FROM THE PRINCIPAL CLASS TEAM

**ANZAC Day 2013**

On Thursday 25th April, is ANZAC Day, probably Australia’s most important national occasion. It marks the anniversary of the Australian and New Zealand forces - landing at Gallipoli on the 25th April, 1915 during the First World War. It is the day we remember all Australians who served and died in all wars, conflicts, and peacekeeping operations. Learning about Anzac Day helps children connect with Australian history and understand the importance of this national day of remembrance. Classes throughout the school have been focusing on the Anzac Day tradition during the week as part of Literacy and Inquiry. On Tuesday our Year 6 House Captains attended the Box Hill Rotary and RSL Anzac Day Service at the Box Hill Gardens. Tomorrow, Thursday 25th April we will be celebrating Anzac Day with a public holiday and the school will be closed.

Our House Cross Country for years 3-6 is on this Friday at the Gardiners Creek Bike Track from 9.00-11.00am, with the first race starting at 9.30am. All students are encouraged to dress in their house colours. Parents are welcome to come along and support. The start line for all races is near the skate park on the corner of Middleborough and Canterbury Roads.

Our final parent workshop- ‘Helping Your Child Learn to Read’ was held last Friday. I was delighted with the number of parents who attended- (both mums and dads) and for their active participation in these sessions. I would like to thank Linda Abbott and Maria Pase for preparing and presenting the workshops. Their passion and love for reading which they demonstrated was infectious!

Remember the 3 P’s of reading:
- always be POSITIVE
- PRAISE your child
- PROMPT (encourage your child to use strategies and search for clues when reading)

**AND MAKE READING FUN!**

Last week all teachers participated in writing workshops with Julie Shepherd, our literacy consultant. A number of students worked in small focus groups while Julie demonstrated specific writing strategies. One junior group who focussed on using rich, descriptive language wrote this delightful description about the rainbow cake below:

‘This cake is the most colourful cake you could ever imagine. There is a wedge cut out of it so you can see inside.

It has six colourful layers, red, orange, yellow, green, indigo and violet.'
CAR PARKING ISSUES AT THE FRONT OF THE SCHOOL

At the front of the school, in Birdwood St there is a 5 minute parking area as well as a designated disabled parking area. It is very important that these parking restrictions are observed by everyone. Some parents are parking their cars in these areas and leaving their vehicles for extended periods of time. This causes great inconvenience for many other people and is not setting a good example to the children.

It is important for the safety of the children who attend Roberts McCubbin PS that all parents obey the parking signs around the school as well as show courtesy to our neighbours by not parking in or over driveways. As mentioned previously, Whitehorse Council parking officers will be making random checks around the school to monitor the situation.

Thank you in anticipation of your co-operation. Marg Pickburn - Principal

March 2013

Dear Parents,

Welcome to Miss Peppercorn School Luncheons. We are very excited to be providing our reliable, healthy and delicious lunch order service to the families at Roberts McCubbin Primary School every Monday, Wednesday and Friday commencing 15th April.

Our Winter Menu will be available very soon, we are just finalising it.

Our Food & Menu
Our food is simple, fresh, healthy, tasty and delicious. Yum! Our food is ‘homestyle’ made with passion by us! We understand the importance of nutritious food that encourages children to eat healthy. We closely follow the Victorian Government nutrition guidelines for schools - our menu is ‘Go For Your Life’ approved. Each season we change our Menu.

What you need to do
We are currently setting up your school and classes. We will be ready for you to set up your own account over the school holidays. This must be done before you can order your child’s lunch. We use FlexiSchools. Follow these steps to set up your account:

2. Click on “Click here to register” to create your account
3. Top-up your balance
4. Start ordering immediately - we are open!
5. Each time you order you can select our ‘allergy alert’ option which will print on your child’s label and advise our kitchen of the relevant allergy.

What Does it Cost?
The cost is the cost as shown on the menu plus a 25c fee for each order placed.

How Does It Work?
Go to www.misspeppercorn.com.au/schools and click “click here to register”. Then enter your student’s name, school and class, and add funds (say $50) into a pre-paid account.

You can log into the website at any time to place orders, up until 9:15am on the day of the order. As purchases are made, the funds are taken from your pre-paid account. The account can be topped up again in the same way, or set to automatically top-up via credit card when the balance falls below a pre-set minimum.

Each order is sent automatically to our kitchen, where an easy-to-read label is produced with the student’s name, class and order details.

At lunch time, we take the orders to your school and collate them ready for collection.

If you have any problems or would like assistance please call: Flexi Schools
8am-5pm on 1300 361 769

If you have a children’s table and chair set that you have no further use for, I would love to hear from you. Please contact Jen Walker at school in the First Aid Room.

Jen Walker – First Aid
House Cross Country Event

Our house Cross Country event will be held on Friday, 26th April at the Gardiners Creek Bike Track. All students from Years 3-6 will be attending with the emphasis being placed upon participation and fun. The event will also help me to select our District Cross Country training squad in preparation for the District Cross Country on Monday, 27th May. Parents are encouraged to come along for support this Friday. The start line for all races will be near the skate park on the corner of Middleborough and Canterbury Roads. Children will be running in their age groups with the first race set to begin around 9:30am. Any parents who are able to help out on the day, could you please contact me ASAP.

Tim Fearn-Wannan

Box Hill Football Club Mascot for a Day

The Box Hill Football Club (VFL) are offering you the chance to be the mascot for the day at their home game -v- Collingwood on Saturday, 6 July, entry is FREE and you will have the chance to go in the change rooms before the game, run out on to the ground with the team and even toss the coin!

The winning name will be drawn at Assembly on Monday, 17 June

GOOD LUCK!

Please send your completed entry to the office before Monday, 17 June.

Box Hill Football Club Mascot for a Day

Name: __________
Age: ___________ Grade: ______________
Parent Contact Phone Number: ______________
We will be available on Saturday, 6th July 2013
Parent Signature ______________________________

ANZAC Day service

An ANZAC Day service was held on Tuesday in the Box Hill Gardens. It was organised by the Box Hill RSL and Rotary Club. Roberts McCubbin Primary was represented by our 8 House Captains who laid a wreath on our behalf.

The service was a very solemn and moving memorial to all of those who served this country in wars and conflicts. Photos to follow on next page.
Buy your book now to discover the many valuable offers in the NEW Greater Melbourne Entertainment Book!

Books are packed with hundreds of up to 50% off and 2-for-1 offers for the best restaurants, cafes, attractions, hotel accommodation, travel and much more!

Selling for only $65, you’ll receive $15,000 worth of valuable offers that you can use right away, up until 1 June 2014!

Thank you for your continued support.

Click here to order your Entertainment Book: https://www.entertainmentbook.com.au/orderbooks/187727c

PFA

President: Matoula Romeo
Vice President: Karen Dearden
Treasurer: Chris Rosicka
Assistant Treasurer: Jo Townsend
Co Secretary: Ellen Swansson & Andrea Belmonte

Mother’s Day Stall

Friday 3rd May - Grades 5/6
Friday 10th May - P,1,2 to 3/4’s

All classes will be allocated a time to attend the PFA’s Mother’s Day Stall at school. The children enjoy this shopping experience and we have chosen a wonderful range of items for the children to choose from that will be sold at very reasonable prices.

We suggest the children bring along $5 to $10 (or more if they wish to purchase something for Grandma / Nana, etc.) in an envelope/wallet/purse etc. And we also ask that they bring their own shopping/plastic bag to take items home.

The aim of the stall is to provide the children with an opportunity to buy something for someone special.
Can you help? If you are willing to help out with the Mother’s Day Stall, we have a few spots to fill with set up/pack up and tending to the stall. An email will be sent out to the parents who have expressed their interest to help on the PFA Volunteer form, a roster will then be placed out on the junior deck area.

The flyer regarding the Mothers’ Day Stall will be sent home shortly.

**Women’s Night – Friday 31st May**

Yes it’s all happening…the 31st of May is a night of indulgence for the ladies in our school community. We are gearing up for a beautiful night again for all the women in our lives, mums, grandmothers, teachers and friends and all are welcome to join us. We will have finger food and drinks, mini pamper sessions, cool music and stress-free atmosphere – perfect opportunity to mingle with friends.

**Something to think about for Women’s Night**! The Women’s Night has raffle and door prizes incorporated into the evening to help raise some funds. We are asking our school community if you are able to or if you know someone who may be willing to donate a service or products that women enjoy that we can bundle up into raffle prizes. The Ladies Raffle traditionally had started with the idea of re-gifting items that you may have in your cupboard that you have never used. Perhaps this is the opportunity to let someone else enjoy this precious gift or item? As we say someone’s “unwanted” might be someone else “I have always wanted”.

Keep an eye on the newsletter over the next few weeks for more details and requests for help as we will need helpers to make the night happen.

**Up-coming Events**

*Vision Portraits:* Are back this year! Photo Session to be held at school on Sunday 23rd June

*Rolf Pie Drive:* Pie orders to be picked up at school on Wednesday 19th June

*Trivia Night:* Saturday 10th August at Box Hill Town Hall

More information and flyers will be sent home closer to the events.

**PFA Volunteers**

Thank you to all the parents and carers who have filled out our volunteers form. As we progress through the year you will receive an email reminding you of what you have offered to help and will ask if you are still able to. Please remember by placing your name down on this form it is not a commitment to help but simply an expression of your interest to help, so if you cannot help out as you thought you could because of other commitments or the date doesn’t suit, that is perfectly fine. We also place a roster out on the junior deck area asking for parent helpers.

**Woolworths Earn and Learn**

*Monday 8th April to Sunday 9th June*

Are you collecting your stickers and filling up your sticker sheets?

For every $10 spent (excluding liquor, tobacco and gift cards), you will get one Woolworths Earn & Learn Point/Stickers. Place the Woolworths Earn & Learn Points/Stickers onto a Woolworths Earn & Learn Points Sheet and when it’s complete, the Points Sheet can be dropped into our Collection Box located at:

- The school office foyer.
- Woolworths Blackburn South and
- Woolworths Forest Hill

You can pick up your blank Points Sheets at Woolworths Supermarkets and don’t forget to ask for your stickers when you go shopping at Woolworths!

Plus look out for Earn and Learn extra point products throughout the store – check out the Woolworth’s website or catalogue for this weeks products.

Remember to tell your friends, neighbours and families to start collecting stickers/points for our school too!
Run Around Australia
Monday 15th April to Sunday 26th May

Every dollar spent at Forest Hill stores will help our school earn “kilometres around Australia” towards winning a prize. All you need to do is to present your receipts at the Customer Service Desk or the drop in boxes at Forest Hill Chase opposite Target and in the break out zone next to the Fresh Food Mall. The more receipts dropped our schools box the more kilometres our school earns. PLUS the Fresh Food retailers will be Double Kilometres stores!

Winning Prizes are:
1st Place: a $10,000 cash prize
2nd Place a $3,000 cash prize
3rd Place : a $2,000 cash prize.

Tell your neighbours and families to support our school too by placing their receipts in the Roberts McCubbin drop in box. If you need your receipts you can simply take them to the service desk to be stamped and handed back to you. And please note that photocopied receipts will not be counted.

Check out their website for more details and where we are on the map as we go along www.runaroundaustralia.com.au

Monday Morning Tea after Assembly in the Hall
Next Morning Tea: 29th April

Every Monday morning after assembly the PFA holds a morning tea in the hall. All parents, carers, grandparents and of course toddlers/pre - schoolers are welcome to join us for a cuppa and a chat. Thank you Giannina for bringing some yummy banana bread this week.

PFA Meeting: Tuesday Night 21st May

We would love to have your support and more attendees at our meetings, so if you are considering coming to a meeting, please do so. You may like to…

1. help organise an event
2. be part of a team
3. perform a small task or
4. simply contribute with ideas, suggestions and feedback at our meetings

Any parent or carer with a child attending Roberts McCubbin Primary School can attend the PFA meetings. With more parents attending our meetings we can properly represent our school community.

Craft News

If you are looking for some beautiful hand made gift cards for all sort of occasions please check out the Craft Groups collection in the office foyer. We now have some football theme gift cards available too!

Helping Hands

The Helping Hands is a service that provides help in the form of lunches and dinners to families who are experiencing difficult circumstances. Often family and friends help out but sometimes that is not always possible. What many may not realise is that these difficult circumstances may be that; a family member is in hospital, the family may be coping with a major illness, there may be a major change in family circumstances, death in the family or bedbound family member, there may be no support from extended family, the arrival of a new baby, or even moving house - you do not have justify your need. If you need or know of a family that needs assistance please contact Kate or Alison who are the helping hands co-ordinators. They will organise someone on their list of helpers to provide a helping hand, these helpers do not know who it is they are giving a helping hand to. Please do not hesitate to ask - as there is no need for you or other families at our school to struggle when we have a supportive community of parents willing to lend a hand. Please understand, all requests are treated with the strictest confidentiality.

If you need a helping hand please contact;
Alison Mc: Mob 0434 132 224 or alimci@optusnet.com.au

Thought for the Week

It’s a time to remember. Lest We Forget.

Matoula Romeo – President
Hi to all Robbie Mac families, Friends, Carers and Staff Members,

I would like to introduce myself. My name is Isabelle (Izzy) Kinsella and I am the Fair Coordinator. We are now in the 2nd Term of school and it is time to start planning. The Fair will be held on Saturday, 9th November. Please, make sure you put this date in your diary.

Every year, class reps, parents and teachers put a lot of time and effort into the Fair to make the day a great success and raise as much funds possible for the school.

As the Fair Coordinator, I would like to get as much feedback as soon as possible to make it even better this year.

As some of you are new to the school and have not yet attended our Fair, if you have a great idea or have seen something at another fair that you think would be great for us, please let me know. Please take a few minutes to write down your ideas, comments and suggestions on a piece of paper and drop it in at the office in the Fair Communication Box for us to take into consideration and make 2013’s Fair fantastic. Make sure your child or children have a say too! After all, it is mostly for them.

Thank you,
Izzy Kinsella

Uniform Shop
Shop Open Times
Tuesday: 3:00pm - 4:00pm
Thursday: 8:30am - 9:30am

EDUCATION COMMITTEE 2013
ALL PARENTS ARE WELCOME!
We always appreciate your constructive input.

Our next Education Committee will be held on
Wednesday, 1st May
from 6.00pm-7.00pm in the staffroom.

AGENDA

- Raelene Aleandro will demonstrate our Student Performance Analyser program (SPA) which enables us to more effectively differentiate classroom curriculum to meet the learning needs of all children.

- Marg Pickburn will present our 2013 School Planner.
World Asthma Day 7th May 2013
‘It’s time to control your asthma!’

World Asthma Day is an annual event held by the Global Initiative for Asthma and this year’s theme is ‘It’s time to control your asthma’. Good asthma control not only improves lung function and means less symptoms during the day and night, but also improves the quality of life for people with asthma. This World Asthma Day, we encourage all schools to consider what good asthma control means for them, the children in their care and their whole school community. If you feel that your student’s asthma is uncontrolled and impacting on their ability to participate in activities please make sure you communicate this to their parents and carers and encourage them to see their child’s GP for an asthma review.

School Camps & Excursions

Camps and excursions are a calendar highlight for students and are a great way to encourage them to try new activities. However camps and excursions can present a new set of challenges for students with asthma and the following is a list of considerations to be made for camps/excursions and the students that may be attending:

- How many children with asthma are attending the camp/excursion?
- Do you have a copy of students’ Asthma Action Plans to take on the camp/excursion?
- What asthma or allergy triggers will the students be exposed to?
- Are there a suitable number of asthma first aid trained staff attending?
- Are there a suitable number of Asthma Emergency Kits available to respond to an asthma emergency?
- Are all staff aware of the asthma emergency procedure?

Considerations to be made for individual students:

- Have they been unwell recently?
- Have they had an asthma attack or asthma symptoms recently?
- Has their parent/carer completed the School Camp and Excursion Medical Update Form?
- Will they have their reliever medication and spacer on hand at all times?
- Are they attending with other medications to be taken and are there sufficient instructions for use/dosage?

New Resource for VCE Health and Human Development Students!

We have a great new fact sheet for students studying the VCE Health and Human Development. Many students choose to focus on asthma as a National Health Priority and we would like to ensure that these students have an accurate, up-to-date and easy to read reference for their projects.

Please see the resources section on our website for a copy of the fact sheet, or see the attachment that has been sent with this newsletter.

To find out more contact your local Asthma Foundation:

1800 645 130
asthma.org.au

Supported by the Australian Government
Young people at the National Asthma Conference

On 19, 20 March Asthma Australia's conference, Tackling Asthma in Australia — the Next 5 Years, was held in Canberra.

Two ACT young people provided a 'welcome to the future' for the attendees.

Hayley, a secondary school student, told the audience about her asthma and how her school was involved in a project to help other students to know how to help a friend in case of an asthma attack. Eddie, an active sportsperson, also told the conference about his asthma, how he managed this to play top level sport, and about his involvement in a day of filming at the Australian Institute of Sport for Asthma Australia.

Eddie finished the welcome with, "I'm proud to be involved with Asthma Australia and the Asthma Foundation here in ACT, and helping to get important messages about asthma and self-management to teenagers and young adults around Australia. Asthma Australia has lots of plans to work more closely with people like me. This is really important and we thank you for giving us the chance to have our say."

The winning poster from the competition held at the end of last year, by a student at Woodleigh School in Victoria, was framed and provided to all conference presenters.

New TRIGGERS booklet

This booklet was launched at the conference and informs people with asthma and their caregivers about how to recognise their asthma triggers and what can be done to avoid them.

Asthma triggers could be something that people with asthma:
- Breathe in (smoke, cool air)
- Catch (cold, flu)
- Feel (emotions, stress)
- Do (exercise)
- Eat or drink, take (medications)

The booklet is available online at the Asthma Australia website via Latest News. This may help you understand about your student's asthma triggers, or to inform parents and careers.

Exercise: a trigger not to avoid

Students with asthma should participate in sports and other physical activity as a component of a healthy lifestyle.

When a student's asthma interferes with physical activity, they may need to review their use of preventer medication or seek their doctor's advice about asthma medication they use prior to exercise.

The images here show Petrina Price, an Olympic high jump athlete, and Maddie, Issy and Eddie, active young people who manage their asthma and participate in a variety of sports, at the Australian Institute of Sport during filming for Asthma Australia. View the promo at:

http://asthmaaustralia.org.au/assist/yourasthma/asthma-sport/
School Camps & Excursions: Asthma

If your child has asthma, attending school camps and excursions can introduce them to new asthma triggers especially if they are going into new environments. It is essential that your child can participate fully and safely in all school activities. The following is a list of considerations to make for your child before they go on school camp or an excursion:

- Is your child's asthma currently well controlled (e.g., no symptoms at night, reliever use less than 3 times per week)?
- Has your child had an asthma attack or asthma symptoms recently?
- Does the school have an Asthma Action Plan for your child?
- Has the school asked you to complete a School Camp and Excursion Medical Update Form?
- Does your child have their reliever medication and spacer on hand at all times?
- Are they attending with any other medications to be taken on the camp/excursion? If so, are there sufficient instructions to staff for use/dosage?
- Does your child self-administer their medication? If so, has their technique been checked recently?

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

Asthma and Complementary Therapies

Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make ones asthma worse.

Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique).

Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) http://www.nationalasthma.org.au/ or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure.

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.
Blackburn High School – Open Night
Wednesday, 1st May, 2013
6pm-8pm

There have been a lot of changes at Blackburn High School. Come along and see the new facilities and hear about our new learning model.

Leaders of the four Houses will be presenting a comprehensive overview of the House and Mentor Class organisational model at 6pm in the House areas.

The Principal, Dr Sandra Woodman, will be speaking in the School gymnasium at 7pm.

All Faculties will be on display and Faculty Heads, staff and students will be available to speak with you about the educational opportunities available at Blackburn.

STS Student Exchange are seeking Aussie families who are busy, friendly, interested in other cultures and willing to welcome an STS exchange student into their family. Aussie families come from all walks of life and all cultural backgrounds, that’s what makes up our country. Our volunteer host families provide room and board and treat their host son or daughter as a member of their own family. Exchange students have their own spending money and medical insurance. While your exchange student is learning about Australian culture, your family members will learn about theirs. What a great way for your children to learn about another country!

Call us today to start your adventure! 1800 263 964 or email us at stsf@people.net.au Web: stsf-exchange

STS Student Exchange, PO Box 666, Hornsby NSW 1630 ABN 35 095790177

STS is registered with the Department of Education of Victoria.
Program Update

We hope that everyone had a safe and happy ANZAC break.
Our shortened week saw a very successful minecraft activities afternoon.
Congratulations to Ethan Wong and Isaac Ruys for winning our double passes to go
and see Nims Island 2. In other news, Nemo the leaf insect is now flying!
Next week sees our footy fever sessions on Wednesdays beginning with Matt coming
to take footy clinics from 4pm.
A reminder that the program concludes at 6pm each evening with a $1.50 per minute charge
thereafter and that all children enrolled in OSHClub must have fully updated
anaphylaxis/asthma/risk management plans and any medications required are to be held at
the facility. No pen, no plan, no play.

Thankyou

Next Week’s Activities

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<th>Tuesday</th>
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<td></td>
<td>Crumpets</td>
<td>Cereal</td>
<td>Raisin Toast</td>
<td>Hash browns</td>
<td>Spaghetti Toasties</td>
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<tr>
<td>After Care snack</td>
<td>Scooby Sandwhiches</td>
<td>Quesadillas</td>
<td>Dino Pasta</td>
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<tr>
<td>After Care Activities</td>
<td>Circus skills</td>
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<td>Footy fever</td>
<td>Art Attack</td>
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Parent Information

OSH program phone: 0407 634 842 (Available Mon - Fri 7am - 9am, 3pm - 6pm)
Coordinator: Danae
Assistants: Lola, Penny, Dan, Azucena and Andy
OSHClub Head Office: 03 85649000
All families must be enrolled to attend the program, remember this is Free!! Please create an
account online at www.oshclub.com.au all bookings and cancellations can also be managed via
your online account. For on the day bookings please contact the Coordinator direct at the
program.

Minecraft models by Ethan and Isaac

www.oshclub.com.au