

THE LINK

1 MAY 2025
T2, WK 1

School Calendar

Term 2

Week 3

Monday 5th May - 9am Assembly
Thursday 8th - Mother's Day Stall;
Friday 9th - Winter Sports @
Birchip

Week 4

Stephanie Alexander Cooking -
all classes
Wednesday 14th - Black Ranges
Cross Country @ LNP

Week 5 - Education Week

Week 6

Stephanie Alexander Cooking -
all classes

Week 8

Stephanie Alexander Cooking -
all classes
Monday 9th June - King's Birthday
Public Holiday

Week 10th

Stephanie Alexander Cooking -
all classes
Tuesday 24th - Victorian
Parliament Excursion
Wednesday 25th June, 7pm -
School Dance

Week 11

Friday 4th July - End T2



Congratulations to Blue House on their first
House Cup victory this year!

Age Group Champions:

5/6 - Viv Polkinghorne and Jimmi Donaldson
7yrs - Louella Coloe and Billy Dean
8yrs - Rennie Dix and Arlen Brooke
9yrs - Niamh Green and Chad Polkinghorne
10yrs - Bailey Gigg and Alvie Dix
11yrs - Lilyana Stewart and Chaise Buttery
12/13yrs - Eloise Green and Tadi Shayamano

RESPECT RESILIENCE KINDNESS HONESTY ASPIRATION

Principal's Report

Stephanie Alexander Kitchen Garden Cooking fees

A reminder that the fortnightly SAKGF Cooking program is \$4 per child. Every attempt is made to keep costs to a minimum and parents are welcome to pay fortnightly, per term or for the year. Your ongoing support is appreciated.

Winter Sports

Next Friday May 9th selected students will be participating in the Winter Sports at Birchip. Notes have been sent home today and are due back with \$10 for the bus by Tuesday 6th May. Parent Helpers are required for scoring and umpiring for netball and football—if you are able to help please let the school know ASAP.

Mother's Day Stall—Thursday 8th May

Items will be priced from \$2 to \$8. Pictures and pricing are included in this week's LINK. Many thanks to our Parents and Friends group who source all of these items and run the stall for our students—a great deal of effort is put into this opportunity.

150 Years

Our celebrations will be held on Friday 24th October, combining with the St Arnaud Cup on Saturday 25th. More details to come.

Green Team Colouring In

These are due in tomorrow and winners will be announced at Monday's Assembly.

Education Week

In week 5 we will be celebrating Education Week with the theme of "Celebration of Cultures". A plan of the week's activities is currently being finalised and will be shared with the school community next week. There will be opportunities for parents to join us and we hope to see many of you to help with celebrations.

Learning Walks

Today our school was joined by the Wimmera South West EIL (Education Improvement Officer) who visited our school for the first time. John spent time in each classroom and saw our literacy program being taught. He was impressed by what he saw and gave glowing feedback about the work that has been undertaken over the last 4 years — of particular note was his observation of the peer teaching (when students assist each other in the learning process) which is a wonderful reflection on our students and their kindness towards each other and the supportive learning environments we foster at our school.

Federal Election

This Saturday morning our school will be the Polling Place for the 2025 Federal Election. There will be a Bacon and Egg breakfast available for those who wish to purchase their breakfast between 8.30-11.30am. Any donations of eggs or bacon are gratefully received and will assist in fundraising for future projects.

123Read2Me

We were really excited to receive our delivery from [123Read2Me](#) with so many books! We've replenished classroom libraries, added to the school library and some lucky students have found some new favourites to take home. Layla and Aavah also selected some books to share with St Arnaud Early Learning Centre.

Melissa Mitchell,
Principal



WEEK 1 AWARD WINNERS



P/IE
BERTIE JESSE



I/2P
ALISTAIR GRAHAM



2/3T
MATILDA WALLACE



2/3T
NOAH SODERMAN



3/4C
BRAX EVANS



5/6W
ELLA WAIT



MUSIC
CLAUDIA KNIGHTS



H & P.E.
KNOX NEWTON



H & P.E.
RENNIE DIX



BAKERY BUCKS
HALLEY HUGGINS



KINDNESS AWARD
MARIA TAYLOR



KINDNESS AWARD
CHAISE BUTTERY



KINDNESS AWARD
ELLA WAIT

RUSTY'S HOME READING



25

Lincoln Shaw
Linken Kula

50

Gianna Sierra
Indiana Gigg
Billy Dean

AWARD WINNERS



LINKEN KULA



RENNIE DIX

CROSS COUNTRY

RESPECT

RESILIENCE

RED YELLOW BLUE

KINDNESS

ASPIRATION

FUN

BUDDIES

FRIENDSHIP



MRS WEIR'S WELLBEING WONDERINGS

GIVE IT YOUR BEST SHOT

Your child doesn't need to be the
smartest in the class.

They don't have to be the person who
runs the fastest.

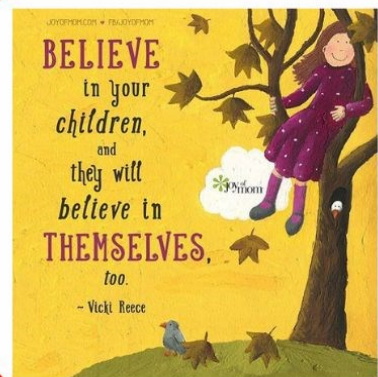
Or the most naturally gifted at anything.

What they do need – is someone who
sees their effort.

Someone who believes in their potential
even when they're struggling.

Someone who says:

"You don't have to be perfect. You just
have to keep trying. And I'll be here while
you do."



Mrs Melissa Weir
Mental Health in
Primary Schools



Maria Taylor
Isobel Green
Zarleya
Hutchinson
Wellbeing
Leaders

So many kids give up not because they're
lazy...

But because they don't yet believe their
effort will make a difference.

But guess what?

Your voice can become their inner voice.

Your encouragement can become their
resilience.

When you say:

"You've got guts for trying."

"Let's figure out what's not working
together."

"I saw how hard you worked – I'm proud
of you."

You're not just helping them with
homework or sports.

You're wiring their brain to believe: "I can
improve. I can problem solve. I can do hard
things."

And that belief will carry them far.
Further than talent alone ever could.

You're not just raising a child. You are
raising someone who will know how to
keep going even when life gets tough.
Keep showing up with calm confidence.
Keep reminding them who they are -
even if they forget.



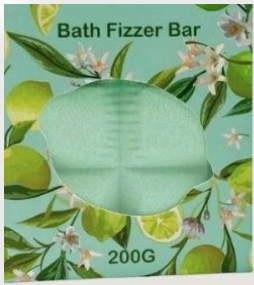
Parent's Club

Mother's Day Stall—Price List

Thursday 8th May

Please send children with money in a named envelope/wallet/ziplock bag and a shopping bag to transport their items home safely.

Item	Sell price
Tea towel	\$1
Pen	\$1
Dove soap	\$2
Mug	\$2
Car air fresheners	\$2
Gardening gloves	\$3
Reed diffuser	\$3
Moisturiser	\$3
Coin purse	\$3
Bath bomb	\$3
Stud earrings	\$3
Magnetic shopping list	\$3
Notebook	\$3
A4 magnetic message board	\$3
Shopping bag	\$3
Key ring	\$3
Shower gel	\$4
Block chocolate	\$4
Only good handwash	\$4
Chocolate bar bath fizzer	\$4
Mothers day mug	\$4
Diamond bath fizzer	\$4
Gym towel	\$4
Lip balm	\$4
Beaded necklace/lanyard	\$5
Trowel	\$5
Room mist	\$5
Sukin night cream	\$5
Socks	\$5
Notebook and pen set	\$5
Travel mug	\$6
Trowel/glove set	\$6
Travel jewellery case	\$6
Earring/purse set	\$7
Favourites chocolates	\$7
Stainless steel drink bottle	\$8





Food = fuel

Just as a car needs fuel to run, our bodies need food to function, and provide the energy and nutrients necessary for physical and mental activities.

Before Movement

High-carbohydrates that are healthy, filling and slowly release energy.



1-2 HOURS PRIOR

Focus on easily digestible, high-carbohydrate foods.



0-30 MINUTES PRIOR

2-3 HOURS PRIOR



Lighter foods that are still high in carbohydrates and protein.

30-60 MINUTES PRIOR



Quick snacks that power you up without weighing you down

During Movement

Keep your body hydrated with small, frequent sips of water. You shouldn't need to eat during a workout that's an hour or less.



Water



Bananas



Raisins

After Movement

After physical activity, we should focus on foods that replenish energy and help with muscle recovery.

Fruit or Veg



Grain



Protein



NEW PLAYGROUP ST ARNAUD BABY & CRAWLERS

ARE YOU A PARENT OF AN INFANT OR TODDLER?

COME AND JOIN OUR NEW PLAYGROUP STARTING FROM TERM 2.
STOP BY AND HAVE A CHAT OVER A CUPPA WHILST YOUR
LITTLE ONES LEARN TO SOCIALISE AND PLAY IN A SAFE
AND INCLUSIVE ENVIRONMENT.

STARTING: TUESDAY, APRIL 22, 2025. RUNS DURING SCHOOL TERMS

TIME: BETWEEN 10.30AM AND 12PM

WHERE: ST ARNAUD EARLY LEARNING CENTRE
MORNING TEA WILL BE PROVIDED

For more information, please email
Lenore

lenore.hamilton@ngshire.vic.gov.au

