The Fortnightly Wrap Up

This week students have been busy discussing values and personal attributes that they think are important to possess. Students in grade 3-6 looked at the current school values, behaviours that demonstrate each of the values, and if there were any other values that they believed to be important. Over the next 2 weeks, staff and School Council will also be reviewing the current school values and I would like to invite all parents to complete the same task at home. Once all feedback has been received, we will revamp our school values and use them to guide our future teaching and learning.

Home Reading Achievements

Congratulations to Mark White who has reached 50 nights of reading. This week our first group of students to reach 100 nights of reading has occurred. Well done to Samantha Richards, Jai Dal Zotto, Lilly Dal Zotto, Charli Micheli, Kade Micheli, Grace Calvene and Julia Calvene! All students will receive a ticket in the fortnightly raffle.

Dates to Remember

School Council
Mon 5th June

Grade 6 Leadership Camp
5th - 9th June

Cross Country
Thurs 8th June

Queen's Birthday
Mon 12th June

Biggest Morning Tea
Fri 30th June

1. NO MINI BUS
The mini bus will not be running Wednesday morning 24th May.

2. P-6 BIKE ED.
Bikes can go home from Monday afternoon.

3. HOME READING
Remember to read each night.

4. STUDENT ABSENCE
Please ensure you contact the school regarding student absence ASAP.
Cheese Making Fundraiser

A huge thank you to Anna-Kate Pizzini for donating her time last Saturday to run 2 cheese making sessions as a fundraiser for the school. It was great to see Edi staff, parents and students take part in the session. Thanks to Ross Cook for supplying some of the materials. It was a fabulous workshop and I now know what I’ll be doing on any free weekends!

Bike Education

This week students have been able to test their skills and knowledge of bike riding and safety on the bike ed. course. It has been great to see students build confidence on the course and aim for that perfect 100% correct completion. The course will be used on Monday before having to pack it up and say good bye for another year. Bikes can go home from Monday afternoon.

Cross Country Running

The Ovens and Mitta division cross country will be held on Thursday 8th June at the Barr Reserve in Wangaratta. As in previous years, if students wish to enter the event, they must participate in the training provided at school. Training will be on Tues, Thurs, Fri at recess from now until the day of the event. The event is open to students from 10 years and older and is a 2km event for 10 year olds and 3km for 12/13 years.

Personal Best Athletics

Congratulations to all students who participated in the Cluster Personal Best Athletics on Tuesday. With the sun shining down on us, all students gave it their all, encouraged each other and tried to better their previous scores. Congratulations to the following students who won awards in their age groups:

**Good sportsperson** - Julia Calvence

**3rd place** - Abby Cook, Hollie Swaneveld

**2nd place** - Felicity Richards, Rachel Richards, Harvey Cook, Luke Simian

**1st Place** - Issy Pizzini, Luca Pizzini, Jai Dal Zotto

FUEL FOR OUR MIND AND BODY

To coincide with our raffle ticket incentive, we are now offering raffle tickets to students who pack a lunchbox including the recommended serves of each food group. Students will be given a stamp card and each time they receive 5 stamps (5 days of recommended servings) they will receive a raffle ticket. Prizes include Tupperware containers and drink bottles, recipe books, recipe folders, and sports vouchers and equipment - well and truly worth being in the running for. To help students reach this goal, posters detailing the recommended serves and suggestions have been included in the newsletter, on the school website and on the healthy eating board at school.
School Philosophy

At Edi Upper Primary School, we aim to develop socially well-adjusted children who perform to the best of their ability in a dynamic learning environment that engages students to achieve their personal best in an atmosphere of mutual respect.

'Educating future leaders, experience the difference'

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<thead>
<tr>
<th>Value</th>
<th>This means:</th>
<th>Behaviours that demonstrate this value</th>
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<tbody>
<tr>
<td>Respect</td>
<td>Recognising and accepting the differences in ability, race, religion and beliefs of others and the environment</td>
<td>• We conduct ourselves in a manner that brings credit to colleagues and the school community&lt;br&gt;• We look after our own and other people’s property&lt;br&gt;• We care for the environment&lt;br&gt;• We feel safe at school</td>
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<tr>
<td>Learning</td>
<td>Developing and acquiring knowledge, skills, values and attitudes focusing on our personal best at all times</td>
<td>• We complete agreed tasks to the best of our ability&lt;br&gt;• We are will to learn new skills and extend ourselves&lt;br&gt;• We do our best</td>
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<tr>
<td>Teamwork</td>
<td>Learning together to achieve the best possible outcomes for all</td>
<td>• We encourage others&lt;br&gt;• We speak in a positive manner&lt;br&gt;• We compliment and celebrate others achievements</td>
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<tr>
<td>Honesty</td>
<td>Truthfulness and open communication in everything we do</td>
<td>• We speak truthfully&lt;br&gt;• We act in a manner that brings credit to our school&lt;br&gt;• We are sensitive to the feelings of others</td>
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To achieve these values Edi Upper Primary School will develop:

- A culture of learning based on positive relationships between students, staff, parents and the wider community.
- A core knowledge of academic and social competencies based on our key values of respect, learning, teamwork and honesty.
- Responsibility for being self-motivated lifelong learners.
- Experience in innovation, creativity and problem solving.
- Confidence to deal with technological and culture change.
- A challenging curriculum appropriate to the needs of all students.
- A caring, stimulating and happy learning environment, which fosters high standards of achievement and behaviour.
- High expectations for all students to achieve their personal best socially, academically, physically and emotionally.

Examples of how the school philosophy is enacted:

- Emotional Literacy program
- Personal Best Sports
- Individualised curriculum / point of need teaching
- Minister program
Lunchbox includes:

-What are healthy snacks?

To help you remember:

 Stuart the Lunchbox Stickers

Choose lunchbox stickers

Mix it up, keep it interesting.

Eat the right portions

To give you energy

Choose healthy foods

간단한 식단을 선택하는 방법

1. Choose healthy foods

a. Healthy, delicious lunchbox

2. Mix it up, keep it interesting.

for your child's taste.

3. Eat the right portions

Try different foods

4. Choose lunchbox stickers

Enjoy your lunchbox!
What is I serve? (1 serve in lunchbox)

**Cranks and Bread:**

• 2 slices cheese (1/8 total)
• 1/2 cup milk (not homogenized)
• 20% fruit

What is I serve? (1 serve in lunchbox)

**Dairy (Milks, Yogurt, Cheese or Eggs):**

• 1 cup baked beans
• 1/4 cup
• 1/4 cup cooked lean beef or lamb
• 1/4 cup cooked chicken or turkey (skinless)
• 120g lean tuna (in water or oil)
• 2 eggs (free range, or cage-free in school)

What is I serve? (1 serve in lunchbox)

**Lean meats, poultry and legumes:**

• 3 cups spreads
• 3/4 cup cooked pasta
• 3/4 cup cooked rice
• 1 small pita bread, whole grain or whole wheat bread
• 1 slice whole wheat or whole grain bread

What is I serve? (2 serves in lunchbox)

**Fruit:**

• 1/4 cup diced or canned fruit (with added sugar in natural juices)
• 1/4 cup whole fruit e.g., plums, apricots
• 1 medium piece of fruit e.g., apple, banana, orange or pear

What is I serve? (1 serve in lunchbox)

**Vegetables:**

• 1/2 cup cooked vegetables
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A balanced lunchbox has all 5 food groups represented over a variety of different foods.

The foods that a healthy lunchbox contains will include:

- **Fruit**: 1 serve in lunchbox
- **Lean meats, poultry and legumes**: 1 serve in lunchbox
- **Grains (breads and cereals)**: 2 serves in lunchbox
- **Vegetables**: 2 serves in lunchbox
- **Dairy (milk, yoghurt, cheese or alternates)**: 1 serve in lunchbox
- **Extra snack for active kid**: A small snack with wholegrain bread, cheese or an extra serve of fruit.