FROM THE PRINCIPAL CLASS TEAM

The final meeting of the current School Council was held last Wednesday night and I would like to thank the retiring Councillors, Darren Smethurst, Ed Bushby and Andrew Scott. Darren has been on Council for the past five years and has been a member of the Finance Committee and also has played a pivotal role in the Artist’s Camp Fair Committee. Darren has given endless time to these roles which have resulted in huge support to the school. Ed took over the role as President mid-way through last year which I sincerely thank him for and I have been appreciative of the support he has provided me over that period. Andrew has been a member of the Finance Committee over the past twelve months and has made many positive contributions during that time.

We now have some new members of School Council for 2012. The new parent members are Natalie Filmer, Janelle Pandit and Andrew Parnell and the new staff representative is Raelene Aleandro. The new Council is:

- Margaret Pickburn – Executive Officer
- Amanda Wigg
- Belinda Treseder
- Peter Wright
- Raelene Aleandro
- David Lurati
- Gary Layton
- Fiona Lund
- Hamish Kinsella
- Janelle Pandit
- Andrew Parnell
- Natalie Filmer

The first meeting of the new Council will be on March 21st when a new executive will be elected.

At last week’s meeting, following extensive research, Council approved the running of the OSHC by an outside provider, OSHClub. Our fantastic co-ordinator, Priscilla wants to step down from the co-ordinator’s role due to study and future teaching commitments. With the huge amount of work involved with implementing the National Quality Framework it is extremely difficult to find replacement co-ordinators. Outside providers have central administrations to oversee all the implementation of the regulations. A letter will go home later this week informing families further about OSHClub, who will maintain our current staff and run the program in much the same way as it is currently being run and fees will not rise for the next twelve months. Whilst the school will continue to manage the program this term, OSHClub will become the licence holder of the program from the beginning of Term 2.

Next Monday our new House Captains will receive their badges at assembly. The badges will be presented by Graham Watt the local member for Burwood. At this stage not all elections have been finalised so the children’s names will be in next week’s newsletter.

We look forward to seeing many of you at the Family Picnic this Thursday. Thank you to the PFA for organising the sausage sizzle, cake stall etc. Once again monies raised from the event will go towards funding the Mathletics Program which costs the school around $3,500.

Marg Pickburn - Principal

DATES TO REMEMBER

Thursday, 23rd February
- School Picnic 5:30 – 7:30pm

Monday, 27th February
- Junior School Information Night 6:30 – 7:30pm

Tuesday, 28th February
- House Athletics – Doncaster Athletics Track – all children in Years 3-6 attending

Wednesday, 29th February
- School Photo Day
- EMA Applications due in by 4pm, NO LATE APPLICATIONS WILL BE ACCEPTED
- Prep Children School Entrant Health Questionnaire Form due back

Thursday, 1st March
- District Tennis Tournament – selected children attending

Monday, 5th March
- Years 5/6 leave for Camp Cooriemungle
- Prep children attend school full time – 9:00am – 3:30pm
- Parent Teacher Meetings Years 1-4 – 3:30 – 7:30pm

Wednesday, 7th March
- 3/4s Blackburn Vet Incursion in Hall
- Education Committee Meeting 6:00pm – 7:00pm

Friday, 9th March
- School Tour – 9:30am
- Helping Your Child Learn to Read – Session 2 in LOTE Room
- Years 5/6 return from Camp Cooriemungle

Monday, 12th March
- Labour Day Public Holiday

Tuesday, 13th March
- Parent Teacher Meetings – Years 5/6 – 3:30pm – 7:30pm

Wednesday, 14th March
- 3/4s Blackburn Vet Incursion in Hall

Thursday, 15th March
- National Young Leaders Day – 8 x Year 6 students going to Exhibition Building – 8:30am – 3:30pm

We value:
- Creativity
- Endeavour
- Respect
- Trust
- Honesty
- Friendliness
The weather is looking good for the Whole School Picnic to be held this Thursday from 5.30 to 7.30pm. The purpose of the picnic, held in February each year, is to welcome new families, provide an opportunity for social and community development amongst families and staff, and along the way, raise some funds. The School Council, PFA and staff hope as many families as possible will be able to attend. Grandparents are welcome too!

The school picnic is held at the school in the general vicinity of the oval. BYO rug, picnic set and dinner, comfy chairs if you wish, and drinks.

**PLEASE NOTE** – There are to be no picnic blankets, food, chairs etc. on the synthi grass. Thanks for your co-operation.

As well as your own picnic we are offering:

**Sausage Sizzle**

Thank you for returning the forms on time, it looks like the teachers will be busy, with hundreds of requests for sausages at $2 each!

**Cake Stall**

Delicious home baked goodies will be available from 5.30 until sold out!
Family Fun
There will be something for everyone with our energetic Mr F organising activities on the oval.

Icy poles
Icy-poles will be for sale for $1.

Balloon meeting point
Look out for the balloons which will be set up as a meeting point or if you are new to the school the PFA will guide you to a group from your class.

Help still needed for the picnic
We still need help with the some of the stall rosters in the later time slots, and for pack up. The roster is on the deck near the junior school. Please remember if you cannot get to school to put your name down, just send an email to matoularomeo@yahoo.com.au and we can add you in. Easy!

Cake stall
Last week, cake plates went home for the cake stall at the picnic this Thursday. If you need more plates or smaller plastic bags they are available at the office.

We greatly appreciate your donation of home baking including cakes, biscuits and slices but please no cream to be used.

Please drop your baked goods with the ingredient tags filled out to the following locations:

**Thursday 23rd February**- (Morning of Picnic) At the canteen from 8.30 to 9.30 am
**Thursday 23rd February** – (Afternoon of picnic) At the canteen from 3.00pm to 4.00pm

Any questions please contact Janelle on 0409 557 470 or Matoula on 0411 089 506

Thanks so much for your generous support.

Need more fun in your life? Join the Roberts McCubbin PFA committee....

The PFA plans and runs the school’s social and fundraising events throughout the year.

It is a great way to meet lots of different people and we have lots of laughs.

There is a monthly meeting alternating between days and nights, but not all committee members attend every meeting.

The PFA committee is made up of around 7 positions with some positions sharing the role.

Several of our current committee members are staying on for 2012, however, we are seeking a Co-president and a Vice President.

If you are wanting to be involved but have questions please contact Matoula on 0411 089 506 or email matoularomeo@yahoo.com.au or Janelle on 0409 557 470 or email janellepenrose72@hotmail.com Perhaps anything with President in the title is not your cup of tea? We are happy to look at different possibilities. The 2012 committee will be elected at our AGM on March 8th.

PFA AGM

The PFA will be holding it's AGM on Thursday, 8th March at 7.30pm in the staffroom. Everyone is welcome to hear the reports on the past year and elect the new committee.

Volunteers Form

This week you will receive the volunteer’s form that gives you the opportunity to indicate your interest in helping out at different PFA events throughout the year. There are lots of ways you can support the social and fundraising activities the PFA runs – from co-ordinating an event to helping set up or pack up for half an hour.

Please don’t be concerned that you are ‘locked in’ to helping out if you indicate interest, this just gives us a pool of people to call on and we realise it is sometimes hard to plan for two weeks away, let alone an event at the end of the year!

We would love to get as many forms back as possible even if you just fill out the section on what events/activities you would like to see happen at the school.
PFA Monday Morning Tea After Assembly

It was great to see some new faces at the PFA morning tea on Monday. Thanks so much to Ann Rennie and Sue Tipping for providing a delicious morning tea.

The PFA would like to remind all our families of our regular Monday Morning Tea in the hall after assembly. All dads, mums, carers, grandparents and toddlers are welcome, if you haven’t the time to stay for long, you can always come in for a quick cuppa. It is a wonderful opportunity to meet or catch up with other parents/carers at the school. We understand many parents are unable to come to Monday morning tea due to work or other commitments, we hope you are able to attend other PFA activities and events.

**Thought for the Week**

Plunge boldly into the thick of life, and seize it where you will, it is always interesting.
Goethe

### Craft News

The craft group is back on track to start the year. For all the new parents, the craft group is a group of parents who meet regularly to make a variety of crafts for the school fair and end of term craft markets. The money raised provides for resources used in the education garden and school. We all have different skill levels and interests and we all enjoy a good chat. Our next craft session will be held on Wednesday, 29th February at 11:00am. The venue is yet to be confirmed, so if you are interested, please find me or call me on the number below. Come along with your ideas and interests, we look forward to meeting you.

Please feel free to call me if you want more information.

Rachael Hibbins – 0429 409 920

### Bunnings Warehouse

A big thank you to Bunnings for their ongoing support throughout the year with our fundraising efforts. They have provided us with some laminated cards for $1.50 Regular Coffee, valid until 29th February 2012. If you are interested, please come and grab a card from the front counter at the office.

259 Middleborough Road
Box Hill, 3128
(03) 8878 0900

### Junior Rockers

Dear Roberts McCubbin Parents,

Junior Rockers’ lessons are back up and running for 2012.

We are currently offering lessons in **guitar, keyboard/piano, singing and drums**.

The lessons are run weekly around the specialist timetable.

You can choose private lessons ($27/lesson) or shared lessons ($20/lesson). Shared lessons have a maximum of 2 students and hire and purchase instruments are also available through Junior Rockers.

For more information or to book in for lessons, please email sue@juniorrockers.com or call us on 8740 3902

Or go to [www.juniorrockers.com](http://www.juniorrockers.com) and fill in the online application.
EDUCATION COMMITTEE

Our first Education Committee for 2012 will be held on Wednesday, 7th March from 6.00pm - 7.00pm in the staffroom.

All parents are very welcome to attend our meetings. We always appreciate your constructive input.

AGENDA

- Reviewing the parents’ responses to our Reporting format
- Reviewing the Strategic Plan for 2012
- Discussing what ‘Best Practice’ should look like in our school

SONIC STUDY

Salt & Other Nutrient Intakes in Children

Robert McCubbin Primary School

Dear Ms. Marg Pickburn,

Professor Caryl Nowson of Deakin University would like to invite Robert McCubbin Primary School to participate in a research study investigating dietary salt intake and the relationship to cardiovascular risk factors in childhood.

High dietary salt consumption is a risk factor for high blood pressure and heart disease, and emerging research indicates that salt intake may be associated with childhood obesity. Most of the processed food we eat is very high in salt, thus it is likely that children are consuming more salt than recommended by dietary guidelines. The most accurate way to measure a child’s daily salt intake is to measure the salt excreted in urine. Currently in Australia there has been no attempt to accurately measure salt intake in children.

Our study aims are i) accurately measure salt intake in Australian children, ii) identify the sources of salt in children’s diets and iii) assess the relationship between salt intake and blood pressure and obesity. This information is essential for the development of strategies to reduce salt intake in children and in turn protect their health. This study has been approved by Deakin University Human Research Ethics committee (reference EC 62-2009) and the Victorian Department of Department of Education and Early Childhood Development (reference 2011_001151).

To date we have successfully completed data collection in 260 children across nine Victorian primary schools. We plan to continue data collection in the remainder of 2011 and throughout 2012. Involvement in the SONIC study proved to be a valuable educational experience for participating children. Parents also reported that they found the study results informative and helpful in keeping a check on their child’s health. We are very interested in working with teachers at your school to enhance the learning experience for children in the most appropriate way.

Children from prep through to grade six will be invited to participate in this study and we will ask to perform the following measurements:

- 24-hour urine collection to accurately measure salt intake;
- blood pressure;
- height and weight;
- ask them to recall all the food they ate on the previous day; and
- liking and perceived saltiness of high- and low-salt variants of two foods (e.g. cheese, tomato sauce, rice crackers, ham) (taste testing)

All participating children will receive a report documenting their results and for your school we will provide $100 to put towards educational resources as a small thank you for your time.

With consideration to the busy schedule and time commitments within the school environment we have designed our study to place minimal disturbance to both teachers and students. Please refer to the following pages for a simple breakdown of how the study is coordinated as well as feedback from some of our 2010 participants. We would greatly appreciate the opportunity to meet with you to discuss your involvement with this project and the benefits this study can provide to your school. I will be in contact over the coming days to register your interest in our study.

Yours sincerely

Professor Caryl Nowson
Chair in Nutrition and Ageing
School of Exercise and Nutrition Sciences

Manuela Rigo
SONIC Study Project Manager
School of Exercise and Nutrition Sciences
School Nursing Program
School Nurse Visit

Carolyn Holm, a visiting primary school nurse from the Department of Education and Early Childhood Development will be attending the school during Term 2 to conduct the Prep grade health assessments and to see other children as requested by parents or teachers (with parents’ consent).

The purpose of the visit is to provide all Victorian children with the opportunity to have a health assessment; to link children, families and school communities to services available in the community; and to provide information and advice that promotes health and wellbeing.

Parents are invited to visit or telephone the visiting primary school nursing if there are any general child health issues they wish to discuss. The contact number for the visiting primary school nurse is 0411 486 127.

Parents of students (other than Prep students) that wish their child to be seen by the school nurse need to complete a Referral form that is available at the school office. This completed Referral form needs to be returned to the school office.

All Prep children will bring home a School Entrant Health Questionnaire and Information Sheet. Please complete the questionnaire and return it to your child’s classroom teacher by Wednesday, 29th February 2012.

Personal Goods Brought to School at Owner's Risk

Personal property is often brought to school by students and visitors. This can include mobile phones, electronic games, calculators, toys, musical instruments, sporting equipment and cars parked on school premises.

Any personal property brought to school is done so completely at the owner’s risk as the Department of Education and Early Childhood Development does not hold insurance for such personal property.

Uniform Shop
Shop Open Times
Tuesday: 3:00pm – 4:00pm
Thursday: 8:30am - 9:30am
Kathryn Anderson and Sue Truscott

SCHOOL PHOTO DAY
WEDNESDAY, 29TH FEBRUARY

Personalised Order Forms for individual photos will be given to children on Thursday.

You can collect an order form for Sibling Photos and discount voucher if required from the school office. There is no need to return the order form before the photo day. Your child just needs to have it with them on the day. Please read all instructions on the order forms carefully as they are self explanatory.

Garage Sale

Household Furniture, Baby Items, Electrical, bric-a-brac and LOTS MORE! Come and grab a bargain!

18 Duncan Street
BOX HILL SOUTH

9:00am – 1:00pm
The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

To be eligible for receipt of the EMA you must:

- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 or be a Veterans Affairs (TPI) pensioner or be a foster parent.

Consequently parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at the first day of Term 1 (1 February 2012 which is the first day for teaching staff) and Term 3 (16 July 2012).

The EMA application must be submitted to the school by 29 February 2012 for the first instalment and 3 August 2012 for the second instalment.

The EMA provides an annual amount of $235 for primary students and $470 for secondary students and is paid in two instalments. This amount is split evenly between the parents/guardians and the school. Students turning 16 years in 2012 will be paid on a pro rata basis.

Payment Amounts

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<th>Secondary school*</th>
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<td>$ 470</td>
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*Student year level (or age for ungraded and special school students) will form the basis for calculating the amount payable to parents and schools.

Contact: School Office for application form and further information.
Melbourne Aquatic Learn-to-Swim + Water Safety
managed by
Melbourne Vicentre Swimming Club, a Swimming Australia Centre of Excellence

✓ Would you like your child to develop excellent water confidence, swimming skills and technique
✓ Are you looking for quality teaching & coaching
✓ Would you like your child to experience swimming in a caring, safe & fun environment

Melbourne Aquatic is pleased to offer
Swimming Lessons & Junior Squads at Mount Scopus Memorial College
Lustig-Moar Aquatic Centre | 87 Station Street, Burwood

Enquiries, Assessments & Bookings
T: 9885 9896 | E:melbourneaquatic@vicentre.org.au | www.vicentre.org.au

Blackburn Calisthenics
An artistic sport incorporating aspects of ballet, gymnastics, singing and dance.
Great variety with something for everyone!

WEEKLY CLASSES AVAILABLE FOR 2012.

- **Tots**: aged 3-5yrs, Sat 9am-9.45am
- **Call Skills**: aged 4-8yrs, Mon 4.10pm-5pm
- **Timies**: aged 5-7yrs, Sat 9.45am-11am
- **Sub-Junior**: aged 8-9yrs, Sat 11am-1pm
- **Juniors**: aged 10-12yrs, Sat 11am-2pm
- **Inter**: aged 13-16yrs, Thurs 6pm-9pm
- **Senior**: aged 16 & over, Tues 7pm-10pm
- **Masters**: aged 26 & over, Mon 7.30pm-9.30pm

COME AND TRY - FIRST CLASS FREE. Classes held in Orchard Gve, Blackburn Sth.
Enquiries made through our website at www.blackburncalisthenics.asn.au or call Sue 0400 534 456.