<table>
<thead>
<tr>
<th>TERM TWO</th>
<th>DIARY DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly 9:00am - Cheerleading Performance Cuppa with Kerrie and Jo 9:30am</td>
<td>Friday 10th June</td>
</tr>
<tr>
<td>Queen’s Birthday Public Holiday. No Students at school</td>
<td>Monday 13th June</td>
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<tr>
<td>Finance Sub Committee Meeting 4:00pm</td>
<td>Tuesday 14th June</td>
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<tr>
<td>ICAS Spelling</td>
<td>Wednesday 15th June</td>
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<tr>
<td>Level 1/2 Dinosaur Day - Celebration 9:30am</td>
<td>Friday 17th June</td>
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<tr>
<td>Levels 3 to 6 Basketball Clinic 10:00am - 2:00pm (sessions are held during normal P.E class times)</td>
<td>Monday 20th June</td>
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<tr>
<td>School Council Meeting 7:00pm</td>
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<tr>
<td>Grade 6 Fire Brigade visit</td>
<td>Tuesday 21st June</td>
</tr>
<tr>
<td>Levels 3 to 6 Basketball Clinic 10:00am - 2:00pm (sessions are held during normal P.E class times)</td>
<td>Wednesday 22nd June</td>
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<tr>
<td>School Council Meeting 7:00pm</td>
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<tr>
<td>Level 5/6 Alphabet of Nations Expo 12:00pm - 2:00pm</td>
<td>Thursday 23rd June</td>
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<tr>
<td>LAST DAY OF TERM Assembly 2:00pm Senior Choir Performing School dismissed at 2:30pm</td>
<td>Friday 24th June</td>
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<tr>
<td>ELECTION DAY BBQ @ Tinternvale</td>
<td>Saturday 2nd July</td>
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<tr>
<td>FIRST DAY OF TERM 3</td>
<td>Monday 11th July</td>
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<tr>
<td>Finance Sub Committee Meeting 4:00pm Buildings and Grounds Sub Committee Meeting 6:30pm Parents and Friends Sub Committee Meeting 7:00pm</td>
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</table>
Principal’s Comment

Assembly tomorrow at 9:00am
Cuppa with Kerrie and Jo 9:30am

Congratulations to Nick W in Year 5 for making the School Sport Victoria Team Vic 12 years and under Boys Australian Football Team. We are all so proud of you Nick!

Parent Teacher Interviews
Parent Teacher Interviews will be held in the final week of term. Please see the attached sheet for instructions on how to book your interview. If you have any questions or are having difficulty in the booking process, please see your class teacher.

Canteen
Canteen in Term 3 will operate on Monday and Friday and be open at recess and lunchtimes for over the counter sales of snacks and of course lunch orders. Next week’s Tintalk will include a new look menu.

Change of Times
Next term we will revert of the original daily timetable – recess at 11:00 – 11:30 and lunch at 1:30 – 2:30.

Disco
Thank you to the many helpers who assisted with the Disco last Friday night. It was the Parents & Friends Committee, led by Kris Di Gregorio, first attempt at a ‘new look’ disco and it was a huge success. It is good to remember that all our parents who help to organise events are giving their time to the school on a voluntary basis – we couldn’t manage without you, so THANK YOU!

Whole School Concert
Tickets will go on sale for our Whole School Concert (18th July) on Tuesday 14th June. These are sold on a first come first served basis from the school office at a cost of $10.00 per ticket.

For Level 5/6 students who require a checkered shirt, these are on sale at Kmart at the moment for $10.00

Election Day BBQ – 2nd July.
We need your help!! This is always a massive fundraiser for our school. We need parents to man the BBQ – especially from 12:00pm onwards. Please leave your name at the office or send back the slip in this newsletter.

Meetings
Meetings in June are on the following dates:
Finance – June 14th at 4:00pm
Buildings & Grounds – June 20th at 6:30pm
Parents & Friends – June 20th at 7:00pm
School Council – June 22nd at 7:00pm

Kerrie
SchoolPix Photos

The following group photos are now on display in the foyer:

- School Captains and School Vice Captains
- Art Captains
- House Captains
- Performing Arts Captains
- Environment Captains
- Curriculum Captains

Cost of the photos are $25.00 each. All orders are to returned to the office by 17th June 2016

Canteen Changes

For the remainder of Term 2 the Canteen will not be open for the afternoon break. Students wishing to purchase snacks for the afternoon break will need to do so at first break.

27 May 2016

Student of the Week!

PrepA
- Luke H
- AJ G

PrepB
- Mischa B

PrepC
- William H

1/2A
- Genevi T

1/2B
- Lily B

1/2C
- Trinity

1/2D
- Zara D

3/4A
- Aidan McC

3/4B
- Emilia E

3/4C
- Sebastian P

5/6A
- Bella J

5/6B
- Stephane G-S

5/6C
- Stephanie P 5/6A

Japanese
- Ella S Prep C

Phys Ed
- Kiralee B
- Tommy R

Musical
- Sami McC

Maestros
- Amaia C
- Kaia D 3/4A
- Dawt C Prep B
Phys Ed/Performing Arts News

Division Cross Country
Well done to our seven great runners who attended the Division Cross Country on Tuesday. Held at Yarra Glenn Race Track, the course had been churned up by two divisions prior to ours as well as being very wet on the actual racing track. As always our athletes performed very well in what is a really tough race. Well done to Miette, Rhys, Archie, Olivia, Maddie, Luke and Linden. Great run. Also to their parents for getting them to the track on the day and supporting all of our athletes from the not very warm grandstand, thank you.

Team Vic Football
As you know, Nick in Year 5 has been trialling over the last 6 weeks to get into the state football team. And guess what, HE DID! This is truly an amazing effort and an indication of just how hard he trains and how well he plays. The Australian Championships are in Maroochydore later in the year. We’ll keep you posted on how he is going. Well Done Nick!

Joggers Club
Wednesdays and Fridays at 8:30 in the gym all welcome. Once again this year, Joggers Club is going very well with a dedicated band of members. So far this year we have jogged 833 Km, taken over 1 040 000 steps and are well on the way to Darwin on the large map of Australia. Anyone can join at any time, so if interested, I’ll see you tomorrow.

Morning Movers
Thursday mornings, the gym is full of movement and music! So far we have moved for over 12,250 minutes! Starting at 8:30 each week, all students are welcome.

Simon Datson

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Election Day BBQ
Are you able to help?
2nd July 2016

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Why yes! We’d love to help: ____________________________________________
(Family Name)

Times available: 8am - 10am □ 10am - 12pm □
12pm - 2pm □ 2pm - 4pm □
4pm - 6pm □
'Our sunset, my world' exhibition....

Our school has been selected to participate in the 'Our sunset, my world' exhibition to be held in Federation square in July. It is being organised by the 'Have a heart for Cambodia' organisation, who raises funds for disadvantaged children in Cambodia. Ten Grade 5/6 art works were sent in and three will be chosen to be exhibited, which will be auctioned off to raise funds. The pieces were inspired by the Banyan trees of Angkor Wat in Cambodia and were all simply beautiful! I have included photos of the chosen art works that have been sent in; however it was a very hard choice as they were all amazing!

Kelly ☐
**Maths Challenge**

### Stupendous Stickers

Olivia's collection of stickers is growing very large. She won't tell how many stickers she has. Here are some clues she gave.

- The number has three digits.
- All the digits are odd.
- The tens digit is a one.
- The ones and the hundreds differ by four.

How many stickers could Olivia own?

### Magic Number

1. Place counters over the numbers that will not fit the following clues:
   - The number is bigger than three.
   - The number is odd.
   - The number is in the second column.
   - The number has two digits.
   - The units digit is greater than the tens digit.
   - What is the magic number?

2. Now, using this grid of numbers, make up clues to reveal your own magic number. See if a friend can find it.

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<tr>
<td>7</td>
<td>5</td>
<td>96</td>
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<td>32</td>
<td>22</td>
<td>19</td>
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</tr>
<tr>
<td>64</td>
<td>45</td>
<td>84</td>
<td>22</td>
</tr>
<tr>
<td>1</td>
<td>61</td>
<td>51</td>
<td>33</td>
</tr>
</tbody>
</table>

### Last weeks answers

**P-2 answers**

Faces U, V, Z

**3-6 answers**

1. 1, 2, 4, 13, 26, 52 people could be playing.
2. 1, 2, 3, 4, 6, 8, 12, 16, 24 people could be playing.
Dear Parents and Guardians

Reminder: Chocolate Money is due back to the office next Friday 17th June.

Thank you

Lost Property

We still have a large number of items in lost property. If your child is missing any items of uniform, please come to the office and have a look through the boxes.

Ringwood East Community Bank® Branch
62 Railway Avenue, Ringwood East
Phone 9870 3655

Don’t forget student banking every Tuesday. If you are not already joining in student banking, information is available from the Ringwood East Bendigo Bank.

Junior Rockers
primary music education specialists

Junior Rockers runs Instrumental music lessons right here at school. To find out all about our music lessons, head to our website. From there you can check which instruments are available at your school, get up to date pricing and apply for lessons online.

www.juniorrockers.com

Rather chat in person? We’d love to speak to you.
Call us on 1300 GO ROCK (1300 46 76 25)

OSHClub News
Before School / After School Care Program

<table>
<thead>
<tr>
<th>Program Update</th>
<th>Parent Information</th>
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<tbody>
<tr>
<td>OSHC program phone: 0413 242 876</td>
<td></td>
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<tr>
<td>Coordinator: Sue Naylor</td>
<td></td>
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<tr>
<td>Assistants: Lael Stubbs, Di Lerm</td>
<td></td>
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<tr>
<td>OSHClub Head Office: 03 85649000</td>
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</tbody>
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Accounts Manager: Ambika Sivan (can be contacted through the OSHClub Head office number.)

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
4th Ringwood Scout Group School Holiday Program - Thursday 7th July. Further info: andm@bigpond.com

Synchronised Swimming School Holiday Program. Aquanation, Ringwood. Bookings essential: easternsirensynchro@gmail.com

Ringwood Church of Christ School Holiday Program. Please call: 9870 8169 for further information

Swimming and Water Safety Lessons at Wantirna Swim School. Enquires: 9762 8333

Single Parents Active Kids - Free Family Fun Day Saturday 19th June
www.singleparentsactivekids

Eastern Ranges School Holiday Training Camp - Registrations now open. Ph: 9724 9499

Fit'n'Fun Families @ Action Indoor Sports Ringwood. Ph: 9779 4777
Dear Parents

Parent/Teacher Interviews for mid-year 2016 will be held during the week beginning Monday 20th June to Friday 24th June.

BOOKINGS OPEN Tuesday 14th June at 9 am.
BOOKINGS CLOSE Friday 17th June at 5 pm.

You can book interviews at times that suit YOUR FAMILY BEST. Go to www.schoolinterviews.com.au and follow these simple instructions.

Go to www.schoolinterviews.com.au
Enter THIS school event code. Then follow the 3 simple steps.

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don’t have access to the internet at home, at work, at a friend’s house or on their phones, send a note to your child’s teacher with the approximate times you require, or phone the school on 9720 1215. Interviews are strictly 15mins. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings any time prior to the closing date by re-visiting the www.schoolinterviews.com.au website and using the event code A7CCJ. Parents wishing to change their interview times after the closing date should contact the school directly on: 9720 1215.
Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day’s activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn’t help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night’s sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn’t helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... Why effective learning starts with a good night's sleep...

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all.

5. There are a number of apps such as flux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Jenny Brockis

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores.

www.drjennybrockis.com

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