PRINCIPAL’S REPORT  
18th October 2013

Dates to Remember

4th November - Curriculum Day
5th November - Melbourne Cup Day

5 things to remember

**Slip! Slop! Slap! Seek! Slide!**

From September, Victoria’s UV levels are on the rise, so it’s time to dust off the sun protection gear and Slip, Slop, Slap, Seek, Slide whenever you are outside. Check the SunSmart UV Alert at sunsmart.com.au or in the weather section of the newspaper to find out the daily UV levels in your area and the local sun protection times.

**Remember these 5 SunSmart steps**

1. **Slip** on clothing that covers as much skin as possible (no singlet tops)
2. **Slop** on SPF30+ broad spectrum sunscreen (remember to reapply it before going outside)
3. **Slap** on a wide brimmed hat that shades the head, face, neck and ears
4. **Seek** shade
5. **Slide** on some wrap around sunglasses (labelled AS 1067) – if practical

Take extra care during the middle of the day when the sun’s UV levels are most intense.

**A note about vitamin D**

Higher UV levels from September to April mean most Victorians should be able to get the vitamin D they need with a few minutes of sun exposure on the face, arms and hands before 10am or after 3pm each day.

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Students Birthdays

October – Mackayla Christian

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School Uniform

At Mornington SDS we encourage all students to wear school uniform as it can help students to identify with their school and peers, allow all students to feel equal, enhance individual student safety and group security, ensure all students are dressed safely and appropriately for school activities, encourage students to develop pride in their appearance, prepare students for the expectations of workplaces and encouraging students to present themselves appropriately for a particular role.

Appropriate Footwear for School

Now that the weather is warming up it and is also timely to look at our students footwear. For safety reasons thongs, crocs or open toed sandals are not appropriate footwear for school. They do not provide the appropriate flexibility or support for students feet. To ensure your child’s feet are protected at school and are able to participate safely in all activities please ensure they have the appropriate footwear, lace ups, velcro or t bar shoes or lace up/velcro runners are all fine.

Choosing the right school shoes

At a glance:

- Good school shoes don't have to be expensive.
- Shoes should be flexible but supportive.
- A good shoe should weigh about 250 grams.
- Allow a maximum of one thumb width between the big toe and the end of the shoe.
- Danger signs of poor shoes - your child stumbling a lot or complaining of pain.
Peninsula Uniforms & Embroidery
1/1 Titan Drive, Carrum Downs, Vic 3201
Ph: 03 9775 1777  Fax: 03 9775 1456

Polo shirt—short sleeve  -  Navy  -  $16.50
Polo shirt—long sleeve  -  Navy  -  $18.50
Windcheater - crew neck  -  Navy  -  $16.50
Hooded top—2 pockets  -  Navy  -  $23.00
Zip Jacket - fleece  -  Navy  -  $23.00
Bomber Jacket - 2 white stripes in banding  -  Navy  -  $36.30
Tracksuit pants—reinforced knee  -  Navy  -  $16.50
Rugby shorts - Back pocket—Navy  -  $14.50
Slouch hat  -  Navy  -  $10.00

*For sizes 16 and Small please add $2.20
**For sizes Medium, Large, X-large please add $5.50

Postage & handling fee  -  $12.00

Order form attached to this newsletter
Room 3 Cooking Program

Students in room 3-Brendan, Eric, Adriana and Jake are participating in a cooking program each Friday. Everyone is working hard and is showing great involvement and participation. Hope you enjoy the pictures below which show the great enthusiasm, focus and enjoyment the students display whilst learning. Students have the opportunity to assist in preparing a variety of meals and make decisions on what cooking implements they require at each stage of the cooking process.

At the end students are able to assess each meal by choosing either a happy or sad card.

Which one will Adriana choose?

Jake was confident and certain when assessing the menu today! Apart from choosing the “happy” card his body language indicated approval.
Horse Riding News
Each Tuesday afternoon 7 students – Eric, Jacob, Skyla, Mavrick, Keely, Jemma and Hayden have been involved in the RDA program. Student goals have included:-
  - Development of balance, co-ordination and core strength
  - Develop routine and following instructions
  - Develop respect for horses
These have been addressed during the riding sessions through games and activities eg Quoits, throwing activities, limbo, skittles, and races

Jacob & Hayden showing great posture and confidence!

Keely showing “respect”  Keely – great balance, core rotation
Skyla – great balance and confidence! Stretching to position pegs

Fishing game- working on posture, balance and following directions

Mavrick showing good posture, confidence and core strength when playing skittles on horseback

Jemma – good posture and showing great confidence during “egg and spoon” game
EDIBLE GARDEN UPDATE

It has been twelve months since the Edible garden was put in. To celebrate this milestone we thought this would be a perfect opportunity to look back at what it was and how far we have come.

In the beginning there was this...

Look at us now......
Still to come....

Students are in the process of harvesting crops for their cooking programs and to sell in the school garden shop in room 4.

Seniors are working on revamping the BBQ area with Chris and John.
Room 6 have set up a worm farm for classes to learn to look after the worms and how to bottle worm juice (Yum!)

A BIG THANKYOU! To all the parents, staff and family members who have helped over the last twelve months to make this possible for the students to enjoy learning about growing and cooking their own healthy food.