

Kalinda Primary School Newsletter



Newsletter No. 15 - Term 2- Week 7

Thursday 28 May 2015

The Story of Kowlinda The Story of Kowlinda

Kowlinda is moooving along.

She was named in a voting process at assembly by our whole school and the attending community. Over the past couple of weeks the Grade 5 and 6 students have been developing design ideas for her decoration. Kowlinda was given to us by Dairy Australia. As a component of our whole school healthy eating policy, we are focusing on Dairy Australia's "Unbeatable Bones" learning topic. We are also including the connection we have with our sister school in India, the Jain International Residential School.

Kowlinda's design combines these two subjects. We need to consume dairy products for the calcium our bodies use to build bones. In Indian culture, the cow is celebrated for the milk she produces. In country areas of India, families decorate their cows and parade them through the town to show their respect and appreciation for the bounty she provides.

Kowlinda has been decorated in traditional henna designs from her hooves upwards. As the patterns head towards the top of her body, they turn into bones. This demonstrates both our understanding of the calcium for bones and Indian culture. Kowlinda's bones are painted white, her mat is green, and her background orange. These three colours make up most of the Indian national flag.

Lots of students in Grades 1 to 6 had the opportunity to start painting Kowlinda this week. There's still a lot to do, but we all agree that she's looking beautiful.

Libby Shaw
Visual Arts Teacher



ENROL NOW FOR 2016

A note to all our families who will be enrolling students for Foundation 2016 – PLEASE HAND IN YOUR ENROLMENT FORMS NOW!

I would be very grateful if you could submit your enrolment forms so that we can plan for 2016. I know this is some way off but the Education Department needs to know the approximate number of students we may have next year.

Events Calendar

<p>May</p> <p>28th - Grade 5/6 Interschool Sport 30th - Working Bee – 10am – 12noon</p> <p>June</p> <p>3rd - African Drumming Inc. – Whole school Classroom Helpers Info session – 2.30pm 8th - Public Holiday (Queen's Birthday) 9th - SSV Division Cross Country 13th - Kalinda Disco (P&F) 15th - School Council Mtg. – 7.30pm Staffroom 21st - Working Bee 22nd - P&F Gen. Mtg. – 2.30pm Stadium Foyer - 3-Way Conferences this week. 24th - Last day of Canteen 25th - Hot Dog Day 26th - Canteen Closed - Last day of Term 2 – 2.30pm Dismissal</p> <p>July</p> <p>13th - Beginning of Term 3 18th - Working Bee – 10am – 12noon</p>	<p>TERM DATES 2015</p> <p>Term 1 – 28 Jan (teachers start) - 27 March Pupil Free Day 29 Jan – Students begin 30th Jan. Term 2 – 13 April - 26 June Term 3 – 13 July - 18 September Term 4 – 5 October - 18 December</p> <p>CANTEEN</p> <p>3/6 - Trina S. & Robyn D. 4/6 - Tara R. & Angie L. 5/6 - Skye C. & Renee S.</p> <p>If you wish to contact Jo in the Canteen, her mobile number is 0402 031 447.</p> 
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Forms sent home to Families – 21 - 28 May 2015

Notice	Distributed to:	Return by:
Disco Letter to Foundation parents	Foundation	n/a
Disco – Junior School	Gr. Foundation – 3	10/6/15
Disco – Senior School	Gr. 4 – 6	10/6/15
African Drumming Notice	All students	n/a



SAKG is still selling a selection of home-made jams and chutneys. New additions to the trolley are tomato relish and raspberry jam. These are on display and can be purchased at the office. Please have a look next time you are going past. They are delicious, reasonably priced and made in our kitchen!

Any donations of 250gm jars, with lids, would be much appreciated (and even better if labels are removed).

PUPIL OF THE WEEK

F/D	Alex McM.	-	For great writing about our excursion to the Melbourne Museum.
	Alexis S.	-	For always being an excellent classroom helper.
F/M	Isaac L.	-	For great reading, and remembering to look at the picture and the beginning sound of words.
	Riley A.	-	For presenting an informative Show & Tell about her Great Grandfather's war medals.
F/T	Amelia B.	-	For working so hard on her writing and correct letter formation. Keep it up, Amelia!
	Tanyathip R.	-	For having growing confidence to add to our classroom discussions.
12D	James B.	-	For reading numbers in the millions. One million stars for you!
12N	Tayla W.	-	For your amazing writing – I loved your creative writing based on your felt board scene.
	Nathan McC.	-	For the wonderful 'can do' attitude with which you approach every set task. You are a star, Nathan!
	Ben B.	-	For the fabulous way you took to vertical subtraction – you are a Maths Star!
12S	Kaylee M.	-	For a terrific presentation on your History task, including a voice recording on our Class Blog. Well done.
	Tayla Mac.	-	For terrific work in Literacy, always trying hard with her sounds, and a star at contractions.
	Bella C.	-	For terrific presentation on her History task. Your booklet was detailed and informative.
12T	Sam B.	-	For being a co-operative member of the class. You have worked really well in group work this week!
34C	Sam A.	-	For your absolutely fantastic 'My Place' page! You're a star, Sam!
	Noah K.	-	For your excellent self-reflection on your semester's work. Great insight to your learning, Noah!
34L	Kyla S-J.	-	For working hard at research skills and summarising in CBL.
	Eric Z.	-	For trying much harder to slow down and make his work neater.
34P	James T.	-	For demonstrating outstanding growth in his reading skills. Fantastic work!
	Brodie S.	-	For excellent representation of the school in the Cross Country event. I am so proud of your maturity Brodie!
34R	Hayden M.	-	For making a great effort to volunteer during class discussion. We really value what you say.
	Daisy Z.	-	For being a welcome and friendly addition to our class.
56D	Hadyn G.	-	For being an outstanding role model to his peers and consistently producing work of extremely high quality. You are doing a wonderful job, Hadyn!
56M	Henrique G.	-	For taking the initiative and taking his measurement task home to finish. Your effort was amazing.
	Xavier R.	-	For the extra effort you have put into your measurement task.

HOST FAMILIES NEEDED FOR MIE-SAN

If you are interested in hosting our Japanese Intern, Mie, for some time during this year, please see the detailed notice and reply form at the end of this newsletter.

Victorian Premiers' Reading Challenge 2015

Children who have returned their parent consent form to participate in the 2015 Victorian Premiers' Reading Challenge will receive their Username and Password next week. This will enable them to record all books read on the Victorian Premiers' Reading Challenge website, a step essential in completing the Challenge.

To record all the books you have read, go to the **Victorian Premiers' Reading Challenge** website then click on *Students* then click on *Student log in*.

Students or **parents** will need to log all 30 (F-2) or 15 (3-6) books read by September 10th 2015.



Happy reading!



Kalinda Primary School continues to work towards our eSmart accreditation. Our new recently formed committee has introduced many new policies and activities to improve the way our school manages cybersafety, bullying and cyberbullying.

If you would like regular updates on the committee's actions, please follow our blog page: <http://kalindaprimarieschoolsmart.blogspot.com.au/>

Currently, Kalinda's eSmart committee meets regularly and is always looking for suggestions, feedback or the advice from the school community. After all, we're all in this together. If you feel like you would like to be involved or have any queries about the eSmart Framework please feel free to contact the committee via the office.

eSmart Committee

Kalinda Makes a Move

Run, run as fast as you can, you can't catch us, we are Kalinda. Nervously waiting as blood pressure rises and determination builds, 60 students do something that they will never forget. All of our training culminates with this one day - District Cross Country, Tuesday 26th of May.

At the District Cross Country, the ten best runners from each age group from each of the nine schools in our District, compete for the championship.

Fortunately the weather was great and the students proudly represented our school. Memories were made, laughter filled the air and fun really spoke its name, making the event a really treasured moment.

The number of Personal Bests that were made was outstanding, the contribution of every individual really counted and had a massive impact on our score. This effort contributed to Kalinda coming out as the winner, by one solitary point.

Special thanks to Mr Harvey who gave up all of his recesses for two weeks to help prepare us. We'd also like to thank Mr Mclean, Mr Clyde and Ms D'Amico, who supervised us, and all of our great supporters, which really made our day a memorable one.

KOBY & CHELSEA



What time is it? BUDDY TIME!

Helpful, exhilarating, joyful....once again the optimistic vibe was sent spinning around the room during buddy time this week. The joyful spirit of the Foundation students, as they saw their special buddies again, was contagious, causing everyone in the room a feeling of bright happiness.

This week in buddy time, the buddies continued a story about the benefits of healthy eating. The Foundation buddies had been learning about the 5 senses: smell, sound, taste, touch, and sight. So the buddies enjoyed a fun game of "guess the sound." They finished off the books and leapt into an exciting new activity. They proceeded to do a bit of a science experiment, making their own paper/tin/plastic/foam cup phones. We were trying to see which one was better to hear out of. It was "bucket" loads of fun.

The Foundation students had done a fantastic job learning about sound and healthy eating. They had a great time working with their older partner. Here we interviewed a few "Foundationers" and Grade 5s on what they thought of the buddy program. Here's what they think:

Thomas from FD-

Buddy time was good. My favourite part was making the phones. Our story was about King Orange eating good and bad. I felt nervous because it was different, because we normally have it later than in the morning, but my Buddy made me feel really good. I really like the buddy program. I learnt that it is good to eat properly and be healthy.

Jay and Stephanie from FT

It was awesome. I like how my buddy makes me feel. It's fun. My buddy made me feel really good because he helped me. My favourite thing today was talking in the cup phone. I like having my buddy around, it was 10/10! I learnt you can't eat chocolate because it's not healthy, but fruit is.

Emma from 5/6K-

The buddies program is great because I think it's really good for the little kids to have someone to help them out and show them around. I liked getting to do the drawings for the book we made together. On a scale of 1-10, I think the buddy program is a 10. I think my buddy is learning a lot from me.

So as you can see the buddy program is an excellent idea, and it's great that the buddies can have the help and support that they need throughout their early years.

If you would like to learn how to make the cup phones that the buddies made, the instructions are below.

What you need:

- 2 plastic/tin/foam/ paper cups
- String
- Scissors
- 2 matchsticks
- Skewer

Step 1:

Poke a small hole in the bottom of both of your cups. Be careful not to crack the cup while you are at it. You can do this with the scissors or with the skewer.

Step 2:

Cut piece length of string. Do not make it too short or too long, it has to be short enough so that the sound can travel quickly, and long enough that you can tie it off and still have room left over to extend.

Step 3:

Poke one end of the string through the hole, and pull it through a fair way to give yourself some room.

Step 4:

Then tie end of the string around one of the matchsticks, securing it tightly. Then pull the string down so that the matchstick is trapped inside the cup. Do the same with the second cup, matchstick and the other end of the string.

Step 5:

Now find a partner and give them one cup, but keep the other. Hold the cup over one ear to hear what the other person is saying, and speak loudly and clearly through the cup to let the other person hear what you are saying. Make sure the string is pulled taut when you are doing this though, or it will not work!!

Written by Charlotte B-C & Will V.

Grade 6 Kinder Visit

Writing

Early Wednesday, the mood in the Grade 5/6 area was ecstatic. As soon as the teachers opened the doors, a giant flood of excitement poured into the level. While the Grade 5s were at buddies, the Grade 6s went to a kindergarten to promote a positive identity of our Kalinda community. We were split up into four groups, and each group went to a different kindergarten. We went to Oban, Ellie V Pullen, Lipscombe Park and Kurboroo. There we helped the kinder kids to fill out a Kalinda booklet and had a little play with them. All the Grade 6s paired up with one or two kinder kids, then they chose an activity to do and we helped out. Playing with the kinder kids really reminded us of when we were that young. It is hard to tell who had more fun, the kinder kids or the Grade 6s. Everyone loved the morning and would want to do it again any day.

Classroom Helpers Program

We love our many 'helpers' assisting in the classrooms at Kalinda!

Next Wednesday 3rd June at 2.30pm we will be running a special Classroom Helper session in the school Library.

The session covers a range of important considerations related to providing successful assistance in the classrooms, it will provide guidance regarding school expectations and will inform parents and carers of the different ways they can provide assistance both inside and outside of the classroom. Examples will relate to listening to children read and supporting the writing and numeracy sessions.

We hope to see you there!

ERIN NORMAN
LITERACY COORDINATOR



Product recall:

Energy Safe Victoria is warning Victorians not to use or purchase banned butane canister camp cookers due to concerns they may overheat, catch fire or explode.



MELBOURNE MUSEUM - FOUNDATION EXCURSION

We went to the museum. Then we went to see the fish. Then we went to see My Grandma's Toy box. Friday was the best day ever!

Cara M FM

We went to the museum. I went on the bus. I went in the old house. I saw the story of my Grandma's toy box. I liked making fire. I did do the drums.

Kaiya H FM

We went to the museum. We went to the dinosaur bones. I liked the dinosaur bones.

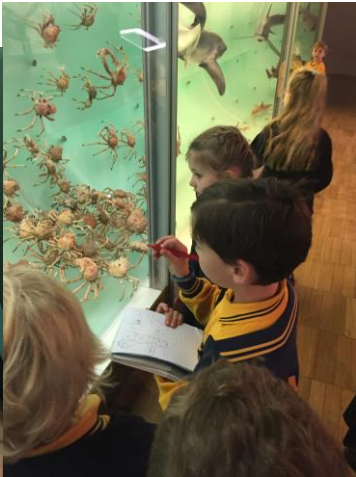
Brooklyn N FM

On Friday I went to the museum. I looked at Pharlap. I saw a T-Rex.

Tenulie S FM

On Friday we went to the museum. We saw dinosaur bones.

Ava J FM



OPEN NIGHT STORIES

FROM Claire, Zahlia, Luke and Noah in 34C

Yay! Open Night is here. I am really excited it's here! First, I got to school and my friend's mum got me some green tea ice-cream. Then, my friend showed me her classroom and I showed her my classroom. Later on I got on my choir uniform and watched the performances. Later I performed for Choir. Then when I finished performing, I had a look at my classroom with my Mum. Then we checked if the Book Fair was open, but sadly, it wasn't open. Oh well, at least I can still buy it after school. Then I went back home.

Mum, Sam & I all went to Open Night. First we went to the green tea ice-cream, then we went to the classroom and looked at my amazing work. Then we went to Sam's classroom and we all saw origami. Then we all went to the Library and I picked a book and a poster and my sister picked a book and poster too. I also got a rubber and a bookmark.

At Open Night I went down to the stadium to watch the choir and on the way in I got some nibbles at our Stephanie Alexander Kitchen. It's a good program. I got some spinach dip and a carrot stick to dip in. In our classroom I showed my Dad our wonder wall and his feedback was, "You guys have got some good wonders". My Dad got really emotional when I showed him our class map because of all the memories.

On Open Night my mum, my brother and I went to see my classroom. I showed my mum our baby wall, our wonder wall and our ANZAC wall. Then we went to see my brother's classroom. I really enjoyed it because you could actually do the activities. I had the best fun!

School Disco

We're so excited that the school disco is coming up soon! Please get your notices in as soon as you can so we can organise food and drinks.

Grade 3s can go to either Session 1 or Session 2. If you haven't returned your notice yet, could you please clarify which session you would like your child to attend?

The pizzas available are either Margarita or Hawaiian.

We still need some volunteers for security for the Senior Disco (Session 2). We are also after volunteers for catering for both sessions. Please put your name down at the office if you are interested in helping out.

Please Note: For security reasons, only authorised volunteers (security and catering) are able to stay during the disco.





#2

Mie Sensei's Corner

Let's take a ride on the shinkansen!!

Have you ever heard of the shinkansen? It's a high speed, super express train in Japan. The shinkansen service started in 1964 when the Tokyo Olympics was held. Speeding along at a maximum of 320km/h, the trains travel the 560km between Tokyo and Osaka in as little as 2 hours 30minutes. The trip is made even more convenient, enjoyable and comfortable by the advanced, aerodynamic design of the trains and attentive service offered by the railway staff.

The Shinkansen is very safe, smooth and quiet.

It always arrives and departs on time.



Generally, punctuality is very important in Japan.

We are strictly taught to respect time from childhood.

For example, we are taught to arrive 5 minutes

before any meeting time.



Mie's One Point Lesson!!

~Greetings~

Nice to meet you
はじめまして
ha ji me ma shi te



Good morning
おはようございます
o ha yo u go za i ma su



Good afternoon
こんにちは
ko n ni chi wa



Thank you for buying our green tea ice cream!

The money raised will be donated to Earthquake Appeal.

Thank you from the bottom of our hearts. We raised \$440 that donated to Red Cross.

Brown sensei
Hiromi sensei
Mie sensei



How many Shinkansen lines are there in Japan?

a 5 b 8 c 16

※Check next month's newsletter for the answer.

Answer to last month's quiz

③ Straight from the bowl, which you hold in your left hand

ANZAC EXPERIENCE

If you can imagine being in a totally foreign country but still feeling as though you're at home, then you can imagine how I felt at the dawn service at Gallipoli on the morning of ANZAC Day.

My name is Jordan Galbraith and I graduated from Kalinda in 2009. In October last year, I was chosen to participate in a government funded trip to Turkey to attend the 100th anniversary dawn service at Gallipoli and on April 20th 2015 I departed Australian shores to embark on the experience of a life time. With a week away from year 12, being so far away from home and being with a group of total strangers, I'd be lying to say I wasn't exceptionally nervous prior to leaving.

Though all those nerves seemed to dissipate once on Turkish soil, meeting new and like-minded people and seeing the beauty, history and culture of Istanbul. However once we began touring the Gallipoli Peninsula, I went from being merely a tourist to being the possessor of stories and a legend which it is now mine and all of our duties to pass on to subsequent generations.

When you tour the memorial sights on the peninsula, see the graves and read the history it becomes apparent that the significance of the ANZACs is as important to the Turkish as it is to us. That like Australia, the Gallipoli campaign saw the birth of the Turkish identity. That rather than treat Australians as invaders, they view us as facilitators of their independence.

The insight I gained through this experience will be with me forever, but so too will the memory of walking into a theatre, with 6,000 Australians all gathered for a similar purpose and feeling not as though I was an outsider, but that I'd suddenly arrived home. Surprisingly, as we all gathered to witness a moment very few will ever be able to say they witnessed, rather than evoking tears as it did for many, I have never been so proud to be Australian, thinking of those who fought for our safety as well as considering how many Australians took at least one minute to pay tribute to their sacrifice all around the world.

I couldn't thank enough all those who supported me and allowed me to go on this truly once in a life time trip and as I begin to share my experiences with the community, I only hope that the ANZAC legend will continue to live on for at least another 100 years.

JORDAN GALBRAITH

(Jordan is in Year 12 at Norwood Secondary College
And is an ex-Student of Kalinda)





From the sports desk...



LEVEL 4 INTERSCHOOL SPORT: Throughout Term 2, 'Winter' Interschool Sport is played during the afternoon. Game-play is generally from around 1:30pm until around 2:30pm. For teams playing 'Away', the bus departs for competition as soon after 1:00pm as possible, and returns to Kalinda P.S. at approx.: 3:00pm. Weather permitting, this Friday's matches will be played against Warranwood P.S. (1 Wellington Park Drive, Warranwood). Full venue details and team locations are now available on the school website, located at www.kalinda.vic.edu.au



SCHOOL SPORT VICTORIA RINGWOOD NORTH DISTRICT CROSS-COUNTRY CARNIVAL:

Congratulations to the 58 Kalinda students who represented the school at Tuesday's District Cross-Country carnival. Following last year's 3rd place finish, this year's squad managed to go two better! That's right! In 2015, Kalinda Primary School **WON** the District Cross-Country title as the best running team of the 8 schools in our district.

We often had multiple students finish in the top twelve of each race, and those who didn't finish in the top-twelve achieved personal bests or at least finished no worse than mid-field (out of nearly 80 starters). I was particularly pleased that I think the students were even more thrilled with their efforts than I was 😊 So...



SCHOOL SPORT VICTORIA MAROONDAH DIVISION CROSS-COUNTRY CARNIVAL: Kalinda Primary School congratulates the following students on achieving selection to represent the Ringwood North District at the Maroondah Division level of competition: Ashton M (34S – 6th), Jessica B (34S – 4th), Matilda B (34R - 5th), Callum C (56M – 6th), Olivia P (56M – 8th), Connor B (56K – 4th), Jamie W (56M – 5th) and Shanae A (56M - 5th). This event will take place at Yarra Glen racecourse on June 9. The Maroondah Division events are held in the afternoon, commencing at 12:30PM.



PLEASE NOTE THAT THE FREE KALINDA SPORTING SCHOOLS FREE ATHLETICS PILOT PROGRAM HAS NOW FINISHED

Free Kalinda Sporting Schools AFL High-Performance Training:

Our Grade 5 and 6 interschool sport AFL team continue to receive high-performance tuition from RDK Sports Management Solutions. This week's coach was Daniel Stewart who played 36 games for the Port Adelaide Football Club. You can see daniel's Port-Adelaide player profile [here](#). While training, the squad is supervised by the 'highly-credentialled-in-his-own-right'; Mr. Mclean.

When: 8 X Tuesday lunch-times (i.e.: 1.10 until 2.00PM), starting April 28 (3-to-go!)

Where: Kalinda Primary School Stadium (or Oval / Synthetic courts – weather permitting)

Details: Coaching will be provided by RDK Sports Management Solutions & Mr. McLean.



Partner News - Park Orchards Netball Club: 6-week NetSetGo Netball Skills program:

...has begun! The remaining 2 sessions will take place on the school grounds each Wednesday from 4:00PM – 4:30PM.



NEXT SESSION DETAILS:

1. Mullum Reserve session @ 5:30pm on Friday May 29.
2. Kalinda P.S. session @ 9:30am on Sunday May 31

Best Regards,

Steve Harvey

Physical Education, Sport & Facilities Management
SSV Coordinator: Maroondah & Manningham Division(s)

Ph: (03) 9876 3289

M: (0417) 392 572

E: sharvey@kalinda.vic.edu.au



Kalinda's participation 'partners and pathways'
* Click icon for full details



SOCCER CLUB WANTED

OSHClub News

Before School / After School Care Program

Term 2 - Week 7 - 28 May 2015



Program Update

What a great week we have had in Week 7 of OSHclub!

All sorts of activities and loads of fun games have been played, and even more fun to be had for the rest of the week! Just some of this week's activities included;

Foosball

Create your own Japanese blossom tree (arts and craft)

Downball

Lots of new small toys introduced to our program

Colouring-in (especially Finding Nemo this week)

Soccer still continues to be a favourite

Origami

This week, everyone has loved playing outside and enjoying the little bit of sunshine we have had. Last night we enjoyed the AMAZING toasted sandwiches with spaghetti and baked beans, thanks to Sam!

Next week we have even more awesome activities such as making our very own yum-yum coconut balls, making play dough and finishing our woodland board!

And just a reminder to all of our OSHclub kids to remember their jumpers now that it's getting into the chilly months.

With school holidays coming up, just a reminder that although we don't run a holiday program at Kalinda, OSHclub runs a program at Ringwood Heights Primary School and Bimbadeen Heights Primary School in Mooroolbark. Come in and pick up a brochure!

So come on in for a visit and find out what else OSHClub have to offer!

Kind Regards,

Jeanette Lea, Kalli Boag, Samantha Lawrence, Wendy Reid and Tayla Alderson.

Program phone: 0439 992 434

Coordinator: Jeanette Lea.

Assistants: Kalli Boag, Wendy Reid, Samantha Lawrence, Tayla Alderson.

OSHClub Head Office: 03 85649000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

Health News

Suspected cases of Whooping Cough

Dear Parents/Guardians,

We have a child with suspected Whooping Cough. At the moment this is unconfirmed. When details are available we will inform classes involved.

This is a timely reminder to all parents to teach and reinforce "cough etiquette". Teach and remind your child to – Cover their mouth when coughing, Wash their hands after using a tissue, and throw used tissues in the bin. If your child is showing symptoms 'more than a cold' ie temperature, colour change of mucus, please seek your doctor's advice and keep them at home until they have recovered.

Whooping Cough

Whooping cough, also known as Pertussis, is a highly infectious disease that can cause a severe, persistent cough. In young babies the prolonged cough is often followed by periods of being unable to breathe and/or vomiting. Coughing can be followed by a "whooping" sound as the baby struggles to draw in air. Whooping cough is spread by coughs and sneezes from an infected person.

Severe complications such as pneumonia, convulsions, coma, and permanent brain and lung damage can occur.

Whooping cough is most serious in babies under six months of age. They are especially vulnerable to the infection and are not fully protected against whooping cough until their six-month vaccination schedule is complete.

Most deaths and hospitalisations are in babies under six months old. Some babies will suffer permanent disability from brain damage and lung damage.

The Victorian Government is offering free immunisations to people who meet the following criteria:

- Pregnant women in their third trimester (from 28 weeks) and their partners (who live with or will have regular contact with the baby)
- Parents of newborn babies (including adoptive parents and foster parents) born on or after 1 June 2015, (before the baby is six months old).

<http://health.vic.gov.au/immunisation/factsheets/free-whoopingcough-vaccine.htm>

ANNIE KOOPMANS
FIRST AID OFFICER

APPLES - STRAIGHT FROM THE ORCHARD.....

New seasons apples are now being picked. Our apple man will next be delivering apples on, **Thursday 4th June**. If you would like to order apples, please see Gill or Annie at the office with your order and payment by **Wednesday 3rd June**.

Bags are approximately 5-6kg.

Available are:

Pink Ladies
Fujis
Granny Smiths
Golden Delicious

ALL apples are now \$10 per bag.

**Green & Brown Pears are now available
at \$8 per bag.**

COMMUNITY NEWS

OFFICE NEWS

CSEF Financial Assistance – Information for Parents

Please see the Camps, Sports & Excursions Fund (CSEF) notice attached. If you are eligible for this assistance, please collect a form from the office before the end of this term (26th June).

Year 7 Transition Forms for Secondary College – A reminder to all parents of Yr 6 students that transition forms are due back tomorrow, **Friday, 22nd May**.

Credit Card & BPay payments – Please remember that we cannot accept payments of less than **\$10** for credit card and less than **\$30** for BPay. If you are paying by BPay, please also send in a short email or note letting us know the amount, what the payment was for and the BPay Receipt number, to kalinda.ps@edumail.vic.gov.au
If payments of less than \$10 are received, as of Monday 1st June we will be returning them home and asking for cash payment.

THERESA JARVIS
BUSINESS MANAGER

CANTEEN NEWS

We have in stock the re-usable lunch order bags. Prices range from \$10.50 to \$12.50. Please consider purchasing one of these bags for the following reasons:

- Designed to replace paper lunch bags when ordering from the canteen.
- Holds **more** food than paper bags.
- Sturdy flat base makes them easy to pack and stack.
- Extremely easy to wipe clean with a damp cloth.
- Reduces paper waste.
- Hygienic zipper pocket to separate money from contact with food.



We currently have a variety of colours in stock, both in the wallet form and the insulated ones. They are available from the Canteen Wednesday - Friday 9.15am to 2.30pm

If you choose to continue to use paper bags, please think about the size you use. We are seeing an increase in very small paper bags and unfortunately we are unable to fit all the items into the bags.

New Food Items

Sausage Rolls Regular Size - \$2.50
Anzac Biscuits - \$1.00

JO O'CALLAGHAN
CANTEEN MANAGER



UNIFORM SHOP

Opening Hours – Mondays from 3pm – 3.45pm. If you are unable to make this time, order forms are available from the office or you can download from the website at www.kalinda.vic.edu.au / Notices and Forms. Just send in your order, with payment and it will be processed as soon as possible.

SHANNON & JO
UNIFORM SHOP VOLUNTEERS

SCHOOL BANKING

Bring your yellow Dollarmites wallet (or black for grades 4-6) to school each **Friday**. Wallets are to be placed in the grey CommBank bag and brought up to the office and will be returned to your classroom in the same bag. Kalinda receives \$5 when children make their first deposit at school and 5% commission on every deposit made at school through the School Banking Program. Students will also receive a Dollarmites token for each deposit which can be redeemed when you have 10 tokens for your chosen reward.

2015 Competition! The Grand Prize: A Family Trip to Disneyland!!

Students who make 25 or more School Banking deposits during 2015 will automatically enter the draw to win a trip to California's Disneyland where they can enjoy Space Mountain and everything the park has to offer. The prize includes return airfares, five nights' accommodation, transfers and 3 days park entry for up to two adults and two kids, as well as AUD\$2000 spending money.

If your child does not have a Youthsaver Account, you can open one at any Commonwealth Bank branch, or if you have NetBank, you can apply online. Alternatively, please contact one of the coordinators to discuss (we are in the Staffroom Friday mornings from 9am).

JULIE & KYLIE
STUDENT BANKING COORDINATORS

RECIPE OF THE WEEK!

This is known as a "Quick-Mix" cake. Beat the ingredients with an electric mixer on a low speed until combined; then increase speed to medium & continue to beat until the mixture is smooth and changed to a paler colour. Keep scraping the mixture down from the side of the bowl for even mixing. Remember to have your ingredients at room temperature.

- ◆ **Prep Time: 10 minutes**
- ◆ **Cooking Time: 45 minutes**
- ◆ **Keeping Time: 2 days**

Moist Orange Cake

What you need:

155g butter
2 teaspoons grated orange rind
2/3 cup castor sugar
3 eggs
1 cup self-raising flour
1/4 cup milk
ORANGE ICING
1 cup icing sugar
1 teaspoon soft butter
1 tablespoon orange juice, approximately
1 tablespoon coconut



Preheat oven to 180°C. Grease a deep 20cm round cake tin, line base with paper, grease paper.

Combine all ingredients in large bowl; beat on low speed with electric mixer until ingredients are combined.

Increase speed to medium, beat for about 3 minutes or until mixture has changed in colour and smooth.

Spread into prepared pan. Bake in moderate oven for about 45 minutes. Stand 2 minutes before turning on to wire rack to cool. Spread cold cake with icing, sprinkle with coconut.

ORANGE ICING: Sift icing sugar into small heatproof bowl, stir in butter and enough juice to make stiff paste. Stir over hot water until icing is spreadable.

KALINDA COMMUNITY NOTICE BOARD

Nutrition and Healthy Eating Tips

The New Healthy Eating Pyramid:

Recently Nutrition Australia has relaunched its healthy eating pyramid, with a couple of changes from the last one. The aim of the pyramid is to show you what you should eat everyday, so this new version doesn't have any take away food, soft drink, biscuits and cakes as these are **sometimes foods**. Now at the top of the pyramid are good oils, such as olive oil that you can eat everyday just in smaller portions.

The eat most section is now only fruit and vegetables – the aim is to get 2 pieces of fruit and 5 serves of vegetables every day. Don't stress if you can't eat 2 ½ cups of vegetables every day just aim to get five different types of vegies into your day.

The carbohydrate foods have been moved up a rung- this means we eat good whole grain, high fibre food choices everyday but that portion size is important- you can eat too much good food.

The protein based foods (meat, fish chicken and dairy) are in the same spot and form part of everyday healthy eating. The pyramid advises that sugar and salt be used in limited amounts and that using spices in cooking is a great way to flavour your food. Enjoy!



Lisa Renn

Accredited Practising Dietician

www.bodywarfare.com.au

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See the Community Board in the Foyer for more events.

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HOST FAMILIES NEEDED AT KALINDA

We are very fortunate to have our intern, Mie Fukushima, staying with us at Kalinda Primary School for 6 months. Mie is a very cheerful person, positive, outgoing and enjoys new challenges.

Mie's Interests: Sports - I am especially interested in volleyball and aerobics dance

Mie's Personal Statement: I have joined this program because I have always been interested in other countries and culture. I enjoy interacting with people from different backgrounds and I would like to build greater friendship and understanding between other countries and Japan. Through this program I look forward to introducing many aspects of Japanese culture and experiencing new ideas that I can apply in my life and work in Japan.

I have always been a very active person. I have been interested in movement and sports since my childhood and so in order to deepen my technical knowledge in this area, I entered a gymnastics university. This gave me a teacher's license and after college I worked for an organization that specializes in gymnastic guidance and instruction.

I believe my interest in movement and sports will help me make the most of this program. I have a lot of positive energy and brightness and a strong desire to make a valuable contribution to sharing and learning together.

We ask host families to provide a room and food for an intern. It is an intern's responsibility to organize holidays. Host families like to share their weekends with the intern though. The intern pays a small weekly fee to the host family to help cover the cost to stay. Usually the children get exposed to Japanese culture and make a good lasting friendship. Previous interns still keep in touch with their host families.

We would appreciate your support again for our International Internship Program.

Please fill in this form and return it to the office as soon as possible.

Mie will be here until September 2015

If you have any questions regarding the program, please do not hesitate to contact me at school

Cheryl Henry-Wild
Intern Co-ordinator



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HOST FAMILY REPLY

Your Name _____

Contact Number _____

Your Child(ren)'s name(s) _____

Grade(s) _____

How long would you be prepared to have Mie stay? _____

What time of year would suit you? _____

Can Mie stay with you over the holidays? _____