Dear Parents,

A quick update before the end of term. As I write, we are looking forward to Thursday’s Round-Tables, where students will celebrate their learning with us all. This is such a key part of our curriculum which we are well known for and which is one of the reasons you tell us you value the school. There was a lot of interest in Sherbrooke at the Dandenong Ranges Network Secondary Schools Showcase at Burrinja on September 10, with families interested in hearing about aspects such as these which make our school unique. A number of enquiries have already come through after the night from families interested in coming to look at the school.

The Fun Run was held on September 3 and raised just over $1800. Well done to all those who participated, and all who raised some money. We are starting to think about what those funds will be spent on, and will involve the students in this decision. Another recent sports event was our Athletics Carnival which was a success despite the weather intervening. Well done to all who took part. Eleven students progressed through to the next stage at the District Sports held at Knox. Special mention to Nick Jay who placed third in the hurdles there.

Our recent pupil-free day was spent preparing curriculum documents for the Priority Review for Term 1 2015, as well as a seminar for teachers on providing formative feedback to use in the classroom. This helps teachers give constructive feedback so students can move forward with their work.

Looking ahead to Term 4, we already have a few dates for your diaries. A Working Bee will be held on Saturday October 18, to help clear the grounds ahead of fire season. We would really appreciate as many families as possible giving as much of your time as you can, even if it is just for an hour. As you know, being in a fire-prone area means work at this time of year is important for the safety of all of us who spend time at the school. There will be refreshments available, please do come and lend a hand.

We are also looking forward to our final Music Performance Night for the year, set for Tues Oct 21. We would love to see all families there, whether your child is performing or not. One reason this is on so early in the term is so VCE students, who are preparing to sit exams starting at the end of Oct, can participate.

Three more dates: our final student-free day for the year is on November 21; school will be open on Monday November 3 (the day before Melbourne Cup Day) and will be fully staffed; and our whole-school camp is set for December 8-12. We wish all our students and staff a restful spring break.

Regards,

Sue Holmes, Acting Principal
Environment Week 25 to 29 August

Enviro Week started earlier at Sherbrooke with our tree planting day on Wednesday August 20th. The Conservation and Land Management (CaLM) students and Sebastian, worked all day (5 hours), clearing weeds as we went, setting out pathways and then supervising and teaching younger students how to plant.

All classes from prep to year 10 worked for about half an hour to an hour planting and everyone planted. Some senior students came out during recess and also participated. Two parents joined us, Sharon and Amanda. Their help was much appreciated.

We planted about 300 plants in the Conservation Area to eventually expand the area to cover from the oval down to the fence. This will provide a substantial wildlife corridor from the National Park to Sassafras Reserve. A terrific and productive day.

Enviro’s go to Wick’s!

Thursday August 21; The VCE Environmental Science class travelled down to The Basin to investigate Australia’s biggest bio-infiltration system – Wick’s Reserve. Here, a lot of the storm water and runoff from the mountain is channeled to slow down and then go through several stages whereby pollutants are extracted from the water before it enters Dobson’s Creek. We specifically looked at phosphorus. Although it is an essential nutrient for plants and animals, if it is in large amounts it can cause algae blooms which are often harmful to humans and stock. It can also lead to eutrophication making that water body useless.

9/10 Science class Modelling Cycling of Elements on Earth

Most people know about the water cycle. Coffee science class investigated some of the other cycles and made models of them. These included the carbon cycle, iron cycle, phosphorus cycle.
Preparing today’s students for tomorrow

Healthy Eating

Healthy eating has a long-lasting and positive impact on a child’s growth, development and health.

Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn.

You have an important role to play in helping to ensure your child eats well and stays active.

Healthy school lunch ideas include:

• sandwiches or pita bread with cheese, lean meat or salad
• cheese slices, crackers with spread and fresh fruit
• washed and cut-up raw vegetables or fresh fruits
• frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet. Foods to limit in school lunches include:

• processed meats such as salami and pressed chicken
• chips, sweet biscuits, muesli and breakfast bars
• fruit bars and fruit straps
• cordials, juices containing sugar and soft drinks

It is important to let your child’s school principal know if your child is allergic to particular foods.

Health education initiatives

We actively promote healthy eating and physical activity and support a whole-school approach to health education through the following initiatives:

Healthy Canteen Kit - a kit developed to support students making healthy food choices at school and in life.

Learn more:

Food ideas for home and school - the Healthy Canteen Kit provides lots of great ideas for healthy, tasty, attractive foods. While ideas in the canteen manual have been provided to help school canteers create interesting food choices at school, these suggestions can also be used at home to provide healthy food choices.

Learn more:

Resources to help you make the right food choices

At a glance food planner -

Your colour guide to healthy eating -
Enjoyed the Commonwealth Games?
Join us at Sherbrooke Little Aths in Ferntree Gully!

Fun, family environment for 5 - 15 year olds
Compete in up to 7 events each week
Try to beat your personal best!

Kings Park UFTG - Saturdays 8:45am - 11:45am
Season Starts 4 October 2014

Join us on a registration day, 9am - 11am:
Saturday 13 September
Saturday 20 September

FUN, FAMILY AND FITNESS
For more info, check out sherbrookelac.org.au
Contact Greg for enquiries on 0418 567 768
Let the Kids Join in the Fun

Sunday 23rd November 2014
Puffing Billy Railway
Station Gembrook

Children aged 3 to 12 years get the chance to run with Thomas the Tank Engine and Puffing Billy

For more information and registration go to:
www.kidsfunrunwiththomas.org.au

Ridge Top Brigades Family Fun & Information Day

Sunday 23rd November 2014 from 10am to 3pm.
Olinda Hall
Everyone Welcome. Loads of FREE fun and information.
Love to sing!

Join a new Vocal Group in the Hills for 10-18 year olds.

All skill levels welcome.

Come on, you know you want to!

Tuesdays 4:00 -5:30pm
Beginning on Oct. 14
$12.50 / $10 conc.

Kennon Memorial Uniting Church, Clarkmont Rd, Sassafrass

Call 0411895643 or Email domeniquegodfrey@gmail.com