



Noorat Primary School

Mackinnon's Bridge Road, Noorat Vic 3265

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Principal: Mrs. Ilona Watkins

School Newsletter

Term 2 2023 | Issue 6

A Word From The Principal

Welcome back everyone to Term 2! This term is another exciting one with many extra-curricular events occurring throughout the next 7 weeks. We have heard the stories and adventures had, as well as the quiet days at home in the warmth relaxing over the holidays. We are thrilled to have everyone's smiling faces back!

Trauma-Informed Professional Learning

On Monday all Noorat Staff attended a Professional Learning Day in Warrnambool with 80 school staff from 6 primary schools presented by Judith Howard. Judith is a renowned educator who works in Queensland to support some of our most vulnerable students; those with a complex trauma background. The day centred around the brain development, science and strategies that may support some of our most vulnerable students and the challenging behaviours often presented by students when distressed.

2024 Prep Information & School Tours

You will have no doubt seen our lovely advertisement sharing our upcoming Information Sessions for Foundation 2024, which will be occurring next week. Please share the post with family / friends who have a Prep person next year. The highly personalised learning and many opportunities students receive at Noorat is not as possible in a larger school environment.

Breakfast Club

Thank you to Beck, Sarah and Erin who continue to volunteer their time to ensure every child has a full tummy every Monday, Wednesday and Thursday. If anyone else is interested in assisting, please see us for further information. We were also delighted to unbox \$2000 worth of new appliances this week – we were able to buy a new side-by-side fridge / freezer, toasters, sandwich presses and microwave. These will be fabulous for Breakfast Club as well as Kitchen Garden sessions.

Ilona Watkins

Principal

Items for Sale

The school has several items for sale. There are 2 freezers, a fridge and cupboards. All are \$50 each. If you wish to purchase or know someone who may be interested, please let staff know.

School News

Cross Country

It appears our organisation and decision to run our school-level Cross Country last week was a bonus as we were able to enjoy one of the final days of Autumn warmth before the weather changed this week. A massive congratulations to all students who gave it their personal best and supported each other throughout. A special congratulations to Callum and Harry who have both qualified for the next round which will occur in Noorat on May 12th.



NOORAT
PRIMARY SCHOOL

EDUCATION WEEK

MAY 15 - 19




Scholastic Book Fair – Daily

Open Classrooms – Daily

Grandparents & Special Friends - Thursday

SEE YOUR CHILD'S CLASSROOM TEACHER FOR INFORMATION ON TIMES AND TO REGISTER YOUR ATTENDANCE

On Thursday the 11th of May we are having a dress up day. Please come dressed up as your favourite singer or come in yellow.



Please bring a gold coin donation as we are raising money for children with cancer.

From the JSC team

Be Excellent . Be Caring . Be Respectful . Be Responsible



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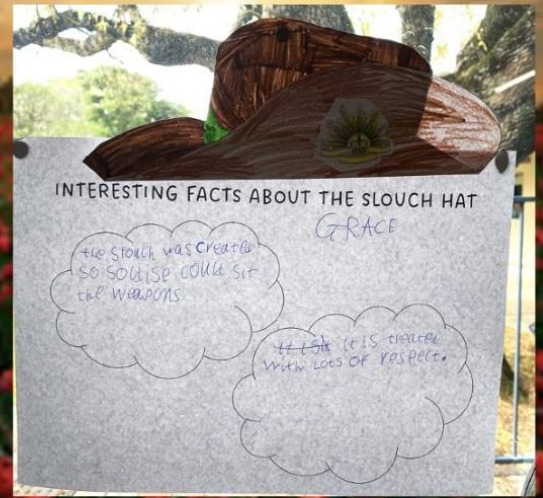


2024 ENROLMENTS NOW OPEN

*Call the School — 5592 5282 for an
enrolment pack.*

What's Happening in the Classroom

Last week we explored the different symbols such as poppies, rosemary and wreaths. We learned the reason for why we have ANZAC Day and learned about the Australian Army Slouch hat.



ANZAC DAY

F-2 Learning Community

ANZAC Day

Left We Forget

Callum - The red on the poppy represents the blood of the people who died.

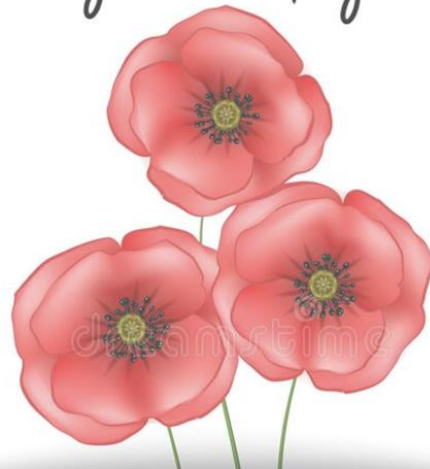
Charlie - More than 8 000 soldiers died.

Kenz - ANZAC stands for Australian and New Zealand Army Corps.

Aidan - WWI started in 1914 and finished in 1918.

Harry - ANZAC Day occurs on April 25th each year.

Harper - Some countries joined to become allies.



We will remember them



Excellence, Care, Respect and Responsibility

5 tips

FOR WINTER WELLNESS

MegaFood
Fresh From Farm To Tablet™

1

EXTRA SLEEP



take the time for extra sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

get outside and exercise

Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.



EXERCISE OUTSIDE

2

3

STAY SOCIAL



stay social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

eat protein at each meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.



EAT PROTEIN

4

5

FRUITS & VEGGIES



focus on fruits and vegetables

While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.

Make sure to get extra Vitamin C. Enjoy a smoothie rich in C with ingredients like oranges and strawberries. Give yourself an easy nutrition "boost" with a scoop of MegaFood Daily C-Protect featuring immune supporting botanicals with a blend of fresh organic whole oranges, organic blueberries and organic cranberries.* (see recipe below)

MEGAFOOD'S VITAMIN C BLASTER SMOOTHIE

- 10 oz water
- 10 oz coconut milk
- 1 large, or 2 small oranges, with pith
- ½ pint of organic strawberries
- 2 scoops of MegaFood Daily C-Protect Nutrient Booster Powder™
- Handful of ice



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Important Dates to Remember

TERM CALENDAR DATES

| | |
|--|--|
| Wednesday 10 th May | Prep Open Day/Tour Prep Open Night |
| Thursday 11 th May | JSC Dress up Day |
| Friday 12 th May- Wednesday 24 th May | Scholastic Book Fair |
| Friday 12 th May | District Cross Country |
| Monday 15 th – 19 th May | Education Week |
| Tuesday 16 th May | School Council Meeting |
| Thursday 18 th May | Grandparents & Special Friends Day |
| Friday 19 th May | Curriculum Day |
| Tuesday 23 rd May | <i>Smile Squad</i> Dental Van Visit <u>Tuesday 23rd May – Friday 26th May</u> Local Learning Project Day Year 3 – 6 students to attend Gnurad-Gundidj campus |
| Wednesday 24 th May | National Simultaneous Storytime Ilona Out- Numeracy PDP |
| Thursday 25 th May | Personal Development Student Sessions Cudgee Primary School |
| Saturday 27 th May Saturday 3 rd June May | National Reconciliation Week 27 th - 3 rd June MABO Day 3 rd June |