

MURRABIT GROUP SCHOOL



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NEWSLETTER

- 10th February, 2021

School Values:

- Respect
- Honesty
- Teamwork
- Learning
- Persistence

*Murrabit Group School respectfully acknowledges
the traditional custodians of the land.
We pay respect to their ongoing living culture.*

Dates to Remember:

11th - 12th Feb. Swimming
12th Feb. Parents & Friends Meeting
15th Feb. Kerang Zone Swimming
22nd Feb. Mallee Zone Swimming
24th Feb. Swimming
26th Feb. Cluster Swimming Sports

*“Good communication is the bridge
between confusion and clarity.”*

Hello Everybody,

Sick Leave

From next Tuesday I will be on an extended period of sick leave. I will be having a knee operation and will be absent until the end of term 1. A replacement Principal will be announced this Friday. This has all happened very quickly but I am sure that the school, and Grade 5/6 will be in good hands.

School Council

Tonight is our first school council meeting for the year starting at 6pm at the school. This year we will be looking for new members on School Council. School Councillors play a key role in the running of the school and making decisions about the direction of the school. If you would be interested in being part of our School Council please return the self-nomination form.

School Working Bee

Thank you to Iryna Larkin, Pete McDonald, Erin Hein and Ang Morton and their children for their assistance at the working bee on Sunday. We managed to clean windows, mow, whipper snipper and weed so that the school is looking a lot tidier.



Sophia and Pippy helping at the working bee

Have a great week, **Greg**

Camps, Sports and Excursion Fund

A reminder that if you hold a current health care or Centrelink concession card you are eligible to apply for CSEF funding of \$125 per student.

Please complete the form attached to last week's newsletter and return by **Wednesday 17th February**.

Bookclub

Bookclub orders have been sent home and need to be returned before **Wednesday 17th February**

Parents & Friends

We have our 1st Meeting for the 2021 school year planned for this **Friday 12th February @10.30am** in Atkinson Park Kerang. We hope to reflect on last year and start planning forward for 2021. If you are unable to attend but have some ideas on how we can support the kids please let us know.

Everyone welcome 🌟

Kind regards, Michelle 😊

Market Morning Teas

The following families are on duty for the Market Morning Teas on **Saturday 6th March** are:- **West, Keath, Lavey, Hein N&E, Heritage**



Curators

February – 1st Half – Teasdale

- 2nd Half – **West**

March – 1st Half – McNeil

- 2nd Half - **Gurnett**



Students of the Week:



Huey Hein, Jade Lavey, Keira McNeil and Mason More – for the excellent way they have transitioned into school.



Jobe Hein – for his excellent leadership and supporting others



Ivy Shea – for her organisational skills

Suz's News

Kerang District Zone Trials...

...Monday 15th of February.

Congratulations to our squad of swimmers who will participate in our zone trials next Monday (15/2) at the Kerang swimming pool. This event begins at 10.30am but children may arrive by 9.45am for warm-up. Wishing Xavier, Claire, Leah, Callum, Cooper, Drew, Ivy, Jed, Lyla, Maddi, Jobe and Evan all the best. We are very proud of you all. The children have worked very hard over the last week to develop their swimming skills and fitness. A note with further details is being sent home today for this event. Please sign and return the permission form by **Friday(12/2)**. Children will need to organise their own transport as I will be travelling straight to Kerang. Children must bring a cut lunch and drinks. We do require helpers for this day. Thank you to Kane who will also be attending as a helper.

'Go Mighty Murrabit Go.'

Swimming dates to remember...

Monday 22nd of February - Mallee District swimming trials in Swan Hill for those who qualify (1st 2nd 3rd placegetters at Kerang trials).

Wednesday 24th of February (1-2.15pm) - a catch up swim session (preps are welcome to join this session).

Friday 26th of February - Cluster Swimming sports at Koondrook.

Wednesday 3rd of March - Water Safety session (back-up date is 10th of March).

Thursday 18th of March - Twilight Regional Swimming Championships in Swan Hill.

Thanks Suz.



DANCESCAPE

Dance Classes Commence

Monday 8th February

Presbyterian Church Hall

Victoria St, Kerang

Enquires - 0438 568 592

Farmers Health Clinics Kick Off

After a delay caused by the COVID-19 pandemic in 2020, Northern District Community Health (NDCH) are starting a new free farmers health service in the Gannawarra Shire. The AgriSafe™ Farmer Health Clinics are a preventative health program in affiliation with The National Centre for Farmer Health. The program is open to any person over 18 working within the Agricultural Industry. The 90 minute appointments for farming people are run by an accredited AgriSafe™ Clinician to:

- ☑ Prevent and identify risk factors for non-communicable diseases
- ☑ Support early intervention for any physical and mental health risk factors
- ☑ Increase community awareness of the importance of farmer & rural health, and
- ☑ Promote available support & referral pathways to make ongoing access easier

NDCH received funding through the Foundation for Rural and Regional Renewal, Small and Vital Grants as well as through the Gannawarra Shire Council's Drought Communities Programme – Extension. The funding helped set up the program with essential equipment.

"The goal of the program is to improve health, wellbeing and safety for our farmers, their employees and families," NDCH CEO Mandy Hutchinson said. The Farmer Health Clinics are part of the Victorian Government's Smarter Safer Farms Program, which is a \$10 million 4-year initiative focused on farming safety and wellbeing.

"Across Australia 27% of all workplace fatalities occur in the agriculture, forestry and fisheries industries," NDCH Community Health Nurse and AgriSafe™ Accredited Clinician Rosi Bear said. "Yet those industries make up less than 3% of the total workforce." Mrs. Bear said that research and hospital data shows that farming populations have higher rates of preventable conditions such as cardiovascular disease, diabetes, metabolic syndrome, some cancers, and mental illness. She added that agricultural workers experience hearing loss 15 years earlier than that of the general population.

Anyone working in farming across the Gannawarra Shire interested in the clinics can contact NDCH on 54510200. The Clinics will be held at Cohuna and Kerang NDCH sites.



NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Healthy Lunchbox Week- Get Involved!

Healthy meals & snacks are important for your children's everyday health. What children eat during their day at school plays a crucial role in their learning, development and mood. Use the following to guide healthy choices for a healthy lunchbox.

What makes a healthy lunchbox?

1. Grain Foods: Wholemeal or multigrain sandwich/wrap/roll, pasta, noodles, rice, crackers, rice/corn cakes



2. Fruit: Apple, orange, grapes, strawberries, cut-up watermelon, banana, mango, blueberries, peach, apricot, kiwi fruit, fruit salad



3. Vegetable: Cherry tomatoes, capsicum sticks, snow peas, carrot/celery/cucumber sticks



4. Dairy: Plain UHT milk, natural yoghurt, cheese cubes or sticks, smoothie, custard, yoghurt rice pudding, tzatziki



5. Protein: Chicken, egg, tuna, hummus, baked beans, lamb, pork, tofu, lentil pattie



Pick & Mix poster:

<https://www.ndch.org.au/files/2018/04/Healthy-Lunchbox-Pick-and-Mix-Poster.pdf>

Healthy snack alternatives:

<https://healthy.lunchbox.com.au/healthy-swaps/>

6. Bottle of water:



www.ndch.org.au

Music:



Jones

