Dear Parents,

We have come to the end of what has been a very busy, productive and successful term. We have certainly fitted a lot in and the school is working very smoothly thanks to the hard work and professionalism of all our staff.

Last Thursday we took a team of about 60 students to compete in the district sports at Pedrina Park. It was a terrific day and our students enjoyed a great deal of success winning a mountain of ribbons. More importantly there was great sportsmanship shown by our students and a have a go attitude from everyone. A big thank you to Leanne Willder and all the staff involved in getting our students ready to compete. We have an incredible 24 students who have qualified for the next level in Warrnambool on the 20th April. We think this is our biggest team we have taken and is testament to our PE/sport program including our successful running club. A special mention and congratulations to four of our students who were the leading all round competitors and were made age champions. They were Riley Arnold, Rylan Pech, Abbey Hill and Karoraina Katatau-Keightley. A great achievement – well done.

Also congratulations to our talented swimmers who went across to Ballarat to compete at the regional swimming championships. Well done to Jim Kyle, Lucas Kyle, Issy Mcrae, Todd Dymke and Emily Tognon.
On Tuesday the Grade 4/5/6 students headed down to Portland to have a look round the replica ship of the Endeavour. It was a great experience for all our students (and staff!!) to understand and get a feel for life living on such a ship for over three years and we were very glad that we took the opportunity to go down.

Congratulations to all our winners in the Easter Raffle last Friday. Sharni Smith did it again winning two prizes and Shelby Turner even managed to draw her own ticket!! Thanks to the Parent Club and Junior School Council for organising the raffle.

Our swimming program for grades P/1 comes to an end today with the last session. It has been terrific to see such a lot of improvement in so many students in their water confidence and stroke techniques.

On Tuesday School Council met for their AGM and first meeting. A welcome to Renae Porter who has joined School Council this year. Thanks to Kylie McIntyre who will be remaining on School Council but as a community member this year.

One of the first jobs of School Council was to approve the Annual Report. This is a brief summary of the school’s performance over the last year and is made available to the school community. If you wish to view a copy of the report please contact the school office. This report will be uploaded to the My School website.

Our Parents’ Club also held their AGM last week. Thanks you to those parents who have put up their hands. Please feel free to help our committees at any time.

Please remember that during week 1 of term 2 the renovation work will be still in progress and access to the admin area will be via the staffroom door at the back of the school and the main entrance will be closed off. The P/1 classes will be working in the music room, adjoining room and library during that week. We are now all moved out and the P/1 rooms are ready for new carpets and painting.

The Department of Education has asked schools to once again remind parents of their insurance arrangements. The Department does not provide personal insurance or ambulance cover.

There is a busy schedule ahead for next term including the student leaders conference in Mount Gambier for our school leaders. This is on the 12th April and our school leaders will be taken across by Mr Fisher, Miss Martin and myself.

We will also be getting ready for the cross country season and our athletics team will be heading down to Warrnambool. Mrs Langley and staff will be continuing to build on our strong welfare work and further strengthening our culture around the True North Values. Mrs Langley will be running a six week program with the Grade 2/3 classes on building and maintaining friendships and being assertive.

I would like to finish by wishing everyone a safe and happy holiday and we will see everyone back on Monday 11th April for the start of term.

Regards,
Don Beaton
New School Lunch Menu

Please find included in the newsletter the new lunch menu from the Pitstop Café which will be in place from the start of next term. This menu has been approved by School Council and provides more healthy options for our students. This fits with the school’s curriculum and culture that promotes healthy living especially through diet and exercise.

Over several months now School Council has been working with Genr8 Change including dietician Jessica Nobes to come up with a more healthy menus for our students. Attached below is information and background to the Genr8 initiative:

GenR8 Change is a social movement with a mission to make the healthy choice the easy choice for people living in the Southern Grampians region - especially children.

On the back of some confronting local data around overweight and obesity rates in children, community workshops were run to map what was thought to influence food and physical activity choices contributing to the issue. A range of passionate community members across a wide variety of settings then took ownership of actions for change they thought would make eating healthier or moving more - simply easier!

Some fantastic changes have already occurred as a result. These include:

- Discontinuing the sale of sugary drinks across all Western District Health Service campuses. Making them less readily available in the every-day work environment.
- A ‘Bike Bus’ being set up to make it easier for children to consider and increase their confidence to build exercise into their everyday routine to and from school at Dunkeld Consolidated School. Pedestrian islands have also been installed on the Glenelg Highway to make it easier for kids to walk and ride to school safely in Dunkeld. Now active transport has become that bit easier to choose!
- Hamilton North Primary School has therefore chosen to make the healthier choice the easier choice by offering a healthier Canteen Lunch order Menu and leaving “treats” or “some-times” foods to be consumed outside of the every-day school environment. This is just one way that Hamilton North Primary School has decided to help make the healthier choice the easier one for children.

For GenR8 Change to be successful across the region, one single program or idea isn’t going to create sustainable change. Multiple ideas and actions are required across a range of settings and at all levels within the community addressing a variety of factors identified by the community. It is not about trying to change an individual’s behaviour, rather it is about creating environments and situations in which the healthy choice is the EASIER one to choose.

Please see our new lunch menu available from Pitstop Café attached to this newsletter. This menu will take effect from the start of Term 2.

Hamilton North School Council
Asthma Medication

The changeable autumn weather often triggers asthma symptoms and students diagnosed with asthma must have their ventolin and spacer in their school bag at all times. We are equipped to deal with an emergency situation requiring ventolin, however it is not our practice to administer ventolin on a regular basis.

School Invoices 2016

Family invoices for essential education requirements were distributed earlier this term. Thank you to those families who have already made payments or returned their financial arrangement forms. Thanks also to those families who have made voluntary contributions to our ICT and Grounds programs. Outstanding invoices should be finalised by the last day of Term 1 (24th March) unless other payment arrangements have been made. As usual, please see Don, Lesley or Michelle if you have any concerns. We are pleased to advise that EFTPOS is now up and running and payment can now be made using this facility, cash, cheque or direct deposit (please include your surname and what the payment is for to enable accurate receipting).

School Community Noticeboard

Have you looked at our Community Noticeboard recently? The noticeboard in the front entrance area is currently full of information about sports, activities and community events happening in the area. Parents and students are invited to visit the foyer regularly to keep up-to-date with these events. Find out about local sport programs starting up, the OSHC and Library Holiday programs.

Rugby Jumpers

Please check for the following missing named rugby tops – Nick Robertson-Townshend & Izack Mayfield

Please ensure that your child’s rugby jumper is named clearly and correctly. Too many jumpers are being found and lost property staff are pulling their hair out trying to match jumpers to children

Head Lice do not take holidays

Parents are asked to keep a constant check on their children’s hair for signs of head lice. Children with cases of head lice should not return to school until treatment has begun. If you are unsure about identifying lice and eggs, please seek assistance from the staff at school. Please advise the school of any treated cases of head lice before your child returns to school. Copies of the pamphlet “Scratching for answers” are available in the school foyer.
5 cent Challenge
To kick start Term 2 the Parents’ Club will be holding a 5 cent challenge. The 5 cent challenge encourages everyone to bring in as many 5 cent pieces as they can find lying around the house, in the car, between the seats in the lounge etc. (with parents/caregivers permission of course!). The class with the most 5 sent pieces at the end of April will be rewarded!
Start searching for those 5 cent pieces now! Each class will have their own jar ready to be filled from the start of Term 2!

Easter Raffle
Congratulations to all those who won prizes in our Easter Raffle.

1. Emily Jellie
2. Amber Dyson
3. Ken Hicks
4. Zoe Storrie
5. Simpson Family
6. Janet Crawford
7. Molly Crutch
8. Sharni Smith
9. Lily Brown
10. Sam Coates
11. Rob Henstridge
12. Shelby Turner
13. Peta Diprose
14. Wilder Family
15. Sharni Smith
16. Molly Crutch
17. Green Family
18. Dash Hogan
19. Brabham Family
20. Olive Barker
21. Chloe Eastwood
22. Shelby Turner
23. Cutchie Family
24. Erin Rennie
25. Miss Shanahan
26. Hunter Dean
27. Irene Box
28. Wendy McCabe
29. Peter
30. Zoe Storrie
31. M Causer

Easter Cake – Ally Holmes

Thank you to all the families who donated eggs and to Georgie Sevior for donating the lovely Easter Cake.

SPORTS NEWS

Runners Club has been developed as a general fitness program to help keep our school community fit. It is held on Monday and Wednesday mornings between 8.30am and 8.50am. Children can join in at any time. Parents who would like to help mark the runners passports would be most welcome. Just turn up on the day. Leanne Wilder

100 Laps Jim K, Andrew McC, Harlie M
150 Laps Rylan P
Thank you to the 10 families who have donated their time for our Grounds Roster 2016. There are plenty more weekends available if you wish to volunteer. All of Term 3 is still available.

### Garden Roster 2016

#### Term 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/17 April</td>
<td>Sevior</td>
</tr>
<tr>
<td>23/24 April</td>
<td>Anzac Weekend</td>
</tr>
<tr>
<td>30/01 May</td>
<td>Cush</td>
</tr>
<tr>
<td>07/08 May</td>
<td>Mother’s Day Weekend</td>
</tr>
<tr>
<td>14/15 May</td>
<td>Steele</td>
</tr>
<tr>
<td>21/22 May</td>
<td>Hill (M&amp;T)</td>
</tr>
<tr>
<td>28/29 May</td>
<td>McCallum</td>
</tr>
<tr>
<td>04/05 June</td>
<td>Hill (W&amp;T)</td>
</tr>
<tr>
<td>11/12 June</td>
<td>Queens Birthday Long Weekend</td>
</tr>
<tr>
<td>18/19 June</td>
<td>McKay</td>
</tr>
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</table>

#### Term 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/17 July</td>
<td></td>
</tr>
<tr>
<td>23/24 July</td>
<td></td>
</tr>
<tr>
<td>30/31 July</td>
<td>Sheepvention Weekend</td>
</tr>
<tr>
<td>06/07 Aug</td>
<td></td>
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<tr>
<td>13/14 Aug</td>
<td></td>
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<tr>
<td>20/21 Aug</td>
<td></td>
</tr>
<tr>
<td>27/28 Aug</td>
<td></td>
</tr>
<tr>
<td>03/04 Sep</td>
<td>Father’s Day Weekend</td>
</tr>
<tr>
<td>10/11 Sep</td>
<td></td>
</tr>
</tbody>
</table>

#### Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>08/09 Oct</td>
<td>Walter/Beattie</td>
</tr>
<tr>
<td>15/16 Oct</td>
<td>Witcomb</td>
</tr>
<tr>
<td>22/23 Oct</td>
<td>Templeton</td>
</tr>
<tr>
<td>29/30 Oct</td>
<td></td>
</tr>
<tr>
<td>05/06 Nov</td>
<td></td>
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<tr>
<td>12/13 Nov</td>
<td></td>
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<tr>
<td>19/20 Nov</td>
<td></td>
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<tr>
<td>26/27 Nov</td>
<td></td>
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<tr>
<td>03/04 Dec</td>
<td></td>
</tr>
<tr>
<td>10/11 Dec</td>
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</tbody>
</table>
Dear Parents,

CSEF (Camps, Sports and Excursions Fund) is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. The money is paid directly to school and tied to the individual student. This year funding will be allocated to the costs below, in order of the events occurring for the relevant grade level.

**Incursions – equivalent of excursions but held at school**

*Whole School Science Presentation – February 15th & 16th ($7)*

**Grade Excursions – anticipated annual cost $40 per student**

Each grade will participate in one or more excursions/incursions throughout the year. Information (including costs) will be sent home prior to the activity and payment must be made before attending.

*Dates yet to be determined.*

**Swimming – HILAC**

10 day program $90 non-members, $68 members

Grades Prep/1 8th March to 24th March

Grades 4/5/6 5th September to 16th September

9 day program $81 non-members, $61.20 members

Grades 2/3 14th June to 24th June

**Camps**

Grade 5/6 26th to 29th July, Kangarooobie TBA

Grade 4 17th to 18th October, Anglesea ($250)

Grade 3 5th to 6th September, Port Fairy TBA

Grade 1/2 Sleepover at school (Cost in 2015 - $10) Gr 2 - Term 4, Gr 1 - Term 4

Grade Prep After School Activities at school (Cost in 2015 - $6) Term 4

Any unallocated portion of the CSEF not expended in 2015 will be allocated where possible. Any outstanding expenses that were incurred by the eligible student during 2015 will be allocated from the 2016 payment.

Any unallocated portion of the CSEF not expended in 2016 by the end of the school year will be carried forward towards camps, sports and excursions expenses for the eligible child in 2017. Alternate arrangements will be made for students transferring to another school.

If you hold a valid Concession Card at the beginning of Term 1 or Term 2 and have not yet applied for this $125 payment, please collect a form from the office.
## School Lunch Order
### Price List 2016
(Pitstop Café)

*Gluten free, White, Wholemeal bread available as requested.  
*White and Wholemeal Wraps available as requested.*

### Toasted sandwich
- Cheese $3.00  
- Ham and Cheese $3.90  
- Ham, Cheese and Tomato $4.40  
- Chicken and Cheese $4.50  
- Chicken Cheese and Tomato / Avocado $5.00  

**Extra fillings:** Baby spinach leaves, onion, avocado, pineapple

<table>
<thead>
<tr>
<th>Sandwich/ Rolls/ Wraps*</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese and Vegemite</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.40</td>
</tr>
<tr>
<td>Ham Cheese and Tomato</td>
<td>$3.90</td>
</tr>
<tr>
<td>Ham &amp; salad Roll</td>
<td>$5.00</td>
</tr>
<tr>
<td>Ham and Salad Wrap – half or full</td>
<td>$4.00 / $4.80</td>
</tr>
<tr>
<td>Chicken Salad Roll</td>
<td>$5.40</td>
</tr>
<tr>
<td>Chicken Salad Wrap – half or full</td>
<td>$4.60 / $5.00</td>
</tr>
<tr>
<td>Tuna Salad Roll</td>
<td>$5.40</td>
</tr>
<tr>
<td>Tuna Salad wrap – half or full</td>
<td>$4.60 / $5.00</td>
</tr>
<tr>
<td>Egg and Lettuce Sandwich</td>
<td>$3.60</td>
</tr>
<tr>
<td>Egg and Salad Sandwich</td>
<td>$4.90</td>
</tr>
</tbody>
</table>

**Standard salads:** carrot, beetroot, cheese, tomato, lettuce, mayo

**Additional on request (no cost):** red onion, baby spinach leaves

**Additional at a cost:** Avocado, pineapple.  
Each 50 cents

### Salads Bowls (salad options as above)
- Chicken Salad $7.50  
- Tuna Salad $7.50  
- Ham Salad $7.50  
- Egg Salad $7.50  

### Snacks
- Fruit Salad in Natural Juice $3.00  
- Yoghurt (Vanilla or Strawberry) $3.00  
- Fresh Fruit (please specify) $1.50  

### Drinks
- Water $3.00  
- Fresha Juice (Apple Raspberry, Apple Blackcurrent or Orange) $1.90  
- 250mL Flavoured Milk (strawberry or chocolate) $3.00
HMB ENDEAVOUR - PORTLAND

On the gross toilet there was a rope with a hole at the front of the boat. Near the toilet there was a rope with threads at the bottom to use as toilet paper. After it was used it was cleaned by putting it in the ocean before the next person. Roxy

Their punishment was getting whipped by a whip called ‘Cat o’ Nine Tails’. Will

Stupidly James Cook sailed his boat into the Great Barrier Reef. To get himself out he had to throw all the heavy stuff out of the Endeavour, that is how the Great Barrier Reef was discovered. Jim

On the Endeavour the red face mascot wasn’t on the real Endeavour, they thought the Endeavour had a mascot like that. Josephine

The Endeavour boat had so much rope it could reach from Hamilton to Dunkeld. Isabelle

The people on the Endeavour ate food like hard biscuits, salt meat, fruit, vegetables, beef soup and cheese. Adrian

The punishment was if you did something wrong you would get a whip with the ‘Cat o’ Nine Tails’. Harley

They had to eat all their dinner or they would get diseases. Hannah

The whip was called the ‘Cat o’ Nine Tails’ and the sailors whipped the crew until they bled. Ben

They had a goat on board and they milked it every day for milk and cheese. Lilly

They had to climb on the side of the boat to do ‘their business’. They used a grass brush as toilet paper. Rylan

Punishment on the Endeavour was a flogging by the ‘Cat o’ Nine Tails’, which often made them bleed. Cody B
The Mess is the kitchen and where they ate and they made some food. Cammy

The men had to provide their own bowl, spoon and mug. They had to mark them so they could identify their own. BJ

When Captain Cook hit the Great Barrier Reef in Queensland it put a hole in the Endeavour so he threw everything heavy overboard so they could float the boat. On the Endeavour there is some ‘pig iron’ from the original ship. Jayde

They had to clean their plates with rope and their hands. Hugh

The Endeavour has 27km of rope on board. Noah

They had cats on the ship to kill rats and mice. Archie

The whip had knots and it had nine or twelve rope strings and they called it, ‘Cat o’ Nine Tails’. Makailah

Captain Cook could read the stars, that’s how he knew where to go. Jarryd

A Mess is where they ate their food and they got to choose who they sat with. Jemma

If you stole you would get 12 lashes by the ‘Cat o’ Nine Tails’ but if you abused an officer you would get 100 to 1000 lashes, 300 was common. Josh

If there was a storm they would have to have as many people on deck as they could. There always had to have 2 people steering and they also had an artist on board who painted pictures. Ella

Wow! Compared to the rest of the Endeavour the grand cabin/Captain Cook’s Room was luxurious. Bella