DEAR STUDENTS, PARENTS & COMMUNITY MEMBERS,

As Principal of Armadale Primary School, I have been extremely fortunate to work with such a supportive school community over the last four and half years. Our collective efforts to improve the provision for our students has been a strong driving force and we can all look back proudly on the journey that the school has travelled over this period. In my role, I could not have asked for more caring and conscientious students, a more dedicated staff or a more supportive group of parents. I can quite honestly say that I have loved every day at Armadale and I have felt blessed to be part of such a vibrant school community.

After much personal and professional reflection, I am aware that I must continue to seek new challenges and continue to model the attributes of a lifelong learner. To this end, my time at Armadale PS is now drawing to an end. Yesterday I found out that my application as Principal to Williamstown North Primary School had been successful. This appointment is a promotion as the school has around 600 students enrolled.

In accepting this new position, it comes with a heavy heart. Whilst I am excited about the opportunity to lead a much larger school in a different area, I am also very saddened to be leaving Armadale. I have established so many wonderful friendships over this period and I will certainly miss all of these warm and genuine interactions on a daily basis. So now I have to step up the pace so that I can try and say goodbye to all of you over the next fortnight as my new appointment begins at the start of term 3.

Under these circumstances, the Department of Education and Early Childhood Development (DEECD) will place someone temporarily in the role of Acting Principal for Term 3 (at this stage we are uncertain as to whether this will be an external or internal appointment). A state wide selection process will then unfold during term 3 to appoint a new principal, who will then take up the position substantively at the start of term 4.

I am very confident that the school will continue to go from strength to strength. We have a four year Strategic Plan in place to guide the school's future decision making as well as a wonderfully dedicated staffing team and a very committed School Council. The school’s procedures are robust and rigorous; the synergy that extends from your collective efforts will transcend my Principalship and continue to propel APS forward. Of course I will be back to check up on everything from time to time!

I will always look back so fondly on my Armadale days.

JIM CAHILL
Proud Principal of Armadale PS
YOU CAN DO IT! AWARDS

1C Siobhan McGann For using her nice voice when dealing with difficult situations.
1J Ella D'Cruz For working really hard to improve her handwriting; great persistence Ella!
1J William Challingsworth For using excellent problem solving skills for a tricky maths task. Great work!
1P Madeleine Fleetwood For being a co-operative, caring member of the class, always trying to help others.
2E Chloe Darby For demonstrating excellent work habits and a positive attitude to all her learning.
2P Tom Coath For writing such terrific information about water and sharing it with his classmates. A top effort Tom!
2P Oliver Edmonds For joining 2P at assembly on Popstar Day. Well done!
2S Tommy Handbury For displaying independence and working hard to create arrays when working on multiplication. You are a star Tom!
2T Maddy Almond For being a confident performer in the level 2 rehearsals, and for being a great listener during the Italian incursion.
3C Annika Green For being a caring student and demonstrating great getting along skills when working through her relationships and dealing with conflict. You are a true friend!
3D Olivia Power For showing a real sense of honesty and trustworthiness in her relationships with others.
3F Anais Herbaux For demonstrating excellent work habits and a positive attitude to all her learning.
3F Christian Fernandez For writing steadily in class and continuing to develop positive work habits.
3W Evan Polyzos For confidently presenting his PowerPoint about ‘Day and Night’ to the class, and showing an excellent understanding of the time zones in different parts of the world. Well done Evan!
3W Aimee Dautovic For the interesting way in which she presented her project about ‘Day and Night’ to the class, which showed an excellent understanding of the time zones in different parts of the world. A great effort Aimee!
4N Adele Bauer For being organised and for working very diligently and with perseverance – well done!
4S Georgia Wolfe For volunteering to demonstrate your solution to a fractions question on the IWB. It takes great confidence to share your learning. Well done!!
4Z Anishadeep Kaur For displaying fantastic sportsmanship and participation at the Touch Rugby gala day. Excellent effort Anisha!

FUN RUN PRACTICE
Each morning from 8.45-9.00am we will be running some Fun Run practice on the basketball courts. All children are welcome. Please see your house captain when you arrive.

Harriet and Amelia (Densham)
Alexia and Lili (Rose)
Charlie and Ella (Munro)
Brooke and Molly (Northcote)

GROUP PHOTOS
All orders for the group photos on display outside the office must be in by tomorrow Friday 15 June. Each photo is $15 and payment envelopes are provided.

LEVEL 1 BULLETIN
This week’s Level 1 bulletin is on the website for the Prep parents under your child’s class in the Students tab or follow this link.

HOUSE POINTS
Densham won this week’s house points. Congratulations to all the children in Densham.

LIBRARY NEWS
A reminder that all library books, including overdue books, need to be returned to the library before 27 June the last Wednesday of term.

HELP!
The SRC needs donations of old blankets, gloves, scarves, beanies or coats for the homeless people in the Prahran Mission. The winter for the homeless people is very cold and for them all donations are very much appreciated. Please bring them to Mrs Caruso’s classroom.

By SRC Leaders Sasha and Oscar
Hi everyone,

Winter is setting in, but although it’s cold there’s still a bit of sunshine around. Fingers crossed for a lovely sunny winter’s day for our Fun Run in two weeks’ time …

**Tuesday 26th June – APS Fun Run**

Just 43 days to the start of the Olympic Games, but only 12 days to the Armadale PS Fun Run!! On Tuesday 26th June, all students – and lots of the teachers & parents we hope! – will participate in the Fun Run to be held at Orrong Romanis Oval.

Afterwards, back at school, there will be a **free hot dog lunch** for all the children and parents. In order to raise funds for the school, we will be asking children to seek sponsorship from parents, friends, relatives and neighbours. The focus of the day will be on participation and fun, and there will be a variety of prizes in different categories. If you are able to help on the day, please fill out the form below with your contact details so we can organise a team of helpers.

It is hoped that sponsorship forms will be sent home with the children tomorrow, so please look for them in your child’s bag.

**Level 4 Cocktail Party – change of date**

The date for this year’s Level 4 Cocktail Party has been changed to **Friday 26th October**. Could Level 4 parents please note this in your diaries and full details will be sent closer to the event. Thanks - Level Four Class Reps.

Keep warm, and have a great week everyone.

Abbey Nash
0410 509 161
anash@nashmanagement.com.au

Jill Davies
0414 335 555
jill.davies@yahoo.com.au

PFA Co-Presidents

---

**APS FUN RUN - TUESDAY 26 JUNE**

10.00am - 1.30pm

☐ Yes, I can help at the fun run

Name: _____________________________

Child’s Class: _______

Phone no: _________________________

Email: ____________________________

---

**Visual Arts Notice**

**Visual Artist of the Week**

**Quinn Suter 2E**

For the excellent printing skills he displayed when making his Shark Attack artwork. Keep up the great work Quinn!

**Visual Art Class of The Week**

**3C**

For the excellent skills they displayed when making their Alice In Wonderland Mushrooms. Keep up the fantastic work 3C!

**Art Smocks**

Some students still need to bring their Art smocks back to school. Smocks should be labelled clearly with your name. Smocks are stored in classroom tubs/baskets and brought to each art lesson. New smocks can be purchased from the uniform shop in Kew.

**Year 6 Art Club ‘Acrylic Painting on Canvas’**

Art Club is on again next **Tuesday Lunchtime 12:40 -1:30**.

The portraits are looking fantastic and are almost finished.

Thank you

*Lucy Gorman*

Visual Arts Co-ordinator

---

**LEVEL FOUR COCKTAIL PARTY**

The date for this year’s Level Four Cocktail Party has been changed to Friday, 26 October. Could level four parents please note this in your diaries and full details will be sent closer to the event.

Level Four Class Reps
PERFORMING ARTS AWARD: 1J – For demonstrating excellent “Focus” when performing a creative dance with scarves. Well done 1J, you showed a good understanding of single focus and multi-focus!

CHOIR NEWS

SENIOR CHOIR (Level 3 & 4) – Friday 8.15am in the Performing Arts hall
JUNIOR CHOIR (Level 2) – Friday 8.15am in the UPSTAIRS INFANT BUILDING

- Both choirs will perform their Term 2 songs on Friday 29th June at 1.45pm. This will be the final assembly for Term 2.

Amanda Wilson
Performing Arts Co-ordinator

MUSICAL FOR 2012: Disney’s – “ALICE IN WONDERLAND”

Who will be involved? The whole school!
When: “Alice in Wonderland” will be performed over 2 nights – Thursday 9th and Friday 10th August.
Where: The National Theatre in St Kilda
Time: 7.15-8.30pm

PARENT HELPERS WORKING BEE: EVERY FRIDAY UNTIL THE SCHOOL HOLIDAYS
- @ 9.00am—3.00pm in The Performing Arts room
- Areas will be set up so parents can come and go as they need. Props that need to be made/finished are: Dodo birds and Rock Lobsters boat, White Rabbit’s house costume, Cardsmen costumes, Head pieces for L1&2 students, Head pieces for the flowers, L1&2 costumes—gluing and sewing onto t-shirts.
- Thank you to Pina Martelli, Jo D’Cruz, Sarah Malcolm, Anita Archer and Sophie Lund for their help last Friday.

PROP DONATIONS
If parents have any of the following items lying around the house/shed, that they could donate to our Performing Arts department, it would be greatly appreciated.

MAD HATTER’S TEA PARTY
- Colourful cake stands for a tea party!
- green material (grasshoppers)

Thank you for the cat scratching posts!!! I now have 3 posts for our Cheshire Cats, they will be very thankful.

Items can be left in The Performing Arts room.

LEVEL COSTUMES
Unfortunately we are unable to provide costumes for 370 students so we’ll need some assistance from parents. In class we’ll be making accessories but we need some base clothing for each costume. We try to encourage parents to look for items either within their own home/family or at an op shops before buying new items.

*If you are looking at buying a t-shirt or legging/track-suit pants, K-mart, Target and Big W have clothing that is quite reasonable.

We will need the t-shirts for LEVEL 1 and 2 ASAP so we can start turning them into costumes. Please bring in your child’s t-shirt named and in a plastic bag. THANK YOU for your support.

Level 1 - SMALL CARDSMEN
- Black bottoms: jeans, leggings or tracksuit pants
- PLAIN WHITE T-SHIRT that can have a material shape glued to it (heart, spade, club or diamond)

Level 2 – INSECTS
- All students to have black bottoms i.e. jeans, leggings or tracksuit pants
- 2P – lady bugs: PLAIN RED T-SHIRT – large black material circles will be glued to the t-shirt
- 2T – grasshoppers: PLAIN GREEN T-SHIRT – green material will be attached to the t-shirt for legs!
- 2S – dragonflies: PLAIN WHITE LONG SLEEVED T-SHIRT – glittery material will be attached to the sleeve and arms
- 2E – Bees: PLAIN YELLOW T-SHIRT – thick yellow lines will be glued to the t-shirt
- 2J – Christmas Beetles: PLAIN BLACK T-SHIRT – metallic material will be glued to the side of the t-shirt

Level 3 – CLOCKS
- All students to be dressed in black; black bottoms (jeans, tracksuit pants, leggings) and a plain black t-shirt. Students will be making clocks in ART to be attached to the t-shirts.

SHOES: students will need to wear black shoes and socks for the performance i.e. jiffies, school shoes or sneakers.

PERFORMING ARTS NEWS
AUSTRALIAN VOICES CHOIR – INCURSION

Last Thursday we had seven people from the Australian Voices visit our school. They performed some Australian songs and aboriginal songs. They also taught us how to conduct and made some fantastic noises using their voices. It was such a great performance. We all loved it.

By Olivia and Milla 3D

To watch The Australian Voices choir perform, go to the following website: http://www.theaustralianvoices.com/
Dear Parents,

In last week’s newsletter we looked at how the powerful chemicals that drive stress responses in the mind and body can be very detrimental to young people. Before looking at how to combat stress and at the risk of appearing repetitive it is pertinent to reiterate a few points:

- Stressors are highly individualistic in nature but engage similar physiological responses once the brain recognises something as stressful.
- Young people are more vulnerable to the debilitating effects of stress due to their developing brain and lack of skills for dealing with stress.
- Stressed children and adolescents cannot learn.
- Prolonged or chronic stress can result in long term social, emotional and intellectual difficulties as well as actually changing structures in the brain.

Equally important to remember is that in order for the brain to start a stress response it must deem a situation to be Novel and/or Unpredictable and/or Threatening and/or beyond one’s Sense of control. Therefore a key questions must be what can be done to ensure that the young people around us do not go N.U.T.S. with stress?

One of the first things we can do is recognise that young people and adults view the world and ‘stressors’ very differently. Quite often adult perspectives do not align with a young person’s view of what is stressful and as such communication is a must. Young people internalize stress differently and as such it is very important to remember that stress is in the eye of the beholder. Moreover, it is important to recognise that young people of all ages do stress and we do not often see the signs or we shrug them off as something ‘they will get over’. To that end it is critical to bear in mind that communication is key and that we watch and listen with intent. Young people are not always good at articulating the nature of what might be stressing them but their body language always gives things away… negative facial mannerisms, lethargy, anxiety, fear, prolonged sadness or depression are tell-tale signs of stress.

Secondly, do not pass on your stress to others. Young people are very perceptive and their own stress levels can be exacerbated when their parents or the important adults around them are stressed. Concurrently, most young people also learn how to deal with stress from following the examples their parents and other role models display. Young people need to be taught how emotions work and how to diminish feelings of anger and frustration and as such they will mimic the behaviour of the adults around who display those same emotions.

Finally, combating stress is not as difficult as it may seem. Some of the simplest ways to counteract stress include regular exercise, healthy eating, plenty of sleep and the fostering of positive social relationships. Couple those simple remedies with a home environment that is safe, secure, respectful and loving and the powerful hormones involved with stress are less likely to be anything more than a minor discomfort. Remember, healthy social and emotional development is a precursor not only to academic achievement but also to a life devoid of serious physical and mental illness. In this sense, parents and those who work with young people should do everything possible to ensure that children feel safe, secure, loved and able to get help when they need it. So don’t stress, just do what you can to help young people and yourselves diminish the chances of going N.U.T.S.

Michael C Nagel PhD

Lost Property Bins

As the term is drawing to a close I would like to disperse the mountain of school jumpers and tops that are building up in the Lost Property bin, located near the stairwell in the Infant Building. These tops are not cheap to buy and they must belong to the students. Where I can identify who they belong to I am happy to return them to their loving owner. Please spend a minute or two any afternoon or morning looking at these tops with your child so they can go back to their loving owner.

Kind regards

Rochelle

---

**TRI SKILLS INVITATION TO PARENTS**

Next Tuesday 19 June Level 1&2 parents are invited to come and see their children in action during the final Tri Skills gymnastics session in the multipurpose centre. Tri Skills times are:

- 2E 9.15-9.50am,
- 2P 9.50-10.25am,
- 2J 10.25-11.00am,
- 1P 11.30am-12.05pm,
- 1C 12.05-12.40pm,
- 1J 12.40-1.15pm,
- 2S 20.00-2.35pm,
- 2T 2.35-3.10pm

Peter Cracknell
Sports Co-ordinator

---

**WHOLESCHOOL DISCO**

Yesterday we enjoyed perfect weather and great atmosphere as APS came alive with disco fever! Our students went to enormous lengths to dress as ‘Pop Stars’, with fantastic hair do’s, make-up and fabulous outfits. Congratulations to all students, parents and staff for supporting our fabulous performing arts program and donating $461.00 in gold coins which will go towards buying a sound system.

What a great way to empower our students to help make a difference to their school A huge thank you to our SRC, especially our level 4 leaders and representatives who put a lot of time and energy into organising our fun day.

Rosanna Caruso
MSAC BASKETBALL is proud to present the following school holiday basketball programmes for the upcoming July 2012 term break:

2nd & 3rd July MSAC Beginner/Intermediate Camp $120 pp (9am-3pm)

2nd & 3rd July MSAC Advanced Camp $120 pp (9am-3pm)
(Domestic A Grade Players & those with 3 or more years of experience)

4th July MSAC Shoot 500 Clinic $65 pp (9am-3pm)

5th & 6th July Girls Only & Boys Only Beginner/Intermediate Camps $120 pp (9am-3pm)

5th & 6th July MSAC Elite Girls’ Camp $90 pp
(VC & Metro Rep Level players – Conducted at Albert Park College - Danks St, Albert Park)
Under 12 (9am-12pm) Under 14 (1pm-4pm) daily

9th & 10th July MSAC Beginner/Intermediate Camp $120 pp (9am-3pm)

9th & 10th July MSAC Advanced Camp $120 pp (9am-3pm)
(Domestic A Grade Players & those with 3 or more years of experience)

11th July MSAC Shoot 500 & Ball Handling Clinic $65 pp (9am-3pm)

12th & 13th July MSAC Beginner/Intermediate Camp $120 pp (9am-3pm)

12th & 13th July MSAC Elite Boys’ Camp $90 pp
(VC & Metro Rep Level players – Conducted at Albert Park College - Danks St, Albert Park)
Under 12 (9am-12pm) Under 14 (1pm-4pm) daily

Don’t forget our weekly skills sessions from 4:00-5:00pm Mondays, Wednesdays & Thursdays if you would like to work on your skills after school during school term.

Melbourne Sports & Aquatic Centre, Aughtie Drive Albert Park.
For more information on all basketball programmes go to www.msacbasketball.com.au and register online, email admin@gaze.com.au or phone 9699 2204.

SPORTS NEWS

LEVEL 4 TOUCH RUGBY GALA DAY
Last Friday all Year 5&6 children had a great gala day at Fawkner Park. We all played a round robin teams event.

A special thank you to Andrea Gray (Jamie 4N) and Barry Riordan (Jaclyn 4Z) for helping out on the day and all the teachers who came. Congratulations to Anishadeep Kaur 4Z on winning the Good Sport Award for showing good sportsmanship.

Zara Guss and Sophie Hemingway
Interschool Sports Leaders

Do you want to play footy in the school holidays?
The Prahran Junior Football Club U9’s need players for games on 1 July & 15 July which are in the upcoming school holidays. Here is a great opportunity to try it out for a couple of games at no cost to you. That’s right, there is no registration fee!
You may be currently playing another sport that has a break during the school holidays. This is a perfect way to keep in touch with the game.
Come to training and develop your skills. Make some new friends.
All you need to be is 7 or 8 years of age as at 1 January 2012.
If you are interested please contact Rob Officer on 0403 499 885 or rbrtofficer@yahoo.com.au
**FAMILY & FRIENDS**

New to Australia, direct from Amsterdam
Dutch homewares brand **HK living**
Shopping night & exclusive preview

Thursday 21st June 5.30 - 7.30pm – all welcome
House of Orange 917 High Street, Armadale (03) 9500 9991
/hklivingaustralia or visit HKliving.nl for more

---

**For Term 3 Only**

**New Store Hours**

Dear Parents,
Please note the below changes to your PSW Uniform Shop hours.

**Trading Hours**
Commencing July 1st

- **Monday:** CLOSED
- **Tuesday:** 8.30am - 5.00pm
- **Wednesday:** 8.30am - 5.00pm
- **Thursday:** 8.30am - 5.00pm
- **Friday:** 8.30am - 5.00pm
- **Saturday:** 9.00am - 1.00pm

The key changes for you to be aware of are that we are now closed Mondays and close at 1.00pm on Saturday.

From,
Your PSW Team

---

**Prahran State Electorate Conference**

**Policy Development Forum**

Hear about how policy is developed in our party, and help make a valuable policy contribution for Prahran

On the night we will develop **two** motions to be put forward to State Council:

1. Local high school for Prahran
2. Better train services for stations in the electorate

Choose which topic interest you most and do some research prior to the night.

**Special guests**

- **Damien Mantach**
  State Director of the Victorian Liberal Party
- **John Pesutto**
  Senior Advisor to the Premier
- **Tim Wilson**
  Institute of Public Affairs

**Tuesday 26 June 2012, 7pm**
Toorak Bowling Club, 9 Mandeville Cres, Toorak
Contact Prahran CEO Chair Michael Taranto at michael.taranto@gmail.com or 0402 478 711 for more info.
Welcome to Armadale

Jim’s Cleaning Armadale has recently been established and its business partners would like to offer the Parents of Students at Armadale Primary School an introductory offer for the duration of Winter 2012. The specific treatments are for Bathrooms, Kitchens, Ovens and Windows.

Living locally enables us to support families and small business owners in the community and it will also enable us to provide our clients with a cost effective cleaning solution; quickly, reliably and efficiently.

Call Mark and Ali on 0439 634 384 for further information regarding our services or simply email us at ali.mark@jimscleaning.net.au and we will contact you directly. We value your local support and look forward to meeting with you shortly,

Kind regards,
Mark and Ali

Armadale Primary School will be participating in the Coles 2012 Sports for Schools program.

Vouchers are available in all Coles stores from 13 June to 14 August and we ask that you get involved to help collect vouchers for our school.

Our target is to provide our school with new Sports Equipment.

We are appealing to parents and guardians to collect as many vouchers as possible. By donating and encouraging friends and family to do the same, you are helping to provide a healthy and active education for our children.

Please visit coles.com.au/sportsforschools for more information about the program and you can also browse the site to see what sporting gear is available.

A collection box will be located outside the office so please feel free to drop the vouchers in the box or give them to your children to hand into your child’s class teacher.

EARN & LEARN

Don’t forget to keep collected the stickers in the Woolworths’ Earn & Learn promotion which has now been extended until Monday 12 August.

“Double Stickers” promotion starts next week. From Monday 11th June until Tuesday 19th June, all customers who buy specially marked products will be eligible for double stickers on their total shop. As long as you spend more than $10 and include a product from one of eight big brands, including Dove Beauty, Lipton & Flora, you will earn twice as many stickers.

Thank you to the families who have already returned completed sticker cards. Well done!

Super Tuesday Lunch Special

Order your winter special on a Tuesday! Available from the milkbar for the rest of Term 2:

A falafel wrap and prima for only $7.00

Attachments: Fun Run notice

(Advertised material is distributed with this newsletter. Whilst all care is taken to ensure validity we take no responsibility and imply no endorsement)
Armadale PS Fun Run

Go for Gold!!!

When: Tuesday 26th June 2012
Where: Orrong Romanis Reserve, Prahran – 10am – 1.30pm
Who: All students, plus teachers & parents
What: 10 laps around the oval, plus bonus laps if you’re up to it!
Why: Because it’s healthy & fun!!
What else: Special fun events including a 100m event for staff & parents
Wear: Dress up as your favourite athlete, or just wear green & gold
Afterwards: Free hot-dog lunch and icy poles for all children back at school

We’re also hoping to raise enough money to purchase shade sails for the playground equipment, so try to get as many friends & family to sponsor you as you can.

There will be plenty of giveaways on the day, plus the chance to win one of two mountain bikes!