

Be Safe

Be Respectful

Be A Learner

March 2024

*Term 1 has been full of so much great learning. Please make a **time with your child's teacher to chat about your child's progress.***

Nightly Reading

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

Parent Teacher Interviews

In the last week of school teachers are available (either before or after school) to chat with you about your child's progress so far this school year - please make a time with your child's teacher.



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

On the 19th of April the students will visit ArtVo and LUME to support their Artist in Residence classes. If you have any question regarding this please speak with your child's teacher.

Dartmoor Aths

We will be taking part in athletics events with Dartmoor Primary School after lunch on the 18th of March. Students who are 8 yrs old and up will then compete in the CDSSA Athletics competition in Casterton on the 27th.



Merino Community Market—this year, is being held on the Easter weekend. If you are available to assist please let us know.

Taekwondo Lessons

We are very excited to beginning our taekwondo lessons in term 2. Lesson will be each week at Palace Marital Arts in Hamilton. After the students have completed their first few weeks of lessons, feel free to drop by and watch their progress.



CDSSA Cross Country

We will again play host to the Inter-school cross Country. Any help and support to be a course marshal on the day or help in the canteen would be most appreciative. Also suggested training program is attached for those in year 3 and up to start their cross country training over the holidays period.



March

18th PLANKS Incursion and Aths with Dartmoor

25th—Parent teacher Interview Week

26th—Colour Run

27th CDSSA Competition

28th Last Day of Term 1

Dismissal at 2:30

April

15th—Term 2 Returns

16th—Regional Art Victoria Workshop

19th—Melbourne Art Excursion

Term 2 Sport—Taekwondo—

Wednesday Afternoons 1:45—2:45

25th—Anzac Day

26th Pupil Free Day—Staff PD in

Hamilton

May

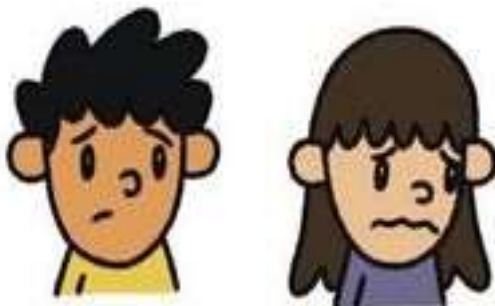
6th—Interschool Cross Country Merino

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.

READING ALOUD TO KIDS...



BUILDS EMPATHY



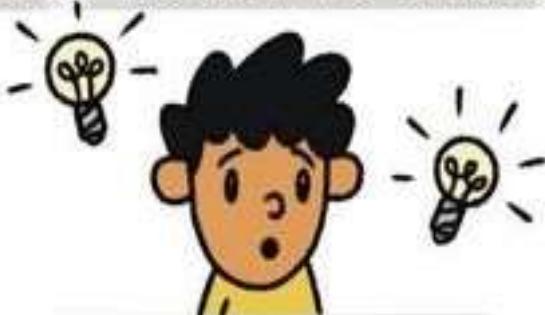
CREATES A LIFELONG LOVE OF READING



IMPROVES LANGUAGE AND LISTENING SKILLS



FACILITATES IMPORTANT AND/OR DIFFICULT CONVERSATIONS



ACTIVATES AND EMPOWERS IMAGINATION



IS FUN!

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**



**SAFE
SCHOOLS**

**THE
EDUCATION
STATE**

VICTORIA
State
Government | Education
and Training