



**Orbost North
Primary School
4767**

Rupert Street,

June 11 2013

PO Box 107
Orbost, 3888 Vic.
Phone (03) 51 541217
Fax (03) 51 541567

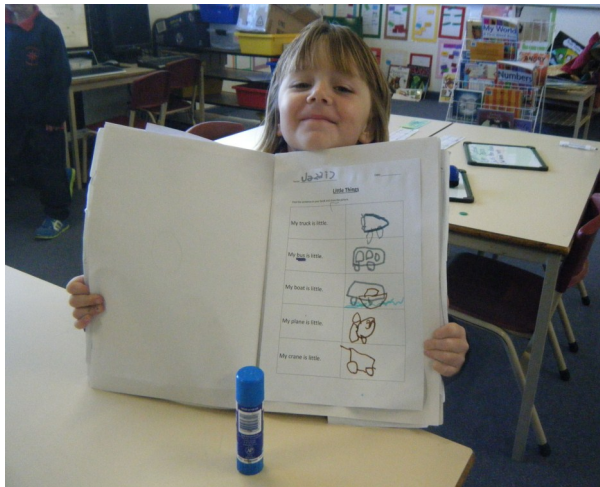
Principal: Joanne Dacy
orbost.north.ps@edumail.vic.gov.au
orbostnorthprimaryschool.net



Razzle

Principal's Report

Dear Families,
This Friday we are sending the Year 3's to 6's down to Lakes Entrance to compete in the Winter Sports with the network schools. The bus will be leaving Orbost North at 9 am sharp.



Last Thursday and Friday I was fortunate to attend a conference in Melbourne on Positive Schools, Mental Health and Wellbeing. There were some excellent speakers there and I am now re-invigorated with ideas to improve our student's wellbeing.

Here is one of the tips I gleaned from conference:

Handy Hints for Improving Learning

No. 4 How much Television viewing should I allow my child to watch if I want them to succeed at school?

There is growing evidence to suggest that any TV viewing for children under the age of two impairs their ability to concentrate. As children develop, a small amount of television viewing is positively associated with academic achievement. A nine year old shouldn't watch more than one and a half hours per day. A thirteen year old shouldn't watch more than one hour a day. Bad news for those of you with older children! At 17 years of age the optimal amount of TV viewing is half an hour per day.

While there is no real evidence on the amount of time spent playing computer games, it is a good idea to keep televisions and computer out of children's bedrooms.

From " Help Your Child Succeed at School" by Andrew Fuller
www.andrewfuller.com.au

Cheers,

Jo Dacy,
Principal

Values:

This week: **Sticking up for others.**

WHAT'S ON

June 11—Yr 6 Parent/student information night at OSC

June 14—Yr 3 to 6 Winter Sports

June 21—Pupil Free Day (Reports)

June 28—Last day Term 2

July 15— First day Term 3

Earn and Learn

This program has now come to an end so please bring any stickers you may still have so they can be submitted by the school. Thank you for supporting Orbost North!

Report giving day / Parent Teacher interviews

On Friday 21 June teachers will be available to meet with parents for discussions about their children's progress and for parents to receive their child's report for the first semester this year. A time table is available in the office for parents to choose a time to meet with their children's teacher/s.

OSC Information Night

Tonight at Orbost Secondary College, students who will be in Year 7 in 2014. and their parents, are invited to attend an information session at the College.

School Photos

Any orders for additional school photos need to be in as soon as possible please. Whole school, Junior School Council and School Captain photos are available at \$10 each.

School Sores (Herpes Simplex)

We have seen incidence of school sores (or Herpes Simplex Virus—HSV) about. It is very important that good personal hygiene is practiced to prevent the transfer or spread of this virus. As this virus is transmitted by contact, any school sores in exposed areas of skin need to be covered if children are to attend school. Children with severe cases of infection must not attend school.

HSV can be treated with an iodine solution available from a pharmacy—please seek medical advice in regards to treatment. Newborns, children with burns or eczema or immunosuppressed people are particularly susceptible to this virus.

Active After School

For this term, Active After School will run on Mondays and Wednesdays.

Uniform specials

Please remember that in order to reduce the amount of uniform stock held at the school there are a number of items of school uniform available at reduced prices.