



DARTMOOR PRIMARY SCHOOL

2022 NEWSLETTER - TERM 3, WEEK 4

DARTMOOR PRIMARY SCHOOL IS A CHILD SAFE SCHOOL



Music Festival

24th August - 7pm start
Portland Civic Hall

The students have been busy practising their performance and are doing a wonderful job.

Tickets will be handed out day prior to the night.

Family Statements have been sent home for payment.

Please see Mrs Bull if you have any questions.

See Alana for further information on the 2022 Voluntary Curriculum Consumables (previously known as Fees). Thank you to the families who have made their contribution.

Term 3

Important Dates

Week 4

Friday 5th - Assembly

Week 5

Book Fair Week,
Wednesday 10th Dess Up

Week 6

Wednesday 17th August Pupil Free Day

Week 7

Monday 22 August - Seniors in
Heywood for Science Game Day

Thank you for a wonderful start to the term! It's been super busy and still lots planned.

Please keep an eye out on correspondence being sent home and update via text and Facebook.



Birthday Celebrations
11 July - Zara & Eliza

"Building Success and Friendship"



The Book Warehouse

FANTASTIC BOOKS AT FANTASTIC PRICES!

Book Fair Invite

YOU'RE INVITED TO THE DARTMOOR STATE SCHOOL BOOK FAIR!

There are so many books to look at, it's like having a book shop at your finger tips

Online from 5 - 14 AUGUST
In the LIBRARY for student viewing
8 - 12 AUGUST
OPEN From 8.15am to 3.15pm



Fantastic Books at Fantastic Prices!

If you can't make it up to the Book Fair
Jump online at

www.thebookwarehouse.com.au

(No need to log in or register)

And start shopping.

All shipping costs are reduced to \$NIL when you add the following details at the bottom of the checkout page.

1. Book Fair ID 41672
2. Students Name
3. Students Class

Every book sold during the Book Fair will earn our school **up to 30%** in commission

Online orders will be delivered **FREE** to the school at the completion of the fair.



All titles shown are subject to availability



DPS BOOK-WEEK PARADE



Wednesday the 10th of August.

Come dressed as your favourite book character and don't forget to bring your book as well. All families welcome to our parade at 9am



Thank you to Anne-Maree from the Dartmoor Bush Nursing Centre to talk to us about Diabetes.



Football Clinic 18th July



Pet Incursion Wednesday 3 August



Pet Incursion

Wednesday 3 August



Heave Ho

Thursday 4th August



Attendance Information

ABSENT DAYS: Please notify in advance or by 10am to why the student is absent eg: illness, appointment etc. The school mobile or if planned the student diary are the best methods of contact to notify.

LATE ARRIVALS: Students must be signed in by parent or guardian upon arrival. There is a sign in book located in front of the office



DARTMOOR PS POLICY UPDATES

To view the full range of Policies
head to our website:

dartmoorps.vic.edu.au

ARE ALL YOUR
DETAILS
UP TO DATE???



Email dartmoor.ps@education.vic.gov.au
with any updates to your child's enrolment.

This includes Emergency Contacts. Only
those listed are allowed to collect your child
from school.



Seatbelt wearing - VicRoads state:

Everyone travelling in a motor vehicle must be wearing a child restraint, booster seat or seat belt that is properly adjusted and fastened.

The type of restraint to use depends on the child's age.

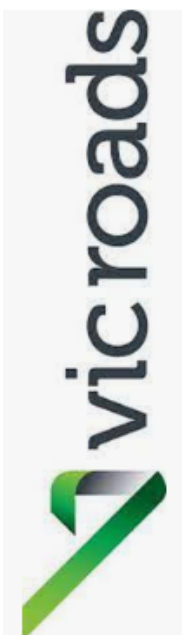
1. Primary children under 7 years must travel in either a forward facing child restraint with an inbuilt harness, or a booster seat.
2. Children aged 7 years to under 16 years must travel in either a booster seat or a seat belt.

Drivers are responsible for making sure that:

- all passengers are wearing seat belts or child restraints correctly
- there is only one person in each seating position and seat belt.

The fee for EACH unrestrained child is \$370 and 3 demerit points.

We just want our students to be safe.



Act FAST to enjoy precious moments

National Stroke Week 8 - 14 August 2022



Join our National Stroke Week activity

Date: 18 August 2022

Time: 10.30 am to 12 Midday

Venue: Dartmoor Bush Nursing Centre

Activity: Education Session -
Please phone 03 55281 381



MAJOR PARTNERS

abbvie



SUPPORTING PARTNERS

marmalade

Precision

AED TRAINING SESSION



WHERE : DARTMOOR BUSH NURSING CENTRE

DATE : 17/8/2022

TIME: 2pm-3pm

Please contact the centre if you are interested in attending as we have limited places available.

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK

- PACKS/CUPS
- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

Can serve with either:

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silveride, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable fritata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous-cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/spreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.