

Be Safe

Be A Learner

Be Respectful

April 2024

Term 2 has started with much **energy and excitement.** We've had a HUGE 1st week with our Melbourne excursion to ArtVo and LUME.

Nightly Reading

HUGE thanks to all students and their families for their fantastic nightly efforts. Please continue to keep reading each night with you child and sign their reading diaries.

Anzac Day

This year, as Anzac Day falls within the school term, and as such, the students will be practising readings and poems. If you are available to have your child at the Cenotaph there will be a school representative present on the day.



Melbourne Excursion

Such an incredible experience for the students to have—Miss Bailey and I and Jacinta are still in awe of the incredible day of fun and learning that the students had.

Merino Community Market—HUGE thanks to all who helped out on the day either by donating food or donating their time to run the stall. Fundraising efforts throughout the year go towards subsidising keeping extra curricular costs down.

Taekwondo Lessons

Have started and have been going very well—At any time on a Wednesday, feel free to come down and check out the students progress through their classes.



CDSSA Cross Country

We will again play host to the Interschool Cross Country. Any help and support to be a course marshal on the day or help in the canteen would be



most appreciative. **If anyone is around on the weekend to help set up the course that would also be greatly appreciated.**



School Camp

Thanks to all of the parents jumping on board to get passports in an extremely speedy manner! Updates will be communicated to you as they occur at our end. If you have any questions at any time please don't hesitate to get in touch.



As always, If you have any questions or concerns, feel free to drop in or call for a chat :)

April

**Term 2 Sport—Taekwondo—
Wednesday Afternoons 1:45—2:45**

**23rd—Earth Ed Excursion
@6:00am**

25th—Anzac Day

**26th Pupil Free Day—Staff PD in
Hamilton**

May

**6th—Interschool Cross Country Merino
Hosting (Date may change to the 13th)**

13th—Lion's Club Speeches

June

**RAV—Performance and Workshop
School Camp Dates pending**

Either last or 2nd last week in term 2

**28th—Last Day of Term 2
Early Dismissal @2:30**

A reminder that no Kitchen classes run during the 1st and last weeks of term—please supply students lunches



**Please make sure you are listening to your child read
*every night.***

The single biggest predictor of
high academic achievement is
reading to children.

Not flash cards, not workbooks,
not fancy preschools, not
blinking toys or computers,
but mom or dad taking the time
every day or night (or both!) to sit
and read them wonderful books.

Cross Country Training Program

NAME.....

SCHOOL.....

Week Number	Times per Week	Minimum Training Activity	Times per Week	Maximum Training Activity	Observed By (Please Initial)
1	3	Walk fast 1Km (Min. 10 minutes)	5	Run fast 1 Km	
2	3	Walk, Jog, Run 1.5Km (100m intervals)	5	Run fast 1 Km	
3	3	Jog, Run 1.5 Km (100m intervals)	5	Run slow 2 Km	
4	3	Run continuous 1.5 Km	5	Run slow 3 Km	
5	3	Run 1.5 Km – 2 Km (Fartlek see below) *	5	Run 2 Km – 3 Km (Fartlek see below) *	
6	3	Run Indian File 1 Km	5	Run Indian File 2 Km	
7	3	Race 1.5 Km at own pace (no pressure)	4	Race 2 Km at own pace (no pressure)	
8	Day 1	Cross Country Run 1 Km	Day 1	Cross Country Run 2 Km	
	Day 2	Race 1 Km	Day 2	Race 2 Km	
	Day 3	Run slow 1 Km	Day 3	Run slow 2 Km	
	Day 4	Run Hills 1 Km	Day 4	Run Hills 2 Km	
	Day 5	Run slow 1 Km	Day 5	Run slow 3 Km	
9	Day 1	Track run 4 X 200m	Day 1	Track run 5 X 200m	
	Day 2	Race 1 Km	Day 2	Race 2 Km	
	Day 3	Run easy 2 Km	Day 3	Run easy 3 Km	
	Day 4	Run Hills 1 Km	Day 4	Run Hills 2 Km	

** Fartlek Training combines interval/sprint and distance work over interesting and challenging terrain, while hopefully developing resourcefulness.*

Please have a Teacher, Parent or Adult Volunteer initial the ‘observed by’ column of the Training Program Sheet after watching each child train.



**OUR SCHOOL
STANDS UP FOR
INCLUSION
+
DIVERSITY**



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SCHOOLS**

**THE
EDUCATION
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VICTORIA
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