PRINCIPAL REPORT

WONDERFUL WEDNESDAY

Wednesday was a wonderful success. Students had a great day; not only were they able to wear casual clothes but they got to eat some delicious pancakes made by many talented parents. JSC members did a fantastic job helping set up and serving. Thank you to all those families who kindly donated ingredients for the pancakes and those who came along to help with cooking and of course, cleaning up afterwards. Out of Uniform Day raised $157 for the Royal children’s Hospital Appeal.
ANNUAL REPORT
On Tuesday night the Annual Report was presented at School Council. Copies of the report are available at the office if people would like to read it.

ASSEMBLY
There will be no assembly on Monday due to having our final assembly for the term on Thursday. This assembly will commence at 1.30pm.

VERONG VITTLES
Unfortunately Verong Vittles will no longer be supplying lunches on a Wednesday. It is no longer viable for them to do this. Parents & Friends are currently thinking about an alternative.

ATHLETIC SPORTS
Tomorrow is our Athletic Sports Day. Students are encouraged to wear a T-shirt in their house colours. (no singlet tops). Children are required to wear their normal school shorts, skirts and hats. The day will commence with an opening ceremony in the amphitheatre. We are expecting rain, a small amount won’t worry us but if it becomes too heavy we will cancel the day. The BBQ lunch will go ahead regardless. A timetable is attached to the back of the newsletter.
Unfortunately Jenny Bathman and I will be unable to attend the day as we have a professional learning session to attend.

PARENT/STUDENT/TEACHER INTERVIEWS
Appointment times have been sent home today attached to the newsletter. We have tried to accommodate your wishes in regards to times. If your time does not suit please contact the school to make alternative arrangements.

TOOLAMBA PUBLIC TOILET
Crowe construction attended the site last Friday to finish off a number of small items. A larger item that needs fixing is the entry door to the toilets (it has somehow been damaged). A replacement door is coming out of production on the 15/3 and will be immediately shipped up to Crowe. They have booked their carpenter to install this as soon as it arrives. Parts needed for the lock of this door have been ordered also. Unfortunately, Parks and Rec won’t open the toilet until the door is fixed.
I’ve also been advised that the only other major outstanding item is the additional security mesh that will be installed after the other items. Crowe are attending the site shortly to get measurements for this.

Enjoy your weekend,

Regards Heather

HOW TO HAVE SMOOTH SLEEP TIME
Sleep can be a vexatious issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping…it goes on and on!
It’s an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep.
Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.
So here are 5 tips for good sleep habits, and 5 extra tips for teens to help manage their changing sleep cycle.

Good sleep habits include:
1. Regular bed-times Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. An established bedtime routine that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Sleep tips for teens:
1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

Know someone who would benefit from these sleep tips? Just forward this email.

SENIOR NEWS 2
Where has this term gone? It’s hard to believe that there’s only 5 school days left before the holidays. Recently in class we have been focussing on Narrative Text. We have been learning about the structure of the text and different ways we can begin a story. In Maths, our focus has been Angles, Factors/Multiples and Decimal Place Value. Integrated Studies is wrapping up with the completion and Oral presentations of our Power Points about Landscapes. Tomorrow is our Toolamba Sports Day. This is a special day for our House Captains in particular, because they will be able to lead, take responsibility, organise and support the kids in their houses. Good luck to everybody, especially Goulburn!

Next Tuesday Grades 3-6 will go to Tatura for our District Sports Day. If your child is catching the bus to Tatura, and catches the Clement bus, they will need to be driven to school because we will be leaving before the Clement bus arrival time. Students will need to bring their hat, packed lunch and a water bottle.

Just a reminder that all students are required to bring their diaries to school every day. Also, on a normal week, homework is expected to be completed and handed in on Fridays as well as the reading log books. This week however, is different. Homework and Reading Logs are due back next Wednesday 23rd March. We will do our Word Study test on this day. Thank for your support with this.
I look forward to meeting with you next Wednesday during Parent/Teacher Interviews. I will be out in Siberia for my interviews, you are welcome to wait in the library next door.

I will be taking 2 weeks long service leave in the first two weeks of Term 2. Jess Thompson will be replacing me for this time.

Congratulations to our first four recipients of their Pen Licence, Cam, Etsie, Maya and Elliza.

RECEIVING THE NEWSLETTER BY EMAIL
If you would like to receive a copy by email as well as a paper copy, please complete the details below and return the form to school.

Name.................................................................
Email ...............................................................

FAMILY ACCOUNTS
Statements for school family accounts will be sent out on a monthly basis.
Instalments can be made by using the BPAY details on your statement. EFTPOS is also available at the office.

PRE LOVED UNIFORMS
We have preloved uniforms in various sizes. They sell for $2.00 each. Come in and browse.

TOOLAMBA OUT OF HOURS SCHOOL CARE.
Out of School Hours Care is available at Toolamba Primary School; after school Monday to Friday from 3.15pm to 6pm during school terms. The price is $16.00 per session. Bookings can be made by ringing the After Hours Care number which is 0457 847 970. Please ring this number rather than book through the office.
Enrolment Forms are available from Fiona or the office.
To make a booking for Mon, Tue, Wed or Thurs you need to ring before 12pm on that day. Bookings for Friday need to be made before 5.30pm on Thursday.

OCCASIONAL CARE
Occasional Care is available at Toolamba Kinder on Tuesdays and Fridays from 9am to 2pm. If you would like to book a place for your child, please call the Kinder on 5826 5320

COMMUNITY NEWS
WORLD'S GREATEST SHAVE
Caz n Keeley Dye For A Cure
Most of you will have seen Caroline and Keeley from Grade 6 with different coloured hair this week.
This is because over the long weekend they participated in the World’s Greatest Shave for the Leukemia Foundation.
The girls have been raising awareness and funds to help the Leukemia Foundation with their extremely important mission to help those fighting blood cancers.
They have raised $371 so far towards their goal of $450. If you would like to help Caz n Keeley you can bring a gold coin donation to school or you can go straight to the World’s Greatest Shave web page and search for Rachel Smith, who is Caroline’s mum and follow the steps. You can also follow us on Facebook by searching for ‘World’s Greatest Shave Caz n Keeley Dye For A Cure’.
Erica Warren

TOOLAMBA NETBALL
There will be a meeting after school in the Amphitheatre on Wednesday March 23. It is for all parents who have children playing in the grade 3/4 (Division 2) netball team.
Pam Moran wants to get an idea of numbers for this team, arrange to order netball shirts for new players and ensure everyone will be registered for the season.
Our first training for the season for all children playing in Division 1 and 2 will be on:
Monday April 11 at 3.30 until 4.30 at Toolamba PS. Could all children playing please attend, or parents notify their apologies please.
At this training we will arrange the usual training night and provide general information for the start of the season.
Look forward to seeing you all there.
Fiona Boyer
0439385072

TATURA JUNIOR FOOTBALL
Football training for the 2016 Tatura Under 12 an Under 10 teams will start 5.00pm Wednesday 23rd of March at Howley Oval, Tatura. Everyone is welcome, so please spread the word and we hope to see you at training. For any further information please contact either Stuart Murdoch 0418 935 795 or Quinton Langlands 0408 321 413.
Thank you Regards,
Quinton Langlands
Junior Football
Tatura Football Netball Club
0408 321 413.

AUSKICK 2016
The Tatura & District Auskick Centre will be again coming together at Tatura Park on Friday evenings at 5.30pm to play Grid Games. After the success of last season we are looking to again improve this program.
This season, we are looking at running games for Under 6s, Under 8s and Under 10s. Students from Kinder to Grade 4 are encouraged to participate. The great thing about playing in Tatura is that we play under the great lights of Tatura Park and the Tatura Netball Association runs at the same venue, this makes it a great family night.
The Shepparton Junior Football League is running an Under 10s Saturday morning competition this season, but we will still cater for Under 10s also.
The first session will be on Friday 15th April at 5.30pm.
We are planning a meeting during the school holidays to ensure we are set for the season ahead as we would like to get team managers and umpires ready earlier. Please join the Facebook group Tatura & District Auskick for regular updates. Registrations are now open at www.aflauskick.com.au
Craig Thompson

AFL NATIONAL SCHOOL’S TIPPING
Again this year the AFL has created a specific online AFL Tipping Competition just for school students with many great prizes to be won. There is a weekly prize plus an overall prize at the end of the 2016 Toyota AFL Premiership Season for the respective School and State Champions and the overall National Champion.
Prizes include AFL online store gift vouchers, Sherrin Footballs signed by AFL Schools Ambassador Trent Cotchin, Apple iPads, AFL 9s equipment for schools and more!
Get online and search for AFL Schools Tipping competition.
Craig Thompson
Toolamba PS AFL Ambassador
TOOLAMBA SOCCER NEWS
Training commences tonight at 3.30pm at the school/community oval for under 8's, 10's and 12's. Training will be offered throughout the school holidays at the same time.
Round 1 April 16- info to follow over the holidays as to what the new players will need.
If there are any 6-7 year olds that are interested and haven't contacted me there is still time to register- we are looking for 1-2 more under 7's.
If any parent has an interest to team manage/coach their child's team on a Saturday morning (under 6/7/8) please let me know.
Regards
Ross Fifoot
rossfifoot@bigpond.com
0409685060
Junior delegate.

LIONS INSTRUMENT DRIVE
To enable The Song Room to continue their great work in the Goulburn Valley by bringing music to students, we need instruments that you no longer need. You can drop them off at the school and Lions will pass them on. Think shakers, guitars, harmonicas, recorders, drums, or anything that makes music – Song Room will find a way to play it.
Thank you
Amanda Sibio

TOOLAMBA BLUE LIGHT DISCO
Date: March 18th
Time: 6:30 – 9:30pm
Cost: $8 per child or $20 per family
A free sausage sizzle is provided on the night.
Glo sticks, drinks, and snacks are available to purchase on the night from the canteen.
All canteen proceeds are donated to the Toolamba Primary School Junior School Council.
Children under 7 are welcome with a supervising adult.
For further information contact Katie on 0417504520
Thanks,
Katie Clavarino

TOOLAMBA FOOD SWAP
The next Toolamba Food Swap will be held at Wren's General Store from 9am until 11am on Sunday 3rd April.
Bring along your excess produce or something of interest to swap. The Lions Club of Toolamba invite all community members to "Take what you need and Leave what you don't" For more information please visit the Lions Club of Toolamba Inc. Facebook page or contact Keira Birchmore on 0417252874.
Thanks, Keira

ACTIVITIES IN THE PARK
Toolamba Recreation Reserve
Star Gazing In The Park. 8.30pm
Friday 18th March, 2016
Park Yoga. 9.00-10.00am
25th March 2016.
For regular updates and information
Visit our website - getmovingshepparton.com.au
Like us on facebook - getmovinggreatershepparton
Follow us on instagram @getmooving
Download our app - getmooving
Call Council’s Active Living Department (03) 5832 9431
On weekends call Greater Shepparton Visitor Centre (03) 5832 9330.
Thanks Rachel -0419 236 888.
ADVERTISEMENTS

EGGS FOR SALE
Free Range Eggs
$4.00 per dozen
Phone Jaye on 0417 589 791
Will deliver to school.

Bovine Inseminations
HERD IMPROVEMENT SERVICES
1740 Finlay Road, Tongala, 3621
Phone (03) 5859 0763 FAX: (03) 5859 0219

GUITAR AND KEYBOARD LESSONS
Cliff Doornkamp conducts 20 minute lessons for both guitar and keyboard every Thursday. The cost is $17.00 per lesson (payable at time of lesson)
For more information please contact Cliff Doornkamp on 0474 769 963

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Phone: 5831 6171 Fax: 5831 6172

CALENDAR 2016
Fri 18th Mar Toolamba Athletics Day
Tue 22nd Mar Tatura & District Athletics
       Years 3-6
Wed 23rd Mar Parent/Student/Teacher
       From 1.30pm
Thur 24th Mar Last Day Term 1
       Assembly Time 1.30pm
       2pm Finish
Sun 3rd April Food Swap. Colaura Gardens
Mon 11th Apr Term 2 Commences
Mon 2nd May Finance Committee. 6.00pm
       School Council. 6.30pm
Sun 8th May Food Swap. Colaura Gardens
Sat 26th Nov Lion’s Club Twilight Festival