

Phys Ed Notes:

Our Phys Ed program is up and running again for 2019. Your child's Phys Ed class will be as follows

- Grades 5 & 6 every Thursday
- Grades Prep, 1 & 2 every Tuesday
- Grades 34B & 34C every Tuesday
- Grade 34A every Thursday

Grades 5&6 students will also be participating in their Senior School Sport program every Friday from 2.15pm - 3.15pm. This is when we will be practicing for and getting teams organized for interschool sports events such as athletics and winter sports etc.

In order to allow your children to get the best out of our Phys Ed program it is important that students come to school prepared for physical activity on the day of their Phys Ed class. This means that all students require broad brimmed hats during terms one and four, a drink bottle with water means students can have a quick drink and join straight back in when they get thirsty. Students also need to be correctly attired in clothes that allow for them to run, jump, kick and throw etc. School uniform is great for this but a problem can often occur with footwear that is not really conducive to running around. Obviously from time to time a student may be ill or carrying an injury which makes running around difficult and if this is the case then a simple note from home asking for them to be excused from Phys Ed activities is required.

Individual Trials for State sporting Selection

We are on the lookout for any of our students who may be considered elite athletes in their chosen field. There will be trials held over the next couple of months to select students to represent Victoria in basketball, football, soccer and netball. There will also be opportunities to represent our school in tennis and golf.

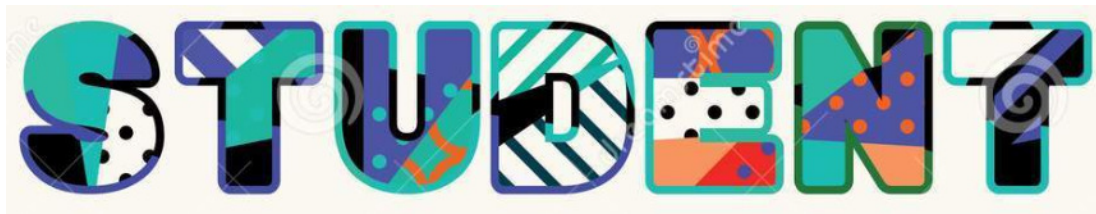
If your child would like to try out for any of these sports please contact me at school. Students trialing for the Big 4 sports of basketball, football, netball and soccer must be considered to be elite in their chosen sport and if chosen will need to be available on a regular basis for training in Melbourne as well as to travel interstate for the competitions. Students will be expected to be able to make the commitment to be at all training sessions and to cover the cost of their own travel.

Regards, Mr O'Brien

Preps are good at recycling!



There is **never** an occasion when violence is an acceptable behaviour.



TOPIC: SWIMMING SPORTS

Swimming sports this year was awesome as we did many events. It was freezing when we got out of the water (I think every one who entered the pool was shivering). We had many activities such as the 15 metre freestyle, 25 metre free style and a bunch more fun events. It was certainly a cold but yet amazing day!

Hunter

We arrived at the pool at 9:45am with what should've been good weather but it was kind of cold. The teachers started off with all the little kids events from 5 to 8 year olds and then they got in to hosting the events for the big children instead of just the little kids. I really didn't feel like swimming so I waited till the 15mt backstroke event, but sadly I still came last! I waited until the salvation army hosted their barbecue with all their delightful sausages to make sure that everyone had some sort of lunch.

After the sausages the teachers announced the free swim time and almost everyone got in the pool and had a swim for a good 20 minutes, then when free swim was over and we all had to get changed and go back to school. Some people went back home with their parents so they wouldn't have to go back to school for the rest of the day. Those of us that were going back to school got to have free time for the rest of the day.

Tyler

Respectful Relationships

Hi all,

Respectful Relationships supports schools and early childhood settings to promote and model respect, positive attitudes and behaviors. It teaches our children how to build healthy relationships, resilience and confidence.

The Royal Commission into Family Violence identified the critical role that schools and early childhood education have in creating a culture of respect to change the story of family violence for future generations. In 2016, respectful relationships education became a core component of the Victorian Curriculum from Foundation to year 12, and is being taught in all government and Catholic schools and many independent schools.

Everyone in our community deserves to be respected, valued and treated equally. We know that changes in attitudes and behaviors can be achieved when positive attitudes, behaviors and equality are embedded in our education settings.

Respectful Relationships is about embedding a culture of respect and equality across our entire community, from our classrooms to staffrooms, sporting fields, fetes and social events. This approach leads to positive impacts on student's academic outcomes, their mental health, classroom behavior, and relationships between teachers and students.

Together, we can lead the way in saying yes to respect and equality, and creating genuine and lasting change so that every child has the opportunity to achieve their full potential.

RR TEAM

There is **never** an occasion when violence is an acceptable behaviour!