Students of the Week

P/1 Dominik Ciantar for showing progress in his reading and reading confidently to the class.

1/2F Hayden Marks for using his strategies well in numeracy.

2/3/4G Lachlan Donnelly for settling down well into his new class.

4/5/6M Sophie Appleyard for working solidly to complete all tasks to a high standard.

5/6U Lillian Moon for showing initiative and organising automatic response whilst Mrs U was on holidays.
Welcome back Sal and thank you to Lou Reed who taught the Grade Prep/1 for two weeks. The students were very settled and the routine established by Sal meant they coped really well with a new teacher. Lou Reed has attended training for Developmental Curriculum so this important program continued on without interruption.

Monday Assembly
This year at assembly we have incorporated slide shows that showcase the many student activities and events that occur at Yea PS and many other settings. It is the role of our school leaders to put together these slideshows and they are doing a wonderful job. This week Nikki Watts and Becky Hall shared photos and a commentary of the recent opening of our new building.

AASC (Active After School Communities)
Terry, Deb and Leigh Redding began AASC sessions on Tuesday 31st July. These sessions are all held at Yea PS this term and will conclude on the 13th September. Those students attending will enjoy tennis on Tuesdays and soccer on Thursdays. Afternoon tea is provided.

Lawn Bowls
Last Thursday at lunch time students and teachers participated in a lawn bowls competition. Terry organised for Ruth and Rob from the Yea Bowls Club to attend who were very helpful and encouraging. It was decided that soccer was too hectic for some teachers and bowls would be a great sport to learn. During PE time all students learnt the skill of bowling and representatives from each grade were selected. We may have to refine the process of selection as the students won on the day 12 to 9. Well done to all those who participated, it was a lot of fun!

School Shoes
It is a current fashion trend to wear shoes that are not tied up firmly and we have had many discussions with students about inappropriate footwear being worn to school. Apart from damaging feet it is very hard to run and participate in sporting activities. I was not surprised to have a discussion with Erin Papadopoulos from the Yea Podiatry Clinic about the damage being done to the feet of students who are not wearing their shoes correctly. Please take note of the information from Erin enclosed in this newsletter.

Volunteer Community Work
On Monday Tom Elliott, Kile Massingham, Kieran Knight and Charlie Jenkins from Yea HS weeded the garden beds at the front of the school and some of the vegetable garden. We thank them very much for their hard work and were very happy to support them with the requirements of their Community Connections Program.

Passion Projects – Tuesday 7th August 12.30 – 1.30pm
Many students have been sharing with me their progress on preparing their book presentation for their Passion Project. It is an opportunity for all students to share their knowledge to a mixed audience of their peers, students in other grade levels and their families. An important role of our school is to provide many opportunities for students to develop their confidence and ability to speak to an audience.

Landcare
Cathy Oliver from Landcare will be talking to all students on Tuesday 7th August at 2.15pm. I have been negotiating with Cathy and Judy Watts for our students to work together with Landcare to plant up the mounded up area at the back of the school that is the road entry from Mary Street. The project will involve the students researching which plants will be appropriate for that area and also link into the upper school focus of systems.

With thanks
Debbie George
EMA & Conveyance Allowance
Due this Friday
Education Maintenance Allowance and the
Conveyance Allowance application forms for
terms 3 & 4 are available from the school of-
office. If you have previously applied in terms
1 & 2 you do NOT need to reapply. EMA and
Conveyance is due in no later than Friday
3rd August.

Bookclub
Bookclub orders with payment are due in
this Friday 3rd August.

Uniform Skirts
Thank you to all families who have expressed
interest in the school skirts. We expect
delivery of the skirts any day now.
Unfortunately there has been a slight change
to the cost of the skirt due to the omission of
the GST. They will be $22 inc GST. All sale
of uniforms are claimable through your tax
return.

Supermarket Vouchers
Woolworths Earn and Learn has been
extended to 12th August.
Coles vouchers can still be collected until the
14th August.
Thank you to all family and friends who
continue to bring in vouchers.

Student Vs Staff Lawn Bowls
Thursday 26th July
It was a cold and wet day for the inaugural
match between the students and staff. It is
most likely that several staff members were
secretly hoping that it would be abandoned.
However everyone turned out to brave the
elements and the battle began. Ruth
and Bob from the Yea Bowls Club coached
everyone in the intricacies of the game. Colby
proved himself to be a natural lawn bowls
player, placing all four bowls right alongside
the jack. Johnny played well, taking two
games from Mrs Male. The staff had
stiff opposition, each playing against two
students. The final score was close. The
complex system of applying the scores, (due
to the staff being out numbered), plus the
final bonus game won by Mr Grant, allowed
the teachers to come home the winners with
a score of 14 to the students 12.
Well done to all participants.
The Flowerdale Junior Youth Group all enjoyed Rolling Skating at Lilydale followed by a BBQ at Yarra Glen Park on the 14th July and lucky the weather was kind to us.

This was a great way for 22 children who attended to enjoy their last weekend of the school holidays.

It was amazing to see all the children helping and caring for one another at the event as well as other children at the Rolling Skating Rink, we are all proud of you.

August 18th  
Camping, No. 1 Camping Ground

Includes:
- Lunch, Dinner and Breakfast
- Camp Activities
- All Camping gear supplied except bedding
  (Not Swags not permitted only sleeping bags or Doona & Pillow)

Departing: Sat 11am (Riverside Crescent)
Returning: Sun 10am (Riverside Crescent)
Cost: Free Event

Limited Places So Book Early

August 25th  
Galactic Circus Day Out at Crown

Includes:
- Laser Tag
- 1 hour Arcade
- 1 game of Bowling
- McDonald’s Lunch

Departing: 8.45am (Flowerdale Primary School)
Returning: 4.15pm (Flowerdale Primary School)
Cost: $16 per child

Limited Places So Book Early

September 1st
Family Day (Venue To Be Advised)
Start: 11am
Finish: 2.30pm
Details will be announced via Facebook Junior Youth Group, Flowerdale Community Website, Noticeboards, via Schools.

Come & Join in the fun.
All Welcome
Any Children with Special Needs please advise carers.

Contacts: Tanya & Rod Hallett,
Youth Group Leaders
0408 333 953

PLEASE NOTE: PAYMENTS MUST BE RECEIVED AT TIME OF ENROLMENT TO HAVE YOUR CHILD/REN BOOKED ON EXCURSIONS.
NO REFUNDS WILL BE GIVEN
All Excursions subject to change due to weather conditions or availability
Bookings essential due to bus capacity
Caring For Our Children’s Feet

Parents frequently worry about their children’s teeth, eyes, and hearing, but we often forget to think about the importance of our children’s growing feet. Many adult foot problems can have their origins in childhood, so attention to foot development and footwear while our kids are young can reduce the risk of these problems in adults.

Children’s feet are soft and pliable while they grow, which places them at risk of damage from abnormal pressures, such as shoes that are too small.

Shoes that are too tight can cause injury. By the same token, shoes that don’t offer enough support can cause numerous problems.

By the same token, shoes that don’t offer enough support can cause numerous problems. The best shoes for school-aged children should ideally have the following features:

- A firm, comfortable fit both lengthways and widthways.
- A rounded toe.
- Plenty of room for the toes (there should be a thumb width between the end of the shoe and the longest toe).
- The soles should be flexible across the ball of the foot (this is where the foot bends), but should not bend anywhere else, especially not in the arch.
- A strong and stable heel counter (back part of shoe).
- Laces, buckles or velcro to prevent excessive movement or slipping of the foot inside the shoe.
- Good quality lace-up or velcro black leather sneakers or school shoes are the best choices for school.

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**So Which Shoes Are Best?**

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- A strong and stable heel counter (back part of shoe).
- Laces, buckles or velcro to prevent excessive movement or slipping of the foot inside the shoe.
- Good quality lace-up or velcro black leather sneakers or school shoes are the best choices for school.

**Get kids to undo their laces when removing their shoes & don’t try to slip them on with the laces still done up. It can damage shoes resulting in a loss of support.**

**What about Flat Feet?**

Most toddlers are flat-footed when they first start walking because the muscles and ligaments of their feet are underdeveloped. As children master walking the ligaments and muscles strengthen so that by around 5 years of age, your child should have normal arches in both feet. If not, see your podiatrist.

**What about heel pain?**

Heel pain can occur in growing children, more commonly between the ages of 8-13. In some children, particularly those who are involved in a lot of sport, the growth plate in the heel can become aggravated. This happens when the leg bones grow faster than the leg muscles during growth spurts, which can then place tension on the growth plate in the heel. Heel pain that limits activity or is present all the time should be checked by a podiatrist.

**When To Seek Professional Help?**

A check up with a podiatrist is recommended if:

- Your child complains of pain in the feet &/or legs or is limping.
- Your child is constantly tripping or falling.
- You notice a sudden change in the way your child walks.
- Severe in-toeing or out-toeing.
- Flat feet beyond the age of 5.
- You notice uneven shoe wear.
- Abnormally shaped toes.
- Ingrown toenails.
- You notice bunions or bumps on your child’s feet.
- You notice skin rashes or hard skin lumps on your child’s feet.
- If you have any other concerns about your child’s feet.

**Foot pain & symptoms in children is uncommon due to the flexibility & resilience of children’s feet.**

**Did you know that the foot is a complex structure of 26 bones & 35 joints held together & supported by heaps of ligaments!?**

**Did you know that if your child leaves their laces undone or loosely done up they risk injury to their feet from the lack of support? Get them to lace-up properly!**

**Did you know that a child’s foot will double in size by the age of 1!? Between the ages of 5-12 growth is approximately 9mm a year with adult foot size achieved by about 12-14 years of age.**

**Did you know that the foot is a complex structure of 26 bones & 35 joints held together & supported by heaps of ligaments!?**

**‘Crocs’, thongs, light canvas shoes & ballet flats offer no support for a child’s foot & can be dangerous in the playground, placing them at risk of falling. It makes it difficult for them to run, climb & play sports as their feet struggle to ‘hang on’ to their shoes.**

**Erin Papadopoulos Podiatrist (& Mum to Ben, Zach & Max!) Yea Podiatry Clinic 5736 0400 (Ask to see Erin)**