

Carlisle River Primary School

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Newsletter

Wednesday 29th January 2025



Welcome to the 2025 School year

Thought for the week

**“Once you replace
negative thoughts
with positive
ones, you’ll start
having positive
results.”**

WILLIE NELSON



School Calendar

MONDAY	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
27th January Australia Day Holiday	28 th First Day Term 1 for staff	29 th First Day Term 1 for students Assembly	30 th Indonesian lesson	31 st		
3rd February ART VAN Swimming lessons	4 th	5 th	6 th	7 th		
10th Swimming lessons Library Van	11 th	12 th Swimming Sports @ Lavers Hill College	13 th School Council Meeting 3.20pm	14 th		
17th Swimming lessons ART VAN	18 th	19 th	20 th Indonesian lesson	21 st		
24th Mr Douma – Geelong Library Van Mrs Melville CRT	25 th	26 th	27 th Indonesian lesson	28 th Polwarth Sports Day at Alvie		
3rd MARCH ART VAN Swimming lessons	4 th	5 th	6 th Indonesian lesson	7 th		
10th Labour Day Holiday	11 th	12 th NAPLAN Testing	13 th NAPLAN Testing Indonesian lesson	14 th NAPLAN Testing		

Calendar is updated weekly

What's happening in our school

- SWIMMING LESSONS STARTING MONDAY 3RD FEBRUARY
- SWIMMING SPORTS CARNIVAL AT LAVERS HILL COLLEGE ON WEDNESDAY 12TH FEBRUARY- OUR STUDENTS WILL JOIN THE LAVERS HILL STUDENTS
- INDOONESIAN LESSONS CONTINUE THIS TERM ON THURSDAY AFTERNOONS – 2PM-3PM WITH IBU YANTI
- ART/LIBRARY VANS WILL BE ATTENDING ON MONDAYS - WITH THE ART VAN STARTING ON MONDAY 3RD FEBRUARY AND THE LIBRARY VAN ON MONDAY 10TH FEBRUARY
- POLWARTH SPORTS DAY WILL BE HELD ON FRIDAY 28TH FEBRUARY AT THE ALVIE CONSOLIDATED SCHOOL – OUR STUDENTS WILL BE PRACTICING EACH DAY FOR THE EVENT SO WILL NEED RUNNERS AND POSSIBLY SHORTS ETC.

- NAPLAN TESTING WILL BE HELD 12TH- 14TH MARCH FOR GRADES 3 & 5 STUDENTS
- STUDENTS ARE REQUIRED TO WEAR HATS THIS TERM AS PART OF OUR SUN SMART POLICY – OUR SCHOOL WILL PROVIDE THE HATS. SUNSCREEN WILL NEED TO BE APPLIED ON VERY HIGH/EXTREME UV DAYS
- HOMEWORK SHEETS WILL BE SENT HOME EACH MONDAY FOR ALL STUDENTS – THESE ARE REQUIRED TO BE COMPLETED AND RETURNED BY THE FOLLOWING MONDAY. EACH STUDENT WILL RECEIVE A LIST OF SPELLING WORDS TO PRACTICE OVER THE WEEK – WE ASK THAT PARENTS/GUARDIANS ASSIST THEIR CHILD WITH THE SPELLING PRACTICE.

HEALTHY EATING PLATE

HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES

The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

WHOLE GRAINS

Eat a variety whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS

Eat plenty of fruits of all colors.

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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