

Katandra Weekly



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No: 3 Wed 12th February, 2020

Principal: Marcia Waters

FEBRUARY

Wed 12th — NO Foundation students
Wed 19th — NO Foundation students
Mon 24th to Fri 28th —
Year 5 & 6 Canberra Camp
Wed 27th — NO Foundation students



DATES TO REMEMBER

MARCH

Mon 9th—Labour Day Holiday
Fri 20th—Athletic Sports Day @
Shepparton

CRICKET CLUB TEAS

This week's volunteers for the Thursday Night Cricket Tea Roster are:

Men's Pizza Night, Daniel Mizzi, Rohan Pate and Tim van Popering from School Council on chips.

Next week's Roster is:
Raelene Wilson/ Tamara McLarty, Aleisha Ryan Family and Jedd Wright from School Council on chips.

PARENTS & FRIENDS



Sporting Schools commences on Wednesday 4th March and continues on 11th March, 18th March and 25th March.

SPORTING
Schools

The sport this term is Ten Pin Bowling at school from 3.30 p.m. to 4.30 p.m.

SPORTING SCHOOLS

Be Safe - Be Respectful - Be Strong - Be Your Best

SWIMMING PROGRAM

Last week was full of smiles and splashes at Aquamoves. Our students participated in the swimming program all week, developing their skills in swimming and water safety. The students were impressive in their organization and resilience during the busy and tiring week. Thank you to the parents who helped ensure a speedy exit from the change rooms and for the support of our students from the side of the pool.



FROM THE PRINCIPAL—Marcia Waters

WELCOME NIGHT & SCHOOL COUNCIL BBQ

It was a great turn out on Monday night for the Welcome Night and School Council BBQ. Our teachers appreciated the opportunity to chat with families who came to visit classrooms and I know students were excited to show their parents around. A big thank you to Raelene and Bronwyn for cooking the BBQ for all to enjoy. We were lucky to have the rain hold off till the very end of the event!

THANKS PHIL

Last week, Phil obliged my request to complete some maintenance on the decks around the BER building. Thank you Phil for the work you did in oiling the decks and making them shine once again.

YEAR 5/6 CANBERRA CAMP

A reminder to families that final payment for the Year 5/6 Canberra Camp is due next **Wednesday 19th February**. Please contact the office if you are having difficulty in making the final payment prior to the camp, arrangements can be made to assist you. Some students also need to return their medical form and Camp Promise, please send them in to school ASAP.



PETITION TO SEAL INVERNESS RD

A concerned local resident has reached out to our school community to sign a petition to Moira Shire to seal Inverness Rd (between Marungi Rd and Shepparton-Katamatite Rd), our school bus travels on this section of road. You can sign the petition at the school office or at the Katandra West General Store. You can also send/email a letter to the Moira Shire direct or via Heidi's email: heidiraschle3@bigpond.com, if you would like to.

BOOK CLUB

The Book Club catalogue will be sent home today. Orders need to be returned by **Friday 21st February**.



Be Safe - Be Respectful - Be Strong - Be Your Best

NAME: Ebony
GRADE: 2
TEACHER: Mr Wright
FAVOURITE FOOD: Watermelon
FAVOURITE GAME: Dodgeball
FRIENDS at SCHOOL: Grace and Chelsea P-M
WHAT HAVE YOU BEEN LEARNING? Making a house and counting the blocks.
FAVOURITE COLOUR: Turquoise
FAVOURITE TOY/THING: My puppies and squeaky bunny toy.
BEST THING ABOUT SCHOOL: Art
WHEN I GROW UP: Hairdresser
FAVOURITE HOLIDAY DESTINATION: New South Wales
WHAT IS THE BEST THING ABOUT YOU? I look after my dog "Molly".



STUDENTS OF THE WEEK

F/1: Patty
4/5/6: Hunter



CONGRATULATIONS

I'd like to welcome Chloe, Izzy's new baby sister to the Katandra West Primary School community.



Be Safe - Be Respectful - Be Strong - Be Your Best

They're back...

Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on human for 10 000 years. You may be reassured to know that they are commonly found in places other than Katandra West Primary School.

Some of the reasons they have survived for as long as they have are:

The six legs of a louse end in a claw, allowing them to grip the hair.

They detect vibration and can hide - (conditioner will help fix this problem)

Head lice can 'hold' their breath for 20 mins – looking like they are dead.

The eggs are attached to the hair with a 'glue' like substance. Studies conducted on 45 different products to dissolve the 'glue' showed **nothing** would dissolve it.

The good news...

We know where they live and we know how to find them.

If you follow these steps, once a week, the control of head lice in your home will be greatly improved.

- Step 1** Comb inexpensive hair conditioner on to **dry, brushed (detangled) hair**. This makes it difficult for lice to grip the hair or run around;
- Step 2** Wipe the conditioner from the comb onto a paper towel or tissue;
- Step 3** Look on the tissue and on the comb for lice and eggs;
- Step 4** If lice or eggs are found, the child should be treated;
- Step 5** If the child has been treated recently and only hatched eggs are found, you may not have to treat since the eggs could be from the old infection.

If your child has head lice – tell anyone who has had head to head contact with them and ask them to check their family for head lice.

'Water Only Schools' Program



Drink Profile #2: Soft Drink



Sugar per 375ml Can: 9 - 12 teaspoons

Details: Australians are one of the biggest consumers of soft drinks. The consumption of these drinks is associated with weight gain and obesity in Australian children. Both of which can result in numerous health complications.

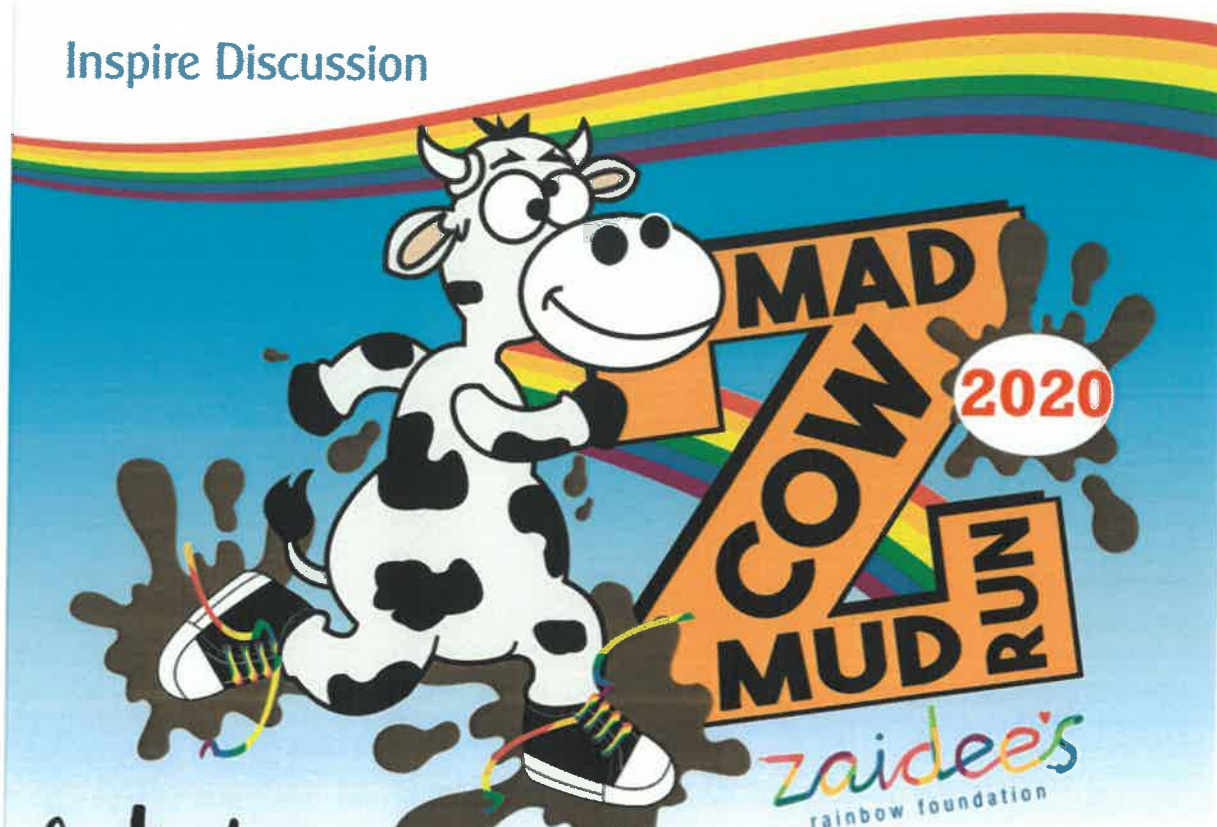
Evidence also suggests that soft drinks are associated with tooth decay due to high acidity, as well as bacterial fermentation that can occur with the consumption of sugar.

Healthy Alternative: Encourage children to drink water rather than soft drinks.

How Often: Soft drink is a sometimes drink.

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Inspire Discussion



featuring...

THE CALF *and* THE WHOLE HEIFER

6KM DISTANCE

9KM DISTANCE

+ A 3KM MUD RUN FOR THE KIDS

ALL RUNS STARTING & FINISHING AT KIDSTOWN SHEPPARTON-MOOROOPNA

SATURDAY
29th
February

**FOR FEES,
INFO OR TO
REGISTER
GO TO**

www.madcowmudrun.com.au



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Katandra West Playgroup



Playgroup is on every second Friday and the dates in Term 1 for 2020 are:

- 21st February
- 6th March
- 20th March no playgroup due to Athletic sports day.

Find us on Facebook for updates [@KWPlaygroup](#)

All families with preschool aged children are welcome to meet in the Art room at Katandra West Primary School from 9:00am.

Any queries please contact Tamara 0488 619 412 or the school 5828 3350.

Playgroup Victoria ID 116875

Generously supported by

The
Community Fund
Goulburn Valley

'CONGUPNA CRUZERS'

2020 JUNIOR SOCCER TEAMS



YES IT IS THAT TIME OF YEAR AGAIN WHEN WE START THINKING ABOUT SOCCER AND HOW WE LOVE TO PLAY FOR THE MIGHTY CONGUPNA CRUZERS!

THE SEASON WILL START IN: TERM 2, 2020

FOR PARENTS NEW TO THE WORLD OF JUNIOR SOCCER PLEASE CONSIDER IT YOUR CHILD'S FIRST TEAM SPORT. BASICALLY, IT IS A GREAT GAME TO INTRODUCE YOUR SON OR DAUGHTER TO THE FUN OF PLAYING A TEAM SPORT FOR YOUR SCHOOL IN A VERY RELAXED AND SUPPORTED ENVIRONMENT.

WE FIELD TEAMS FROM FOUNDATION THROUGHOUT MOST OF THE AGE GROUPS. GENERALLY YOUR CHILD WILL PLAY WITH CLASSMATES AND ALSO OTHER CHILDREN FROM WITHIN OUR CLUSTER OF SMALL SCHOOLS. THIS IS A GREAT WAY FOR THEM TO BROADEN THEIR FRIENDSHIP GROUP AND HAVE FUN.

THERE ARE VERY FEW RULES AND THE BASIC BELIEF OF THE CRUZERS IS THAT EVERYONE GETS A GAME AND HAS LOTS OF FUN WHILST DEVELOPING INTO GOOD SPORTS WITH GOOD BALL SKILLS.

ALL GAMES ARE HELD ON A SATURDAY IN SHEPPARTON AT THE SAME LOCATION WITH VARYING TIMES. THERE IS NO SOCCER OVER THE LONG WEEKENDS OR SCHOOL HOLIDAYS. THERE IS NO TRAINING FOR THE JUNIOR TEAMS.

THE FEE FOR OUR PLAYERS IS \$110 WHICH COVERS EVERYTHING FOR THE SEASON. SHIN GUARDS ARE THE ONLY EQUIPMENT THAT MUST BE WORN. WE HAVE A SUPPLY OF SPARE BOOTS AND SHIN GUARDS WHICH YOU ARE WELCOME TO LOOK AT OR CONTRIBUTE TO. FIRST IN BEST DRESSED.

WE WILL HOLD A REGISTRATION SESSION SOON AFTER SCHOOL WHERE ALL INFORMATION WILL BE HANDED OUT. THE MAIN PART OF THE REGISTRATION PROCESS IS COMPLETED ONLINE AND WILL NEED TO BE DONE BY A DATE **LATER THIS TERM.**

PLEASE DO NOT HESITATE TO CONTACT THE SCHOOL IF YOU HAVE ANY QUESTIONS. IF YOU ARE UNABLE TO ATTEND THE REGISTRATION SESSION PLEASE LET US KNOW AND WE WILL BE ABLE TO GIVE AN INFORMATION PACK TO YOUR CHILD. PLEASE FILL OUT THE FORM BELOW AND LEAVE AT THE SCHOOL OFFICE.

EXPRESSION OF INTEREST FOR JUNIOR SOCCER (THE CRUZERS)

NAME/S: _____

AGE/S IN 2020: _____

PARENTS WILLING TO BE TEAM MANAGER/COACH/DELEGATE: _____