



THORPDALE PRIMARY SCHOOL 2966

NEWSLETTER

Our School Values are: Respect, Learning, Honesty, Fairness and Community

Newsletter , 8th February 2019

Issue No. 2

CALENDAR

Term 1– 30th January - 5th April

February

Swimming Dates: Wed 13th , Tues 19th, Wed 20th,
Thurs 21st, Fri 22nd, Mon, 25th , Tues
26th, Wed 27th, Thurs 28th and Fri 29th.

Wed 13th Y&D swimming carnival (selected)

Mon 18th Summit (Grade 6 only)

Fri 22nd School BBQ

March

Sun 10th - Thorpdale Potato Festival

Thur 28th - Y&D Athletics day

Notes sent home this week:

Grade 6 Summit Due Wed 13th Feb

Munchies Due Wed 13th Feb

School banking info Due N/A

CSEF form Due ASAP

Thorpdale Potato Festival

Aside from the school running the BBQ, we are also doing a display on the big brick wall under the verandah. Last festival we used this area to display copies of photos (old & new) along with some students work.

We thought it might be good to put it out to the community if they have anything school related that they would like a copy displayed (we won't put up originals in case they get damaged), please contact either Mrs Kenneth or Mrs Blackshaw at the school.



Principal's Awards:

Marlon Archipow: You showed great community spirit by helping keep our school clean. Well done, Marlon.

Alistair Conrad: You showed tremendous community spirit by following school rules and helping to explain to some of the junior students why we have these rules. Well done, Alistair!

Lincoln Murphy: You consistently show you value your community by the way you act and assist others whenever you see somebody needing assistance. Well done, Lincoln.

Lena Blackshaw: You constantly show your community spirit by the assistance you give to everyone at school. Your help is always valued. Well done, Lena.

PRINCIPAL'S PRATTLE!

With our first full week done and dusted I can proudly say that I feel that it would have to be one of the best starts to a school year that I can remember. Our classrooms are very settled and our students have settled into the routines of school beautifully. Well done, everyone.

Now that our kids have done so well settling into our routines we unfortunately have to disrupt them with our swimming program. This starts on Wednesday with our first session. We are then back in the water the following Tuesday, and hopefully, weather permitting will have the next two weeks solid to get our swimming program over and done in a short space of time.

Sunsmart: It has been great to see all our students wearing their sunhats, but it would be really good if we saw more students wearing sunglasses as well. The experts are telling us that sun damage to the eyes will be a major problem for our children in the future. If you are buying a pair or already have a pair of sunglasses we request that if possible they be sunsmart approved.

CSEF Funding: parents with Health Care Cards should have received a CSEF form that needs to be filled in and returned to school. If you are unsure if you should have received one, please come in and see Angie about this. Thanks!

Family BBQ: Our annual Family BBQ will be held on Friday 22nd of February starting at 5:30. We will be presenting our school leaders to the community as they will be receiving their badges during the proceeding. Parents will also be invited into the classrooms to get an overview from your child's teacher on what is happening in the class and what you can do to assist in your child's learning.

Yr. 6 Summit excursion: This will be happening on Monday 18th of February. This will be a very challenging , but rewarding day for our senior students. I look forward to seeing our kids take on the challenges set before them.

Yinnar & District Swimming Sports: We will have ten students representing Thorpdale at the Y&D swimming sports on Wednesday 13th. The Churchill pool will be open at 12:00pm and competition will start at 12:30. Good luck to our reps.

Thorpdale Potato Festival: The Thorpdale Potato Festival is not far away (**Sunday 10th of March**) and have had very little response for assistance with our bbq. This is our biggest fundraising event for the year and we really need our families to support us on the day! I will be sending home a form regarding volunteering a small amount of time to assist us on the day.

School Council: Our first school council meeting will be on Tuesday 26th of February. I look forward to seeing all our councillors there.

Sunglasses



To protect eyes from ultraviolet (UV) damage, wear sunglasses that are:

- close-fitting
- wrap-around and cover as much of the eye area as possible
- meet Australian Standard AS1067:2016 for sunglasses (lens categories 2, 3 or 4)
- marked eye protection factor (EPF) 9 or 10, or labeled UV 400.

For the best protection during the daily sun protection times (when the UV level is 3 or higher), use all five SunSmart steps

1. Slip on clothing
2. Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
3. Slap on a hat
4. Seek shade
5. Slide on sunglasses.

The free SunSmart app tells you the sun protection times for your location and provides current UV levels.

How does UV radiation affect the eyes?

Too much UV radiation to the eyes can cause short-term problems, including:

- mild irritation
- photokeratitis (also known as snow blindness)
- inflammation
- excessive blinking
- photophobia (difficulty looking at strong light).

Exposure to UV radiation over long periods can lead to permanent damage to the eyes, such as:

- squamous cell cancers on the conjunctiva (membrane covering the white part of the eye)¹⁻³
- skin cancer around the eyes and eyelids^{4,5}
- cataracts (cloudiness of the lens)⁶
- macular degeneration (damage to the retina)^{6,7}
- pterygium (an overgrowth of the conjunctiva on to the cornea)⁸
- climatic droplet keratopathy (or cloudiness of the cornea).⁹

How can I reduce UV damage to my eyes?

SunSmart recommends wearing sunglasses or UV protective eyewear that meet the Australian Standard. Wearing a broad-brimmed hat can also help reduce UV radiation to the eyes by 50%.¹⁰

What to look for in sunglasses

Choose large, wrap-around, close-fitting sunglasses to reduce reflected UV radiation and glare.

Check the swing tag to make sure the sunglasses meet the Australian Standard for eye protection (AS 1067) in category 2 or higher. These lenses absorb more than 95% of UV radiation to prevent it reaching your eyes.

Some sunglasses have an eye protection factor (EPF). Ratings of EPF 9 or 10 exceed the requirements of the Australian Standard, providing excellent protection.¹¹

The colour or darkness of the lens does not indicate the level of UV protection; you still need to check the label.

Glasses that are marked 'Fashion spectacles' do not offer protection from UV.

Prescription glasses

UV-blocking contact lenses can reduce UV exposure, blocking 90 per cent of UVA.¹² Some prescription glasses may provide protection from UV radiation. Tinted or photochromatic (transition) lenses reduce glare but do not necessarily offer a higher level of UV protection. Talk to your optometrist to see if your lenses provide UV protection.

Children and sunglasses

Sunglasses designed for babies and toddlers have soft elastic to keep them in place. It is important to choose a style that stays on securely so that the arms don't become a safety hazard. Some young children may be reluctant to wear sunglasses. You can still help protect a child's eyes by ensuring they wear a broad-brimmed hat and play in the shade.

Toy sunglasses do not meet the Australian Standard and should not be used for sun protection.¹³



Buddy activity – Thursday 14th February

On Thursday 14th February during lunch time, the buddies will have an activity together where they will walk to the bakery or post office & have a play in the park. During this activity, they are able to buy a small treat from either of these shops. If you would like you child to buy something, please ensure you send in a small amount of money on this day.



Charlie Martin, Jake Murphy, Olive Flanagan, Lucas Murphy, Chace Mara, Jess Powell, Melinda McCarthy, Bailey Hammond, Charlotte Durkin



Piano Lessons

There is a lady in Trafalgar (ex Thorpdale resident) who is running piano lessons. If anyone is interested in these either for themselves or their child, please contact :
janellerichardson@gmail.com

