

Valley View

Hello Broadmeadows Valley Primary School!

It is great to be with you again and I hope that our students and their families have been able to make the most of this unseasonal warm weather. Spending time outdoors and being active is incredibly important for the health and wellbeing of our young people.

When I was growing up in the northern suburbs, we didn't have a choice. Rain, hail or shine, our mothers would kick my brothers and I out of the house after school and every weekend and expect that we would be riding our bikes, kicking the football or getting up to all manner of mischief that she simply didn't want to know about. Things have certainly changed since those days and it is likely and perhaps reasonable that many of our students would only be going beyond their front yards with elder siblings, parents or friends.

There is however some worrying trends with Australians young people at the moment. Unbelievably, **Australian children now rank as some of the least active in the world** when it comes to physical exertion, according to a new report. The inaugural Active Healthy Kids Australia Report Card, compiled by researchers from Australian universities found that 80 per cent of children between the ages of five and 17 are not getting any daily exercise.

The report goes on to explain that

Australian kids are not spending time outdoors because of television and computers. According to this research, **80 per cent of Australians aged between 12 and 17 look at screens more than the recommended limit of two hours per day.** Researchers claim that although there are still a high number of children participating in organised sport, it is not enough to keep them healthy.

At BVPS we understand the critical importance of physical activity and organised sporting opportunities with the school program. All students are expected to participate in the morning **iFit** program. The fitness sessions are based on the 8 main components of physical fitness.

Strength - the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person)

Speed - the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. (e.g. jumping or a sprint start)

Agility - the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. ZigZag running or cutting movements)

Flexibility - the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or mus-

cle (e.g. executing a leg split)

Muscle Endurance - a single muscle's ability to perform sustained work (e.g. rowing or cycling)

Cardiovascular Endurance - the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances)

Power Endurance - a muscle's ability to perform a maximum contraction time after time (e.g. continuous explosive jumping through an entire basketball game)

Co-ordination- the ability to integrate the above listed components so that effective movements are achieved

In addition to the iFit program and over the course of their primary school enrolment, students are also participating in **interschool sport, weekly P.E classes** and other organised games and activities through the Learning Neighbourhoods.

Broadmeadows sporting teams are always looking for players. If you would like to know further information on your local sporting clubs, contact our P.E teacher Mr Clint Youlden via the school office. In the meantime, get outdoors and get active!

Kind regards,

Andrew Jones

LN1 News

We have had another big week of learning in LN1. Students in grade 1/2 have begun the planning process for writing an information report about chickens. They have brainstormed all the facts they know about chickens and begun sorting these under categories. One of the best ways to improve writing skills is to have students write for a purpose, students will be following the writing process all the way to a published book about chickens. We aim to celebrate these during our 'Celebration of Learning' Day planned for Monday 23rd June.

Preps this week have been practising the reading skill of visualising with the assistance of Mr Tovey on the guitar playing 'On Top of Spaghetti'. We know that the best learning is done in a multi-sensory way, so to match the song the preps were involved in the cooking of spaghetti and meatballs. What a fun morning and some wonderful photos to match.



We have our 'Minibeasts Wildlife' incursion on Monday and the students are very excited to have the chance of meeting a range of bugs up close and personal! They're creepy and they're crawly and they're going to build on students existing knowledge of living and non-living things and what living things need for survival.

Jodie, Marija, Daniel, Paula, Amy, Jamielee, Wendy & Laura

Learning Neighbourhood 2 **Learning really hitting home in LN2!**

This week in enrichment we have explored habitats and how they support the life of living things. The walls of our neighbourhood will soon look like a page taken directly from Jeanie Bakers 'Where the Forest meets the Sea'. We created collages with items we found from the habitat around our school. Come in and see some of the amazing creations next week.



Delicious food in LN2? Kale Yeah!!!

Again, our edible garden has helped us produce some delicious treats this week. Carmela and the gang in the kitchen this week whipped up a beautiful pumpkin, kale and cheese filo wraps. Everyone is extraordinarily keen to find out what the cultivating community team has in store for us next week. It would be great to see you all head down to our vegetable garden and discuss the abundance of food we have growing. Maybe even suggest some tasty recipes for us to create!!



Around the Beat

There has been a pleasing increase in the number of students reading at home. Well done to all the families who are making this extremely valuable learning time a priority at home.

Congratulations to Arati who has received the 2014 Connecting to Hume PC award. She will be recognised for her commitment to lifelong learning by receiving a laptop and access to the internet for one year. Arati said that she is "excited and happy that I got chosen. I want to keep my work up and my mum and dad are proud of me"



Nathan Gage, Nicole Cromie, Krystina Simpson, Rob Pain, Nicole O'Meara.

Learning Neighbourhood 3

Week 5 has been another hard working and productive week in Learning Neighbourhood 3! Students have been using their iPads during reading and discussing their thoughts and opinions about texts. During writing they have been typing up their stories on Microsoft Word. In Maths, they have been using studyladder to reinforce new concepts and during enrichment students have been taking photos of different plants and animals in our schooling and local environment. A reminder to parents to encourage their children to have their iPads ready for learning as we continue to move into a technology based style of learning.

In Literacy this week, we have had an emphasis on inference. We are focusing on learning more about settings, characters and significant events of texts without the

text explicitly stating it. The students are using their prior knowledge and their understanding of the text to help them make these strong inferences. This week, in groups, students have been exposed to eBooks. They are responding with their thoughts and opinions about texts while showing their awareness and understanding of the concepts we are teaching in class. In writing, we have continued our development and understanding of narratives. Students have been working on writing paragraphs for narratives and understanding that they need to write a new paragraph when there is a new event, character and movement. We are also developing our editing and reworking skills. Students have been looking over their stories and found places where they can fix spelling and grammatical errors as well as add more details and interesting words to improve their narratives. They will begin to look at adding dialogues and monologues next week.

In Enrichment, this week we have continued our 'Survive or Die!' unit. Students have finished looking at how plants survive in different environments as we now move our focus over to different animals and how they adapt. Students have ventured out to the school's wetlands and throughout the community to look at how they survive in our environment and what they would need to survive in other environments.

In Maths, LN3 have continued going deeper into the concepts and strategies around division and area. Students have been working out the area to regular and irregular shapes as well working out how many members of LN3 members can fit into 1 metre squared. Please continue to encourage your child to use www.sumdog.com and www.studyladder.com to improve their understanding of the basic number processes as well as the neuroscience brain app "Lumosity".

Have a great weekend!

Learning Neighbourhood 3

Luke Cripps, Jan Vella, Rosie Strateas, Marty Claybourne and Clinton Youlden

PEER MEDIATORS

We are beginning our **BVPS Peer**

Mediation Program next week. This program involves preparing and training interested Grade 6 students as Peer mediators, who are able to assist younger students in resolving low level playground issues and to play safely.

The Peer Mediation training covers:

- Communicating with others
- Learning to assist with problem solving
- Understanding the feelings of Others
- Cooperating with others

Our 22 trained **Peer Mediators** will pair with a partner and be rostered to assist students in Central Area during lunch breaks. They will wear badges and identifying vests and be supported and supervised by Yard Duty and Time Away Room staff.

We thank the following Grade 6 students for being willing to give their time and a commitment to helping other school community members.

Tass Abbouchi
Fethawit Abreha
Fatma Ahmad
Yasmin Altamimi
Ben Artyingyong
Sam Bniamen
Taj Bricknell
Dakota Dunlop
Hawrak El Mahmoud
Tony Lang
Taylah Hocking-Boehm
Michael Hume
Mariah Hickey
Jason McAdam
James Raymond
Deniz Sahin
Vongai Sithole
Sooror Sharifi Hoveizeh
Alyssa Soares
Harris Spahic
Stefano Valeri
Sharni Wilson-Martin

Calendar Term 2

Monday 26

Active After School Program
Rugby
3.30pm—4.30pm Preps-3

Thursday 29

Active After School Program
Rugby
3.30pm—4.30pm Grade 4-6

SCHOOL PHOTOS

Broadmeadows Valley Primary School photos will be taken on **Wednesday** the **4th of June**. Photo envelopes have been sent home with the students. **Family envelopes** will also be available at the **office** from this time. Photos will start at **9am** on the dot so please make sure your children are **on time** and in **full school uniform**.

Thank you.



Birthdays

Carlos Y
Thomas T
Kaylen Z
Joel A
Baris S
Molly S
Bilal M



Notice Board

Head Lice

Dear Parents,

All parents are asked to check their children's hair for head lice. We have been informed by parents of an outbreak in the junior classes. If you find head lice begin treatment immediately. Treatment shampoos are available from the local chemist. Check the whole family as well for head lice.

Please inform the school if you detect head lice, so that we can inform other families in our school community.

As head lice are an Infectious Disease, children must be kept at home until they have been treated and a note, indicating treatment, is to be forwarded to the class teacher.



Healthcare Card Eligibil-

ity Date: 28th Jan 2014

EMA Period 2

Eligibility date: 14th Jul 2014

Closing date for parents to lodge EMA application forms: 1st Aug 2014

(Only applicable to families who have not lodged an EMA form at the beginning of the year.)