

# CHALCOT WEEKLY

NEWSLETTER No 26 -26<sup>TH</sup> August, 2016

*Growing a Supportive Community of Active Learners*

**LIFE EDUCATION**

Shrink! The little space ship went in the boy's ear so we could learn about the body.

During Life Ed every class went to meet Harold and went in the van. My class learnt about the lungs, heart and body. We watched a movie about an adult and two kids shrinking into someone's ear to see what was in our body. When we were learning about lungs Harold was dreaming with a dream catcher on his head. We all said goodbye to Harold and really enjoyed visiting him in the Life Ed Van.

By James Ialongo



# FROM THE PRINCIPAL

## Next Week

We have a very busy week next week with the many exciting activities happening for our students and their families.

- Movie Night – Wednesday 31<sup>st</sup> August

We will be hosting the Movie Night in the auditorium at Maranatha Christian School, 104 – 108 Reema Blvd, Endeavour Hills. Adult seating is 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. Tickets are still available until Sunday 28th August. 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!

- Fathers' Day Stall – Thursday 1<sup>st</sup> September

The Parent Club would like to invite all students to buy something special for their Dad, Grandpa, Pop, Pa or special care giver this Fathers' Day. The stall will be held on Thursday 1st September from 10.15am – 1.20pm.

There will also be a last minute mini stall on Friday 2nd September from 8.30am till 9.30am.

Prices of gifts range from 0.50 cents to a maximum of \$5.00. Students will be allowed to purchase a couple of items. Please ensure your child brings a bag to hide their special gifts in!



- Fathers' Day Breakfast – Friday 2<sup>nd</sup> September

We have had a great response to our special Fathers' 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 payment via Qkr and by Sunday 28<sup>th</sup> August (if assistants are required, please contact the office).

## Cyber Safety Parent Forum - Tuesday 6<sup>th</sup> September

Chalcot Lodge PS will be holding a free parent information session on Tuesday 6<sup>th</sup> September at 6.30pm. The session will be run by the Victorian Police and will focus on cyber safety and how parents can help keep their children safe on social media.

If you would like to attend, please respond via Tiqbiz by Friday 2nd September.

Please note that this is an adult only forum and children are not permitted to attend.

## Missing Year 6 Jumper

A student's Year 6 jumper was misplaced during last Monday's athletics carnival. Another Year 6 jumper (smaller size) was found which suggests that a student has mistakenly taken home the wrong jumper. The missing jumper is a size medium and has the students name written on the tag (name may be faded, but still readable.)

Can I please ask that Year 6 parents check and ensure their children have their own jumpers.

**Monica Ghirxi**  
**Principal**

# *FROM THE ASSISTANT PRINCIPAL*

## **Building Resilience**

What is resilience and why build it?

The word 'resilience' is used to describe the capacity people have to cope, learn and thrive in the face of change, challenge or adversity. Some children and young people find it harder than others to cope with the challenges they face in life. However, all children and young people develop coping strategies to help them deal with stress and challenge.

There are things that families and schools can do to help build the resilience of children and young people, and to help them to develop positive coping strategies.

What are the key skills for resilience?

- Self-awareness– understanding emotions and needs and being able to communicate them to others
- Self-control– managing anger and anxiety and the expression of emotions
- Social awareness– being aware of the needs and feelings of others, and building the capacity to respect those with different views or beliefs
- Social management– developing the skills and confidence to talk and mix with other children and adults, and to work and play well with others
- Responsibility– taking responsibility for a range of tasks, such as tidying up, doing their homework and helping others
- Effort and persistence– understanding the importance of hard work and persistence
- Hope– believing in the possibility of a good future and in the value of education
- Self-esteem– feeling proud of the effort they make at school, and their efforts to get along with others, and to be part of the family
- Problem-solving skills – building the capacity to think about how to deal with a range of challenges
- Positive coping strategies – developing the capacity to cheer themselves up, calm themselves down, ask for help when needed, and to work out ways to solve a problem

What can parents and carers do to support resilience building?

- Establish a safe and supportive environment
- Set clear rules and boundaries requiring respect and cooperation
- Teach social and emotional skills
- Role-model strong social and emotional skills
- Set strong expectations about effort, attitudes and behaviour
- Encourage children to work hard at school
- Create opportunities to help children learn to mix well with other children and adults
- Encourage children to show respect and consideration for others
- Give responsibilities so children learn how to help out and to contribute to others
- Teach children important social skills and values
- Give attention to positive behaviours in order to reward and reinforce them

## **Mr P's Footy Predictions**

Crows by 26pts  
Swans by 43pts  
Saints by 29pts

Cats by 32pts  
Suns by 11pts  
Pies by 120pts

Blues by 27pts  
GWS by 17pts  
Dogs by 25pts

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



# District Athletics





## Breakfast Club SMOOTHIES

To celebrate our first term with Breakfast Club, we are having a special SMOOTHIE BREAKFAST! Make sure you are there at 8:30, with your friends, on **Friday September 16<sup>th</sup>**. Don't forget you must have a signed permission slip to participate. Our normal breakfast is still available on this day.

Can't wait to see you there!

Mrs Kropp and Miss Ablitt

### 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!

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

Mr Napier

Get to know me TEACHER PROFILE

What is your full name?: **Dean Napier**

When is your birthday?: **I'm still 23!**

What is your favourite breakfast?: **Anything, as long as there is a lot of it!**

Which famous person would you invite to breakfast?: **Justin Bieber**

Why?: **Because his music is the best and I like the way he flicks his hair.**

What is your favourite holiday destination?: **Bali or Bonnie Doon**

What book are you reading right now?: **Biggest Book of Fairytales**

What is your favourite movie?: **All Barbie movies**

What's something we don't know about you?: **My first pet was named Rebel after Billy Idol's song Rebel Yell. I'm the leader of the Australian fan group for Justin Bieber. I'm a Belieber!**

You can ask me more questions at Breakfast Club,

on **FRIDAY 2<sup>nd</sup> September at 8:30 am.**

I can't wait to see you all there!



# DIARY DATES

Monday	29 <sup>th</sup>	August	Yr. 6 PALS	
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	10.15am – 1.20pm
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

## CHALCOT LEGEND AWARD – JOSHUA SIMPSON

Congratulations to Joshua for being selected to receive the Chalcot Legend Award. Joshua has been selected for working hard to build on his confidence and to do his best in his learning. He is a very helpful student and fantastic member of 34K. Keep up the great work Superstar!

## CHALCOT ACHIEVER AWARD

Congratulations to the following students who have been selected by their teachers to receive Chalcot Awards. Chalcot Achievers will receive their certificates at assembly on Tuesday 30<sup>th</sup> August.

0K	Razia Sunil	0C	Saakya Madurappermua
1/2B	Isaac Landman	1/2C	Thomas Bago
1/2O	Natalie Gvozden	1/2V	Sahira Alketiri
3/4E	Tameka Roberts	3/4K	Nyabana Gatkuoth
3/4N	Emily Phillips	4/5T	Charlie Ockenden
5/6A	Ella Ryan	5/6P	Ashleigh Barnes

### **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
- Father's 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 3 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 3 weeks to go!

Ingrid Williams  
School Banking Coordinator

