

Truganina College  
55 Clearwood Drive  
Truganina VIC 3029  
03 9368 9800  
www.truganinap9.vic.edu.au

# Truganina Times



Newsletter 2 ~ Wednesday March 18th 2015

\*\*\*\*\*We finish term one on Friday 27th March at 2:30pm\*\*\*\*\*

## A Healthy Start

### A Healthy Start to School - A guide for parents of prep children in 2015

#### Healthy children learn better.

Congratulations! You and your child have begun an exciting new adventure.

As with any big change, starting primary school brings a new set of routines, challenges and rewards.

Making this transition a happy, healthy one can have some real benefits down the track.

A positive start to school can establish a child's readiness to learn and confidence about other big transitions in life. And, most importantly, **healthy children learn better.**

This is also the start of an important partnership between you and your child's school in supporting your child's physical, social and emotional health, now and throughout their school years.

The website has some wonderful information you may like to consider.

[http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/school\\_titlepage](http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/school_titlepage)

The purpose of this website is to:

- provide parents and carers of Prep kids with some timely health information
- give you an overview of the role of the school when it comes to your child's health, and point you towards more detailed information or contacts for areas of special interest to you and your family.

We encourage you to make use of this website and keep the link handy for future reference – you never know what's around the corner in your school adventure! We wish you a healthy, happy school year.

<b>Dr Rosemary Lester PSM</b> Chief Health Officer Department of Health
---

<b>Dr Jenny Proimos</b> Principal Medical Advisor Department of Education and Early Childhood Development
--



# Student Representative Council Forum

Wednesday 11<sup>th</sup> March 2015  
Student Representative Council Forum  
Host: Joanne Ryan MP

Congratulations to Gary Smith, Raidah Parvez and Manav Khatri for being selected as student representatives from Truganina College at the Student Forum with Federal Member for Lalor, Joanne Ryan.

From participating in this event, you have:

- ◆ developed a deeper sense of our community
- ◆ shared our school story
- ◆ helped the Member for Parliament understand our school
- ◆ learned about consultation and listening
- ◆ an awareness of how to effectively identify issues in our community
- ◆ contributed ideas that can provide solutions to solve community issues

Everyone at Truganina College is very proud of you for demonstrating your leadership qualities to our community.



From left to right: Gary Smith, Raidah Parvez Manav Khatri, Jenny Crowle (Principal)

# Article from the Students



On the 11th of March we went to the Grange Secondary College. We were representing our school. We meet the Federal member for Lalor, Joanne Ryan.

We discussed with student's from other schools different issues and how we could work together to solve these. We will orgnaise student leadership meetings back at school and generate ideas about improving Truganina College.

We will go back to the Student Representative Council Forum in August and speak about how we solved some of the issues and made a positive contribution to our school.

Written by Gary, Raidah & Manav.



# Teaching and Learning

Developing the Language of Learning  
at School and at Home



## How can I help my child learn at home?

It is a question many parents ask and one that has many answers. There are many ways in which parents can help their children learn at home. The good news is when helping your child to learn at home, it is fun, easy and enjoyed by all!



Regarding Numeracy, playing board games, card games and using number fact flash cards are a fun, easy way to engage your child in learning at home. The thinking strategies used in each can be applied when solving mathematical problems at school too. Once children become familiar with different games and their rules, they soon introduce them to their friends at school which makes for a wonderful opportunity to share learning from home at school.

Reading, Writing, Listening and Speaking are essential when developing literacy skills. Some fun and exciting ways to write at home could include: writing shopping lists, drawing with chalk outside or making special cards for friends and family. You could also do some speaking and listening experiences by reading recipes and following instructions together to make a toy.

Nicole O'Brien  
Assistant Principal

**So, who is ready to bake a cake, write a shopping list or play some games at home???** These are all very engaging ways to have everyone in the family involved and a wonderful opportunity to spend quality time learning together.





MORE ACTIVE, MORE OFTEN



We are excited to get physically active this April as the school will be involve in the Premiers Active April Program. This is a free initiative to encourage people to do at least 30 minutes of exercise a day.

Truganina College would like your help by adding to the schools activity tracker over April.

To do this please register on the Active April website: [activeapril.vic.gov.au](http://activeapril.vic.gov.au), all you need is an email.

All participants will go in the draw to win prizes. Once you have registered, you can register your whole family under one account. Also don't forget to join the school team by entering the following code in the team's page once you log in

Team ID: truganina-p9-college.

Thanks for your participation

**Stewart Wilson**

**Physical Education Teacher**



# After School Care

## Helping your kids feel comfortable in After School Care

Attending before and after school care for the first time can be an overwhelming experience for children, particularly if they are also settling into school for the first time. We have a few tips to ease children (and parents) into Camp Australia and to make the transition as seamless as possible.

- ◆ Give your child as much advance warning as you can that they'll be coming to Camp Australia.
- ◆ Pop into the service with your child so they can meet the Camp Australia team and find out what kind of activities they can look forward to.
- ◆ Speak with the Camp Australia Coordinator if your child is nervous and let us know how your child felt after their first visit.
- ◆ If there is something in particular your child would like to play when they're in our care, encourage them to tell us or give us a call.

It's all about seeing the experience through your child's eyes and acknowledging that it might be a little overwhelming to try something new. We're here to make after school care visits the best experience possible – for your child and for you as their parents.

Jessica Radford

Truganina P-9 College Before/After School Care Coordinator

### **Program Details**

Before Care: 7AM – 8.30AM

After Care: 3PM – 6PM

To find out more about the program, view fees and to register visit:

[www.campastralia.com.au](http://www.campastralia.com.au)



