

NEWSLETTER December 12th 2019 Volume 30 Issue 39

ACKNOWLEDGEMENT OF COUNTRY

"I'd like to acknowledge the traditional owners of the land upon which we meet today, the Gunai Kurnai land and pay my respects to elders past, present and emerging as well as any Aboriginal people here with us today"

IMPORTANT DATES TO REMEMBER

Mon	Tue	Wed	Thu	Fri
9 Statewide transition Year 6 -7 End of Year School Council Dinner	10 Kinder Prep Transition 9.00-10.30 Statewide transition Year 6 -7	11 Grade 1/2 EOY Excursion	12 Grade 5/6 EOY Excursion Last day to return raffle tickets	13 Parent Helpers Morning Tea 10.45 in the staffroom Final day of Canteen for 2019
16 Songs at Sunset Xmas Raffle drawn	17 Grade 6 Graduation Moe RSL Final Breakfast Club for 2019	18 Final Assembly 2.20pm Last day for buses	19 Student Free Day	20 End Term 4 1.15 Dismissal No buses on this day

Merry Christmas Holidays

like to take this opportunity to thank all those who were a major part of this achievement.

On Monday I had the pleasure of dining with many of our current school council members. This dinner allows us to recognise the contributions of this proactive parent body, who give up their own time to ensure that a parent voice is represented and considered in school based decisions. I would like to thank the following 2019 school council members for the time that they have given to our school council meetings;

- | | |
|------------------|---------------|
| Debbie Nay, | Jude Bergmann |
| Matthew Dubois | Paul Fry |
| Geoff Herben | Jen Hutton |
| Julie Shields | James Kuchel |
| Melissa Stephens | Rachel Reid |
| Nick Walsh | Wendy Cox |

This Friday students and staff from the Traralgon SDS and NEPS (who have contributed to our garden programs) as well as invited guests will take part in a special BBQ. A big thank-you to T&T butchers Moe for their support of this activity.

Our last school newsletter will be out on Wednesday 18th next week, please check for any updates.

A word from Julie...

As the school year begins to draw to a close, we have certainly ended on a high note. Last Friday, a group of student representatives, Mr Paul Fry, Jen Hutton, Claire Watts and myself featured in both television and newspaper stories promoting NEPS as the first school in the Latrobe valley to achieve all of the benchmarks in the state government initiative called the ACHIEVE program. This program promotes all elements of a healthy lifestyle and recognised our efforts in our gardening programs, healthy canteen menu and promotion of regular physical activity. I would

The remainder of the term promises to be an extremely busy one. Events coming up include;

Friday the 13th – Volunteer thank-you morning tea (10.45) and SDS and NEPS gardening students BBQ (1pm)

Monday the 16th – Whole school songs at sunset includes raffle winner announcements and school student leadership announcements

Tuesday the 17th – Grade 6 Graduation

Wednesday the 18th – Final assembly for grade 6 students 2019

Thursday the 19th – Staff planning day – no students required

Friday the 20th – Last day of term (clean up day – no formal classes scheduled). Early dismissal at 1.15pm (No busses running on this day)

NOTE:

Due to the large number of activities scheduled for the remainder of the year, the proposed “Bring your own devices days” will be carried over into the new year.

Staffing 2020.

I would like to welcome Ms Kalinda Smith to NEPS for 2020. Kalinda is currently teaching at Buln Buln Primary school in a grade 2/3. Kalinda will be teaching in a grade 2 class at NEPS next year. Kalinda kindly came in last Tuesday for our transition morning and introduced herself to the students whom she will teach next year. Kalinda will again come in next Tuesday for the meet the teacher afternoon, as well as join her fellow NEPS colleagues on our planning day next Thursday.

I would also like to congratulate Ms Sonia Mancarella who will be returning to NEPS in 2020 in a grade 3/4 classroom. Sonia also participated in the transition morning and had the opportunity to start to get to know the students that she will be working with in the new year.

I would like to congratulate Mrs Dawn Bowden who has been successful in obtaining an 18 month secondment with the Department of Education. Dawn will continue to support schools within the surrounding networks with their curriculum development.

Mrs Kylie-Jane Larmour has made a decision to take on a more flexible work option in 2020, providing more time for family. Fortunately we will continue to see KJ at NEPS in a casual teaching and short term contract role in 2020.

Julie Skee

Thanks to our Volunteers

Tomorrow, we acknowledged the valuable work that our many volunteers do here at NEPS with a morning tea. I would like to thank everyone who gives up their time to help our students here at school, as their work is a crucial part of the success of the school. I would also like to thank all the staff who provided the beautiful food for morning tea.

Songs at Sunset Monday 16th 6.00pm



Don't forget to keep next Monday evening, December 16th free for Songs at Sunset.

Students need to be at school 20 minutes prior to the start of

the performance, sitting in their grade near the undercover area.

Performances will start promptly at 6pm and will finish around 7:15 to 7:30pm. All children will perform, 2019 School Captains & Christmas Raffle winners will be announced. Families who pre ordered their sausage sizzle on the night can collect them from the canteen area families are also welcome to have a picnic beforehand. Remember BYO chair.

Grade 6 Graduation

Our Grade 6 students will be celebrating graduating Primary School next Tuesday 17th. The night will be held at the Moe RSL with a school dinner and then a ceremony with family and friends. It is a very special night for our most senior students and I am looking forward to celebrating with them.

Final Assembly

Next Wednesday 18th December will be our last assembly for 2019 at 2.15pm in the undercover area. The focus of this assembly will be farewelling our 2019 Grade 6 students in a special NEPS way along with staff that are leaving. Please come along and farewell our students as they have completed seven years of primary education.

Student Free Day

Thursday 19th December is a School Council approved student free day for 2020 planning. No students will be required at school, as classes will not be running. Friday the 20th December will be the last day of 2019 and will be a school clean-up day with no formal classes and a reminder that there are **no buses running on this day.**

Tuesday night we farewell our Grade 6 students at Graduation.

**Grade 6 Room 12
Miss Gibson**

Chanel Akon	Kia Bland
Takeeta Cardona	Mac Brosnan
Sharnie Francis	Darcy Connell
Emma Gilders	Daniel Edebohls
Ainsley Lyons	Brodie Medew
Shanaiya Valsek	Daimen Nunes
	David Plathcinda
	Jordan Shields

**Grade 6 Room 13
Mr Dubois**

Tasha Downey	Wyatt Debono
Ayla Grbic	Lachlan Delaney
Blayne Lang	Max Edebohls
Lana Ridgeway	Jake Gillies
Imani Shiels	Blake Holloway
Alana Musso	Cheyne O'Hea
	Jeremy O'Meara
	Jett Taylor

**Grade 6 Room 15
Mr Kuchel**

Indiana Bechaz	Alex Cracknell
Satyne coppock	Cooper Green Shields
Cassie Maslen	Oscar Hanson
Katrena slatter	Noah Parkinson
	Rylan Ray
	Noah Semmens
	Jordan Van Der Meiracker
	Taj Webber
	Kobie Weinzettl
	Barnett

**Grade 6 Room 16
Miss Burggraaff**

Bree Balamain	Noah Diaz
Elise Blight	Tanna Leicester
Nikayia Campbell	Tristan Meier
Alanah Detering	Brodie Nash Byrne
Ella Devent	Joshau Picton
Felicty Fink	
Karlee Lee Taffs	
Bonnie Rotheram	

Lost Property

There is a large number of unnamed lost property outside the uniform shop. We have 6 coats and sleeping bag that was left over from camp, please check the lost property before the end of term as garments will be sent to charity if not claimed.

Also in the holidays if buying uniform note~ no hooded jumpers and please name all clothing.

MEDICAL

**Asthma and Anaphylaxis Action Plan
Reminder for 2020**

If your child has a medical condition (i.e. asthma, anaphylaxis/allergy, epilepsy) you are required to provide the school with an in-date action plan signed by a medical practitioner. Could you please ensure that you have your child's action plan updated, school holidays are a good opportunity to do this, and return a copy, signed by a doctor, to the NEPS Office on your child's first day back at School in Term 1, 2020 along with any medication and any other device aid i.e. auto-injector device, spacer device. Thank you for your assistance in providing us with the information that we need to support your child whilst they are in our care.

GUESS THE LOLLIES, Lara, Macy, Lilian, Bonnie, Indyanna and Emily are raising money for our Gardening and Playground equipment. **Guess the Skittles** is 50 cents for 1 guess or 3 guesses for \$1 and 6 guesses for \$2 **Guess the Snake in a jar**, 50 cents for 1 guess or 3 guesses for \$1 and 6 guesses for \$2. Winners will be announced tomorrow at assembly. Last chance to guess is tomorrow lunchtime.



STUDENT AWARD WINNERS

Prep JC Room 10	Jayden Williams Amelia Felici	Being so involved with making your fantastic diorama. Working independently to make your wonderful diorama.
Prep DR Room 11	Cooper O'Reilly	For always being friendly and respectful.
Grade 1 PD Room 5	Lashanta Ouslinis	For showing respect and working collaboratively during group activities.
Grade 1 RJ Room 7	Cailin Hirst	For showing she is thoughtful by helping me clean out resources in the classroom.
Grade 2 JF Room 9	Chilly Fuller	For giving 100% in every task and for challenging her learning.
Grade 3/4 LG Room 1	Olivia Cook	Being a curious learner and sharing her learning with others
Grade 5/6 MD Room 13	Marissa Cann	Being involved and participating in all areas of our school community
Grade 5/6 JK Room 15	Jackson Hilditch	For always challenging people and helping out when needed.
STEM	Chanel Akon David Platschinda Jordan Shields Lachlan Delaney Max Edebohls Jake Giles Ayla Grbic Blayne Lang Tahsa Downey	For the Courteous manner you interact with others and for your high quality work and effort.



Respectful Roo Winners

Green Team Awards



BLUE HOUSE WINS!



STAFF AWARDS Mrs Gibbons, Mrs Jones & Mrs Frendo



BREAKFAST CLUB NEWS!!!

- **VOLUNTEERS** – If you have some spare time and would like to help out the wellbeing team with Breakfast Club, Mrs Prestidge would love to hear from you!! We are always on the lookout for people from the NEPS community to assist us in providing a hearty breakfast before students start their day. Breakfast Club runs on a Monday and Tuesday from 8.00am to 8.30am. Even if you could only help on one of those days it would be greatly appreciated.
- **DONATIONS** – A big thankyou to everyone who have donated items for our Breakfast Club this year. This helps us to ensure we can keep providing this service to our amazing students. Often there are things we run short of so if you are able to help out in any way we are in need of the following items –
 - Milo
 - Apple Juice
 - Cream Cheese
 - Dishwashing Liquid
 - Spray and Wipe

ACHIEVEMENT PROGRAM

NEPS are proud to announce we have successfully achieved all 7 benchmarks within the Achievement Program. NEPS commenced working on this program in 2016 led by Cathy Risol and Julie Bruce in 2016. The work then continued under the helm of Paul Fry. The program involved demonstrating how we as a school provide a safe and healthy environment



for all students, families and staff. We have worked closely with Claire Watts from LCHS who has been an amazing support in achieving all of these benchmarks. We are now the first school in the Latrobe Valley and one of only 9 schools in Victoria to have achieved this.

Pictured are some of our students who celebrated with us and participated in interviews

and photos with LCHS Media, WIN television and Channel 9.

WELL DONE NEPS!!! ☺



16 DAYS OF ACTIVISM – DRESS IN ORANGE DAY

Last Friday NEPS contributed to the 16 Days of Activism once again by holding an event at the school where staff and students wore something orange. Staff had a special morning tea (with staff being creative by providing food that was orange) and we had our Principal Julie Skee say a few words about our commitment to this work. In addition, special guest speaker Tanya Kilgower (Respectful Relationships Liaison Officer) spoke about the great work NEPS are doing and how this will continue into 2020. This was an event to show our commitment to the Prevention of Violence Against Women. NEPS will be doing a great deal of work in 2020 as a Lead School for the Respectful Relationships Initiative. Pictured are our staff with Tanya Kilgower and Mrs Skee with Mr Fry celebrating our big achievements.



WELL DONE AGAIN NEPS!!! ☺



NUTRITION AND MENTAL HEALTH

In the last couple of Newsletters we have been providing tip sheets with ideas of healthy food to put in lunchboxes. This week's tip sheet is all about nutrition and how this affects our mental health and wellbeing. Good nutrition promotes and maintains healthy brain development in children and young people. Please take the time to look at the tip sheet attached to this newsletter for some interesting details.



Donate to the Raw Harvest Giving Tree and help to spread a little Christmas cheer to those who need it most!
Raw Harvest Café, situated in Rutherglen Road Newborough, is now

taking donations of gifts that will be passed on to NEPS & Newborough Primary school students who may need some extra Christmas cheer this year. If you would like to support this very worthy cause please drop your pre wrapped gift, directly to Raw Harvest Café to place under their tree. Please ensure that your gift is labelled with a tag that indicates whether the gift is for a boy or a girl and suitable age of the recipient.

What can services and schools do to encourage healthy eating?

Early learning services and schools have an active role to play in promoting healthy eating. Here are some ideas for how you can help promote good dietary habits.

Early learning services can:

- make mealtimes as relaxed and comfortable as possible and sit and eat with the children
- talk positively about the healthy foods the children are eating
- encourage children to drink water throughout the day
- be a good role model with the foods you eat
- teach children about healthy eating in group discussions and in games and activities
- provide opportunities for cooking or food preparation (for example making a fruit salad)
- plant a vegetable garden with greens children can pick and eat (such as herbs and lettuce).

Schools can:

- only offer healthy foods in school canteens and vending machines
- provide clean drinking water fountains
- develop a school vegetable garden and incorporate cooking activities in class using the produce you've grown
- incorporate breaks for students to eat fruit and vegetables in class
- allow students to bring water bottles into the classroom
- be a positive role model and pack your own healthy food
- use non-food rewards (pencils, stickers) instead of sweet treats
- create partnerships with the local community (such as local food growers or food markets) and utilise these partners in school projects, work experience opportunities
- apply for funding to provide fresh fruit and vegetables in class at least once a week.

References

beyou.edu.au/fact-sheets/wellbeing/nutrition-and-mental-health



Nutrition and mental health

Nutrition affects mental health and wellbeing, and promotes and maintains health brain development in children and young people

How are nutrition and mental health linked?

Healthy eating helps children and young people feel better about themselves and their bodies, cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning.

In contrast, poor nutrition has been linked to emotional and behavioural problems and increased learning difficulties.

Most research about nutrition and mental health has focused on adults. Researchers have found that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety.

Emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes. There is a link between externalising behaviour (such as hyperactivity, aggression, disobedience) and diet.

For example, poor nutrition has been associated with symptoms of attention deficit hyperactivity disorder. Poor nutrition also affects concentration and increases tiredness, which then interferes with learning. Children and young people's behaviour, and their academic performance improves when good quality food is eaten.

Dietary habits aren't always a choice

'Food insecurity' – where people don't have enough food due to because of things such as unemployment and poverty – is also a problem for many families in Australia. Food insecurity can result in poorer academic performance, time off from school, stress, depression, anxiety, aggression, and difficulty getting along with others.

There are several reasons for how diet may affect mental health

- Fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all

impact on body and brain functions including mood regulation. Nutrient deficiencies have been associated with mental health conditions including depression and anxiety.

- Poor nutrition affects the immune system which is also linked to mental health functioning.
- High-fat, high-sugar diets can affect proteins in the body that are important for brain development.
- Iron deficiency has been linked to cognitive function impairments associated with learning and memory.
- Food insecurity is a psychological stressor. High levels of ongoing stress have been related to depression and cognitive deficits.

The good news is that improving what you eat can lead to improvements in your mental health so it's never too late to encourage healthier eating patterns.

Australian dietary guidelines

The [Australian Dietary Guidelines](#) recommend that we all increase our intake of fruit and vegetables and reduce foods high in sugar, salt and fat.

However, changing lifestyles and increased access to processed foods mean many children and young people fail to meet these recommendations.

For example, less than 1% of children and young people aged two to 18 years consume the recommended amount of vegetables each day.

Children and young people need support to learn about nutrition and to establish lifelong healthy eating habits. While much of this work is done by families at home, early learning services and schools can also play a role in promoting healthy eating to help promote and support children and young people's development and learning.

