



## Rememberance Day



## FROM THE PRINCIPAL

### Concert under the Oaks

This year's Concert under the Oaks' will be held on Friday 9th December. The evening starts at 6.00pm with a Chalcot family picnic. All families will need to bring along their own food and drinks. Please provide your child with a towel or small cushion to sit upon and chairs or a rug for yourselves.



The concert will commence at 6.45pm and we anticipate the evening will conclude at approximately 8.30pm. The Chalcot Choir and each class will be performing special items for you to enjoy. The staff also have a surprise for you!!!



A jolly old man in a large red suit said he is coming too!!!!

In line with the Department of Education policies and procedures, this Chalcot Lodge family night is strictly an alcohol free evening and smoking is banned within four metres of any entrance and within the school grounds.

All students attending must be accompanied by their parent or guardian.

### Concert under the Oaks – Special Effort

Each year, Parent Club hold a Special Effort on the night and are inviting the school community to donate small items to assist in making up hampers for prizes. The Parent Club would greatly appreciate any contribution you can give. Items could include: boxes of chocolates, mince pies, Christmas decorations, plum puddings, shortbread biscuits or anything you think will relate to the Christmas theme for the hampers.



Any donations can be dropped off at the school office between now and Friday 2nd December.

### Food for Families

We invite the Chalcot Community to support the Food for Families 2016 Annual Appeal. Your collections will make a great contribution to feeding Melbourne families experiencing or at risk of homelessness this Christmas. Whether it's a can of baked beans or a shopping bag full of essential items, every donation makes a difference to families in need. Items can be placed in the Food For Families collection box at the front office.

### 2017 Green Team Leaders and Friends

I am pleased to announce that the selection process for the 2017 Green Team Leaders and Friends have been completed. Ms Osborne and Ms Keay are extremely proud of each and every one of the applicants and they found making a final selection very difficult.

Congratulations to:

#### **2017 Green Team Leaders**

Ethan Adams  
Amy Williams  
Justyna Komar  
Jemila Simpson

#### **2017 Green Team Friends**

Casey Fullard  
Serenity Sumondis  
Rozhan Nasr  
Olivia Corrigan  
Grace Truong  
Liam O'Callaghan

The Green Team Leaders and Friends implement the school's Environmental Sustainability project focusing on our recycling and gardening programs. They ensure that our school is environmentally friendly and hold many fundraising activities throughout the year to fund their programs.

### Assembly

Due to Year 6 rehearsal practices and Transition Day, whole school assembly dates have been changed. Please note that the assembly scheduled for Tuesday 29<sup>th</sup> November has been cancelled. The next whole school assembly will be held on Tuesday 13<sup>th</sup> December.

Monica Ghirxi

**Principal**

# *FROM THE ASSISTANT PRINCIPAL*

## **CYBERSAFETY**

Chatterbox - Friendships and relationships. Making new friends online can be fun but it can also be dangerous if you're not careful. Don't worry; here's some advice to help you out.

### **The popularity contest**

- It's great to be popular, but remember that the more online friends you have, the more people can see any private information in your profile (even if you use the highest privacy setting).
- If you've added someone as a friend, and then changed your mind, you can generally delete them, but remember they have had access to whatever you've posted.

### **Keeping it nice**

- When you're communicating through technology, it's easy to forget that the person you're talking to is a real person with real feelings. If you wouldn't say it face to face, or yell it out at your school assembly, don't say it online.
- You can't always tell if someone's joking when you can't see or hear them - even with emoticons - so be careful when you're chatting, to make sure that what you say won't be taken the wrong way.
- Think before forwarding pictures, messages or jokes about someone else, or sharing their private information.

### **If someone's bullying or harassing you**

- If someone is giving you a hard time online don't respond and don't reply. Lots of people will give up if they don't get a response.
- But that doesn't mean ignore it – tell a trusted adult and ask them to help you.
- Save nasty messages, texts or emails (or copy and paste Instant Messaging chats to Notepad) so you can show an adult if you need to.
- And remember, most chat sites, Instant Messaging software and phones have a feature that lets you block communication from people you don't want to hear from.
- If you know someone else is being bullied, tell someone. The person being bullied might not have had the courage to find help for themselves.

(The Alannah and Madeline Foundation)

## **EVERY DAY COUNTS**

Absenteeism has an effect on your child's academic performance and social development. What can your child learn if they are not at school?

Some absences are entirely valid, sickness is the most obvious reason, but to give your child the best chance of success and to give them more choices in life, they must attend as regularly as possible. One absent day a fortnight equates to 20 days a school year, that equates to one whole year of schooling by the time your child reaches year 10.

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.

Please click the link below to read more..

<http://www.education.vic.gov.au/Documents/school/parents/everydaycountsprimary.PDF>

Paul Poliviou  
**Assistant Principal**

# GREEN TEAM FUNDRAISER



Every Thursday for the remainder of Term 4, The Green Team will be selling icy poles for



## \$1.00.

They will be available from **1:30 to 2:00**

## Nude Food Day Picnic!

On Friday 25th November, Chalcot Lodge will be celebrating 'Nude Food Day'. On this day, students can bring a lunch box full of healthy food that is in reusable containers.



During eating time, all classes will sit with their buddies and enjoy a healthy food picnic. Students must not share food, but can enjoy their own healthy lunches.

*Please bring a blanket or towel to sit on, as well as a hat and healthy, 'Nude Food' lunch.*



# DIARY DATES

|                |                        |                 |                                |   |
|----------------|------------------------|-----------------|--------------------------------|---|
| Tuesday        | 22 <sup>nd</sup>       | November        | DRI Excursion                  | Green Team  |
| Wednesday      | 23 <sup>rd</sup>       | November        | Yr 6 Graduation Photos         | 9.00am  |
| Wednesday      | 23 <sup>rd</sup>       | November        | Little Frogs Playgroup         | Final day for 2016  |
| Wednesday      | 23 <sup>rd</sup>       | November        | School Council                 | 7.00pm – Staffroom  |
| Friday         | 25 <sup>th</sup>       | November        | Nude Food Picnic               | Bring a healthy lunch that is in reusable container.  |
| Tuesday        | 29 <sup>th</sup>       | November        | Yr 6 Production Rehearsal      | School Hall – 9:30am & 11:30am  |
| <b>Tuesday</b> | <b>29<sup>th</sup></b> | <b>November</b> | <b>Assembly Cancelled</b>      | <b>Cancelled due to Year 6 Production. Next assembly will be held Tuesday 13<sup>th</sup> December.</b> |
| Wednesday      | 30 <sup>th</sup>       | November        | Yr 6 Production                | Hallam Senior College   |
| Saturday       | 3 <sup>rd</sup>        | December        | Dance Crew at End/Hills S.C    | 10am start  |
| Tuesday        | 6 <sup>th</sup>        | December        | Prep Transition Day            | 2.00pm – 3.30pm   |
| Tuesday        | 6 <sup>th</sup>        | December        | Yr 6 Transition to Sec. School |   |
| Wednesday      | 7 <sup>th</sup>        | December        | Choir Excursion                | \$11 payment due via QKR by 5 <sup>th</sup> December  |
| Thursday       | 8 <sup>th</sup>        | December        | Thank You Morning Tea          | 11.00am – 11.45am   |
| Friday         | 9 <sup>th</sup>        | December        | Concert Under the Oaks         | TBA   |
| Tuesday        | 13 <sup>th</sup>       | December        | Assembly                       | 2.45pm-Hall   |
| Wednesday      | 14 <sup>th</sup>       | December        | School Council                 | 6.30pm – School   |
| Thursday       | 15 <sup>th</sup>       | December        | Walk up Day                    |   |
| Thursday       | 15 <sup>th</sup>       | December        | Yr 6 Graduation                |   |
| Friday         | 16 <sup>th</sup>       | December        | Yr 6 Big Day Out               | Gumbuya Park  |
| Friday         | 16 <sup>th</sup>       | December        | Parent Club Disco              | 9.30am - 10.50am  |
| <b>Monday</b>  | <b>19<sup>th</sup></b> | <b>December</b> | <b>Term 4 Ends</b>             | <b>2.30pm finish</b>  |
| <b>Tuesday</b> | <b>20<sup>th</sup></b> | <b>December</b> | <b>Curriculum Day</b>          | <b>Student Free</b>   |

## Breakfast Club SMOOTHIES

Breakfast Club is having 3 more SMOOTHIE BREAKFASTS! Make sure you are there at 8:30, with your friends, on **25<sup>th</sup> November** and **9<sup>th</sup> of December.** 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



### **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.

Final Playgroup for 2016 will be held on 23<sup>rd</sup> November.

### **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.

Permanent/casual: \$ 19.00.

Next week's activities include:

- Food Planner
- Soccer
- Fraction Fish Collage
- Basketball Challenge
- Paper Tearing Art

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.

### **IMPORTANT DATES:**

2/12/16: **Last date for ordering rewards** (to allow time for delivery by end of year)

9/12/16: Last day of school banking for 2016

### **REMINDER TO GRADE 6 STUDENTS:**

Don't forget to use up those tokens before the end of the year! You can order multiple items at a time if you have sufficient tokens. And remember, you can still do School Banking with us once you begin high school, if you wish to send your book along with a sibling or parent/carer.

### **REWARDS NEWS: AVAILABLE WHILE STOCKS LAST:**

Bush Fly Fan, Dollarmites Money Box, ET DVD, Outback Pat Bag Tag, Outer Space Savers Money Box and Wiggly Glow Worm. VERY LOW IN STOCK: Jump & Skip Rope (please also show a second choice, in case we run out). NO LONGER AVAILABLE: Mud Splat Handball, Flying Snake Tail and Wildlife Writer Set. If you don't have an order slip for the item you wish to order, just supply a note along with your 10 tokens.

Ingrid Williams

School Banking Coordinator



## Visiting Primary School Nursing Program



### Prep Information for Parents 2017

Your child will receive a School Entrant Health Questionnaire in their first year at school—please complete it and return to school as soon as possible. This information helps the Visiting Primary School Nurse understand any concerns you may have about your child's health and development and the impact this may have on their learning. This information is important in providing support for you and your child.

You can contact the nurse directly if you wish to discuss the screening which may include checking your child's distance vision, hearing, speech, height, weight and teeth. The nurse is also available to parents to discuss and advise on any concerns with parenting & child health issues.

Your school nurse is:  
**Heidi March**  
Mobile : 0422005921



### Is Your Child Ready? - Prep is just the beginning of 13 years at school.

The planning you do with your child will help make a great start to their school life.

Here are some suggestions to get started.

#### Encourage your child to:

- Separate easily from you
- Put on and take off their clothing independently i.e. socks / jumper
- Go to the toilet confidently
- Sit, wait & take turns
- Take care for their belongings
- Blow their own nose
- Establish a good sleep routine- 10-12 hours per night is recommended
- Practise good toilet habits  
i.e. hand-washing
- Start each day with breakfast
- Have an "I Can Do It" attitude
- Follow simple instructions
- Go without their afternoon nap
- Show self-control
- Talk and play with other children
- Run, jump, hop, balance on one leg & climb
- Be able to relate their name & address
- Enjoy books and stories
- Speaks in sentences
- Recall what happened yesterday

#### How Parents & Carers can help:

- Make sure you have a good holiday break
- Talk to your child about school, share the excitement
- Have a practice 'little' lunch and 'big' lunch and make sure your child can unwrap their food
- Use the same terms the school uses eg, playlunch or fruit snack, and explain what is eaten at these times
- Have a picnic using the same foods as you will provide for school
- Practise putting on school shoes and walking in them.
- Practise trying on and wearing the school uniform
- Practise drinking from a bubbler tap
- When out, take your child to use the public toilets and practice using the door locks
- Explain that there is a girl's toilet and a boy's toilet.
- Teach boys how to use a urinal if they don't know how
- Read to your child daily and talk about what you read

#### INFORMATION AND SUPPORT FOR PARENTS

[www.raisingchildrennetwork.net.au](http://www.raisingchildrennetwork.net.au)  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)  
[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)  
[www.continence.org.au](http://www.continence.org.au)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Anglicare / Parentzone / parenting courses- 5133 9998  
Poisons information- 13 11 26  
Parentline- 13 22 89  
Royal Children's Hospital- Ph: 9345 5522  
[www.rch.org.au](http://www.rch.org.au)

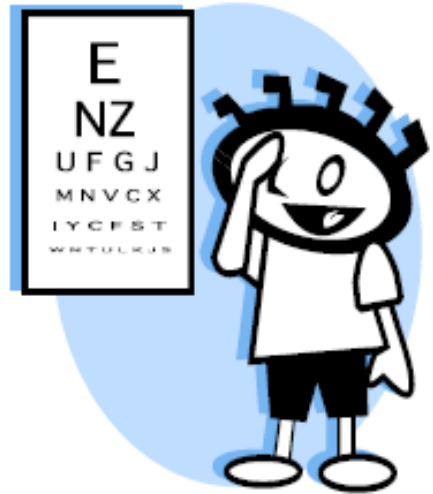
## When should my child's eyes be tested?

Optometrists Association Australia recommends that children have a full eye examination with an Optometrist before starting school and regularly as they progress through primary and secondary school.

A thorough eye examination with an Optometrist takes approximately 25 minutes and attracts a Medicare rebate- no referral is required.

### Signs that could indicate a possible vision problem:

- One eye turns in or out while the other points straight ahead
- Frequent blinking
- Red or watery eyes
- Frequently rubbing the eyes
- Sensitivity to light
- Tilting head noticeably
- Poor hand eye co-ordination
- Covering or closing one eye
- Difficulty learning to read
- Holding a book very close to read
- Leaving out or confusing words when reading
- Squinting or sitting very close when watching TV
- Difficulty in recognising familiar people in the distance
- Complaints of headaches
- Complaints of blurred or double vision



Please record any vision testing in the School Entrant Health Questionnaire. If there has not been any vision testing prior to starting school the Primary School Nurse is able to check you child's distance vision and provide a referral if needed.

### School Health Plans Do you have your child's health plans ready for school?

**Allergies & eczema** plans available at: [www.allergy.org.au](http://www.allergy.org.au)

**Asthma** plans available at: [www.asthma.org.au](http://www.asthma.org.au)

## Sleep and Learning

Poor sleep can affect concentration, memory and behaviour.

It's no wonder that how well your child sleeps has an impact on how well they learn.



### About sleep and learning

Good-quality sleep helps your child concentrate, remember things and behave well.

These all help them to be a successful learner.

Poor sleep or not enough sleep affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy and to have difficulties with learning.

### Concentration

Children who are sleepy have trouble concentrating during the day. If your child can't keep their attention on what they're trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect their learning.

### Memory

Remembering things is part of learning. When your child is tired, it's harder for them to remember basic information such as learning the alphabet, numbers, words and following instructions.

Our brains create and strengthen different types of memory in different sleep cycles. Just before your child wakes in the morning, their brain uses the last stages of REM sleep to sort and store memories and information from the previous day and get ready for the day ahead.

### Behaviour

Sleepy children tend to have more problems with behaviour at preschool or school- and at home too! For example, a sleepy child might play up in class or refuse to follow the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing their behaviour. The child might also miss out on playing with other children if they don't like the way s/he's behaving.

If your child is having problems with their concentration, memory or behaviour, checking their sleep is a good place to start. If you're worried, or the problems go on for more than 2-4 weeks, talk to your doctor, Visiting Primary School Nurse or Maternal and Child Health Nurse.

Information taken from the Raising Children Network- [www.raisingchildren.net.au](http://www.raisingchildren.net.au)



## Visiting Primary School Nursing Program



Department of Education and  
Early Childhood Development



### Is your child ready for Secondary School?

Secondary school can be a time of fun and excitement, full of new experiences– but it can also be challenging and worrying for some children and their parents.

The preparation you do with your child will help them make a great start to their senior years at school.

#### Here are some helpful suggestions:

- Find out about the *transition* and support services offered at your child's new school.
- Listen to your child- discuss what they are looking forward to or worried about- give lots of assurance.
- Talk about the positives- lots of new teachers, extracurricular activities, new friends and opportunities.
- Involve your child in decision making- from how to get to school to how best to keep in contact with friends who are going to a different secondary school.
- Get to know the new school- who the principal is and the home group teacher, welfare staff, the people you can contact to discuss any issues that may arise.

#### Information and support for parents:

[www.raisingchildrennetwork.net.au](http://www.raisingchildrennetwork.net.au)

[www.parentingideas.com.au](http://www.parentingideas.com.au)[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.thehormonefactory.com](http://www.thehormonefactory.com)[www.reach.org.au](http://www.reach.org.au)

Kids Help Line: 1800 551 800

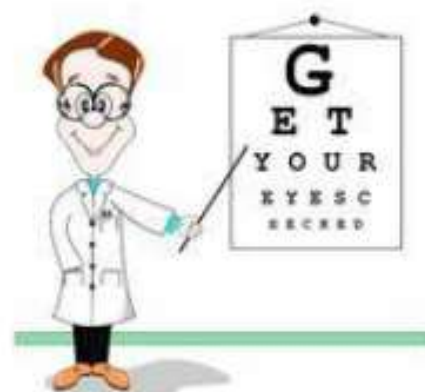
Angicare / Parentzone / Parenting courses:  
5533 9998

### Vision Testing

Optometrists Association Australia recommends that children have a full eye examination with an optometrist before starting school and regularly as they progress through primary and secondary school. This has become more important as the hours of screen based learning and entertainment increase. A thorough eye examination with an optometrist takes approximately 25 minutes and attracts a Medicare rebate- no referral is required.

#### Signs that could indicate a possible vision problem:

- Difficulty learning to read
- Holding a book very close to read
- One eye turns in or out while the other points straight ahead
- Poor hand eye coordination
- Covering or closing one eye
- Frequent blinking / red or watery eyes
- Frequently rubbing the eyes
- Leaving out or confusing words when reading
- Difficulty in recognising familiar people in the distance
- Tilting head noticeably
- Complaints of headaches
- Sensitivity to light
- Complaints of blurred or double vision
- Squinting or sitting very close when watching TV



## Adolescent Scoliosis Spinal Curvature

How do you Detect Scoliosis? Simply look for it! (It only takes 30 seconds)



### Does scoliosis run in families?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor.

If there is any history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examinations as a regular health check between 10 and 13 years of age.

### What is Scoliosis?

Scoliosis is a sideways curve of the spine. It usually develops during early adolescence when growth is rapid (10-13 years). Scoliosis requiring treatment is far less common in boys than in girls- the ratio is 1 boy to every 10 girls.

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation.

3 out of 1000 girls will require treatment during the growth phase.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress or carrying a heavy school bag.

### How to detect Scoliosis

The reliable FORWARD BEND TEST is used to diagnose scoliosis.

This simple visual examination requires the teenager to stand with their feet together and parallel and bending forward as far as they can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1 cm higher than the other.

If you find scoliosis have a check-up with your family Doctor.

If treatment is required, the earlier it is undertaken the better the long term result. This is the basis for screening.

### Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery may also be needed.

### What will happen if scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.



# CREATIVE CAKE EXHIBITION

Come and see how we create your dream cakes with photos and images

**Michel's  
Dandenong Plaza**  
18th Nov 3 pm to 7.30 pm  
19th Nov 9 am to 1 pm

**More than five  
exhibited cakes to be  
won each day**

**First five customers placing  
2016 birthday cake orders  
over \$100 will receive their  
birthday cake half price  
for 2017**

**Give-aways  
Prizes  
Special Offers  
Order Now Save \$\$\$**



EXHIBITION PROUDLY SPONSORED BY BANK OF MELBOURNE - DANDENONG PLAZA



5% of sales proceeds to be donated to St Mary's Dandenong, to assist with the rebuild

Exhibition offer: \$395 waiver of Advantage Package Fee on top of \$1500 cashback for any new home loans refinanced to Bank of Melbourne