SCHOOL CALENDAR

November
Thu 27  Nude Food Dress up (gold coin donation)

December
1-5  Swimming, Grades 3 to 5
Fri 5  Final payment due, Grade 6 Camp
Mon 8  Christmas Carols, 6pm
Tue 9  Orientation Day Grade 6
Wed 10  Swimming Carnival (NO CANTEEN)
Thu 11  Canteen Special Christmas Lunch
Fri 12  Last day of Canteen for 2014
Tue 16  Grade 6 Graduation
Fri 19  Last day of Term, 1.30pm finish

January 2015
Thu 29  Start of Term 1 (Grade 1 to 6)
28-29  Prep 2015 Interviews

February 2015
2-6  Grade 6 Camp, Anglesea
Mon 2  Start of Term 1 (Prep) 1pm finish
Tue 3  Prep, 1pm finish

Other
Recess: 11.00am to 11.30am
Lunch hour: 1.30pm to 2.30pm
Uniform Shop: Wednesdays, 2.45pm to 3.30pm

Canteen Lunch orders to be in by 9am Wednesday and Friday

2014 Term Dates
Term 4 - 6 October to 19 December

2015 Term Dates
Term 1 - 29 January to 27 March
Term 2 - 13 April to 26 June
Term 3 - 13 July to 18 September
Term 4 - 5 October to 18 December

REMINDER: All newsletter items must be in by Friday night in order to ensure they are included in the following week’s newsletter.

Message from the Staff

What a fabulous Cyber-Safety awareness week we had last week! On Tuesday evening our staff and our parent community were made exceptionally well informed by Sue McLean on the benefits and pit-falls of growing up on-line. Susan organised a vibrant, engaging, no-nonsense presentation detailing the positives and negatives of our cyber world. We learnt about the appropriateness of the apps and games our children are exploring while ‘playing on their iPods’, about the reality and risk of cyber predators and about the ins and outs of parental controls and privacy settings. Susan was able to offer pertinent examples and advice based on her extensive professional experience in the field of police work and in particular cyber bullying. For those of you who did miss the evening we do have copies of Susan’s handouts available from the office.

Wednesday morning provided our Grade 5 and 6 students with the opportunity to stand up to cyber bullying and be recognised for their strength in doing so. The ‘Project Rockit’ incursion presented a range of in-touch, realistic strategies for students in dealing with cyber-bullying and facilitated empathy for targets of cyber-bullying through safe drama challenges. Students were offered new strategies and were empowered to create a supportive online culture. The session gave confidence to our students to stand up to bullying, manage conflict, and examine the possible impact of their behaviour on those around them.

We will continue our exploration of Cyber issues with all students across all levels of the school and will be making this an area of focus in our Engaging and Effective Classrooms program at the beginning of Term 1 2015.

Erin May
Canteen News

Thank you Phillippa Commins and Julie-Anne Carlson for your help in the canteen on Friday and Kylie Sheperd for helping on Wednesday. This week’s helpers are Ruth Osborne for Wednesday 26 November and Cathy Qin and Natalie Closter for Friday 28 November.

Dates to remember:

Wednesday 10th December - NO CANTEEN (Swimming carnival)
Thursday 11th December - Special Canteen lunch
Friday 12th December - Last day of canteen for the year

Honey Butterflies have sold out and will not be available for the rest of the year. With the end of the year fast approaching there may be some other items which will also sell out and will not be restocked until next year. I will keep you informed as best as I can.

Thanks,

Alison

Responsibility Day
Hi everyone. Let us introduce ourselves; we are the principals of Montrose Primary for responsibility day yesterday. Our names are Sam D, Taylah A and Ryan T. We had the pleasure of being principals for the day and going around to all the classes watching our fellow grade 6’s teach all of the classes and specialists for the day.

As principals we went down to all of the prep classes and played a song to them. The song was Old McDonald and we hope that the preps enjoyed it. We hope that the entire group of grade 6’s enjoyed teaching for a day and that all of the younger students enjoyed having a different teacher for the day. It was great to see the grade 6’s helping younger students with their learning and taking them aside to assist with their tasks. We saw a lot of grade 6’s reading to their classes and letting their students read about their weekend and their favourite stories. Most of the grade 6’s were correcting their students work and helping them to understand any mistakes they had made.

In sport everyone was having fun and it was all running smoothly. The PE teachers were great and they all knew what they were doing. In art the grade 6 teachers were having fun helping the kids painting clay animals. In one of the grade 1 classes they were playing a fun game of hang man and in another class they were doing some THRASS. Overall it was a great day and everyone enjoyed it. All of the younger students enjoyed having their older students teach them and help them get better at what they were learning. The grade 6’s made very good role models to all the younger students and made for a great day!

Sam D, Taylah A, Ryan T - Principals
### Workers of the Week

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>First Name</th>
<th>Class</th>
<th>First Name</th>
<th>Class</th>
<th>First Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Josh N</td>
<td>PC</td>
<td>Thomas B</td>
<td>1C</td>
<td>Jayden McB</td>
<td>2N</td>
<td>Tayja M</td>
</tr>
<tr>
<td>Travis W</td>
<td>PC</td>
<td>Georgia W-D</td>
<td>1C</td>
<td>Lily M</td>
<td>2N</td>
<td>Michael M</td>
</tr>
<tr>
<td>Finn A</td>
<td>PH</td>
<td>Kaden D'A</td>
<td>1M</td>
<td>Ruby C</td>
<td>3/4B</td>
<td>Justin F</td>
</tr>
<tr>
<td>Taya K-L</td>
<td>PH</td>
<td>Zac P</td>
<td>1M</td>
<td>Reece J</td>
<td>3/4B</td>
<td>Rhiann G</td>
</tr>
<tr>
<td>Georgie C</td>
<td>PK</td>
<td>Victoria B</td>
<td>1R</td>
<td>Lilly M</td>
<td>3/4B</td>
<td>Cooper M</td>
</tr>
<tr>
<td>Josh D</td>
<td>PK</td>
<td>Oliver C</td>
<td>1R</td>
<td>Milly P</td>
<td>3/4S</td>
<td>Noah P</td>
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<tr>
<td>Nate B</td>
<td>PS</td>
<td>Luke T</td>
<td>1R</td>
<td>Jamie S</td>
<td>3/4S</td>
<td>Liam D</td>
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<tr>
<td>Taj C</td>
<td>PS</td>
<td>Tayvon A</td>
<td>2G</td>
<td>Brayden G</td>
<td>3/4V</td>
<td>Eloise McD</td>
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<tr>
<td>Charli L</td>
<td>PS</td>
<td>Pippa C</td>
<td>2G</td>
<td>Poppy P</td>
<td>3/4V</td>
<td>McKayla P</td>
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<tr>
<td>Amy McG</td>
<td>PS</td>
<td>Megan A</td>
<td>2N</td>
<td>Tyana R-B</td>
<td>3/4V</td>
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<tr>
<td>Ayla C</td>
<td>1A</td>
<td>Jacob C</td>
<td>2N</td>
<td>Cooper W</td>
<td>3/4V</td>
<td></td>
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<tr>
<td>Kayla McK</td>
<td>1A</td>
<td>Heath J</td>
<td>2N</td>
<td>Bailey Y</td>
<td>3/4V</td>
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**Art:** Natasha Y 6P, Holly B 6P

**WOW:** Shay K 1A, Keeley M 1A, Maximus D 1M, Alex M 1A, Zac P 1M

**Drama:** Harry B, Tara M

**Panda Award:** Tom T

**Music:** Dylan K

### Value of the Week

#### Flexibility

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>First Name</th>
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<th>First Name</th>
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<tbody>
<tr>
<td>Ryan O</td>
<td>PC</td>
<td>Paige A</td>
<td>2N</td>
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<tr>
<td>Kooper C</td>
<td>PH</td>
<td>Chantal W</td>
<td>3/4B</td>
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<tr>
<td>Alex H</td>
<td>PK</td>
<td>Mitch R</td>
<td>3/4S</td>
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<tr>
<td>Will T</td>
<td>PS</td>
<td>Holly S</td>
<td>3/4V</td>
<td></td>
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<tr>
<td>Keeley M</td>
<td>1A</td>
<td>Tayja M</td>
<td>3/4Y</td>
<td></td>
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<tr>
<td>Lachlan A</td>
<td>1C</td>
<td>Ben J</td>
<td>5N</td>
<td></td>
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<tr>
<td>Zakia R-B</td>
<td>1M</td>
<td>Tara M</td>
<td>6F</td>
<td></td>
</tr>
<tr>
<td>Oliver C</td>
<td>1R</td>
<td>Riley J</td>
<td>6N</td>
<td></td>
</tr>
<tr>
<td>Lucy C</td>
<td>2G</td>
<td>Tom K</td>
<td>6P</td>
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</table>

### Value of the Week: Respect

Being respectful is an attitude of caring and treating each other with dignity. It is speaking to and dealing with others in a courteous manner.

Respect encompasses honouring the rules of your family or school. This helps to create a more peaceful and pleasant environment to be in.
Library Amnesty

Return your overdue library books

NOW...

Oh no – you’ve got overdue library books! Has someone else been reading them? Are they lost on your bookshelf? What can you do?

NO QUESTIONS ASKED, NO FINES CHARGED
SPORT SHORTS

PREP - 2 SWIMMING
Last week the Prep - 2 students participated in a week long Swimming Program at the Kilsyth Centenary Pool. Students had the opportunity to develop their water safety awareness, stroke technique and entries in small groups. The week concluded with the very fun “Friday Fun Day” which allowed students to even have a go on the inflatable. A big thank you to all of the parents who assisted throughout the week as well!

Grade 3-5 swimming begins next Monday December 1st, with the House Swimming Carnival (Grade 3-6 students) on Wednesday December 10th.

GRADE 5 BIKE HIKE
Last Friday the Grade 5 students concluded the Bike Education Program with a 35km ride along the Warburton Trail. We set off from Woori Yallock and road to Warburton and back, stopping at Yarra Junction for morning and afternoon tea. It was a great opportunity to put everything students had been learning into practice, while challenging themselves to ride such a long way. All 59 students, 12 parents and 6 teachers finished the ride (all be it a little tired and sore). Thank you to everyone involved in the day, it was wonderful!

Miss Knell
Persistence is believing ‘I can do it’, giving 100% effort all the time and ‘working tough’!

This week’s junior winner is.....
This child is consistently calm and hard working. She persistently endeavours to finish all of the work tasks without fuss and to a very good standard. If she finishes her work ahead of time, she works quietly, patiently and with rigour on unfinished projects. She is a super star.....well done Kaycee D of 2G!

This week’s senior winner is.....
This student has recently put in a great effort with regards to her Autobiography. She has persisted with ensuring her pages are creative and original and has achieved a high level of success. She has also persevered with her autobiographical writing tasks and has been able to produce narratives and recounts that are pleasing and entertaining to read. Furthermore, her overall positive nature is appreciated by both her peers and staff. Well done Kelsey M from 6N!

Kaycee was away on Friday, but here’s what Kelsey had to say about receiving her award:

**Junior YCDI Student of the Week:** Kaycee D. from 2G

**Senior YCDI Student of the Week:** Kelsey M. from 6N

- **Why do you think you got the award?**
  - For my work on my Autobiography Scrapbook.
- **What could you change?**
  - Put a stop to animal cruelty.
- **My hero?**
  - The vet Chris Brown.
- **When we grow up we want to:**
  - A Vet.

From Your YCDI Leaders
Nude Food Dress Up Day  
Thursday 27th November

Thank you for all your support with the implementation of the school’s Nude Food competition. We have already seen a huge improvement in the amount of rubbish being thrown out at school.

To continue promoting Nude Food lunchboxes and helping the environment, we will be holding a Nude Food Dress Up day on Thursday 27 November.

Children can dress up either in green clothes, as a tree/flower, a piece of fruit/vegetable or even as an environmental superhero or the planet Earth.

All we ask is for a gold coin donation, of which, all money raised will go towards sprucing up our school’s gardens.

Thank you.
The MANGO FUNDRAISER

Mango orders will be available for pick-up in the Parents Club Room from 3:30pm on Wednesday 10 December. Mangoes must be collected on this day. If you are unable to collect your order please arrange for someone else to pick-up on your behalf.

Please contact Sandra Rowe, our Mango Coordinator on 0404 076 484 if you have difficulty collecting your order.

Thank you for your co-operation and buying these delicious Mangoes!

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Election Day Sausage Sizzle & Cake Stall

* This Saturday * Help Needed *

If you can lend a hand this coming Saturday for 1 time slot please return this form to your child's teacher or to the PARENTS CLUB BOX at the office by this Thursday 27 Nov, Or alternatively, text Joanna Carland on 0408 534 650, with your name and preferred time.

<table>
<thead>
<tr>
<th>TIME SLOT</th>
<th>NAME:</th>
<th>CONTACT PHONE NUMBER:</th>
<th>CHILD'S CLASS:</th>
<th>7:30am – 9am</th>
<th>9am – 10:30am</th>
<th>10:30am – 12pm</th>
<th>12pm – 1:30pm</th>
<th>1:30pm – 2:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>includes set up</td>
<td></td>
<td></td>
<td></td>
<td>9am – 10:30am</td>
<td>10:30am – 12pm</td>
<td>12pm – 1:30pm</td>
<td>1:30pm – 2:30pm</td>
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</table>
Need some inspiration to get more veggies into your kids?

Purchase a Veggie Smugglers Cookbook* at the office today for $30 (with 40% of the proceeds going to the school’s fundraising goals!)

- Two cookbook titles to choose from
- Only 18 copies available to buy
- Alternatively order a set of 5 e-books to be delivered to you via email
- Sample copies are available at the office to browse
- Purchase at the office

Here is a sample of a fantastic recipe from the brains behind the Veggie Smuggler Cookbooks, Wendy Blume.

**Ravioli with Orange Sauce**
Serves 2 adults & 2 kids

2 red capsicums, remove seeds and cut into large chunks
½ cup cottage cheese (or ricotta)
1 tablespoon semi-dried tomatoes in oil
1 packet of beef ravioli (or if you are clever you can make your own!)
125g can of corn kernels, drained
1 punnet of cherry tomatoes
Fresh basil, to serve

Place red capsicum under a hot grill, skin side up and cook until black and charred. Don’t be shy about it, the blacker the skin the easier it peels off. Place cooked capsicum into a tea towel for 10 minutes and then peel off the skin and discard.

Add cooked capsicum, and cherry tomatoes into bowl and blitz with a stick blender until smooth (or food processor). Add cottage cheese and semi-dried tomatoes and blitz until smooth.

Cook ravioli according to packet directions, drain and return to saucepan. Add sauce and corn and toss over low heat to combine. Serve with some fresh basil on top 😋

Once the kids are served, to spunk it up a bit for the adults add 10-15 black olives, black pepper, extra basil, toasted pine nuts and grated parmesan!
LEARNING MUSIC IMPROVES CONCENTRATION

YOUR CHILD DESERVES THIS CHANCE

Enrol NOW in ..............
PIANO ON KEYBOARD LESSONS
$16.00 per half hour lesson

* Convenient – in school time
* Inexpensive
* Learn with Friends (max 3 per group)
* All equipment provided
* INDIVIDUAL tuition

ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

FREE TO GOOD HOME!
1 year old, black bunny rabbit
Please call Jenny on 0419 308 068

MONTROSE
CHRISTMAS TREES
OPEN DAILY 9am - 6pm
FROM NOVEMBER 28TH

CNR. MOORE AVE & SWANSEA RD. MONTROSE
Ph. 0419 537 374 OR 0430 359 220
Wednesday Canteen Menu 2014
Term 4

Please place correct money in a paper bag / lunch wallet with your child’s name, grade and order on the front. Please include 20c if you do not have a lunch bag and we will provide one for you.

Snacks and drinks will also be sold over the counter at play times.

Wrap ‘n’ Roll
Meatball Roll (homemade meatballs(4) served with tomato, cheese and lettuce in a long white roll) 3.80
Chicken Tender Wrap (served with grated cheese, carrot, lettuce) 3.20
Mexican Wrap (chilli chicken tender, cheese, avocado, tomato and lettuce) 3.70
Falafel Wrap (served with tzatziki dip, tomato and lettuce) 3.20
Please request if you want tomato sauce, sweet chilli sauce or mayonnaise with any of the above 0.20

Salad Box 3.50
All salads come with lettuce, tomato, cucumber and carrot
Choose from: Meatball/Chicken Tender/Falafel/Ham/Egg/Tuna or Cheese

Sandwiches/Rolls Rolls EXTRA 30c
Salad (tomato, cucumber, carrot, beetroot, lettuce) 3.50
Ham/Chicken (add 20c per salad item) 2.70
Tuna (plain or tomato, onion flavour) 2.70
Egg and Lettuce 3.00
Vegemite / Cheese 2.00
Vegemite and Cheese 2.40

Jaffles
Baked Bean 2.80
Cheese 2.50
Cheese and Tomato 2.80
Ham and Cheese 3.20
Ham, cheese and tomato 3.40
Tuna (plain/tom) and cheese 3.20
Chicken and Cheese 3.20

Extras for above items: ADD
Salad item – 20c, cheese – 40c, avocado – 50c, tortilla chips – 1.00, sauce – 20c

Hot Food
Cruiser Pie 3.50
Mini Meat Pie 1.50
Pizza - Hawaiian/Margarita 3.00
Sausage Roll 2.80
Macaroni Cheese 3.20
Fried Rice 3.50
Corn Cobett 1.00
Tomato sauce 0.20

Drinks
Just Juice – orange or paradise punch 1.50
Flavoured Milk – chocolate or strawberry 1.80

Snacks
Apple Slinky 0.80
Apple from home made into slinky 0.20
Mini Wheats/Wild Berry Bites 0.05
Dried fruit – apple/apricot 0.10
Piranha Veggie Chips –
(bbq cheese, S&V, honey soy) 1.20
Popcorn – butter,S&V,cheese 1.20
Sakats Rice Crackers – bbq/chicken 0.70
Homemade Fruit Muffin 1.50
Choc Chip Go Cookie 1.00
Raisin Toast, buttered 0.50
Fruit and Nut Ball 0.50
Jam Drop/Honey Butterfly (allergy friendly) 1.50

Frozen Snacks
Golden Circle Fruit tube 1.00
Moosie (all flavours) 1.50
Bulla Fruit and Yoghurt stick 1.30
Frozen Fruit Juice cup (apple/og) 1.00
Frozen Pineapple Ring-counter only 0.40

Counter Snacks Only – all $1.00
Vanilla Yoghurt cups with Fruit Puree – Jelly Grape Cups – Fresh Fruit Kebabs

Issue: February 2014
PTO
Friday Canteen Menu 2014

Please place correct money in a paper bag / lunch wallet with your child’s name, grade and order on the front. Please include 20c if you do not have a lunch bag and we will provide one for you.
Snacks and drinks will also be sold over the counter at play times.

<table>
<thead>
<tr>
<th>Sandwiches/Rolls Rolls EXTRA 30c</th>
<th>Jaffles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad (tomato, cucumber, carrot, beetroot, lettuce)</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham/Chicken (add 20c per salad item)</td>
<td>2.70</td>
</tr>
<tr>
<td>Tuna (plain or tomato, onion flavour)</td>
<td>2.70</td>
</tr>
<tr>
<td>Egg and Lettuce</td>
<td>3.00</td>
</tr>
<tr>
<td>Vegemite / Cheese</td>
<td>2.00</td>
</tr>
<tr>
<td>Vegemite and Cheese</td>
<td>2.40</td>
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</table>

<table>
<thead>
<tr>
<th>Salad Box BYO fork please</th>
<th>Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg salad (lettuce, tomato, cucumber, carrot)</td>
<td>3.50</td>
</tr>
<tr>
<td>Cheese salad</td>
<td>3.50</td>
</tr>
<tr>
<td>Chicken salad</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham salad</td>
<td>3.50</td>
</tr>
<tr>
<td>Tuna salad (plain/tomato, onion flavour)</td>
<td>3.50</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Extras Add:</th>
<th>Fresh Fruit Salad (ONLY TERMS 1&amp;4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad item - 20c, cheese - 40c, avocado - 50c, tortilla chips - 1.00, tomato sauce - 20c</td>
<td>(melons, kiwi, strawbs, grapes etc)</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>0.10</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sushi Rolls</th>
<th>Fresh Fruit Bowl - pieces of fruit in season sold over the counter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teriyaki chicken and cucumber</td>
<td>2.80</td>
</tr>
<tr>
<td>Tuna and avocado</td>
<td>2.80</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>0.10</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruiser Pie (Mrs Mac’s light)</td>
<td>3.50</td>
</tr>
<tr>
<td>Mini Meat Pie (Mrs Mac’s good eating)</td>
<td>1.50</td>
</tr>
<tr>
<td>Pizza - Hawaiian</td>
<td>3.00</td>
</tr>
<tr>
<td>- Margarita</td>
<td>3.00</td>
</tr>
<tr>
<td>Sausage Roll (Mrs Mac’s good eating)</td>
<td>2.80</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>3.20</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>3.50</td>
</tr>
<tr>
<td>Hot roast chicken and gravy roll</td>
<td>3.20</td>
</tr>
<tr>
<td>(long white roll – cheese extra 40c)</td>
<td></td>
</tr>
<tr>
<td>Corn cobbett</td>
<td>1.00</td>
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<tr>
<td>Tomato sauce</td>
<td>0.20</td>
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<table>
<thead>
<tr>
<th>Drinks</th>
<th>Frozen Snacks</th>
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</thead>
<tbody>
<tr>
<td>Just Juice (200ml) - orange/paradise punch</td>
<td>1.50</td>
</tr>
<tr>
<td>Flavoured Milk (250ml) - chocolate/strawberry</td>
<td>1.80</td>
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Issue: February 2014 PTO