

*Growing a Supportive Community of Active Learners*

Chomp, chomp goes the happy students and teachers at Breakfast Club. All of them enjoying a scrumptious breakfast of Weetabix, milk, fruit and a cup of water.

It was a chilly Friday morning and breakfast club was commencing. Everyone was chatting and munching on their food. The helpers were pouring milk and guiding people to their seats. It was just another day at breakfast club. So come on down every Friday at 8.30!

By Emily G and Sarah O



# FROM THE PRINCIPAL

## **Fathers' Day Stall**


The Parent Club will be holding their annual Fathers' Day stall on **Thursday 1<sup>st</sup> September**. Gifts range from 0.50 cents to maximum of \$5.00 and students will be allowed to purchase a couple of items each. Please ensure your child brings a bag to hide their special gifts in!

## **Fathers' Day Breakfast**

We have had a great response to our special Fathers' Day Breakfast which will be held next **Friday 2<sup>nd</sup> September** at 8.00am. Reminder to our dads/special male to fill out your breakfast order and make payment via Qkr and by Friday 26<sup>th</sup> August (if assistants is required, please contact the office).

## **Footy Dress Up and Sausage Sizzle Day**



Parent Club are organising a 'Footy Day' sausage sizzle fundraising event to be held on Tuesday 6<sup>th</sup> September. Sausages and drinks are to be pre-ordered via Qkr. Please use separate order forms for each child. Parents (or guardians), grandparents or any other family members are welcome to join us for lunch. 

Students may also come to school dressed in their favourite AFL, Soccer or Rugby colours on the day.

## **Movie Night – Wednesday 31<sup>st</sup> August**

Our Movie night is fast approaching, the cost of the night is \$5.00 per person, capped at \$20 for a family (2 adults & your own children). We will be hosting the Movie Night in the auditorium at Maranatha Christian School, 104 – 108 Reema Blvd, Endeavour Hills. Adult seating will be available in table groups of 8. All children will sit together on the floor at the front of the auditorium and are welcome to bring pillows or blankets to sit on.

Staff members will be selling drinks, popcorn, chips & sweets on the night. Families can also BYO drinks and snacks, but please remember, this is a student event, therefore alcohol is not permitted. Ticket orders and payment must be received by Sunday 28th August. A table chart is available at the office for adults that have made payment and would like to reserve a table in order to sit together; tables of up to 8 adults can be reserved. If all tables are filled, row seating will be available. (Tables will not be allocated over the phone & proof of payment must be provided.)

This year's theme is 'Something Familiar.' Children and the 'big kids' can come dressed as their favourite movie character. We look forward to seeing you on the red carpet!

## **Student Led Conference – Thursday 15<sup>th</sup> September**

Student Led Conferences will be held on Thursday 15<sup>th</sup> September. The Student Led Conference is a very important way for your child to discuss their learning, showcase their work and an opportunity to celebrate their achievements with their parents. Student Led Conferences will run for approximately 15 minutes and both parents and students will be given written prompts to help with the discussions.

It is important to remember that Student Led conferences are between the individual child and their parents. Therefore, other siblings are not permitted to attend the designated session time. To assist families, specialist teachers will be available to supervise siblings in the hall from 4.00pm to 7.45pm while you attend your individual child's conference.

A notice with information and time allocations will be distributed to families next week.

**Monica Ghirxi**  
**Principal**

# FROM THE ASSISTANT PRINCIPAL

## **Helping Your Child Deal with Anxiety PART 1**

We all become anxious at times during our lives and children are no different. Changes to routines and unfamiliar circumstances can be difficult for children to manage. Understanding that some level of anxiety is a normal human response is the start to learning how to manage these feelings. It is important for children to develop strategies to deal with their anxiety. It is a skill that all humans need as they negotiate different circumstances in their lives.

Here are some strategies that you can use to help your child:

### *Label Feelings*

Help label the feeling as “anxiety”, “scared”, “worried” or “frightened”. Tell your child “It sounds like you’re anxious about talking in front of the class”. Explore with your child what anxiety feels like in their body. This helps the child identify their feelings and understand that they have some strategies to deal with them.

### *Set Goals*

Help your child to set goals each day that are small steps to becoming more confident. For example if they are scared of your dog, one step towards being more comfortable might be to pat the dog once on its back while it is sitting down under your control on a leash.

### *Use Positive Self-talk*

Teach your child to use positive self-talk – to say “I can” or “I’ll try” rather than “I can’t”. Listen to them when they tell you about their day and help them to change any negative talk. Tell your child that you are proud of them for trying something new.

Try these strategies and look out for PART 2 of the article in next week’s weekly.

## **EVERY DAY COUNTS**

*Going to school every day is the single most important part of your child’s education.  
Students learn new things at school every day –missing school puts them behind.*

### Why it’s important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school. There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes. Each missed day is associated with progressively lower achievement in numeracy, writing and reading. Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

### **Victorian Attendance Legislation**

Below is a link of frequently asked questions for parents and carers

<http://www.education.vic.gov.au/Documents/school/parents/health/attendancefaqsparentspdf.pdf>

### **Mr P’s Footy Predictions**

Hawks by 23pts  
GWS by 100pts  
Demons by 32pts

North by 1pts  
Pies by 1pts  
Cats by 45pts

Tigers by 1pts  
Crows by 34pts  
Dogs by 33pts

**Paul Poliviou**  
**Assistant Principal**

## Come and join us in BREAKFAST CLUB!

**Start your day the best way, with a delicious and nutritious breakfast with your friends, at BREAKFAST CLUB.**

**There are a number of students who have filled out the permission form to eat breakfast, but have never come to Breakfast Club. We would love to see you there.**

**Don't forget it is on EVERY Friday at 8:30 am.**

**We want to see our Breakfast Club full of friendly faces, talking, having fun and eating their breakfast. Come say hello and join us at Breakfast Club this FRIDAY!**



### THIS WEEK AT BREAKFAST CLUB.....

MISS KEAY

Get to know me TEACHER PROFILE

What is your full name?: *Allyson Keay*

When is your birthday?: *24 January*

What is your favourite breakfast?: *Yoghurt, strawberries & muesli*

Which famous person would you invite to breakfast?:

*Angelina Jolie*

Why?: *She is inspirational because of all the work she does helping others.*

What is your favourite holiday destination?: *Greece because it has beautiful cobblestone streets and beautiful beaches*

What book are you reading right now?: *I listen to podcasts*

What is your favourite movie?: *Love Actually*

What's something we don't know about you?: *I really enjoy relaxing with a hot tea, drawing and painting.*

You can ask me more questions at Breakfast Club,

on FRIDAY 19<sup>th</sup> at 8:30 am.

I can't wait to see you all there!

### THIS WEEK AT BREAKFAST CLUB.....

Mr Evans

Get to know me TEACHER PROFILE

What is your full name?: *David Graham Evans*

When is your birthday?: *6th August*

What is your favourite breakfast?: *Eggs on toast*

Which famous person would you invite to breakfast?:

*Melbourne captain Nathan Jones.*

Why?: *We could discuss tactics to help the Dees win the 2017 premiership.*

What is your favourite holiday destination?: *Port Douglas*

What book are you reading right now?: *A biography on Australian musician Richard Clapton.*

What is your favourite movie?: *Air Force One*

What's something we don't know about you?: *I played in a premiership side for Melbourne Under 17s and we were later invited to train on the M.C.G. My first teaching job was in Mildura.*

You can ask me more questions at Breakfast Club,

on FRIDAY 26<sup>th</sup> at 8:30 am.

I can't wait to see you all there!





# DIARY DATES

Monday	22 <sup>nd</sup>	August	District Athletics	Selected Students
Tuesday – Friday	23 <sup>rd</sup> - 26 <sup>th</sup>	August	Life Education	\$9 payment due by 17 <sup>th</sup> August via QKR
Friday	26 <sup>th</sup>	August	5/6 Interschool Sports	Home – St Paul Apostle North PS
Monday	29 <sup>th</sup>	August	Yr. 6 PALS	\$25 payment due by 24 <sup>th</sup> August via QKR
Monday	29 <sup>th</sup>	August	Parent Club Meeting	6.30pm – Staffroom
Tuesday	30 <sup>th</sup>	August	Assembly	2.45pm – Hall
Wednesday	31 <sup>st</sup>	August	Movie Night	7pm start. Tickets available via QKR
Thursday	1 <sup>st</sup>	September	Fathers' Day Stall	TBA
Friday	2 <sup>nd</sup>	September	Father's Day Breakfast	\$2.00 per roll & available via QKR
Friday	2 <sup>nd</sup>	September	5/6 Interschool Sports	Away – Mossgiel Park PS (Navy)
Sunday	4 <sup>th</sup>	September	Fathers' Day	
Monday	5 <sup>th</sup>	September	Yr. 6 PALS	
Monday	5 <sup>th</sup>	September	Yr. 5 Graffiti Awareness Program	Please note change of date.
Tuesday	6 <sup>th</sup>	September	Parent Club Footy Day	Sausages & drinks are to be pre-ordered via Qkr
Wednesday	7 <sup>th</sup>	September	Kinder Club	2.30pm – 3.30pm
Thursday	8 <sup>th</sup>	September	Dolphin Research Institute	Green Team
Friday	9 <sup>th</sup>	September	5/6 Interschool Sports	Away – Thomas Mitchell PS (Blue)
Saturday	10 <sup>th</sup>	September	Yr. 6 Grad Bunnings BBQ	Dandenong 8.00 am – 4.00pm
Monday	12 <sup>th</sup>	September	Yr. 6 PALS	
Tuesday	13 <sup>th</sup>	September	Assembly	Froggy Awards – 2.45 Hall
Wednesday	14 <sup>th</sup>	September	Division Athletics	Qualified Students
Thursday	15 <sup>th</sup>	September	Student Led Conferences	4.00pm – 7:45pm
Friday	16 <sup>th</sup>	September	Term 3 ends	2.30pm finish
Monday	3 <sup>rd</sup>	October	Term 4 begins	9.00am start

## QUICK ROAST CHICKEN AND VEGETABLES



## **LITTLE FROGS PLAYGROUP**

The Little Frogs Playgroup will continue every Wednesday at 9:15am for the rest of the year except school holidays. If you would like to take part in this wonderful program, please contact the office on 9700 4455.

## **BEFORE AND AFTER SCHOOL CARE**

Child Care Benefit and Child Care Rebate available for all families.

Morning: 7.00am – 8.45am Monday to Friday during school term, excluding all Victorian Public Holidays.

Permanent/casual: \$ 15.00.

Breakfast is provided until 8.30am.

Afternoon: 3.30pm – 6.00pm Monday to Friday during school term, excluding all Victorian Public Holidays.

Afternoon snack and drink provided.

This includes:

- Making friendship bracelets
- Weaving
- Fathers Day cards
- Paper craft
- Bubbles

For program information, bookings or cancellations, please contact Emily or Lauren on 0400 194 859 on weekdays.

**Y.L.V Team**

## **UNIFORM SALES**

School uniform items can be purchased directly from the Beleza School Uniform Store at shop 7, 151 – 159 Princess Hwy, Hallam, phone 9702 3181. Mastercard and Visa are accepted.

Beleza order forms are also available at the school office. When placing your order you will need to make payment to the school either by cash or by completing your credit card details on the order form. Beleza staff will then deliver your order the school.

## **SCHOOL BANKING**

Don't forget that EVERY FRIDAY is School Banking day and students should hand in their deposit book first thing on Friday.

**REWARDS NEWS:** The following items are available while stocks last: Backtrack Eraser Pen, Dollarmites Money Box, ET DVD, Galaxy Glider, Intergalactic Rocket, Jump & Skip Rope, Outback Pat Bag Tag, Outer Space Savers Money Box, and Wildlife Writer Set. There is ONLY ONE FLYING SNAKE TAIL left for our bankers to order. If your child wishes to order the Flying Snake Tail, please also show a second choice, in case we run out. If you don't have an order slip for any of these, just supply a note along with your 10 tokens.

**TERM 3 COMPETITION:** Students who make a minimum of 3 deposits in Term 3 will have a chance to win some cool prizes, such as camping kits, instant cameras and magazine packs. There will also be a second prize pool, in which entrants who complete an online activity will be eligible to win one of 50 PlayStation 4 packs. Schools of eligible students are also in the running for prizes of sports equipment. For more details see the flyer that has been distributed. There are still 4 weeks left, so it's not too late to qualify!

**AUSTRALIA ZOO COMPETITION:** Students who have made a minimum of 15 deposits by the end of this term will automatically go in the running to win a family trip for up to 2 adults and 3 children to explore Australia Zoo and meet Bindi and Robert Irwin, so keep making those deposits! Only 4 weeks to go!

Ingrid Williams  
School Banking Coordinator

