

# Morwell Park P S

## School Community Newsletter

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17th October, 2019



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Morwell Park Primary  
School Official

### IMPORTANT DATES

Friday 18th October	Daffodil Day. Dress in Yellow Day, gold coin donation.
Friday 18th October	Prep Get Ready Session. 9.00-9.45am.
Friday 18th October	Gr 6 extra transition at Kurnai for children participating. 8.45-10.45.
Tuesday 22nd October	Gr 4/5 Girls Health Session. 1.30pm-3.00pm.
Wednesday 23rd October	Gr 6 Girls Health Session. 9.00-11.00am.
Wed-Fri 23rd-25th Oct	Gr 3 Allambee Camp.
Thursday 24th October	Koorie Family Afternoon. 3.00-4.15pm.
Friday 25th October	Gr 6 extra transition at Kurnai for children participating. 8.45-10.45.
Friday 25th October	Prep Get Ready Session. 9.00-9.45am.
Mon-Wed 28th-30th Oct	Gr 5 Camp Rumbug.
Thursday 31st October	School Council Meeting in staffroom at 5pm.
Thursday 31st October	Regional basketball for children participating.
Friday 1st November	Full payment due for Prep Melbourne Zoo excursion.
Friday 1st November	Gr 6 extra transition at Kurnai for children participating. 8.45-10.45.
<b>Monday 4th November</b>	<b>Curriculum Day. No children at school.</b>
<b>Tuesday 5th November</b>	<b>Melbourne Cup Holiday. NO SCHOOL.</b>
Wed-Fri 6th-8th Nov	Rawson Sport Camp for children participating.
Friday 8th November	Prep Melbourne Zoo excursion.
Friday 8th November	Gr 6 extra transition at Kurnai for children participating. 8.45-10.45.

### Principal's Report

#### Food, Fun and Fitness Week

This week we have been recognising health under our theme of Food, Fun and Fitness. Fruit platters, special lunches focussing on healthy ingredients, fitness activities and games have been heavily promoted.

One of the challenges for grades has been trying to reduce wrappers. As a general rule if it comes in a wrapper it's probably unhealthy.

Unfortunately childhood obesity is on the increase and much of the increase could be attributed to our growing dependency on foods of convenience. The fast food industry is a massive profit taking industry and their profits are made by making 'addictive' type foods typically full of sugar. It's no coincidence the diabetes levels are increasing alarmingly.

Eating patterns formed in childhood might remain through life. Please help us help your child.

#### Hats

With the onset of the warmer weather comes the expectation of students wearing hats.

It is really pleasing to see that the majority of students have a hat.

Please make sure that hats are clearly named.

#### Regional Athletics Sports

Congratulations to Aluel, Krystal, Tara, Emalee, Jayda & Wunya on making it to the Regional Athletic Sports. A special congratulations to Emalee who placed 3rd in the Shotput. Thankyou to their parents for supporting their child's participation.

#### Grade 3 Allambee Camp

Our grade 3 students are attending Allambee Camp next week from Wednesday to Friday.

I hope they have a terrific time and that the weather is favourable for them.

#### Curriculum Day November 4

There will be no school for children on Monday November 4 as teachers will be participating in professional development activities.

The Melbourne Cup public holiday is the following day, Tuesday November 5 so it's a 4 day weekend for our students.

*Chris Joustra,  
Principal.*



## Morwell Junior Cricket Blasters Registration Day

Cricket for 4-7 year old Boys & Girls.  
9am Saturday 19th October.

Morwell Recreation Reserve - Travers St, Morwell  
\$75 per participant (once off payment)  
8 weeks of cricket, all equipment supplied as part of  
registration fee, nothing else required.

Phone Mark Smith on 0438 870 790 or email at  
[mksmith72@bigpond.com](mailto:mksmith72@bigpond.com) for more information.



Issue 7 of Book Club is  
out now due back by  
**Friday 25th October.**

Please make cheques pay-  
able to Morwell Park P.S  
**NOT** Scholastic.

Each order helps the school earn bonus points  
that we can order free books for the school library  
and Lexile program. Thanks, Mrs Maruzza

# FOOD, FUN & FITNESS WEEK

This week each grade has received a platter of fruit for the class to enjoy. Students were able to try a variety of different fruits.

Wednesday was 'make your own healthy lunch' day. Students had a choice of different salad items including lettuce, tomatoes, cucumber, capsicum and cheese.

During the week the grade 4's took part in a cooking activity preparing spaghetti bolognese for their lunch and also fruit smoothies. Looks like they enjoyed it all. The grade 3's cooked zucchini pikelets and pizza muffins.

Tomorrow the Preps are making fruit smoothies, the grade 2's are making fruit salad and the grade 5's are making savoury muffins.



# NUDE FOOD LUNCHES

Each day the name of a student who had a 'Nude Food Lunch' was drawn out and received a Fruit Platter to take home.

Thankyou to all those who bought a Nude Food Lunch. Continuing on from our 'Caring for the Environment' program we hope parents and students will continue to Recycle and Re-use.



# WORLD FOOD DAY LATROBE

**SATURDAY 19 OCTOBER**

**11AM-4PM**

**CHURCHILL NEIGHBOURHOOD CENTRE  
9-11 PHILLIP PARADE, CHURCHILL**

## WHAT'S ON?

### THE KITCHEN

**11:30am**  
Cooking demonstration  
with Suong Pham

**1:30pm**  
Cooking demonstration  
with Suong Pham

**3:00pm**  
Cooking demonstration  
with Noelene  
Marchwicki

### THE GARDEN

**11:30am, 12:30pm, 1:30pm,  
2:30pm**  
'Soils Sessions' with  
Ian Onley

**12:00pm, 1:00pm, 2:00pm,  
3:00pm**  
Warragul Worms  
Workshop

**11am-4pm**  
Piggery Road  
Permaculture

### THE LIBRARY

**11:00am**  
Official festival opening

**12:15pm**  
Keynote speaker  
Sophie Jamieson: Food  
Systems & Sustainability

**2:00pm**  
'Let's Grow Food' with  
John Mauger

**11am - 4pm**

Explore market stalls, enjoy delicious food, local crafts, music, beekeeping information, blender bike, plus lots of fun activities for the kids!



An Initiative of the Latrobe Health Innovation Zone



**GIRL GUIDES  
AUSTRALIA  
VICTORIA**

## Mothers! Come and join the fun at Girl Guides

Morwell Girl Guides are looking for fun loving, enthusiastic women to join the team to bring Guiding to girls in the area.

In Girl Guides we believe that girls of every age have the capacity to be actively involved in, and ultimately take ownership of, all aspects of their Girl Guide Experience. Girls develop curiosity through hands-on learning, and engage in relevant activities based on their own interests.

It takes great leaders to help girls take the lead in their own learning and nurture their curiosity and support their self-development, you could be one of those leaders!

This might be the opportunity you are looking for to develop your own leadership skills in a friendly, supportive team.

**Contact: Chris Oliver at  
[coliver@guidesvic.org.au](mailto:coliver@guidesvic.org.au) or 0428644397**

**10th Annual  
LATROBE CITY  
Children's  
EXPO  
Free & fun!**

**FREE Sausage Sizzle 5.30pm to 7pm**

**Thursday 24 October**  
2-7pm Kernet Hall, Morwell  
FREE Entry  
[www.latrobe.vic.gov.au/expo](http://www.latrobe.vic.gov.au/expo)

community information • jumping castle • Australian animals  
inflatable sports and obstacle course • roving entertainment  
petting zoo • face painting • food stalls • giveaways & much more!

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