

*Growing a Supportive Community of Active Learners*

# *The Resilience Project*



## ***FROM THE ASSISTANT PRINCIPAL***

### **A Team of Angels**

This week the Chalcot Lodge family acknowledged and thanked our Educational Support Staff (ES). Our ES staff are a hardworking and dedicated group of people who are to be highly commended for their outstanding work in facilitating the smooth running of the school, participating and organising extra curriculum activities and in supporting student learning. They perform a myriad of tasks within their specific roles and willingly lend a hand in whatever is needed. The ES staff enrich our learning environment and are true ambassadors of the Chalcot Spirit.



Thank you to: our Administrative staff; Narelle Coyne, Inger De Zylva and Jacky Rowntree, our Educational Support Staff; Sharyn Paulka, Karen McVicar, Jackie Warburton, Lynette Clark, Mary Logan-Brown, Margot Wakeman, Melissa Skinner, Vicki Scandolera, Tamara Sullivan, Denise Conway, Deb Lee, Nicole Felton, Louise Firrito and Shereen Miller .

On behalf of the Chalcot family, I sincerely thank our wonderful Educational Support staff for their valued contributions to our students and school.

### **District Athletics Carnival**

Chalcot Lodge was well represented at the District Athletics Carnival on Thursday 17<sup>th</sup> August. Our students displayed excellent sportsmanship throughout the day and were determined to run, jump and throw to the best of their ability. The persistence and determination of our students paid off as our school came 1<sup>st</sup> overall.

Congratulations, we are all very proud of you 😊

### **Life Ed Van**

The LIFE EDUCATION mobile classroom is currently having its annual visit to our school. The Life Education Program is an excellent program focusing on personal safety & healthy lifestyles, and a very important component of your child's education at Chalcot Lodge PS.



### **Term 4 Swimming Program**

The Years P - 6 Swimming Program will be held at North Lodge Swimming Academy during Term 4. The program consists of eight lessons, which are run by Austswim qualified staff. The cost of the 8 session intensive program will be approximately \$85. Please note that the school will pay a fixed non-refundable price to the pool and bus company, **and as such, there can be no refunds. Please see the excursion notice for further details.**

### **Father's Day – Sunday 3<sup>rd</sup> September**

HAPPY FATHER'S  
DAY!



Father's Day is soon approaching!! Parent Club are busily organising a Father's Day stall which will be held on **Thursday 31<sup>st</sup> August**. Children will have the opportunity to buy their dad something special for Father's Day.

On **Friday 1<sup>st</sup> September**, we will also be celebrating Father's Day with a special breakfast and early morning activities just **for dads (or significant male)** and their children. To help us with catering please ensure that you complete your order form via QKR or contact the office to make alternate arrangements.

### **The Resilience Project**

What a fantastic experience the students, staff and parents at Chalcot lodge had! Martin Heppell from the Resilience Project presented sessions to all students, staff and parents. Martin focused on gratitude, empathy and mindfulness. Students, teachers and parents were smiling and laughing throughout the engaging and insightful presentations. Thank you to our wonderful teachers Allyson Keay and Melissa Kodogorgos for organising this wonderful experience for the community.

### **Choir Night**

Please note that our annual Choir Night has been postponed. It will now take place on Wednesday 18<sup>th</sup> October.

## **Supporting children's social development (Suggestions for parents and carers)**

Family relationships and expectations have a major influence on children's social development. The quality of relationship within the family, particularly those between parents, carers and children, sets the foundation for children to relate to others. Children also learn how to manage relationships by observing the ways that parents, carers and other family members relate to others.

### **How parents and carers can help:**

#### *Teach social and emotional skills*

Teach children social skills such as listening to others, taking turns, making friends and resolving conflict.

Emphasise skills for cooperative and respectful relationships and acknowledge children's efforts to use them.

### **Use positive discipline**

Setting reasonable expectations for children's behaviour, and communicating them clearly and respectfully, sets the tone for cooperation. Being consistent and positive in your approach to discipline communicates to children that they are valued, even if a particular behaviour is not.

### **Talk about values**

Read stories that emphasise moral values with your children. Ask their opinions on whether they think a particular action is respectful, responsible, caring etc. Discuss the pros and cons of different kinds of values for promoting effective social relationships. Make talking about values and opinions part of everyday conversation, for example by talking about things you see on TV.

### **Capitalise on 'teachable moments'**

When something happens that requires a moral response, it presents a 'teachable moment'. Ask children to think about what the problem is and what they could do to improve the situation. For example, when feelings have been hurt you could ask your child's opinion of what the person might be feeling hurt about. Extend your child's thinking through asking questions like, "How could you find out what Jo is feeling sad about?" and "What do you think you could do to help?"

### **Involve children in family discussions and decision-making**

Encouraging children to contribute to family discussions and decision-making gives them practice in listening to others' views and seeing things from different angles. Listening and contributing to family discussions helps children understand what your values are and shows them that their voices are valued. Involving children in these ways in family discussions and decision-making promotes respectful and responsible behaviours.

### **Promote a strong sense of identity**

When parents and carers notice and acknowledge what children do to help, it shows children that their contributions are worthwhile. This gives them a sense of pride and encourages them to 'do the right thing'. Help children to work out ways to stand up for what they believe in and let them know that you are proud of them when they do. This helps children to build confidence in their own strengths and values.

### **Supervise media use**

When children are repeatedly exposed to violent or inappropriate media images, it encourages them to see these things as normal. Children do imitate the behaviour they see on TV or on the internet. It is very important for parents and carers to supervise children's media use and ensure that the things they view are appropriate for their age and level of understanding.

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

## SENIOR CHALCOT LEGEND AWARD DJAY ELLIOT

Djay is always striving to be a great role model for all members of the school. He always is considerate and kind to everyone he meets and is showing great leadership skills. He is continuing to show his great leadership whilst helping with the Play Group each week. Well Done Djay!  
Keep up the good work!

## SENIOR CHALCOT ACHIEVER AWARD

Congratulations to the following students who have been selected by their teachers to receive Senior Chalcot Achiever Awards. **Senior Chalcot Achievers will receive their certificates at assembly on Tuesday 22nd August.**

34A	Peti Makoni	34E	Jasmeet Kaur
34T	Alexander Forbes	34Q	Nathan Freeman
56C	Audrey Papaefstathiou	56P	Leah Starecki
56S	Ashleigh Boustead		

## ICAS – Spelling Competition

Congratulations to the following students from Years 3 to 6 for participating in the International Competitions & Assessments for School (ICAS) Spelling Competition.

Certificates will be presented at the next Senior Assembly on 22<sup>nd</sup> August.

Isaac Landman	Participation
Yomal Karunasekara	Participation
Inara Dickon	Participation
Rania Farooq	Participation
Tijana Karac	Participation
Ambrose Mac	Participation
Mashood Ahmed	Participation
Dheera Rambukwella	Merit
Rhianna Samuels	Merit
Nathan Freeman	Merit
Talia Mudalige	Merit
Christos Stylianou	Merit
Yonal Perera	Merit
Jasrah Ahmed	Merit
Amy Williams	Merit
Sophie Zhang	Credit
Ethan Landman	Credit
Tyler Foulston	Credit
Natarsha Anselmi	Credit
Amy Millar	Distinction

# Cheese, corn and sweet potato quiches

## Ingredients

- 1 large sweet potato, peeled and cut into cubes
- 1 cup creamed corn
- 1/2 cup grated cheddar cheese
- 1 egg
- 2 sheets frozen puff pastry, thawed

## Method

1. Preheat the oven to 180°C conventional (160°C fan-forced).
2. Steam the sweet potato for about 15 minutes, or until soft, and mash.
3. Combine this with the corn, cheese and egg and mix well.
4. Cut pastry into 8 rounds and tuck them into the holes of a muffin tin. Fill with the sweet potato mixture and bake for 20 minutes, or until the pastry is golden.



Recipe from [kidspot.com.au](http://kidspot.com.au)





# DIARY DATES



Wednesday	16 <sup>th</sup> – 21 <sup>st</sup>	August	Life Education Van	
Monday	21 <sup>st</sup>	August	Yr 5 Graffiti Ed	9.30am – 10.15am
Tuesday	22 <sup>nd</sup>	August	Senior Assembly	2.45pm – Hall
Friday	25 <sup>th</sup>	August	Yr 5/6 Interschool Sport	Home – Holly Family PS
Tuesday	29 <sup>th</sup>	August	Junior Assembly	3.00pm – Hall
Thursday	31 <sup>st</sup>	August	Father's Day Stall	
Thursday	31 <sup>st</sup>	August	School Council	6.00pm – Staffroom
Friday	1 <sup>st</sup>	Sept	Father's Day Breakfast	Payment due by 27 <sup>th</sup> August
Friday	1 <sup>st</sup>	Sept	Yr 5/6 Interschool Sport	Home – Thomas Mitchell PS
Monday	4 <sup>th</sup>	Sept	Parent Club	6.30pm – Staffroom
Tuesday	5 <sup>th</sup>	Sept	Senior Assembly	2.45pm – Hall
Wednesday	6 <sup>th</sup>	Sept	Prep Transition	2.30pm – 3.30pm
Wednesday	6 <sup>th</sup>	Sept	Movie Night	Tickets available via QKR
Friday	8 <sup>th</sup>	Sept	Pie & Sausage Roll Lunch	TBA
Tuesday	12 <sup>th</sup>	Sept	Junior Assembly	3.00pm - Hall
Tuesday	12 <sup>th</sup>	Sept	Footy Day Sausage Sizzle	TBA
<b>Tuesday</b>	<b>12<sup>th</sup></b>	<b>Sept</b>	<b>Choir Night</b>	<b>Postponed until 18/10/17</b>
Sunday	17 <sup>th</sup>	Sept	Bunnings BBQ	Year 6 Graduation Fundraiser
Tuesday	19 <sup>th</sup>	Sept	Senior Assembly	2.45pm – Hall
Wednesday	20 <sup>th</sup>	Sept	Division Athletics	TBA
Thursday	21 <sup>st</sup>	Sept	Student Led Conferences	2.30pm – 7.00pm
Friday	22 <sup>nd</sup>	Sept	Day Disco	TBA
<b>Friday</b>	<b>22<sup>nd</sup></b>	<b>Sept</b>	<b>Term 3 Ends</b>	<b>2.30pm Dismissal</b>
<b>Monday</b>	<b>9<sup>th</sup></b>	<b>Oct</b>	<b>Term 4 Begins</b>	<b>9.00am Start</b>
Tuesday	10 <sup>th</sup>	Oct	Junior Assembly	3.00pm – Hall
Tuesday	10 <sup>th</sup>	Oct	Week 1 Swimming	Tuesday – Friday
Monday	16 <sup>th</sup>	Oct	Week 2 Swimming	Monday/Tuesday Thursday/Friday
Wednesday	18 <sup>th</sup>	Oct	Choir Night	TBA

### **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.

Our program for term 3, week 2 includes the following activities:

- Making slime
- Table drumming
- Chalk drawing
- Musical chairs and statues
- Tennis

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.

For program information, bookings or cancellations, please contact Priya on 0400 194 859 during 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:**

22/9/17: Last day of School Banking for Term 3 (& the end of the major competition)

**NEW (MINOR) COMPETITION:** A Future Games competition will be held from now until 10<sup>th</sup> November. A Future Savers game will also be available where students can experience the magic of Augmented Reality and play games with the Dollarmites for the chance to win more prizes. Flyers were distributed last week.

**REWARDS NEWS:** Rewards can be ordered as soon as your child has 10 tokens. **THE CYBER HANDBALL IS ALMOST ALL GONE – please also provide a second choice just in case there are none left.** **CURRENT REWARDS AVAILABLE WHILE STOCKS LAST:** Smiley Emoji Keyring, Volt Handball, 3D Chalk Set, Tablet Case and Colour Change Markers. **OLDER REWARDS STILL AVAILABLE:** Deep Sea Savers Money Box (1 left), Outback Pat Bag Tag, Outer Space Savers Money Box (2 left), Sea Streamers (1 left) and Shark Keyring (1 left). Let us know if you need replacement order slips, or you can download and print order slips at <https://www.commbank.com.au/personal/kids/school-banking.html>.

**MAJOR COMPETITION:** Every banker aged 4-13 who makes a minimum of 15 deposits before the end of Term 3 will automatically earn an entry into a competition to win a family trip to Tokyo Disneyland plus spending money! Bankers who may be in the running have been given slips indicating whether they have reached their 15 deposits, or how many deposits they still have to make in the remaining 7 weeks of Term 3 (including today). Keep up the good work! For further details go to <https://www.commbank.com.au/personal/kids/school-banking/2017-school-banking-grand-prize-conditions-of-entry.html> . The draw will take place on 11/10/2017 and the winner will be notified. Good luck!

Ingrid Williams  
School Banking Coordinator