

CALENDAR

MAY

Wear it Yellow for
Childrens' Ground Wed31

JUNE

IS Sport v Arthurs Creek AWAY Fri 2

PRODUCTION Mon 5

Bacon & Egg breakfast Thu 8

Report-writing day-no
school for students Fri 9

King's Birthday public holiday Mon 12

3/4 Magician incursion Tue 13

School council meeting Tue 13

Chess tournament Thu 15

IS Sport(G6) v
Strathewen/St Andrews Fri 16

G4/5 WSC Matilda production Fri 16

SSR Donate a dollar day Wed 21

Harry Potter excursion Wed 21

Grandparents & special
friends day Thu 22
Market day #1

IS Sport v Wattle Glen AWAY Fri 23

LAST DAY OF TERM 2 Fri 23

JULY

FIRST DAY OF TERM 3 Mon 10

PARENT-TEACHER
INTERVIEWS 11am-7pm No
school for students Tue 18

School council meeting Mon 24

AUGUST

Curriculum Day—no
school for students Fri 18

25 May 2023 Newsletter 15

From the Principal



Dear families

SUGARLOAF DISTRICT CROSS COUNTRY DAY

We were very lucky with the weather for yesterday's Sugarloaf District Cross Country. As always I'd like to congratulate all those children who elected to compete, it's always great to see our KG kids 'have a go'. The children ran either two or three kilometres, depending on their age group, so finishing the course is always a great achievement in itself.

Lia, Amber, Zara, Luke, Harry Stephens, Heidi, Isaac, Leo, Alannah, Ella, and Harry Stevens all managed to qualify in the top eight places so we wish them well as they head off to the Division competition at Bundoora Park next week, go KG!

If any parents are able to drive children please contact the office so we can make sure we get everyone there.

SHREK SCHOOL CONCERT

We have had a number of 'whole school rehearsals' to prepare the children for our fast approaching school concert. The children are getting more excited as we get closer to the date. Tickets are still available for anyone who may wish to attend. Our school is at a

point where one screening requires a larger theatre so using the George Wood Theatre gives us the ability to put on a single performance. If we were still using the Yarra Valley we would have sold out and some families would miss out or we would have had to put a limit on ticket sales.

REPORTING DAY FRIDAY 9TH JUNE

Please don't forget that Friday 9th June is our school report writing day. This is one of our School Council approved curriculum days. The school is closed for students on this day.

BACON AND EGG BREAKFAST THURSDAY 8TH JUNE

Our next bacon and egg breakfast is planned for Thursday 8th June. If anyone has some spare eggs, please send them along. A bacon and egg roll and a fruit juice drink will be \$5. We start at 8:00am and finish by 9:15am. Any parent helpers for cooking and serving would be greatly appreciated. Please contact the office if you would like to lend a hand.

Thanks again,
Laurie Murray

VALUES OF THE WEEK



Back - Sienna, Lila, Jagger, Hugo and Isla

Front - Bonnie, Jethro, Wyatt, George and Andie

CONTACT US

Address: 10 Graham Rd, Kangaroo Ground, 3097 Phone: 9712 0292
kangaroo.ground.ps@education.vic.gov.au www.kangaroogroundps.vic.edu.au
Out of School Hours Care (OSHC): 9712 0124 / 0419 893 272 kgpsoshc@bigpond.com



Sugarloaf District Cross Country





We are
wearing it yellow 
for Children's Ground
this National Reconciliation Week.

WEDNESDAY 31st MAY

Join us in helping our first nation's children by wearing
yellow and bringing in a gold coin to donate.



SHREK

THE MUSICAL JR



Performance Day Arrangements - Monday 5th June

DAYTIME

- 9:00am** - Students and staff board buses at KGPS and travel to George Wood Theater.
- 9:30am-2:30pm** - Rehearsal at the theater.
- 2:30pm** Students travel back to KGPS by bus
- 3:20pm** Students dismissed from school and picked up by parents as per normal.

EVENING

- 5:40pm** - Parents to drop their child off at George Wood Theater. Students will need to be signed in to their classroom teacher out the front of the theater.
- 6:30pm** - Foyer opens for parents to enjoy a snack or beverage prior to the show (Cash and EFTPOS payments both accepted).
- 7:30pm** - Show starts
- 8:30pm** - Interval
- 9:15pm** - Show Concludes
- 9:20pm Onwards** - Students will be dismissed by their classroom teachers in the foyer.

Reminders for students

What to wear: Black pants and black top (wear this during the day rehearsal and evening performance).

What to bring: Packed lunch and snacks (no lunch orders available), water bottle.

Ticket Sales

Tickets are selling quickly but there are still some excellent seats available. So if you would like to purchase additional tickets for family members and friends get in fast! Purchase your tickets via this Website:

<https://www.eticks.com.au/whats-on/304-kgps-shrek-the-musical/bookings>

DVD Pre-orders Available Now

Visit the following website for further information:

<https://www.modevideo.com.au/product-page/kangaroo-ground-2023>

Supporting your child as a performer

Here are some ways to support your child before a performance and help them build confidence and overcome stage fright:

Focus on the fun. If your child is feeling performance anxiety, remind them what they love about what they're doing. This may include being with their friends on stage or wearing a special costume.

Attend a local show. Take your child to a performance to see what it's like on the other side. Start with a free concert at the park or a local high school performance. Talk about what it means to be an audience member as opposed to being a performer and the importance of both of those aspects.

Role-play at home. Practice by acting it out at home! Make paper tickets and pretend to be in the audience on the couch or floor while your child performs. Then switch places! You can perform while they act as an audience member. The more your student practices, the less nervous they will be.

Trust the director. Having too much instruction from too many people can add stress. Focus on being supportive and encouraging to your child. The students have all been well-rehearsed and know what their role is on stage.

Have healthy habits on the big day. On the day of the performance, make sure your child gets plenty of sleep, eats healthy food, drinks lots of water and practices breathing exercises.

Channel the nerves into excitement We talk about making that nervousness your friend because it gives you a lot of energy on stage! Performers learn to use that energy. Acknowledge your child's feelings and explain that nervous anticipation is also a form of excitement.

Focus on the big picture. Children build confidence through performing and learning how to work together with others onstage. Just like when your child tries a new sport, they're doing so much more than learning how to score a goal or throw a ball.

They learn how to rely on each other for support, keep going even after making mistakes, and be a part of something bigger than themselves.

Remind them: we're all there with you, you're not alone. Everybody else in this show is with you.

I hope these tips help your child enjoy this wonderful performance experience.



Sarah Carruthers
Production Director

SHREK

THE MUSICAL JR.



**Pre-order your video
of the performance now!**

**[https://www.modevideo.com.au/product-
page/kangaroo-ground-2023](https://www.modevideo.com.au/product-page/kangaroo-ground-2023)**

Costs below:

HD Online Streaming & Downloading = \$20 inc GST
(\$25 when purchased after the concert date)

DVD = \$30 inc GST
(\$35 when purchased after the concert date)

BluRay = \$30 inc GST
(\$35 when purchased after the concert date)

*Note: the above prices are for orders taken before the
concert date, they will increase by \$5 each after the
concert has been filmed and completed*

Kangaroo Ground Primary School presents...

SHREK

THE MUSICAL JR.

Over 650 tickets already sold!

Don't miss out - buy your tickets today!

Purchase your tickets via this
Website or QR Code:

[https://www.eticks.com.au/
whats-on/ 304-kgps-shrek-the-
musical/bookings](https://www.eticks.com.au/whats-on/304-kgps-shrek-the-musical/bookings)

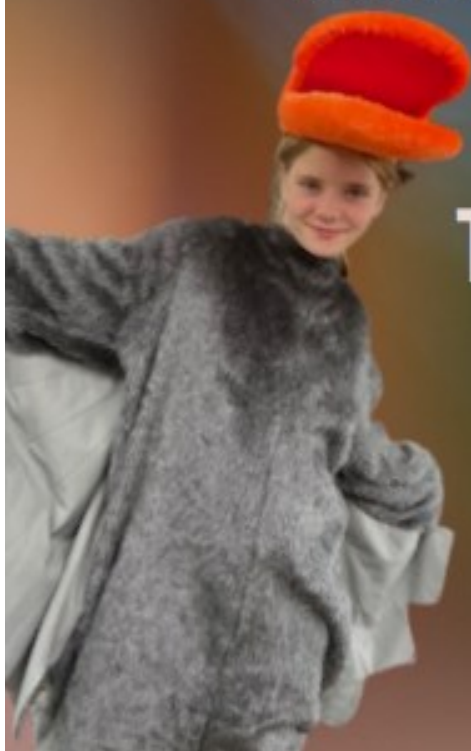


Tickets: \$24 each

ANY INQUIRIES OR CONCERNS PLEASE CONTACT E TICKS

E TICKS PHONE NUMBER: 1300 115 117

NOTE: TICKETING IS ORGANISED THROUGH THE COMPANY
E TICKS. THE SCHOOL OFFICE DOES NOT HAVE ACCESS TO
ANY TICKETING INFORMATION SO PLEASE DIRECT ALL
INQUIRES TO E TICKS.



KANGAROO GROUND PRIMARY SCHOOL

presents

 DREAMWORKS
THEATRICALS

SHREK

THE MUSICAL JR.

Based on the DreamWorks Animation Motion Picture
and the Book by William Steig

BROADWAY JUNIOR COLLECTION®

Book and Lyrics by
David Lindsay-Abaire

Music by
Jeanine Tesori

MONDAY 5TH JUNE - 7:30PM

GEORGE WOOD THEATRE

YARRA VALLEY GRAMMAR

84-90 KALINDA RD, RINGWOOD

*Tickets available to purchase via this website or
QR Code:*

**[https://www.eticks.com.au/whats-on/
304-kgps-shrek-the-musical/bookings](https://www.eticks.com.au/whats-on/304-kgps-shrek-the-musical/bookings)**

*Originally produced on Broadway by DreamWorks Theatricals
and Neal Street Productions*

*Original Production Directed by Jason Moore and Rob Ashford
"I'm a Believer" by Neil Diamond*

*Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia.*



Market Day

Thursday 22nd June 12:00pm-1.30pm

Basketball court area

Students are encouraged to be creative with their stalls. It might be something they have baked, created or pre-loved items they wish to sell on this day.

**Students in the following classes
are welcome to run a stall this term:**

1/2 Fitzgerald	3/4 Ditcham	3/4 French
1/2 Chenhall		5/6 Warrington

We will be holding a second Market Day in Term 4 for
the remaining classes in years 1-6.

Some things to remember:

**Stall holders must have a small float to start their market and provide change to initial customers.*

**Tables must be registered and paid for with Miss Pollard before this event.*

Table costs: \$5 unpowered \$10 powered

**Students cannot on-sell things at their stalls what they might buy from other stalls.*

**Stall holders will be given time to set up (from 11.30am) and pack up after.*

**Parents are welcome & encouraged to help out on the day, especially setting up and packing up the tables.*

Please remember to bring some pocket money to spend on yummy treats & special goodies at our first market day for 2023.

Thank you! From the JSC team.

State Schools' Relief needs your help

DONATE A DOLLAR!



**WEDNESDAY
21 JUNE
2023**

FUNDRAISER EVENT

Help us reach our goal!

**In order to continue assisting students in need,
we are aiming to raise \$500,000 this year.**

If every student and staff member, at every government school donated just \$1 each, we could easily achieve this target.

\$500,000 would allow us to assist an additional 5,000 students and families in need!

Donate a dollar on Wednesday 21st June 2023

Together we can do this!!





headspace
Greensborough

tuning into teens

information session

Want to know how to build your teens resilience to cope with stress or difficult times?

Join us on a one hour webinar to find out more about the Tuning Into Teens program.

We will be introducing the key themes including adolescent development, what to expect from the program, and the benefits of emotion coaching.

If you have a child who is showing signs of mental distress, or you are interested in strengthening your connection to your teen, sign up below



bit.ly/3nqipdZ



Date & Time

Tuesday, 13 June 2023
5:30pm to 6:30pm

Cost

Free!

Location

Online (Zoom)

Enquiries

Call us on (03) 9433 7200 or email
headspacegreensborough@mindaustralia.org.au



**Be Well
Nourishment**

Nutritional Solutions
bewellnourishment.com

AIR FRYER FRENCH TOAST STICKS



COOK TIME
15 minutes



SERVES
5



SUITABLE FOR
Family Friendly

INGREDIENTS

- 5 Eggs (medium)
- 3/4 cup Milk
- 1 1/4 tsps Vanilla Extract
- 2/3 tsp Cinnamon
- 1/3 tsp Sea Salt
- 10 slices Bread (sliced into 1 1/2-inch thick sticks)
- Olive Oil Spray
- Maple Syrup (to serve, optional)
- Berries (to serve, optional)
- Powdered sugar (to serve, optional)

DIRECTIONS

1. Preheat the air fryer to 195°C.
2. Whisk the eggs in a medium-sized bowl. Add the milk, vanilla, cinnamon, and salt and mix to combine.
3. Dip each stick of bread into the wet mixture, coating all sides evenly. Lightly spray the air fryer basket and then place each stick in the basket, spacing them out slightly. Spray lightly once more.
4. Bake for six to eight minutes, flipping halfway through. Remove and serve with maple syrup and mixed berries. Enjoy!

Tips:

- Don't have an air fryer? Simply heat the oven to 180C and cook for a similar time, flipping half way and removing when golden brown.
- Opt for wholemeal bread if possible, otherwise the Hi Fibre Low GI loafs are also ok.

**For more delicious recipes checkout my website:
www.bewellnourishment.com**

Service Connection

healthAbility's network of care finders, known as Service Connectors, assist people understand what aged care services are available, set up assessments and support people to find preferred services within My Aged Care or within the community.

How does Service Connection work?

The dedicated Service Connector will meet with them, usually in person. This can be at their home or another place they choose. The Service Connector will work with person to understand the person's situation and support them to address their needs.

They can help someone with:

- talking to My Aged Care on their behalf and arranging an assessment
- attending and providing support at the assessment
- finding and short-listing aged care providers
- completing forms and understanding aged care service agreements
- checking-in once services are up and running to make sure everything is OK
- solving other challenges and connecting to supports in the community, such as health, mental health, housing and homelessness, drug and alcohol services and community groups.

healthAbility's Service Connectors work in the regions of Banyule, Boroondara, lower areas of Murrumbidgee, Nillumbik and Whitehorse.



Eligibility

To receive Service Connection support:

- have no carer or support person who can help them, or not have a carer or support person they feel comfortable or trust to support them, and
- be eligible for government-funded aged care.
- have difficulty communicating because of language or literacy problems
- find it difficult to understand information and make decisions
- be reluctant to engage with aged care or government
- be in an unsafe situation if they do not receive services.

For more information, please contact us on
Mobile: 0414272411 Phone: 9430 9100
Email: service.connection@healthability.org.au

This initiative is funded by the Australian Government under the PHN program.

phn
EASTERN MELBOURNE
An Australian Government Initiative



Northern Suburbs Fly Fishing Club (NSFFC)



Presents

Kids Come Try **FISHING** Day

Sunday June 4, 2023 10 am – 2:30 pm

Yarrambat Lake, Yan Yean Road, Yarrambat 3091

(via the Golf Club driveway)



The Event is **FREE!**
Rods and Bait Provided

A BBQ Lunch and soft drinks will be available at a small cost

Contact: Alan 0409 010 712
Tony 0412 317 654

You are warmly invited to

An event with The School of St Jude

Hear from Gemma Sisia, Founder, Maddie Kelly, Author, and Enock Ephrahim, alum and employee about the school and brand new book, *The School That Hope Built*.

Book launch - The School That Hope Built

When: Sunday 4 June

Time: 3:00pm - 4:30pm

Where: The Pavilion, Living & Learning Nillumbik, 739 Main Rd, Eltham

Tickets / Contact: www.trybooking.com/CIGVO / Duncan 0427 003 423

Join us for some afternoon tea and a great presentation from the St Jude's team.



**The School
of St Jude**

Fighting poverty
through education

From three students to 1,800, from one teacher to 350 Tanzanian staff...

Hear the incredible story and be inspired to make a difference.

