

RESERVOIR PRIMARY SCHOOL

NEWSLETTER No. 17

25th November 2020



WHAT WONDERFUL NEWS!

If you haven't heard the fantastic news – Reservoir Primary School will receive at least \$15 million as announced in the Victorian Budget 2020 / 2021.

The following is a small part of the media release from the Minister for Education, James Merlino and the Member for Preston, Robin Scott.

This year, Reservoir families have done an incredible job in supporting students to learn from home. As kids get back into the classroom, we want to make sure they have the fantastic new learning spaces they deserve. This is an investment in our kids and their future. Because every child, no matter where they go to school, deserves access to state-of-the-art facilities.

And this is on top of the \$1.8 million announced earlier this year through the Infrastructure Planning and Acceleration Fund which will cover the planning phase in readiness for the build.

The announcement of \$15 million is exciting for us all. Early in 2021, I plan to hold a parent forum so we can discuss ideas and have these on hand when architects proceed with the planning phase.

Works should start during the Christmas vacation on demolition of the canteen area and relocation of our multi-purpose room in preparation for our much sought after gym. Reservoir Primary is extremely fortunate to have these funding amounts allocated, the future is looking extremely bright!

PLANNING for 2021

This year has been very unusual for us all, but the planning and preparations for next year are already in progress. We are making decisions regarding classes, teachers and students. We feel that there is no need to make wholesale changes to class groups unless we really have to. Friendship groups have had only half a year to develop, so if it's at all possible we will endeavour to keep groups together so these friendships can be consolidated in 2021.

As I usually do, I am asking you for input if you have particular concerns regarding the placement of your child. I may not be able to accommodate your preference for a teacher, but am happy to hear from you. Sometimes there may be issues between your child and another – one that may affect your child's learning. If this is the case, please let us know. As we have only three and a half weeks until the end of the year, it is important that you contact me as soon as possible with this information.

Similarly, if you are moving house and it will be impossible for your child to continue here at Reservoir, we do need to know.....now!

I believe there may still be some little pre-school children who have not enrolled. It is very important that these things are finalised. So if you are aware of anyone in this category, please let us know.

Thank you all,

Helen Miller
Principal

NO SCHOOL FOR STUDENTS THIS MONDAY (30/11/20)

<u>2020 TERM DATES:</u>			
30th November	Pupil Free Day	9th December	Reports released on Compass
3rd December	Ride2School Day	15th December	Year 6 Graduation
8th December	Year 6 Orientation	16th December	Year 6 Celebration
		18th December	Last Day of Term 4 SCHOOL FINISHES AT 2:30PM

'Birthday Greetings' to the following students who are celebrating their birthdays in the upcoming weeks:

Nethmi, Kingston, Jem, Dana, Vihari, Vini, Ekaa, Isla, Matilda, Emily L., and Georgia.



STUDENT OF THE WEEK AWARDS

Week 6, Term 4

Congratulations to the following students, who were presented with *Student of the Week* awards at Assembly on the **13th of November 2020**:

Lucas M., Mordecai, Gurfateh, Suliman, Aarav, Marcus A., Lucas G., Ita, Vihari, Joud, Adriana, Abu Bakr, Tia and Mekannah.

Congratulations to the following students, who were presented with *Achievement* awards on the **13th of November 2020**:

Florenzo, Jessica Ta., Flynn, Ruby A., Sanchit, Fatimah Alh., Salina, Aarian, Oscar C., Nava, Evgenij, Bushra, Nethmi and Adam A.

The *'You Can Do It'* award is presented to **Group 14 for showing resilience in Science as they explored and solved increasingly complex challenges with electrical circuits over the last few weeks.**

Week 7, Term 4

Congratulations to the following students, who were presented with *Student of the Week* awards at Assembly on the **20th of November 2020**:

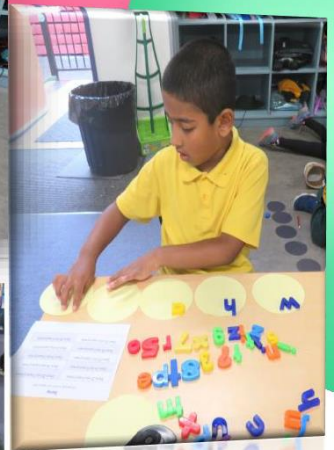
Roshi, Yara, Monther, Manreet, Jomere, Noah P., Anvi, Lucas A., Shadeey, Matteo A., Abied, Zach H., Bhargav and Billie.

Congratulations to the following students, who were presented with *Achievement* awards on the **20th of November 2020**:

Daniel J., Aylin, Maddison S., Kingston, Maicie, Afreen, Omar H., Adibah, Gene, Iceley, Evgenij, Romana, Escher and Sayeed.

The *'You Can Do It'* award is presented to **Group 5 for showing resilience in Science to plan an investigation in a short time span.**

The Year 1's had fun exploring sharing in Maths this week. They used lots of different objects to practise making fair shares and equal groups.





RPS VISUAL ARTS

Hello RPS Community!

We've such had a busy start to the term with new projects underway. Our students have been very enthusiastic and eager to create. Here is a brief snapshot from each year level. We hope you have a lovely weekend.

Zeynep Kavaz



Foundation students used texture tools to create some painted paper with warm and cool colours. In the images above, they are experimenting with collage techniques before we delve into the world of author and illustrator, *Eric Carle*.



Year 1 students experimented with expressive mark making techniques using different parts of an oil pastel - the side, tip and edge. To the left are images of students making marks to music; they are layered with opera, reggae and meditation music. They later added watercolour to their marks creating a wash resist.

Year 2 students have been immensely enjoying working with 3D modeling and construction techniques using newspaper, masking tape and wire. We have been learning about French artist *Louise Bourgeois* and will pay homage to her by constructing spider sculptures. We plan to use plaster sheets around our armature before we paint our spiders.



Year 3/4 students have been highly engaged with constructing a robot or creature inspired by Melbourne based author and artist Shaun Tan's *The Lost Thing*. We explored the art genre of *Steampunk* and can't wait to 'steampunk' our creations using layering techniques to create texture - we have been using a lot of glue and double sided tape.



After visiting the Crossing Lines exhibition at the NGV in Term 1, **Year 5/6** students had been channeling Jean-Michele Basquiat and Keith Haring to create a self portrait. They layered and combined elements of line, shape, colour, contrast and unity using paint, posca markers and fineliners. Each artwork is unique and expressive of their personality - well done to our Year 5/6 Artists!



Above, **Year 5/6** students are experimenting and playing with needfelting. They thoroughly enjoyed this way of making and reflected upon the multi-sensory technique as “fun”, “meditative” and “relaxing”.

Why Healthy Eating Matters

Eating well is fundamental to good health and well-being. Healthy eating helps us to maintain a healthy weight and reduces our risk of type 2 diabetes, high blood pressure, high cholesterol and the risk of developing cardiovascular disease and some cancers.



Why is eating well important?

Healthy eating has many other benefits. When we eat well we sleep better, have more energy and better concentration – and this all adds up to healthier, happier lives! Healthy eating should be an enjoyable social experience. When children and young people eat and drink well they get all the essential nutrients they need for proper growth and development, and develop a good relationship with food and other social skills.

Active children and young people whose eating is well-balanced tend to:

- have a healthy body weight
- feel good about themselves
- have plenty of energy to be active
- have stronger muscles and bones
- enjoy better physical and mental health

Children and young people who are hungry or poorly nourished (e.g. consume higher intakes of food and drink high in calories, fat, sugar and/or salt often termed ‘junk food’ such as chips, sweets and soft drinks) may:

- be irritable, moody or aggressive
- be unable to concentrate and focus on tasks
- have less energy for daily activities
- be uninterested in learning situations and do less well at school
- be at higher risk of developing conditions such as dental health problems, heart disease, type 2 diabetes, high blood pressure, some types of cancer, depression, becoming overweight and obese

What is healthy eating?

Healthy eating isn't about cutting out foods – it's about eating a wide variety of foods in the right amounts to give your body what it needs. There are no single foods you must eat or menus you need to follow to eat healthily. You just need to make sure you get the right balance of different foods. Healthy eating for children and young people should always include a range of interesting and tasty food that can make up a healthy, varied and balanced diet, rather than denying them certain foods and drinks. Although all foods can be included in a healthy diet, this will not be true for people on special/medical diets.

Ways to encourage children & young people to eat well

As a parent/carer, you should aim to offer tasty, nicely presented and well-cooked foods that will be enjoyed by the children and young people. Meal times should not be rushed as a relaxed approach to eating can pave the way for healthy attitudes to food. It is important to make eating a pleasurable experience. Food can be an enjoyable, social activity. It is equally significant to recognise the importance of eating well for good health. Changes can be made gradually and, small changes to foods that are eaten regularly have the greatest effect on eating well. Some useful tips:

Cook from scratch

Home-cooked food is healthier than ready-meals or convenience foods. You control what goes into your body by measuring the oil, salt, sugar, and other ingredients in each recipe. You can also select the fresh, organic, seasonal or other preferred ingredients you want to add.

- stock up your store cupboard - include reduced-sugar-and-salt baked beans, tinned tomatoes and dried pulses, which all count towards your 5-a-day. One third of your daily food intake should be a starchy carbohydrate, preferably a high fibre, wholegrain variety, so stock up on brown rice and whole-wheat pasta
- avoid using stock cubes and salty sauces. Look for low salt stock and use herbs and spices to add flavour to foods instead
- cook in bulk and freeze healthy meals for later – this will save you time and money
- use vegetables as the main component of the meal to get your five-a-day
- use low fat cheese in cooking or use smaller amounts of strong cheese – the stronger the cheese, the less you need
- use low fat natural yoghurts and fromage frais in cooking instead of cream (but remember that children under two need full fats in their diets)
- use lean meats where possible and skim the fat from stews/casseroles, or replace the meat with beans, pulses or lentils. You can buy beans and lentils in tins as well as dried. Look for those in water rather than brine/salted water
- in general, grill, bake, steam, poach, slow cook or boil instead of roasting/ frying food, this will reduce the fat content
- use dried fruit in puddings, cakes and biscuits to reduce the sugar content
- Look for vegan and vegetarian recipes when baking as those are often lower in sugar and fat

Offer a variety

It is important for children and young people to eat a varied diet, and carers should encourage young people to try different foods. Be creative when serving food as the same food can be served in different ways. Another idea is to mix foods, e.g. carrot mash with potato mash. Tasting sessions are also a useful way to get children and young people to try new foods. Involving them in the selection and preparation also encourages them to try the foods they haven't tried before, or have perhaps tried but didn't like.

Ride2school November 2020

Walking to School

There are many benefits why walking to school is beneficial for all of us:

1. Fitness and health

Most of us are very aware that childhood obesity is rising fast. Children need at least an hour of physical activity per day, and walking to school is a great way to get some of that exercise.

There are also concerns about the level of pollution that children are exposed to sitting inside cars in congested or slow moving traffic. When planning your walking journey to school, it may well be possible to find a route which is quiet or traffic-free, and walking through green spaces such as parks can make you feel calmer and happier.

2. Concentration at school

Evidence shows that children who are physically active on the way to school burn off some of their excess energy and are more able to settle down and focus well in lessons.

3. Road safety skills

Good habits learned young are learned well. Teaching your child to walk safely to school will stand

them in good stead for the rest of their life.

The winner of the Active Traveller Award

Year F-2 Group 9 with 68%

Year 3-6 Group 12 with 58%

Did your class make the Top 5?

F-2

1. Group 9 with 68%
2. Group 10 with 50%
3. Group 17 with 48%
4. Group 2 with 43%
5. Group 16 with 40%
6. Group 3 with 38%
7. Group 1 with 25%

3-6

1. Group 12 with 58%
2. Group 6 with 57%
3. Group 5 with 55%
4. Group 8 with 50%
5. Group 13 with 50%
6. Group 14 with 38%
7. Group 7 with 29%

Keep active and stay healthy everyone!

Thank you

Maria Mirasgentis

