



«NAME»

Educating today's Minds for Tomorrow's Challenges

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Wednesday 13th February 2019 Week 3/10 Issue 2

Dates to Remember

Term 1

February 2018

Feb 11-15 Swimming Program Kerang Pool 12:30pm to 2:45pm – Private Vehicle transport.

March 2018

Mar.1 Swimming Sports/Fun Day – Private Vehicle transport.

Mar.11 Labour day Holiday

Mar 12 **School Council Meeting 3:40pm**

Apr 5 Last Day of Term 1. Early dismissal 1:30pm

Principal's Message

School Council election

Nomination forms for Parent Member positions on School Council have been sent home. Charmaine Ballard and Kaylene Adam terms are ending this month. Please return nomination forms by Thursday 21st February. Extra nomination forms are available at the school.

Swimming

All our students have made significant improvement in their swimming ability during our swimming program this month. We have all enjoyed participating with Murrabit Group School. It was fortunate that we commenced our program last week as the weather was so hot. Thank you to Michelle, Kaylene and Katrina for assisting with transporting the students to swimming. Much appreciated.

Royal Flying Doctor's Service Dental Visit

On Tuesday our students received a free dental examination from the RFDS dental Service volunteers. All students received a form indicating the results of the examination. The students also participated in a presentation about how to look after their teeth. Thank you to the wonderful volunteers who keep this program operating.

Cleaning

Katrina is organising a cleaning roster for the year. The roster will commence in March. The duties will include cleaning the toilets and washing all the linoleum floors. Mr.M will continue to vacuum all rooms each week.

Thank You

Thank you to Mystic Melodies for joining us for our end of year concert, and for holding a BBQ and donation of the proceeds of the BBQ. Your support and participation is greatly appreciated. Total proceeds from the raffle and BBQ \$453.50. Thank you to everyone who sold or purchased tickets and supported the BBQ.



What's Happening in the Classroom

ZOOPER DOOPERS for sale @50c every lunchtime. Miss Noonan and Mr. Millard are donating the Zooper Doopers and the funds we raise will go towards those less fortunate than ourselves. We hope to purchase a sleeping tent for a homeless person. This will help to remind us to be kind to people who need a helping hand.

Book Club

Book Club Orders are due back on **Wednesday 20th February**. If you require more time, please let Donna know.

Community Connections



Want to play
Carpet Bowls?



VICTORIA
State
Government



Want to play
Carpet Bowls?

IT'S ON AGAIN
CARPET BOWLS FOR PEOPLE OF ALL ABILITIES
(Each Tuesday for 4 weeks)
WITH SUPPORT FROM THE KERANG CARPET BOWLS CLUB

***ALL EQUIPMENT SUPPLIED

PLAYERS MUST WEAR FLAT FOOTWEAR (NO HEELS)

When: Commencing Tuesday 12th February 2019 (19th & 26th Feb, 5th March 2019)
Time: 10.30am-11.30am
Where: Kerang Bowling Club
Bendigo Road, Kerang

EVERYONE IS MOST WELCOME!

Enquiries:
Rhonda Allan-Mallee Sports Assembly
Ph. 0427 780 109
Email: rhonda@malleesportsassembly.org.au



MSA
Mallee Sports Assembly

Dancescape

Dance Classes
For
Kinder to Adults

Classical, Jazz/HipHop, Tap, Acrobatic Dance

Classes commence Monday February 4th

Presbyterian Church Hall
Victoria St Kerang
(Opposite Central Primary School)

For all enquires & enrolments phone Gabriela Vehlen
0438 568 592 / 5457 9266



NDCH

Northern District Community Health

Supporting healthy rural communities

Smart Eating Week & Healthy Lunchbox Ideas

Smart Eating Week 2019 is February 11-17. One way to support young people to eat smart is to pack a healthy lunchbox. Children consume approximately 30% of their daily food intake at school so it is important to fill their lunchboxes with nutritious foods to help them with get the best out of their day.

5 Steps to the Perfect Healthy Lunchbox:

- 1 Add energy to play & learn**
Pick carbs with long-lasting energy like wholegrain bread, pita pockets or wraps. Or use leftover wholemeal pasta.
- 2 Help them grow**
Fill hungry tummies with protein-packed foods like grilled chicken, boiled eggs, tuna or canned beans.
- 3 Create healthy habits**
Make fruit and vegetables part of every school day by cutting them into fun, bite-sized shapes.
- 4 Build strong bones**
Pair calcium-rich cheese with crackers or freeze small tubs of yoghurt and milk cartons for an edible ice pack.
- 5 Snacks to refuel**
Base snacks on fruit, wholegrains, dairy foods and vegetables, rather than sugar, fat and salt.

For more Healthy Lunchbox ideas go to: <https://www.healthylunchboxweek.org/>

JOIN OUR
**CANCER
SURVIVORSHIP
SUPPORT GROUP**

Are you a cancer survivor or do you support someone with cancer and live in the Gannawarra or Buloke region?

Murray PHN is establishing a cancer support group to provide a safe space for people affected by cancer.

The group will enable people to develop local connections, providing emotional and other supports including the sharing of resources, experiences and ideas.

We understand that everyone has different needs and hope to hear from you about yours. Are you interested in:

- One-on-one
- Group support in the form of guest speaker events, exercise activity, etc.
- Online access to connect with people in the same situation

To register your interest, contact Gemma Bilardi at Murray PHN by calling 03 4408 5610 or emailing gbilardi@murrayphn.org.au

In partnership with Mallee District Aboriginal Services, Kerang District Health, East Wimmera Health, Gannawarra Shire Council, Buloke Shire Council

This activity is funded by the Victorian Government and supported by the Australian Government through the PHN program.

2019 Newsletter Inserts



Supporting healthy rural communities

Welcome to the first of our Healthy Communities - School Newsletter updates. In 2019 Northern District Community Health is delighted to better connect with families in our region to provide up to date and relevant health and wellbeing information. We will be a regular addition to your school newsletter.

SUNSMART families is the key

Schools have been important champions for SunSmart behaviours over a couple of decades now and February is a hot month to consider sun safety. This year NDCH is encouraging ALL our families to be SunSmart as well. Australia has one of the highest rates of skin cancer in the world, with nearly 2 in 3 Australians having a skin cancer in their lifetime. Worryingly the latest research suggests 38% of teens say they like to get a tan, with 43% of girls preferring to be tanned. Tanning is a sign that skin has had enough UV radiation to damage skin. Congratulations to our local schools who use the SunSmart widget on their school websites to show sun protection times and weather details.

Slip, Slap, Seek and Slide - quiz your family this week, can you get all the SunSmart behaviours?



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