



RPSnews

Number 14
June 05 2017

Richmond Primary School
Brighton Street Richmond 3121

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OSHC T: 0447 330 481

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www.richmondps.vic.edu.au

> **EFTPOS facilities available**

Dates to Remember

June

16 Grade 5/6 Winter Gala Sports Day

19 Grade 3/4 Zoo Excursion

20 Prep Sustainable Gardens
Excursion (Botanical Gardens)

23 Pizza Afternoon

23 Preps CERES Incursion Farm
to Fork

30 Reports sent home

30 Last day of term – school ends
2.30pm

Save the Dates

5 Saturday Night RPS Trivia Night
Aug 7.30pm Richmond Town Hall

14 Monday Grandparents Day/Book
Aug Week Celebration 9.00-10.30am

Term dates for 2017

2 18th April – 30th June

3 17th July – 22nd September

4 9th October – 22nd December



OSHCclub
Marble Run

Your school community is here to help. If you have any comments, concerns or praise, please speak to your child's teacher, the principal or a School Council member

OSHClub

Dear Parents,

Updated Contact Information

As most of you will be aware, OSHClub is always looking for ways to maintain excellent customer service. To that end, some of the contact phone numbers and email addresses have been updated. Going forward OSHClub will only have one contact phone number and one email account for families to contact us with any questions or concerns.

The improved structure will see an increased number of staff throughout the day, allowing your queries to be responded to sooner. This structure will also provide full coverage in times of planned and unplanned absences and leave.

The new contact information is:

Phone: 1300 395 735 (8am-6pm)
(this replaces the old head office number 8564-9000)

Email: oshaccounts@junioradventuresgroup.com.au

As the industry leader in quality care we will continue to remain focused on the children within our care, and providing a safe and fun environment for them to develop. As is the nature with any commercial business, we will continue to review our operations for ongoing efficiency and quality improvements but remain focused on our core values. This change is designed to ensure we are providing the best customer service to meet the needs of our parents and families.

If you need to make on-the-day (casual) bookings, you can still do this by calling the Richmond Primary OSHClub phone on: 0447 330 481

Have a fantastic week!

This week's highlights:

- Obstacle courses
- Chess tournaments
- Biscuit decorating
- Marble Run building



Found!

A GIFT VOUCHER for a 20% purchase discount at a clothing retailer has been handed in to the office. If you think it's yours and can identify the shop, please claim it before its expiry date- 30th June.

Australian Girls Choir

The Australian Girls Choir are holding free trial classes in June for girls in Prep to Grade 4. For more information, please collect a flier from the office.

Jagga Smith – What a Legend!

Congratulations to Jagga Smith for his selection to the Under 12 Football Team! Jagga will travel to Darwin in August to compete against all other states in the National Carnival. Good luck Jagga!



KIDS QUIZ**

Every week, we pose a quiz question based on the name of one of our wonderful students.

Write your answer on a piece of paper, along with your name and grade, and put it in the cream letter box in the office.

The first correct entry drawn will win a Student Pass for one hour.

The winning entry will be drawn on Tuesday at 3.30pm.

NOTE:

- > You may place only **one entry per week** in the box.
- > Each player must put in their **own entry** (no joint entries)
- > If you win, you are **win-binned** (disqualified) for one week, to give others a go.

This week's clue:

This Grade 2 student's name sounds like the opposite of what we're experiencing right now!

Last week's clue:

This Grade 3 student's name is also the surname of the director of the movie 'Titanic'.

Answer: CAMERON Johnson 3/4A
(The director is James Cameron)

Winner: **Gemma Gowans 3/4A...**

Near, far, wherever you are, you're the winner, Gem!

STUDENT OF THE WEEK

Prep J Jordy Tregambe

For being a brilliant investigator during Investigation Time. You're always using your time wisely. Your recent pictograph on 'Favourite Football Teams' was impressive. You're a star Jordy!

Prep S Mabel Crawford

Great work on writing your Investigation Time recount independently this week. You have been working so hard on your writing Mabel. You should feel very proud of yourself!

Prep C Nepheline Krikis

For your amazing participation in class discussions and during learning times. You have really impressed me with your subtraction skills and having a go at writing!

1/2T Henry Rekaris

For working super hard on improving his handwriting this week. I was very impressed Henry with the effort and care you put into writing both forms of the letter B correctly. Fantastic job buddy!

1/2N Clover Nguyen

For always striving to reach her best. Clover, your Little Miss Kindness story is outstanding and is a great example of the high standards you have for yourself. Well done!

1/2P Jack Coughlan

For expanding on his ideas when writing narratives and using more punctuation. Keep up the great work!

1/2KJ Emily Theodossieu

For being an awesome role model in our grade every day. You listen, you smile, you help other students, you help your teachers and you try hard with your learning. We would be lost without you!

1/2C Ingrid Johnson

For showing excellent leadership skills when planning and running a lesson on how to make friendship bracelets with the grade. Your organisation was impressive Ingrid! Congratulations!

3/4C Esther Shapero

For working diligently to create a compelling, well written information report on African Penguins.

3/4A Ella Capon

For being such a polite, kind and hard-working member of the class. You make 3/4A a brighter place.

3/4J Giorgio Atzarakis

For getting into a much better classroom routine and putting more effort into his work. Keep it up Giorgio!

3/4S Zac Chapman

For the incredible amount of work and effort you put into your Amazon Rainforest diorama, not only the presentation but the well-researched fact cards-well done Zac!

5/6R Ella Francis

Congratulations on completing the tree climb on camp! You managed to convince yourself that it was a breeze! It's great to see you branch out of your comfort zone and believe in yourself!

5/6R Hannah Jones

Congratulations on getting down and dirty on the mud run on camp Hannah. It's great to see you out of your comfort zone. Thank goodness you weren't a stick in the mud!

5/6L Taj Alcott

For your constant enthusiasm during camp your participation in all the activities was impressive! Good work Taj!

5/6L Lucy Mansfield

For your constant positivity on camp, you showed fantastic resilience. Great work Lucy you should be very proud of your efforts!

5/6S Eddie King

Congratulations Eddie for working so hard on your writing. Your story about renovating your basement bedroom is captivating. I can't wait to find out how it ends!

5/6S Jules Sloggett

Congratulations Jules for conquering your fear of heights at camp. You flew down that abseiling wall!

2017/2018 Entertainment Book is here!

The Entertainment Book is now available featuring hundreds of discounted offers for local cafes, restaurants, attractions and more.

For \$70 you can order the digital version or hard copy book. RPS will receive 20% of all sales on orders made by school families and their friends.

Ordering is easy

- Visit <https://www.entertainmentbook.com.au/orderbooks/1885w17> and enter your details.
- Select 'pick up \$0'.
- Email your child's name & class to fiona_tome@hotmail.com and the book will be delivered to your child's classroom (or select post with the extra fee).

Other books available (via post only): Geelong/Ballarat, Sydney, Adelaide, Brisbane, Gold Coast, Sunshine Coast, Cairns, Palm Cove, Port Douglas, Townsville, Canberra, Darwin, Hobart, Perth etc.

For more information, contact our school's Entertainment Book representative, Fiona Tomé, at the email address above.

Money Raised from Fund Raising Events





SPORTS CAMPS WINTER 2017

[For Young Athletes Aged 5-16]

Top class coaching by current day players to take your game to the highest level.

Boost Sport Camps are all about providing young athletes with the best coaches and instruction in the country, in a fun and safe environment.

BOOST FOOTY AFL SPORTS CAMPS

Developed in conjunction with Leigh Montagna the football camps will take the participants game to the next level.

Hawthorn East
July 5, 6 & 7 Anderson Park
July 10, 11 & 12 Anderson Park
Brighton East
July 5, 6 & 7 Hurlingham Park
July 10, 11 & 12 Hurlingham Park

BOOST NETBALL SPORTS CAMPS

Collingwood's **Shae Brown** will help improve the fundamental and also introduce the concepts taught, trained and delivered at the top level.

Balwyn North
July 5, 6 & 7 Boroondara Sports Centre
Kew
July 10, 11 & 12 MLC
Brighton East
July 10, 11 & 12 Sandringham Youth Club

BOOST FOOTY AFL SPORTS CAMPS

The only specialist AFLW clinic available today!

FEATURING:
• Ellie Blackburn
• Moana Hope
• Stephanie Chiocci

Hawthorn East
July 5, 6 & 7 Anderson Park
July 10, 11 & 12 Anderson Park
Brighton East
July 5, 6 & 7 Hurlingham Park
July 10, 11 & 12 Hurlingham Park

BOOST BASKETBALL SPORTS CAMPS

Sharpen your skills and improve your fundamental, offensive, defensive, and team play skills.

Balwyn North
July 5, 6 & 7 Boroondara Sports Complex
Balwyn North
July 10 & 11 Boroondara Sports Complex

BOOST SOCCER SPORTS CAMPS

Improve your skills, work hard and have fun! We'll provide the tools to improve your game in a fun and safe environment!

Hawthorn East
July 5, 6 & 7 Anderson Park
July 10, 11 & 12 Anderson Park
Brighton East
July 5, 6 & 7 Hurlingham Park
July 10, 11 & 12 Hurlingham Park

"Boost Sports Camps are the most vibrant and organised sport camps available with the most up to date coaching methods taught by coaches who are still in the game."

Steve Conole - Brisbane Lions Recruiting Manager

Meet your sports hero!



Register at boostsport.com.au | 1300 970 896

Dynamic Stability



Just a reminder that Dynamic Stability is offering students Pilate's programs, where all profits of the programs will get donated back to the school. Services include:

- 1) Free 20 minute posture checks for all students at RPS
- 2) Kids Pilates classes Tuesday and Thursday 4-5pm, Dynamic Stability - Level 1 161-165 Swan St Richmond, Vic, (03) 9428 3330. Focusing on - stretching, posture, strength, co-ordination and positive body image. (Cost is donation based - where 100% goes back to the school)
- 3) Parents and Teachers Free Reformer Pilates Mondays 7pm, Wednesdays 7pm, Thursdays 5:30 & 6:30pm. Payment will be collected by the clinic and donated at the end of the year to the school as well

The Importance of Stretching

Stretching has always been a hot topic of discussion amongst the professional, amateurs and recreational athletes. Being very gentle it has a latent, delayed, euphoric effect that many of us failed to associate with. A well planned stretch routine has just as many health benefits as regular exercises. Some of the top benefits of regular stretches include:

Improves circulation – the push and pull of the tight muscles creates a pump like effect that helps circulate blood and fluid around the body.

Improve flexibility – as the tissues are lengthened, flexibility and range of motion are improved. By improving your range of motion, your body requires less energy to make the same movements and you also will have more flexible joints thus lessening the likelihood of injuries sustained during workouts or daily activities.

Improve recovery – with improved fluid movements greater nutrients are supply to muscles and joints, thus reducing muscle soreness.

Reduced soreness – By increasing in blood flow and nutrient supply to the muscles, it also relieves soreness in the tissues. Stretching before and after a workout gives your muscles a chance to relax.

Improve energy levels & performance – A few quick stretches can help revitalise your system and boost nutrients around the body, oxygen to the brain via blood flow, resulting in better alertness and performance at work as well as school.

Improves posture – by lengthening tight muscles it allows the body to be in its their intended position with greater ease. With reduced pain, there is a reduced desire to hunch or slouch.

Encourages a positive outlook – stress and anxiety can cause your muscles to contract, feeling tensed and uneasy. Stretching soon after waking up can help jump-start the mind and body by releasing endorphins and provides a sense of tranquillity & euphoria.

Here at Dynamic Stability our Pilates program not only focuses on strength, and toning but also has a great emphasis on stretches for the above reason. Loc Ngo, our paediatric physiotherapist runs regular Pilates sessions with special focus for children. He also conducts private postural and developmental assessment and tailoring programs to help kids with their daily activities.



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