Well done
This week I would like to congratulate Danny H, Yunis N, Dion I from Grade 5/6 for writing excellent essays on what multiculturalism looks like in both India and Australia as part of the Indian Essay Competition. All three students have had their essays entered into the competition. Good luck!
I would also like to congratulate Lochlan C from foundation for showing great improvement in his reading. Keep up the great work Lochlan. This week I also heard Max P read many of his tricky words, well done Max on a great effort.

Book Fair
Currently we are in the middle of our book fair. Students have the opportunity to purchase a wide variety of books that are currently on display in our library. It was great to see so many students and their parents at the book fair last night. If your child hasn’t mentioned the book fair or you would like to visit the book fair to purchase some books, sales will be happening after school on Thursday and Monday. The book fair will not be open on Friday.

Foundation enrolments
Foundation enrolments for 2017 are now being taken, if you have a child or know of a child starting school in 2017 and they are interested in coming to William Ruthven Primary School, they should contact the office and collect necessary enrolment forms and brochures. If you have any queries or any questions about sending your child to William Ruthven PS in 2017, please feel free to contact me either by phone, email or by arranging an appointment.

Art Work
Last week we had Brita Lines come out to the school and paint some games on the concrete outside the Foundation rooms. The Foundation students were very excited as they watched. They helped the painters by spelling out the yellow words as they were painted onto the concrete. It is great to see the students using the spaces provided for them. School Council is continually working on improving the grounds for the students.

Allan Waterson
## Student Of The Week

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<th>Prep A</th>
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<tr>
<td>Prep B</td>
<td>Franny</td>
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<td>1/2 A</td>
<td>Ali</td>
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<td>Art F-6</td>
<td>Jahnaye B</td>
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<td>PE - F - 2</td>
<td>Abi S</td>
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<td>Dean J</td>
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<td>Performing Arts</td>
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<td>Library F-6</td>
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## 100 Days of School

![100 Days of School Images]
We are one, but we are many and from all the lands on Earth we come
We share a dream and sing with one voice
I am. You are. We are Australian.

So began our Multicultural Olympics Day assembly on Wednesday 10th August, led by our wonderful Year 6 student leaders Amal, Shannan, Zac and Jack. Our parade of nations began with our very own Olympic torch bearer, Mr Waterson, lighting the Olympic cauldron to commence our day of festivities and celebration of our diverse and unique ethnicity at William Ruthven P.S.

The students dressed as Olympians or in costumes related directly to their cultural heritage. This diversity was celebrated with dances and songs from around the world, Koorie, Italy, Greece, Spain and Turkey led by Fillipo from Global grooves. What a fantastic celebration ending with a song in Hindi from Mrs M and our Yr 6 student, Alec singing as well!

Students were then placed in mixed multi age groups from F-6 and were involved in various activities including learning about Finland, Bollywood dancing, jewellery and Chinese lantern making, Eiffel Tower construction, Carnevale masks, Mexican celebrations, Japanese origami and Olympic finger races.

Many thanks to the generosity of all parents and carers who shared a diverse range of dishes for the student multicultural lunch. It was greatly appreciated. These events cannot happen without your assistance.

A wonderful cultural celebration!

Signora

Sandra P
Olympics Games
By the Grade 3/4A students

The Olympic Games are so much fun.
They jump, ride, row and run.
All the competitors are striving for gold.
So many tickets still have to be sold.

All the nations come together,
As Rio has such good weather.
After training it’s time to perform
We look so good in our uniform.

The Opening Ceremony was fantastic.
I hope we get gold in gymnastics.
Athletes should always be honest and clean,
As people with drugs, will be seen.

Many athletes perform and play,
Watched by people night and day
Already three gold medals have been won.
In swimming, shooting with a gun.

BMX needs skills and a bike,
Shooting athletes need good sight.
After the Closing Ceremony these games will halt
For heroes like Mo Farah, Simone Biles,
Michael Felps and Usain Bolt.

IOC Persuasive Presentation
The 3/4’s have been working in small groups towards creating a new event for the Tokyo 2020 Olympic Games. They have developed power point presentations along with models of their playing field to present and persuade the International Olympic Committee (3/4 teachers)
Some examples of new events they have been developing are:

CIRCUS PENTATHLON
RAINBOW STRIKE
LONG HIGH SWIM
JUG TENNIS BAT
SKATEBALL
SWODGE BALL
BMX SOCCER
TEN PIN HOCKEY
On Friday the 12th August we played four games of basketball in the Reservoir Cup Tournament. The people on our team were Shanaya, Mikalee, Fantaisa, Rosie, Riley, Alek and Eli. The highlights of the game were when Shanaya, Mikalee and Fantaisa were shooting for most of the goals. Alek was a good defender as was Rosie, Riley and Eli. We won all games except for the finals, which we lost by only two points. We won the silver medal in the competition. On behalf of the 2016 girls basketball team, we would like to thank Miss M for coaching and supporting us on the day. We would also like to thank all of the staff for driving us there.

By Alek

On Friday 12th August the 5/6 Basketball teams had the opportunity to represent our school in the Reservoir Cup. The boy’s team comprised of Zach, Marco, Jack, Dean, Lemi, Babor and Maui. Out of the four games played, we won three and secured the third place in the prestigious tournament. Keeping the sportsmanship up, we played fair and tried our best. It was an incredible and joyful experience.

By Marco

School Uniform

We have noticed that there are a large number of students coming to school out of school uniform. It is the policy at WRPS that all students must wear the school uniform. This has been voted in and endorsed by the school council. By wearing the school uniform it gives the students a feeling of belonging and a sense of identity.

Students must wear the uniform on each school day and when on a school excursion and the uniform must be presentable at all times. If this is not possible, students must bring a note to their teacher. Students who are out of school uniform will be approached by a staff member and reminded of the school policy.

Please demonstrate our school value of RESPECT and assist us in making sure your children are attending school in their full school uniform.

You may purchase uniform supplies through the uniform shop on Wednesdays between: 8:30am-9:00am & 2:30pm-3:00pm

Alternatively you can leave an order form along with the payment (cash or EFT) at the office on any day and we will fill the order and send it home with your child.

We thank you for your cooperation in this matter.
National Asthma Week 1-7 September:
The theme for National Asthma Week 2016 is Become a Better Breather. National Asthma Week coincides with the beginning of spring and as pollens are a known trigger for asthma, this is an excellent time to ensure your child’s asthma is well controlled. Sections of the Asthma Australia website that can help with asthma management include,
- Take the Asthma Control Test to see if you could make improvements to help your child become a better breather.
- Manage allergies often linked with asthma, including allergic rhinitis (hayfever).
- 90% of people with asthma use their medications incorrectly. Check your child’s technique to see if they are getting full benefit from their medication.
- Regular review of your child’s asthma with your GP and pharmacist will help them to become a better breather.

Asthma Management in Winter and Spring:
Asthma is one of the most common chronic childhood conditions, affecting 1 in every 10 children in Australia. Emergency admissions and hospitalisations peak during the winter for children with asthma and flare-ups are often more prevalent during the winter and spring. Good management however can help children with asthma and their carers get through this tricky time of year with more confidence.

Here are a few tips for parents and carers:
- make an annual appointment for an asthma review by your child’s doctor
- update your child’s Asthma Plan at the start of each year and provide a copy to the school
- talk to the teacher and other key staff about your child’s asthma – their usual triggers, symptoms and medication
- provide an in-date blue reliever puffer and spacer for use at school (clearly labelled with child’s name and date of birth)
- help your child understand the importance of taking their preventer medication every day, as prescribed
- ask their doctor about having a flu vaccination
- encourage hand washing and covering one’s mouth when coughing to help prevent the spread of germs

School sports and asthma:
Physical activity acts as a major trigger in up to 90% of people with asthma. Exercise Induced Bronchoconstriction (EIB), commonly known as exercise induced asthma, is the temporary narrowing of the lower airways, occurring after vigorous exercise. People with poorly controlled asthma are at a higher risk of EIB due to the sensitive nature of their airways. This may result in episodes of coughing, wheezing, a feeling of chest tightness/discomfort or shortness of breath, often worsening 5-10 minutes after exercise.

To ensure your child can safely participate in sports and exercise at school, the first step is to make sure their asthma is well controlled. If your child is requiring their reliever medication more than twice a week, it is a good idea to see their GP for a review as this may indicate poorly controlled asthma. Also provide the school with an Asthma Plan from the doctor, particularly before a sport carnival or excursion. The plan will include any instructions for EIB (e.g. use of their asthma reliever prior to physical activity). You can help them check that they are using their asthma devices correctly by watching our videos on the Asthma Australia website.

For support with your child’s asthma please contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462) to speak with one of our Helpline staff.

Asthma app:
The new Asthma Australia asthma app brings together a raft of resources in one convenient place to help you ensure your child’s asthma is managed as well as possible. Sections include information on medications, device technique videos and Asthma First Aid in an emergency. The app is free at the iTunes store (Android coming soon).

Asthma Kids
Looking for a way to help your child understand more about their asthma or about a friend with asthma? Asthma Kids is an online, interactive tool to help primary school aged children understand what it’s like to have asthma and what they can do to help. Check it out at www.asthmakids.org.au
“GET INTO CRICKET”

ROSEBANK CRICKET CLUB

IS LOOKING FOR JUNIOR PLAYERS TO PARTICIPATE IN THE NORTH METRO UNDER 11’S & 13’S JUNIOR LEAGUE DURING THE 2016 2017 CRICKET SEASON

Home of Rosebank CC: LE COTCHIN RESERVE
Hughes Pde & Massey Ave. Reservoir.
Further Details Contact: John Pappas 0439 884 990

William Ruthven Primary School
Is now taking enrolments for 2017

Academic Excellence
Personalised learning
Innovative curriculum
A strong focus on Literacy and Numeracy
Committed and dedicated teaching staff
Strong partnership between school and family

A specialist Science School

Respect
means caring about people and treating them in the way we would want to be treated

Confidence
means trusting in ourselves and trying new things

William Ruthven Primary School 60 Merrilands Rd Reservoir
Tel: 9460 1668 Fax: 9460 1858
Email: william.ruthven.ps@edumail.vic.gov.au Website: www.williamruthvenps.vic.edu.au

Creating happy, curious and confident learners