The Importance of Breakfast

More than 40% of children miss breakfast at least one school day a week. While 8 per cent of children never eat breakfast, an MBF Healthwatch survey found that 58 per cent never miss it. “Research shows that skipping breakfast results in reduced learning, reduced attention and poor food choices for the rest of the day,” said Dr Christine Bennett, chief medical officer of Bupa Australia. “The importance of making time for children to enjoy a healthy breakfast before going to school cannot be overstated,” Dr Bennett said.

Scott Ross
Acting Principal
**Chaplaincy News**

**Connecting With Kids**
A great session for parents titled ‘Connecting with Kids’ is taking place at school on Wednesday 15th June from 4.00pm-6.00pm. We asked that you register your attendance with the front office to guarantee you a spot (There are limited seats available) Come along to this 2 hour workshop and find out more about how to use emotional intelligence to teach children about managing their feelings. Emotional intelligence is the ability to identify your emotions, understand them and be in control of the way you express them. If you would like further information about ‘Connecting with Kids’ workshop please contact Ricky Cawley (School Chaplain) on 0354430799. Ricky is available on a Wednesday and Friday.

*Ricky Cawley*
*School Chaplain*

**Parent Club News**

**Next Meeting**
Our next meeting will be held Monday 6th June in the staffroom after assembly. All newcomers are welcome to attend.

You are most welcome to bring along younger siblings to our meetings, so come and enjoy a cuppa with us!

**Movie Night: Ice Age 5**
Our family social evening event for this year is “Ice Age 5”, which will be held on Thursday 23rd June. An information/order form has been sent out to families today.

**Cost:** Adults $15.00, Children Under 15 $12.00, Mini Combo with small drink & popcorn $8.00.

Ticket orders are due back no later than 4.00pm on Tuesday, 21st June.

**Tickets will not be held, they must be paid for when ordered.**

**Colouring Competition**
A colouring competition will be held in conjunction with the ‘Ice Age 5’ Family Movie night. Colouring sheets will cost $1.00, and will be available to purchase soon. Student leaders will visit classrooms or alternatively you will be able to purchase from the school office. The competition will close Thursday 16th June 3.30pm.

*Thank you for your continued support.*

*Parent Club / Fundraising Committee*

**Junior School News**

**Prep News**

**Pupils of the Week**
*Congratulations to Kreuzer S, Ella C-H, Jaida C, Emily J and Bella W, our Prep ‘Pupils of the Week’ for this week.* These Preps are organised, enthusiastic and helpful in class. Well done!

**Grandparent’s Morning Tomorrow**
As part of Education Week the Prep grades will hold a special morning for Grandparents or older friend tomorrow **Friday, 20th May** from 9.00am to 11.00am. Parents are asked to mention this date to grandparents/friends so they can be available for this special time. Invitations for grandparents were sent home last week.

**Prep Perceptual Motor Program (PMP)**
PMP will continue next Monday. We look forward to seeing our great helpers at 2.30pm.
**Language Hint For The Week**
This week encourage your child to write letters to their friends, a prep they want to make happy or someone they have difficulties playing with, etc. The only thing we have to remember is that only friendly and kind things can be said in these letters and cards. Please encourage your child to reply to any letters they receive.

Our special sound this week is - e

**Grade 1 News**

**Students of the Week**
*Congratulations to the following Students of the Week:*
1D – Toby F for being a very kind and helpful class member.
1M – Bridget K for always being a persistent and hard worker.
1P – Miller D for always working super hard and sharing photos that show how her garden grows.
1CK – Alex R for doing a wonderful job of his worm description and for clever thinking in maths.

**Grade 2 News**

**Students of the week**
2B – Issac G for his improved attitude in writing.
2F – Imogen M for being resilient when completing challenging tasks.
2H – Alex for always working hard in class.
2G – Phoenix H for working hard in language time to research his chosen dinosaur.

**Cold Weather**
As we are coming into winter, it is getting much colder. Please ensure your child is appropriately dressed and jumpers are clearly labelled. We have already sent more than 10 jumpers to lost property as there were no labels on them.

*Junior School Teachers*

**Middle School News**

**Grade 3 News**

**Students of the Week**
3N- Sophie CH for her great spelling in the Spelling Bee
3CT- Kaylen B for his resilience and excellent effort during maths tasks.
3RD- Kaden B for his outstanding behaviour and effort at the cross country.
3B- Ella Mc for being a kind and caring member of 3B.

**Division Cross Country**
Congratulations and well done to everyone on their excellent behaviour and the effort they applied to their training and participation on Friday at the Division Cross Country.

**Learning Portfolios**
Learning Portfolios went home during the last week of term 1. Please read, sign and write a positive comment about your child’s learning before returning to school as soon as possible as we are already adding our term 2 work samples.

**Coding Club**
Coding club will begin this Friday at lunchtime for students in grades 3 and 4 in Mrs Bateman’s room.

**Bike Education**
Teachers are already thinking ahead and planning for Bike Education at the beginning of Term 3. Please start making any necessary repairs and adjustments to your child’s bike to ensure it is roadworthy by the beginning of next term. We will be sending home roadworthy checklists and permission slips closer to the end of term.

**3N Spelling Bee**
This week’s winners pictured right are: Ashlen, Jack, Sophie, Kiara and Jayden. 
Great spelling folks!
**Grade 3 Camp: 5th - 7th October**
The total cost will be $206.00. A deposit of $40.00 and permission notes are due back TOMORROW Friday, 20th May. If you have misplaced your note and need another one, please see your class teacher. *(Please note that CSEF will not cover the cost of camp deposits).*

**Grade 4 News**

**Students of the week**
Lochie T – for giving his all in cross country and finishing 2nd.
Brian A - for an excellent effort at the cross country. All the training paid off.
Drew C – for the enthusiasm and high degree of the thinking he brings to his maths tasks.

**Catalogues**
Thanks for sending along your catalogues. We have an awesome amount and won’t be requiring any more.

**Learning Portfolios**
Learning Portfolios need to start being returned to school. Please ensure you have signed and written a positive comment in your child’s portfolio before returning it.

**Footsteps Dance**
Footsteps will commence on this Friday and will happen every Friday for 5 weeks. The disco will be held on Thursday 16th June 7.30pm-8.30pm.

**Camp Payments**
Camp payments can be made to the office at any time. You are more than welcome to pay a little bit at a time to save one bulk payment at the end which can be hard with such a large amount. The amount owing after your $40 deposit is $170.

**African Drummers**
We look forward to the African Drummers performance on Monday 23rd May. Due to this performance, there will be no choir or band on this day.

**Cross Country**
Congratulations to all those students who participated in the division cross country. All students performed to the best of their abilities and were all very well behaved. Thanks to parent helpers for all their support on the day.

_Middle School Teachers_

**Upper School News**

**Grade 5 News**

**Students of the Week**
5K - Keileigh C for her diligent work habits when completing Spelling Conventions tasks.
5O - Aimee J for excellent work on her narrative writing story.
5W- Liam T for his hard work and organisational skills in staying up to date with his spelling.

**Thank You**
Thank you to our parent helpers who walked with us to the Division Cross Country last Friday. Your help was greatly appreciated.

**Education Week**
Education Week has been on this week. We had our Open Day on Tuesday, along with our Parent Activities session Thursday. Thank you to all parents and grandparents who came along and offered to take an activity. We certainly enjoyed your company throughout the day!

**African Drumming Performance Monday 23” May**
If you are yet to pay for the African Drumming performance, your child’s $8.50 payment is due by 4.00pm tomorrow Friday 20th May.

**School Diaries**
Please ensure that you are checking your child’s diary each week for important notices and events. Some homework has also been coming in late or not at all. Please keep reminding your child to keep up to date and remember to hand it in every Friday.
Sovereign Hill Excursion
Monday, 6th June is the last day for the $51.00 Sovereign Hill excursion payments to be made. Please ensure that you have also returned the permission slip by this date.

Footsteps Dance Program Commences Tomorrow
The whole school dance program commences tomorrow Friday, 20th May. The fifth and final session will be held on Friday, 17th June.

African Drummimg Performance Payment Due Tomorrow
An African drumming performance will be held on Monday, 23rd May at White Hills Primary for all students. If you have not prepaid or are ineligible for the Camps, Sports and Excursions Fund, the cost of the program is $8.50 per child, with payment due tomorrow.

Grade 6 News
Students of the Week
Congratulations to our Students of the Week:
Jaime Lee F - for improved effort with classroom work and spelling homework.
Ma Nay S - for working hard in maths and figuring out different concepts.
Perry W - for his detailed explanation about how solar panels work.

Team China Trip
Only a couple of weeks now before the Team China students depart for their wonderful experience in China. They have been having some information sessions with all the Bendigo students going to China and we know they will have a fantastic time. We look forward to the blogs and Skype sessions.

Energy Break Through
Some training has commenced with the Energy Breakthrough Teams up at the Go Kart Track. The kids are doing well with their driving skills.

Footsteps Dance Program Commences Tomorrow
The dance program with Footsteps commences tomorrow. The Grade 6 time is 9.00am-9.40am. This program goes until the second last week of term.

Homework and Lit. Circles.
A continuous reminder for the weekly expectation of completed homework and Lit Circle reading.

Upper School Teachers

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<tr>
<th>SICKBAY ROSTER</th>
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<tbody>
<tr>
<td>Friday 20 May</td>
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<td>Friday 27 May</td>
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<td>Please collect from the office at the end of the day</td>
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<tr>
<th>UNIFORM SHOP</th>
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<tr>
<td>Friday 20 May</td>
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<tr>
<td>Tuesday 24 May</td>
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<td>Friday 27 May</td>
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<td>Opening Times 2016</td>
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<th>NEWSLETTER ROSTER</th>
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<td>Thursday 26 May</td>
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<td>Thursday 02 June</td>
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<td>Please collect from the office at the end of the day</td>
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<tr>
<th>CANTEEN ROSTER</th>
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<tr>
<td>Friday 20 May</td>
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<tr>
<td>Tammie Bourke</td>
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<tr>
<td>Helper Needed</td>
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<tr>
<td>Wednesday 25 May</td>
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<tr>
<td>Catherine Hester</td>
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<tr>
<td>Friday 27 May</td>
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<tr>
<td>Kate Duncan</td>
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<tr>
<td>Helper Needed</td>
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<tr>
<td>Helpers to arrive at 12.30pm</td>
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<tr>
<td>Orders are to be written on a large paper lunch bag unless ordered through Qkr. (NO ENVELOPES), one per child. Lunch bags are available for 10 for 60c or 10c each, with lunch orders and will be sent home.</td>
</tr>
<tr>
<td>Urgent Reminder: If you are unable to assist with canteen duty, please arrange a swap or inform the office so that a replacement helper can be arranged.</td>
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<tr>
<td>Mrs Helen Williams, Canteen Manager</td>
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Community News

Connecting With Kids
White Hills Primary School

Emotional Intelligence is the ability to identify your emotions, understand them and be in control of the way we express them.

- Do you often wonder why children do what they do?
- Would you like to learn how to help children manage feelings such as worry, frustration and anger?

Come along to this 2 hour workshop and find out more about how to use emotional intelligence to teach children about managing their feelings.

**Term 2, 2016**

- **When:** Wednesday 15th June 2016
- **Time:** Arrival and registration 3.45pm
  Session 4.00pm - 6.00pm
- **Where:** White Hills Primary School, 16 Plumridge Street White Hills
- **Cost:** Free
- **Facilitator:** Linda Lynch and Megan Simpson (CatholicCare Sandhurst)
- **Childcare:** Not available

For bookings and enquiries contact Ricky Cawley (student wellbeing worker) on 5443 0799

*Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.*

Grade Prep    Grade One    Grade Two Children

Flames Junior Netball Club are running the NetSetGo program for both girls and boys during Term 3 2016. These sessions will run at our home courts: Epsom Rec Reserve, Midland Hwy, Epsom, 3551.

- **Day:** Wednesdays
- **Start date:** Wednesday 20th July
- **Time:** 4pm - 5pm
- **Head Coach:** Kaitlyn Morrissey (Current BFNHL player & WHPS teacher)
- **Cost:** $60 includes insurance, Gilbert netball and a NetSetGo t-shirt

30 places only are available in this program. For more info please email: flamesjnc@gmail.com or ring Flames' Secretary Nikki Boulter Ph: 0427 284270