LAP-A-THON NEWS
It was wonderful to witness the enthusiasm our students displayed as they lapped the oval. The event ran like clockwork despite The Basin ‘mist’ which threatened early. We had several visitors during the morning encouraging the children and even helping to tick off the laps as the children passed the staff/finish line. We even had some help from Samara, Darcy and Amelia who had a report writing day at their secondary schools – it was great to see them back! Thankyou to Jacqui Nicholls and her band of PFA helpers – the children thoroughly enjoyed their sausages! There were lots of ‘best sausage I’ve ever had’ comments from Prep E, but the best quote came from Zoe - "Better than Bunning’s" - now THAT’S saying something!

At the last minute the Lap-a-thon track was shortened to just lapping the oval due to the wet and muddy conditions which meant the advertised lap distance of 500 metres was not used. By no means do we expect sponsors to stick to their original calculated amount per lap, so a donation would be wonderful. We have received some calls and comments in relation to this and we are happy to return monies already paid by parents/sponsors who got caught out unexpectedly. Please speak to our office staff or myself.

EVERYDAY YOU LEARN SOMETHING NEW!
After spending time in the garden last Sunday raking and picking up leaves I could hardly move on Monday morning. A visit to the Physiotherapists confirmed I had a seized back - a new experience! Apparently seized back muscles are not unusual for gardeners who don’t warm up or stretch beforehand so from now on I’ll be following my physio’s recommendations.
CHILDREN’S SLEEP NEEDS

Recently the Herald Sun ran an article on the benefits of a good night’s sleep for school aged children. The author argued that primary school aged children should be getting up to 11 hours sleep per night in order to maintain their focus during class, improve attendance records and achieve their best possible academic results.

Clearly we all know the benefits of forming good habits for life and sleep patterns are no different. In less social media and access to “screen time” via iPods, ipads, computers, interactive television and more students are staying up late leading to poor habits. As parents, it is essential that we set clear guidelines for bed time and the use of technology and social media.

I speak to parents who tell me of their battles to get their children to bed on time and to students who think that because they “get away with” going to bed at 9:30 or 10pm that they are somehow privileged. In the end, any primary school student going to bed that late is not giving themselves the best opportunity to develop healthy life long habits. When we factor in the need to ensure enough time for breakfast and walking to school, in order to get the recommended 11 hours sleep per night, a child needs to be asleep by 8:30pm, perhaps a little later for Year 5&6 students occasionally. Getting a good night’s sleep will then lead to less irritability, greater focus, increased cognitive functioning and better results all round, which in turn leads to an increase in long term quality of life. As a baseline for success at school, experts recommend the following for primary school aged children:

- Establishing and maintaining a regular bedtime routine including on weekends
- A calm and excitement-free home environment after the evening meal time;
- Avoid drinks containing caffeine (e.g. Coke, and energy drinks) as caffeine takes approximately 9 hours to leave the system and affects the quality of sleep;
- Between 10-11 hours sleep each night for children 5-12 years of age.

FAMILY PROJECTS TO SUPPORT READING & WRITING

I found these ideas from the parents section on the DEECD website. Take the opportunity to involve the whole family in reading and writing. Some family projects could include:
- Emailing friends or family members.
- Using social networking sites to communicate with family and friends.
- Reading a book series together.
- Reading the instructions for a new item together to find out how it works.
- Recording family events or travel experiences in a journal or on an online blog.
- Writing plays and performing them for family and friends.
- Reading, selecting and collecting news articles and creating an album about, for example, a sporting team, pet type, or leisure activity.
- Solving crosswords, word puzzles, brain teasers, playing word games and quizzes together.
- Browsing libraries and book shops together.
- Following a map or brochure on an outing, including reading public transport timetables and information signs at public sights.

EARLY DISMISSAL

A reminder for all parents that the children will be dismissed on the last day of Term 2 - Friday June 27th at 2:30pm. Our normal Friday assembly will be held at 9:00am as usual with the children being dismissed from their classrooms in the afternoon at 2:30pm.

Graeme Russell
FEES
If you are paying the school fees by instalments, the fourth payment for plan A $45.00, plan B $ 70.00 and EMA $30.00 is due 26th May 2014.

SCHOOL CAMPS
A reminder that the next instalment of the Grade 3/4 and Grade 5/6 camp are now past due. If you have not already done so please see the office with your payment.

Cuppa Group
EVERY WEDNESDAY FROM 9.00AM -10.00AM
IN THE MULTI PURPOSE ROOM
Come in for a cuppa and a chat
You can drop off younger siblings for a play while you help with reading in the class room
COORDINATORS: TARA CALLAWAY & JEN WEBBESMA

Happy Birthday to the following students

June
17th Olivia Collins
   Skyla Eaton
   Maya Lee

18th Willow Oakley

20th Kane Yeomans

21st Zac Kennedy

The apple man is back!!!
Friday 20th June is the next delivery.
$10.00 per bag for Royal Gala, Golden Delicious, Granny Smith and Pink Ladies.
If you wish to place an order please send your order and money to the office by 9.30 on the Friday morning.
<table>
<thead>
<tr>
<th>Week 9 Ending 20th June, 2014</th>
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<tbody>
<tr>
<td><strong>PB</strong> &lt;br&gt; Rhyleigh Robertson - for working hard to include more detail in your writing. Keep it up! &lt;br&gt; Teagan Peak - for setting a positive example for your peers by always using your manners.</td>
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<tr>
<td><strong>3H</strong> &lt;br&gt; Chelsea Gribble - for her willingness to tackle all tasks and try hard to extend her abilities. Top work Chelsea. &lt;br&gt; Jack Linder - for writing his narrative and taking care when editing.</td>
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<tr>
<td><strong>PE</strong> &lt;br&gt; Ewan Massie - for his excellent Mystery Bag writing - you wrote some great clues Ewan!</td>
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<td><strong>3L</strong> &lt;br&gt; Dylan Rodda - For displaying a high level of interest in learning about the digestive system. Great effort Dylan!</td>
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<td><strong>PH</strong> &lt;br&gt; Lewis Healey - for completing his 3D shapes activity to a beautiful standard. Good boy!</td>
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<tr>
<td><strong>3/4B</strong> &lt;br&gt; Martha Bone - for her fantastic attitude and willingness to always extend herself. Keep it up Martha! &lt;br&gt; Travis Hillier - for the enthusiasm and hard work he brings to all class tasks. Fabulous work Travis!</td>
</tr>
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<td><strong>PW</strong> &lt;br&gt; Huddie Nielsen-Hughes - for being more confident to “have-a-go” with spelling tricky words. Awesome effort Huddie!</td>
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<tr>
<td><strong>4B</strong> &lt;br&gt; Thomas Ciccone &lt;br&gt; For his fabulous effort on his picture story. I just love reading your writing Thomas! Great work</td>
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<td><strong>1M-</strong> Bridget Williams - For her wonderful reading. What a great attitude you have Aleisha.</td>
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<tr>
<td><strong>Lauren Hassing</strong>&lt;br&gt; For being a kind and caring classmate, who always comes to school with a lovely smile. I am so proud of you!</td>
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<td><strong>1/2D</strong> &lt;br&gt; Ella Rule - for the awesome effort she puts into all her school work. Keep it up Ella!</td>
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<tr>
<td><strong>5C-</strong>&lt;br&gt; Jai Gibbs - for showing determination to work faster and complete tasks on time. Keep up the improved focus!</td>
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<tr>
<td><strong>2S - Connor Stephen</strong> - For his hard work during our division lessons this week. Keep up the great work!</td>
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<tr>
<td><strong>5/6H</strong>&lt;br&gt; Noah Fenn Briggs - for showing great depth of language during writing tasks this semester.</td>
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<tr>
<td><strong>2W</strong>&lt;br&gt; Wil Stephens - for displaying wonderful behaviour in class. Thank you for always using your beautiful manners!</td>
</tr>
<tr>
<td><strong>5/6R</strong>&lt;br&gt; Hayden Rodda - for showing great maturity and responsibility in the classroom. You are a great role model Hayden!</td>
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The Basin Primary School
Bounce Back Award!

Prep:
Joshua Fox — for willingly sharing more information with the class during sharing time. Thank you Joshua! You are always thoughtful of others' feelings and keen to share yours.

Grade 1:
Robe Smith — for being the boss of his feelings and always giving new things a go. Keep it up Robe!

Grade 2:
Matthew Mayfield — for showing us how a positive attitude can help you to succeed. Keep it up Matthew!

Grade 3:
Charlotte Thompson — For sharing things about what makes her happy and describing her perfect day in detail. Thanks for always being a happy little vegemite!

Grade 4:
Evan Gribb — for always coming to school with such a positive and happy attitude. He comes to class smiling and willing to have a go at all tasks. Congratulations Ev, we are really proud of you!

Grade 5:
Daniel Martin — for displaying a great understanding of different types of emotions and being able to talk and show how he is feeling in different situations. Thanks for your excellent contributions during this session.

Grade 6:
Zoe Garnham — for becoming more aware of her emotions and building her confidence to talk about these situations and how she is feeling about things. Keep up the great work.

Bounce Back!
REGION CROSS COUNTRY

On Tuesday at Yarra Glen 3 of our students, Josh Ciccone, Isabella Davison and Jack Watt, took part in the Eastern Metropolitan Region Cross Country Event. To qualify for this extremely high level they had all finished in the top 20 places at district level and then in the top 10 places at division level. Each of these students performed exceptionally well in large fields of high quality competitors. A special mention needs to be made of Jack Watt who in finishing in 6th place has now qualified to compete in the State Cross Country Championships at Bundoora Park on Thursday 17th July. Thank you to all families who came along to provide support. Individual results were as follows:

11 Girls – Isabella Davison 70th.
12 Boys – Josh Ciccone 83rd.

Dale Goldsmith
Phys-Ed and Sport
WEEK 8 AWARD WINNERS
Program Update

Last week we all said our goodbyes to Jean Bellis. We all wish her the best of luck with whatever she may decide to do next. We will all miss you.

Leah Halls will be taking over the program for the time being. She has coordinated the program in the past and has worked alongside Jean throughout this year. Leah will be working with Brittany Morton who is a new staff member to Oshclub. Brittany has been studying her bachelor of teaching and is in her final months. We really look forward to having Brittany working here at The Basin with us.

In our program this week we are going to have some changes around the program. We would really like to incorporate more natural materials in our program as well as introducing new play spaces around our room.

If anyone has any child’s furniture, old fish tanks or any other household items for a kitchen they don’t want please keep us at Oshclub in mind.

Throughout the last few weeks of term we are going to be starting our igloo made from recycled 2 litre milk containers we would really appreciate it if we could please have any that you no longer require.

This is what we at Oshclub are trying to achieve.

Can You Help?
We are collecting the following items
- small off cuts of wood
- boxes
- old clean clothes suitable for dressups
- dolls that are no longer being used
- jigsaw puzzles

Parent Information

OSH program phone: 0428 162 718
Coordinator: Leah Halls
Assistant: Pam Lecky, Brittany Morton & Diana Lerm
OSHClub Head Office: 03 85649000
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.
FREE TICKETS TO ROUND 16
RICHMOND v BRISBANE
4:30PM, SATURDAY, JULY 5, MCG
RICHMOND’S ROUND 16 CLASH AGAINST BRISBANE IS DEDICATED TO THE ALCANNAH AND MARGHILE FOUNDATION. REGISTER NOW TO CLAIM YOUR HOME TEAM SUPPORT.

REGISTER NOW!
TICKETS ARE LIMITED, SO REGISTER SOON BY GOING TO: WWW.AMF.ORG.AU/STANDUPFOROURKIDS/

SCHOOL HOLIDAY PROGRAM
Frozen
Disney on Ice
jazz – hip-hop – contemporary
singing – ballet – craft activities
IF YOU HAVE A PRIMARY SCHOOL AGED CHILD WHO KNOWS ALL THE SONGS FROM DISNEY’S FROZEN MOVIE OR WHO JUST LOVES TO DANCE… BOOK THEM IN FOR 5 FUN FILLED DAYS OF DANCING, SINGING, GAMES AND CRAFT!
FRIENDS WELCOME INCLUDING NON-YHDA STUDENTS.
Free performance in costumes for family and friends on the Wednesday.

Mon 30th June to Wed 2nd July
9.30am to 3.30pm, Kilsyth South
$120 for 3 days, $50 for one day (includes craft materials plus refreshments)
Bookings/enquiries: Phone Louise 9752 7464
or email yarra.heights.dance@bigpond.com

What makes Melbourne’s Yarra Valley & Dandenong Ranges the place to be this School Holidays?
6 Great Reasons to visit on a day out with your Kids
• Regional adventure playgrounds @ Yarra Glen & Montmore - Free
• Hedge End Maze & Laser Strike @ Healesville
• Cycling on Lilydale to Warburton Rail Trail or O’Shannassy Aqueduct Trail - Free
• Burrrinjia Circus Festival @ Upwey
• Puffing Billy and Picnic @ Emerald Lake Park
• Healesville Sanctuary

For more great ideas these holidays visit W www.experienceyarravalley.com.au W www.experenceminedandong.com.au F YarraValleyAndTheDandenongs

$0
START UP FEE
ON ALL
HEALTH & WELLNESS MEMBERSHIPS
SWIMMING LESSONS
From June 1st - June 30th 2014
*Conditions apply.