As teachers, we agonise over the decision as to whether we stop work or not as the children are always at the forefront of our minds. We hope that our families are also sympathetic and understanding to our course.

Curriculum Update
I am really pleased to inform the school community of our recent technological purchases:
- At Monday’s assembly the children were very excited to be shown the 20 new Year 5 and 6 Notebooks
- We have also ordered and should receive very shortly, an additional 20 iPads which will be used for the Year Prep to Two students
- The Radio studio equipment was ordered a few weeks ago and we are waiting for this to arrive “any day now”.

All of the above has been made possible due to our families settling their school fees. On behalf of School Council, the staff and the children, a sincere THANK YOU for doing so as your contribution is making a significant difference to the educational provision for your children - our students.

Newsletter on-line (via e-mail)
Once again, I take this opportunity to remind everyone that we are in the process of our school newsletter being distributed electronically. As of the beginning of Term Three the children will no longer be bringing a hard copy of the newsletter home as it will be placed on our website and families will receive a reminder e-mail to access it. I strongly encourage everyone to sign up for this via our school website. To do so:
1. Access our website at: www.glenps.vic.edu.au
2. Click on the Newsletter tab
3. Click on “subscribe here”
4. Include your details

Copies of the newsletter will be displayed throughout our school, in the following places:
- On the Before and After School Care wall
- In the hall foyer and
- Outside the ELC

Specialist Program Awards
Congratulations to the children who have received this month’s Specialist Learning awards (refer to the Mrs. Hallas piece – you should be very pleased and proud with your efforts!

Extra-Curricular Programs Update – Karate Program
On Friday afternoons we provide Karate lessons in the school hall. Karate is an excellent means of keeping fit, meeting people, earning additional money and also developing many skills such as fitness, self defence, self discipline, respect and self confidence. Our school program is run by Cliff who teaches the children a freestyle form martial arts which includes modern techniques that are upgraded regularly. Cliff runs beginner and advanced classes in order to cater for everyone and can be contacted on 0418 150 405.

School Community Support
We are extremely privileged at our school to have so much parental assistance and support. Last week the Jagoda family kindly donated a substantial amount of money in order to purchase additional books for our school library which is extremely generous and a testament to how much our families love our school. Thank you Tanuja, Amendra and Senal we really appreciate your support and generosity! Once we purchase some books and they arrive we will showcase them to the school community.
Also thank you to the numerous parents who have been assisting with various tasks throughout the school such as:
- listening to children read,
- Working in classrooms,
- Cooking sausages and vegetable patties at the Cross Country
- Manning stations in the PMP program
- Cooking traditional meals for the children
- Organising the Toasty Cheese and Milo Days and
- Attending excursions/incursions etc.

Your support is greatly appreciated by the staff and children!

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO RECEIVED A PRINCIPAL’S AWARD RECENTLY:

0LG: The entire class for an outstanding improvement in their writing
2CM: Klein for reading the text “Fish for Dinner” very well and Katie for being a great friend
2SY: Radinsa for a wonderful story created in the Writer’s Club (featured in the Kids’ Corner section), Uvindee for being a great friend and Dulwan for learning how to tie his shoelaces, Nachiket for teaching Dulwan how to tie his shoelaces and Aksaya for being a great friend
3KC: Giles for determining the solution to the Year 3/4 Education Week “Encyclopaedia Brown” mystery
4AC: Dilni for being a really responsible member of our school community
5AJ: Chulín and Arya for demonstrating their wonderful music skills by playing the (flute and keyboard, respectively) at assembly
6PS: Jimmy for determining the solution to the Year 5/6 Education Week “Encyclopaedia Brown” mystery, Caitlin, Aaliya and Kelly for being outstanding helpers

BIRTHDAYS
Happy Birthday to the following students who celebrated their special day recently:

0LG: Ryan
1AJ: Lily
1KR: Pranav
12B: Abi
3DJ: Kritika
4AC: Aadarsh
5DK: Jessica and Aisha
6PS: Kelly
6RL: Jesse
6ND: Deepanshi

Wishing everyone a safe and happy fortnight and a wonderful long weekend with family and friends,

Frank Catalano
Principal
I cannot believe what a fabulous community spirit we have here at Glen Waverley Primary School, with parents who are so willing to give their time and effort to support us. Last Wednesday was a perfect example, with members of the Community Relations Committee providing a refreshing milo to our District Cross Country runners. I would like to congratulate all of our students who took part in this event and recognise the students who competed at the Divisional Cross Country Carnival at Norton's Park.

Adam, Abigail, Givo, Pranav, Jesse, Kavin, Aaliya, Sarah and Wiki
They all achieved their personal best!

Reports
Teachers are presently working very hard on writing reports for all the children and they will be distributed on the 22nd of June. We will be scheduling parent/teacher interviews in the last week of term with students from Years 4 to 6 taking part in the format of "Student Led Conferences".

It is therefore very important that if you do have any concerns about your child's report or you would like to simply discuss your child's progress that you make an appointment via the interview notice to be sent home in the coming week.

As you are no doubt aware, our teachers are always available to speak to, so please do not hesitate to do so if you have any concerns at all. If problems are shared quickly they can often be "nipped in the bud" before becoming major issues.

REPORTS — YOUR QUESTIONS ANSWERED
What are the major features of the student report card?
• A–E scale
• Clear information about your child's strengths and weaknesses
• An indication of your child's progress over the previous 12 months
• A plan for how your school will support your child's future learning
• Advice on how you can support your child
• Student involvement in reporting

Why are there A–E ratings on the report cards?
Parents have told us that the different reporting scales used by schools in the past were confusing. They want a clearer and more consistent indication of the progress their child has made.
The introduction of the A–E scale means all government schools (with the exception of some specialist schools) will be using the same approach to reporting progress against the same standards. The A–E ratings will have the same meaning no matter which government school your child attends or where you are located in Victoria.

What exactly do the A–E ratings mean?
A indicates achievement that is well above the standard expected for your child's year level at the time of reporting. It means that your child understands and is able to successfully work with knowledge and skills that are significantly more complex than would normally be expected.
B indicates achievement that is above the standard expected for your child's year level at the time of reporting. It means that your child understands more complex ideas and has a broader range of skills than would normally be expected.
C indicates achievement that is at the standard expected for your child's year level at the time of reporting. It means that your child's learning is on track and that they understand and can apply the range of knowledge and skills expected for their year level at the time of reporting.
D indicates achievement that is below the standard expected for your child's year level at the time of reporting. It means there are some skills and knowledge that your child has yet to acquire before they can be said to be achieving at the expected standard.
E indicates achievement that is well below the standard expected for your child's year level at the time of reporting. It means there are significant areas of knowledge and skills your child needs to acquire before they can be said to be achieving at the expected standard.
On Tuesday 22nd May, I took eight Year 4 and 5 students (Trevin, Isaac, Aisha, Pamali, Neel, Destiny, Ishika and Mino) to the Agideas 2012 Next Children for Design Workshop at the Melbourne Convention and Exhibition Centre.

The program was designed for children to develop an understanding that design plays a role in their everyday lives and can influence the way things look and work.

The event included a short forum with Ken Cato as the speaker and a workshop with designers that worked with the students to come up with creative ways to solve problems in their world.

The students were able to express their ideas on large "puzzle" pieces which was fitted together to make a public artwork in the form of a giant sculptural mural.

Each child was given a book full of different art and design to take home with them.

In this newsletter I have also included an article from parentingideas.com about sleep plays an important role in the general mental health and wellbeing of a child.
The Kids Corner section of this fortnight’s newsletter has been written by Radinsa 2SY:

**THE CAT AND THE DOG**

One day a little cute dog came with a cute cat. She came to play and they ate delicious feasts and it was yummy.

“It’s time for me to go home and you can come to my house tomorrow”, said the cat. The next day the dog was ill so he couldn’t come to the cat’s house and so the cat went shopping.

**Specialist Awards!**

Congratulations to the following students who received the Specialist Award for the month of May:

- **Sportsperson of the Month:** Shane 6PS
- **Musician of the Month:** Arya 5JA
- **Artist of the Month:** Joelle 0LG
- **Chinese Language Achievement Award:** Ian 12B

**GWOPS HOUSE POINTS**

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The Digital Excellence Program (DEA) is an online program to assist and extend students’ ICT skills. Our students monitor and drive their own learning through this program which is integrated into all aspects of their learning. Once they have completed tasks they receive a digital excellence badge to keep forever.

The program offers them the opportunity to further their skills from home by logging on to the DEA website. This can be accessed via Glen Waverley Primary School’s website. Achievements in ICT will be celebrated fortnightly through this newsletter, which is prepared by the ICT captains Nidula and Shane from Year Six. Here are some students who have achieved badges this year.

| Gold Email | Year Four | Destiny | Channa | Neel | Adam | Muhammad | Pinal | Rush | Ishane | Shreya | Shu Yuan | Behnam | Tara | Ishika | Hasung | Ellen | Aadarsh | Olivia | Kin | Adam | Jenica | Derek | Yang | Mevan | Sethmi | Amanda | Angelina | Jack | Enrie |
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<th>Brendan 6ND</th>
<th>Stephanie 6ND</th>
<th>Nidula 6ND</th>
<th>Marcus 6ND</th>
<th>Rusal 6PS</th>
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On 30/5/12, the Year 6’s went to the Werribee Treatment Plant. We learnt many things about how water is recycled, how we can recycle water and we learnt a lot about poo and pee!

The Werribee treatment plant has 10 huge ponds. Each pond has a different job to do. Water from the sewage comes into Pond One and makes its way into Pond Ten. As the water progresses, it becomes cleaner. By the time the water has reached Pond Ten, 40 days have passed and is classified as “C Grade Recycled Water.”
Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them, learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

How much is enough?

To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research:

| Children aged 2-5 | 11-12 hours per night |
| Children aged 6-12 | 9-11 hours per night |
| Teenagers | 8-10 hours per night |

And adhere to these rules, advises Dr Lushington:

- “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
- “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”
- “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
- “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”
The advertisements in this newsletter are in good faith but no responsibility as to the quality of the products or services offered is accepted by the school.

**Waverley Gymnastics Centre**

**JUNIOR GYM**

**A FUN AND CHALLENGING GYMNASTICS EXPERIENCE FOR PRE-SCHOOL CHILDREN AGED 2-5 YEARS OLD!**

Junior Gym at Waverley is a structured program that is oriented towards gymnastics learning in our fully set up 5-star gymnastics facility in Mt Waverley. Children are taught gymnastics skills to increase balance, coordination, strength & confidence.

**TERM 2 CLASSES ARE STILL AVAILABLE!!**

Lessons incorporate a wide range of gymnastics equipment & teaching aids, including the beam, bars, floor, trampolines & foam pit. Each session runs for fifty minutes and is coached by our dynamic, friendly & qualified staff in a safe gymnastics environment, designed to maximise the learning opportunities for every child.

**Days Available:** Monday, Wednesday, Thursday & Friday

**Address:** 7 Dorrington Drive, Mt Waverley (Melways 70 G1)

For more information, or to book a trial class, please visit [www.waverley.gymnastics.org.au](http://www.waverley.gymnastics.org.au) or call 9817-9611

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9568 - 1011

**SORE FEET?**

We can help in assessing and fixing feet of all ages. It’s easy, call our friendly reception staff today on 9568 1011 to make an appointment!

**We specialise in:**
- Routine nail care, corn and callus removal, ingrown nail treatment
- Bunion, flat feet, heel pain
- Sport’s injuries
- Orthotics for people of all ages
- Choosing the right footwear for the right activity

**With leading experience in services for children including:**
- foot problems such as heel pain, footwear assessment and advice, concerns about in-toeing (pigeon-toed) and out-toeing, sports injuries, orthotics.