

Term 4
Week 7 – 18 November 2015
Distributed weekly

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Term 4

5th October – 16th December

11 weeks

1 pupil free day – Report Writing Day

1 public holiday – Melbourne Cup

November

19th Thursday – 830am Parent Information Morning

19th Thursday – Cycle 2 & 3 Beechworth Goldfields excursion

23rd Monday – 1030am Grade 6 Cartoonist & Ice Creamery Excursion

25th Wednesday – Grandparents Day Cycle 1 10-11am, Cycle 2&3 11-12noon

December

4th Friday – Cycle 1 Prep reports distributed

4th Friday – Graduation and Farewell Assembly 1pm, Graduation Dinner 6pm

6th Sunday – Beechworth Community Christmas Carols

7th Monday – 10th Thursday – Cycle 1 Prep parent teacher interviews

7th Monday – 11th Friday – Cycle 3 Sovereign Hill & Queenscliff Camp

9th Wednesday - Volunteer Afternoon Tea 2.00-2.45pm

11th Friday – Cycle 2 Big Day Out

11th Friday – Cycle 2&3 reports distributed

16th Wednesday – End of Term 4. 3.15pm finish

18th & 19th Thursday & Friday – Pupil free days

Please come along

Parent Information Morning

Thursday 19th November 8.30am to 9.30am
In the school foyer.

General News

Term 4 Icyroles for Sale

Icyroles will be available for sale Friday lunchtimes. Children will only be sold a single icyrole – not multiple. Children will be able to choose from lemonade, raspberry or cola.

No pre-ordering required, simply bring along your 50c and purchase your icyrole once you have finished eating your lunch. This will continue each Friday unless:

1) children walk around with their icyrole as opposed to sitting and eating, or 2) rubbish is left in the yard.

If these occur, icyroles will not be for sale the following Friday. Thanks Turquoise.

Instrumental Evening

Last night we held our 2015 Beechworth Montessori Instrumental Music Soirée.

For the first time we held the recital at the school in the Cycle 1 courtyard, and this proved to work well. We had approximately 90 family and friends attend the evening. It was excellent to see our instrumental music students get up and give their best! These included violin, guitar and piano performers.

Thank you to everyone who helped make the evening possible, and a big thanks to our wonderful performers.

Anyone interested in piano lessons for next year, please call Peter on 0411 127 335.



Grandparent's Day

Next Wednesday 25th November is our "Grandparent's Day." We invite all grandparents or other special people to come and visit the children in their classrooms.

Cycle 1 from 10am to 11am and Cycle 2 & 3 from 11am to 12pm. Please sign in at the office and we will direct you to the correct room.

We look forward to seeing you then.

News from the Ruby Room

First thing is a big thank you to Lisa, Geraldine, Wiggy and Zoe for covering all of my shifts in Ruby-room while I was away. I had a very quiet and relaxing break in Montana up near Yellowstone National Park.

It is lovely to come back and see everyone again and prepare for the wind down as we are fast approaching the end of the year...hard to believe isn't it?

Just a reminder for children to wear hats while outside- parents could too as a good role model for your child and other children. There is sunscreen available if needed.

We had some young ducklings come and visit us in tot's much to the children's delight, thank you to the children of Emerald room for sharing your young hatchlings with us.

One of the activities set up in Ruby room is a circuit board with a battery attached to a small light globe that lights up when the current flows through the circuits. Some of the children have seen how metal spoons, tongs and scissors when touched by the circuits can conduct the energy. Wonderful to see the expression on a child's face when this occurs.

Seeds planted a while ago with the children, such as purple climbing beans, snow peas, sunflower plants are getting quite tall. They are out in the back playground if you would like to check the progress and see if they are close to fruiting.

There have been some parents enquiring about the next Transition program. While it does not look like we will be running the program this term we will open a morning session of the Early Learning and Occasional Care program which can be used for transition purposes. Wednesday morning is looking like the morning for this but is still flexible. If you are interested please see Feona in the office.

Thank you

Michaela and Geraldine

Cycle 1 News

Across Both Rooms

This article appeared recently in the Preschool Matters journal. It has been written by Trina Hinkley a research fellow at the Centre for Physical Activity and Nutrition Research at Deakin University.

LESS PHYSICAL ACTIVITY, MORE SCREEN TIME – DOES IT MATTER?

When we think about children's health we tend to worry more about illness than longer term issues and many of us believe that children's behaviours are unlikely to impact on their health or development at an early age.

Our beliefs:

- We think that children are naturally physically active
- We believe that technological devices (including TV, computers, iPad, phones, x box etc.) offers valuable benefits

What the evidence says;

Evidence now suggests that young children are getting less physical activity and more screen time than the Australian and international health guidelines recommend. In short, the evidence is telling us that physical activity is beneficial and screen time can be detrimental.

Australian guidelines recommend:

- Children under 5 years need at least 3 hours of physical activity daily.

Lemongrass Café Lunch Orders

Orders need to be handed in by Wednesday afternoon

\$3.50 per sushi roll

❖ Choices:

Egg & Salad

Tuna & Avocado

Teriyaki Chicken

Collect an order form from the foyer, place your order and **correct money** in a **zip lock bag** and place in the Form Lodgement Box in the foyer. No credit possible and money must be in a zip lock bag. Orders to be placed at school by Wednesday 11th Nov. 3pm – late orders cannot be accepted.

- Children 0-2 years should have no screen time at all
- Children aged 2-5 years should have no more than one hour of screen time daily

Why should I follow these guidelines?

- Higher levels of physical activity during early childhood are beneficial for maintaining health weight, wellbeing, cognitive development, bone and heart health
- Lower levels of screen time help maintain healthy weight, wellbeing and cognitive development.

How do physical activity and screen time impact on wellbeing and cognitive development?

Wellbeing is the presence of higher levels of positive behaviours and lower levels of adverse attributes and behaviours such as: social skills, self-regulation, aggression, anxiety and attention problems. Children with higher levels of physical activity have lower levels of conduct problems and emotional symptoms.

Optimal cognitive development during early childhood incorporates: language, memory and executive function (ability to regulate thoughts, actions and emotions). Increased physical activity supports language, executive function, flexibility of ideas, self-regulation and sustained attention.

Children who spend less time on the screen tend to have better language development and understanding of numbers. Children who watch violent shows or cartoons tend to function more poorly in these areas.

What to do:

- Monitor your child's screen time by recording it – keep a diary on the fridge noting the times during the day that children spend on a screen or doing physical activity: you might be surprised (a recommended example is included).
- Be active with your children.
- Replace screen time with other activities.
- Visit the following website for ideas to support fundamental movement skills and physical activity:

www.curriculumsupport.education.nsw.gov.au/primary/pdhpe/gamesport/fms001.htm

Monday

	7.00	8.00	School/kinder	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00
Physical activity												
Screen time												

Tuesday

	7.00	8.00	School/kinder	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00
Physical activity												
Screen time												

Wednesday

	7.00	8.00	School/kinder	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00
Physical activity												
Screen time												

Thursday

	7.00	8.00	School/kinder	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00
Physical activity												
Screen time												

Friday

	7.00	8.00	School/kinder	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00
Physical activity												
Screen time												

Family Picnic

Last Wednesday Cycle 1 children had a picnic in our playground with their families. It was wonderful to see so many families, thank you for coming along.

Grandparents Day

All grandparents and family are invited to come and join the children in Emerald and Amethyst for morning tea next Wednesday 25th November from 10:00am to 11:00am.

"Magic Bean" Chocolate Muffins

Ingredients:

420g kidney beans, canned, drained
1 tablespoon vanilla extract
50g unsweetened cocoa powder
1 teaspoon GF baking powder
½ teaspoon bicarbonate of soda
125g butter
5 eggs
100g rapadura sugar (or other)

Preparation:

1. Puree the beans, 1 egg and vanilla until smooth. Set aside.
2. Cream butter and sugar.
3. Add the remaining eggs and mix.
4. Add bean mixture and mix.
5. Add cocoa powder, baking powder, bicarbonate of soda and mix thoroughly.
6. Pour batter into greased ring pan and bake in moderate oven for 30 minute or until a toothpick inserts in the middle and comes out clean.

Note: we used silicon mini muffin trays and cooked for 12 minutes.

This gluten free, nut free, high protein cake is wonderfully moist and works with most canned beans. Chickpeas work but they have a stronger taste. You can use oil instead of butter to make it dairy free.



Community News

Downsizing Moving Sale

10 Mossgrove Way, Beechworth

Sunday only from 8am

toys, games, books, Lego (selling by weight), DVDs

clothes - ladies and girls, bags, footwear

manchester, some furniture and electrical

camping gear, trailers, Nissan Patrol

lots of other things- we are clearing lock, stock and barrel



Murray Grey and Angus Bulls For Sale or Lease

Bulls are quiet and easy to handle including free delivery

Available for sale:

- Easy calving bulls to use over Heifers
- Higher growth, meat and marbling bulls to use over cows

For further information please call

Kerrie 0419 989077



Summer Reading Club is taking place once again at the Indigo Shire Libraries these summer holidays.

Last year the Summer Reading Club was a huge success, with 41,589 children participating across Australia! An estimated 267,919 books were read!

Celebrating its fifth year as a national program, the Summer Reading Club could be even bigger and better this year, with the help of your school.

The theme for Summer Reading Club this year is "Lost Worlds", inviting young readers to explore lost worlds, alternate universes and mythical creatures depicted across science fiction, historical fiction and fantasy fiction.

Summer Reading Club will commence on Tuesday 1st December, 2015 and finish on Sunday 31st January, 2016. You can register at one of the branches of the Indigo Shire Libraries: Beechworth Library; Chiltern Library; Rutherglen Library and Yackandandah Library, or at the Pop Up Libraries at Tangambalanga and Barnawartha. Registration is FREE! When participants register at our library they will receive a Summer Reading Club pack. Alternatively, they can also register through the Summer Reading Club website at www.summerreadingclub.org.au

Participants go into a national draw to win 1 of 8 ipods! Other national prizes are also up for grabs for those who participate in the online writing activities. Also, there will be an in-house competition at your local Indigo Shire branch library, to win a \$20 book voucher from Beechworth Books.

For more information on this year's Summer Reading Club, please contact Margaret Citroen 02 6028 1180 or margaret.citroen@indigoshire.vic.gov.au

GARAGE SALE

Saturday 21 November and Sunday 22 November
8:00am – 4:00pm

MOVING SALE

18 Ryan Rd (Off Diffey Rd)
Beechworth
5 kms along Diffey Rd

WE HAVE:

Boy toys, girl toys, loads of books for all ages, cookbooks, collectibles, kitchen ware and crockery, a children swing set, outdoor furniture, bookcases, dress ups, kids bikes and Bric a Brac

EVERYTHING MUST GO!

Movie for the kids and a night out for you?

Consider this...

Give the children an early tea, put them in their PJs, drop them off at school at 6pm where they can enjoy a G rated movie with friends, or quiet reading, colouring etc...

Then you and your partner enjoy a meal out without the children!

Collect the children by 8pm, and tuck them into bed.

Sounds appealing doesn't it?


Cost? Only....

**\$10 for 1 child, \$15 for 2 children
\$20 for 3 children**

All money contributes towards Amber's China fund.
Supervision provided by Amber and Karen Bowey

When? October 23rd, November 6 & 20

Book at karenb@bms.vic.edu.au



www.discover sailing.org.au/tackers

TACKERS

KIDS LEARN TO SAIL PROGRAMS

Tackers is a Yachting Australia program aimed at getting kids aged 7-12 into sailing.

Each program includes 20 hours tuition from qualified YA Instructors & Assistant Instructors, fun on-water & off-water games and a Tackers Kit & Certificate.

Where: Albury Wodonga Yacht Club – Lake Hume

When: Starts 15th February 2015

Contact us now! Ph: 0467 355 258
Email: training@awyc.org.au

Putting Resilience into Action

"Be Happy"

"I love how it is being presented in our community,

A workshop to help decide how we put what we learnt from The Resilience Project into ACTION!

After an amazing presentation by The Resilience Project, our schools and early childhood services are embracing the strategies and ideas with the children everyday.

Feedback suggests that there are things we could do as a whole community outside of the classroom. This meeting will explore and plan what we can all do.

So please join in to be part of the action to build our community happiness, gratitude and resilience
Be part of something special!



"Let's have a gratitude wall. Let's talk plainly and honestly with each other."

MONDAY DECEMBER 7, 2015

9.30am—11.00am

The Meeting Room

Beechworth Health Service

OR

7.00pm—8.00pm

The Function Room

Beechworth Health Service



Greater Hume
Children
Services

Child Care Educators for the region

We are seeking people who are motivated and excited about the future of early childhood education to join our team.

Work from home or the family's home and gain formal childcare qualifications.

No professional experience necessary. Support and training provided. Interest free loans available.

For more information visit www.ghchildren.com.au or Tel: (02) 6026 3877.



Greater Hume Children Services - assessed as exceeding the National Quality Standard



Yackandandah Community Centre presents

High Country Christmas Fair

YACKANDANDAH, VICTORIA
Saturday, December 5, 2015 - 10am to 3pm
Soldiers' Memorial Park, High Street
(Wet weather venue: Yackandandah Public Hall, High Street)

A boutique market celebrating all things handmade

WOODWORK / CLOTHING / CANDLES / SOAP
BABYWEAR / TOYS / TEXTILE ART
HANDCRAFTED GARDEN WARES / JEWELLERY
KNITTING / HOMEWARES/ BAGS and more...



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