Dear Parents,

Level Three Cocktail Party
A huge thank you to our level 3 class reps for organising last Friday night’s cocktail party at the Toorak Bowling Club. The event was extremely well attended and the venue facilitated some spirited competition on the pool tables as well as some lively Friday night football viewing. Mrs Cukier has only just recovered from the Saint’s loss! Of course the night was also filled with lots of great conversation and some very tasty finger food. Thanks again to all parents who supported this event on what was a very cold and dismal night.

OOSHC – After School Requirements
As part of our licensing agreement for the OOSH program, we are legally bound under the legislation to provide a designated outside area for the students involved in the program after school. The legislation goes on to say that the school can be heavily fined if there are other unenrolled children & adults in these designated areas whilst the program is operating. As a community school that welcomes all visitors, we certainly don’t want to be in the position whereby parents and students are being asked to leave the grounds after 3:45pm. We have therefore designated the senior playground area (around the dome) and the covered areas near the single storey portable classrooms as an area that will not be used by OOSH and therefore other parents and students may congregate after 3:45 if necessary.
Katie and the OOSH team would really appreciate everyone’s support on this matter as we want to ensure that we are compliant with all aspects of the new legislation.

2013 Sibling Enrolments
I can’t believe that term two is drawing to a close and our planning for 2013 has already begun. We are currently close to filling our second prep class for next year based on the enrolment documentation we have received to date. We are also aware that there are many existing Armadale families that will have younger siblings starting with us next year. Therefore, if you haven’t lodged your enrolment for one of our 2013 prep classes, could I please implore you to stop by the office ASAP and collect an enrolment form from Maggie or Alison. We would really love to have all of these students enrolled by the end of this term so that our planning for next year can be as smooth as possible.

If you are also aware of other families within our zone, who haven’t yet enrolled for 2013, please encourage them to contact the school about these prospective prep enrolments.

School Photos Feedback
I had a flood of emails last week after my request in the newsletter for feedback about the new school photos format. I was thrilled to read that 100% of the responses had enthusiastically endorsed the revamped look. Given this feedback we will now lock in the format with our photographers.

Curriculum Subcommittee – Rescheduled Meeting
Due to the stop work action on Thursday 7th June, the curriculum subcommittee meeting has been rescheduled to next Thursday 14th June at 8:00am in the library. We apologise for any inconvenience with this change of date.

APS Fun Run
As a forerunner to the upcoming Olympic Games, we have planned a Fun Run for Tuesday 26th June. This will be a great activity in the last week of the school term whereby the whole school can come together to have some fun and to raise some money for the school. The PFA have been working hard on the final details and Jill and Abbey will keep you posted through the newsletter as we approach the event.

In addition to these being a fun physical challenge for students, we are also trying to raise some money for new shade structures over the new playground equipment. Children will be asked to collect sponsors and donations as part of the event and the PFA has some great incentives planned to help our students to really get behind the program. Keep an eye on the upcoming newsletters for more details!

Jim Cahill
Principal
**YOU CAN DO IT! AWARDS**

1C  Tess Davies For being an organised presenter when she was the focus person. 1C learnt so much about cats. Well done Tess!

1C  Aidin Skinner For using Investigation Time to tackle many mathematical challenges. You are amazing Aidin!

1P  Violet Johnston For her excellent strategies when solving problems in classroom activities. Fantastic!

2E  Catalina Addis For her persistence in completing set tasks in more detail and for working hard to improve her handwriting.

2J  Luca Houghton-Allen For using persistence to greatly improve his reading this term. You should feel very proud of your achievements Luca!

2P  Indie Goode For being a polite telephone monitor and passing on messages.

2S  Taliyah Goumas For creating a terrific "soft c" book. Keep working hard on your spelling Taliyah!

2T  Imogen Bickford For learning all the dance moves, showing her beautiful smile, and being a great performer in the level 2 rehearsals.

3D  William Purdie For always striving to achieve academic excellence in all subject areas.

3F  Aiden D’Cruz For demonstrating persistence when working on learning activities and setting up the class webpage folder.

3F  Enzo Iezzi For working cooperatively to develop an Autoshapes PowerPoint about the circus.

3W  Mark Allan-Lyons For showing great enthusiasm and demonstrating his knowledge about weathering during our ‘Forces Of Nature’ Incursion. Well done Mark!

4S  Olivia Vickery You showed well developed interpersonal skills and initiative when you helped your classmates to plot percentages and decimals on a number line. Well done!

4Z  Jacob Moulton For showing fantastic concentration and persistence skills when completing a difficult maths task. Well done Jacob!

4Z  Naomi Fitzgerald For always giving 100% at everything thing she has attempted this year. Keep up the great work Naomi.

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**National Buddy Day**

At Armadale Primary School we celebrated National Buddy Day (1st June) in style. The Level 1 and 4 Buddies enjoyed a fun afternoon, playing exciting games with each other. We even learnt a special buddy hand shake and shared some fruit and yummy teddy bear biscuits. Everyone brought along their favourite teddy bear and introduced it to their buddy. Here are some photos of buddies with their teddy bears.

*By Olivia Horton-Stephens (4S) and Emma Bickerdike (4N)*

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**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**

Northcote won this week’s house points. Congratulations to all the children in Northcote.

**GROUP PHOTOS**

All orders for the group photos on display outside the office must be in by Friday 15 June. Each photo costs $15 and payment envelopes are provided.
Hi everyone,

The APS Fun Run – Tuesday 26th June
All students – and lots of the teachers we hope! – will participate in the Fun Run to be held at Orrong Romanis Oval on the morning of Tuesday 26th June. On the children’s return to 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 that we can organise a team of helpers.

Level 3 cocktail party
Thank you to all the Level 3 class reps for organising such a successful Cocktail Party last Friday.

Classroom Cuisine
Please remember that Classroom Cuisine will not be available on Tuesdays. It can still be ordered every other day of the week: Monday, Wednesday, Thursday & Friday. You can go online at any time and place your orders, even up to 8.30am on the day the lunch is required. Just go to www.classroomcuisine.com.au and start ordering!

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

APPS FUN RUN - TUESDAY 26 JUNE
10.00am - 1.30pm

Yes, I can help at the fun run

Name: _____________________________
Child’s Class: _______
Phone no: _________________________
Email: ___________________________

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

Visual Arts Notice

Visual Artist of the Week
Sofia Pellegrini 2E
For the excellent Mad Hatter’s Hat she made out of clay. She did a fantastic job of turning a pinch pot into a hat and attached a little feather. Keep it up Sofia!

Visual Art Class of The Week
3F
For the big effort they made when painting their fantasy castles. They used cardboard pieces to drag the paint up the page to make the walls of the castle and add detail with black paint. They look fantastic!

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 Lunchtine 12:40 -1:30.
The portraits are looking fantastic and are almost finished.

Thank you

Lucy Gorman
Visual 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: 7-8pm

PARENT HELPERS WORKING BEE: FRIDAY 8th JUNE
- @9.00am—3.00pm in The Performing Arts room
- Areas will be set up so parents can come and go as they need. We will need to make/start: Dodo birds boat, White Rabbits house, 2 rocks for the park, Cardsmen costumes and head pieces for the flowers.

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 or trays suitable for a tea party!

MATERIAL
- green material (grasshoppers)

ADDITIONAL ITEMS
- Two cat scratching post for the Cheshire Cats to rest on!

Items can be left in The Performing Arts room
THANK YOU TO ALL THE PARENTS WHO HAVE DONATED PROPS, IT IS GREATLY APPRECIATED

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 AWARD: 3D – For putting in 100% during our Level rehearsal for Alice in Wonderland. Well done 3D, you are trying really hard to practise your sharp movements, project your voice and sing in time with the speedy, White Rabbit!

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 30th June at 1.45pm. This will be the final assembly for Term 2.

Amanda Wilson
Performing Arts Co-ordinator
Dear Parents,

Just a friendly reminder about ensuring your child/ren has a waterproof and windproof jacket/ raincoat in their bags at all times. Even though we declare a wet day program when it is raining and the children are inside, they still move around outside of their classrooms to access the toilets, the office, the library and the Multipurpose centre for a range of activities. It upsets me to see them getting damp when it can be so easily avoided.

Our lives are incredibly busy, we all at times have multiple things to juggle and we strive to get the balance right. We seem to suffer from ongoing and chronic stress and living in stressful environments. What we don’t realise is when we are stressed, this has a negative impact on our children in particular their developing minds and leaves them vulnerable to disorders later on in life.

What we can do is manage these situations so that our stress doesn’t harm our children. Please read further on this article from Dr Michael Nagel. Dr Michael C Nagel is an Associate Professor in the School of Science and Education at the University of the Sunshine Coast. He teaches and researches in the areas of cognition, behaviour and learning and human development and early learning. Once you get past all the neuro-psychology speak, it makes a very interesting read.

**Stress and the minds of young people**

Are you feeling stressed? Are you aware that the World Health Organisation estimates that by 2020, stress related deaths will be second only to cardio-vascular disease? It is also important to remember also that cardio-vascular problems have been linked to stress. You may also be interested in knowing that the impact of stress can be far more damaging to young minds than to those of adults and we would do well to ensure that young people are provided emotionally healthy environments...here is why!!!

Collectively speaking, stress is a very difficult concept to define given the broad array of individual factors contributing to what one might refer to as stress. From a neurobiological perspective stress is an adaptive response from some environmental stimuli triggering the emotional centre of the brain into some measure of action. The emotional and physical responses an individual has to stress are set in motion by a series of chemical releases and reactions. Therein lies a significant problem, too much stress, or more worryingly a chronic overreaction to stress, overloads the brain with powerful hormones that evolution designed for short-term duty in emergency situations only. The cumulative effects of these hormones have been shown to damage parts of the brain and kill certain brain cells. Moreover, the day-to-day realities of life can evolve into stressors resulting in the brain activating the very stress response designed to protect itself and these stressors do not discriminate on the basis of age.

All people deal with various stressors throughout their lives and developing coping mechanisms for dealing with stress is part of growing and maturation. Arguably, most adults believe that they suffer the effects of stress to a greater degree than the young people around them. After all, what does a young person without any adult-like responsibilities have to be stressed about? The reality, however, is that a young mind is probably more vulnerable to the debilitating effects of stress than that of the adults around them. This paradox lies primarily with popular definitions of stress which do not take into account the scientific literature on how the mind and body determine a stressful event and how stress impacts on young brains.

Stress is a highly individual experience that depends of specific psychological determinants to ignite a stress response in the brain and throughout the body. A stress response is triggered when individuals face situations that are threatening, and/or novel, and/or unpredictable, and/or where an individual feels like they do not have control over the situation. Therefore, while the ‘downsizing’ of a company engages a stress reaction in an adult, the same stress reaction can happen to a child on their first day of school. In fact, because the brain continues to mature throughout childhood and adolescence, young people may be more vulnerable to the impact of stress than a mature adult brain.

**Young Minds and Stress!**

In order to understand how stress can be very detrimental to the mind of a young person it is important to have some understanding of what happens to the body when the brain triggers a stress response. It is equally important to bear in mind that full maturation of the brain does not happen until the third decade of life and as such the developing brain is far more sensitive to the chemical processes involved while mediating a stressful event.

When a situation is interpreted as stressful, it triggers a system in the brain that tells the hypothalamus to release a series of chemical reactions. These reactions, in turn, signal the fight or flight mechanisms of the brain which results in an increased flow of oxygen to the muscles requiring the heart and respiratory system to work harder. Furthermore, during the fight or flight response, blood vessels in the skin may constrict to diminish any bleeding in case of injury, stored carbohydrates in the body are liquidated to provide sufficient fuel for any measure of response and the immune system may become enhanced in preparation for whatever part of the body is injured. Given the reactive nature of the brain to stress it should be apparent that a prolonged or continuous stress response to the relative stressors around us means trouble over the long term. Now consider the impact of stress on those whose brain is still developing and maturing. There is a large body of research that tells us that young people who live in chronically stressful environments develop a variety of disorders as they get older. There is also a growing body of neuro-scientific research telling

*continued over page...*
us that the powerful chemicals designed for our survival in stressful situations can actually impact on the normal growth and development of very important regions of the brain, especially during the early stages of life and through adolescence. It is also important to remember that children live in a less stable, more stressful environment than decades ago with higher divorce rates, variations in family structures, instant access to information, increased family mobility, pressure from society to perform and look good, access to globalisation and increasingly easier access to drugs and alcohol. In other words, the stressors of childhood and adolescence may be of greater frequency and more pronounced than any other time in history. That’s the bad news...the good news is that there are things we can do to help children and adults alike manage the stress around them and this will be covered in a future newsletter. In the meantime why not talk to the young people around you about what they think stress is and what stresses them...you may be surprised by the answers you get.

Michael C Nagel PhD

Next week I’ll provide you with the strategies on how to manage those stressful situations and prevent your children from developing a variety of disorders.

Hoping some of this helps.

Warm regards

Rochelle

Notizie d’italiano

Whole school incursion Tuesday 12 June
On Tuesday, students from Prep to Year 6 will be treated to a performance by La Comica Variety Productions. It will be held in the hall and has already been paid for in the Term 2 levy.

We’re looking forward to an entertaining performance!

Vita Vampatella
Language Co-ordinator

Level 2 Gardening club

Sweeping, weeding, raking, digging, watering, planting!

The enthusiastic students work hard each week to maintain the garden areas outside the Level 2 classrooms. They have prepared the soil and have recently planted some herb seeds, and beetroot, broccoli, and lettuce. They have also planted some pansy seedlings and broad beans.

Hopefully the plants will start to grow soon!

Vita and Pippa
**SPORTS NEWS**

**L4 TOUCH FOOTBALL GALA DAY**

Tomorrow all Level 4 children will be involved in an exciting round robin Touch Football Gala Day with other schools in our district. This will be held at Fawkner Park. Thank you to the parents who have offered to assist. If any more parents would like to help on the day please speak to your child’s class teacher. We will be leaving school at **9.00am** sharp.

*Peter Cracknell*
*Sports Co-ordinator*
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

EARN & LEARN
Don’t forget to keep collected the stickers in the Woolworths’ Earn & Learn promotion which runs until 1st July.

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

John Saunders
B Psych, M Sp Path, MSPAA
PAEDIATRIC SPEECH LANGUAGE PATHOLOGIST
Consultation services at Prahran Clinic PH 9533 2549
Private health & Medicare rebates

 correlates reading/writing/spelling
expressing themselves
attention & concentration
processing information

Does your child struggle with:

Will Nicholson - Rebel Rugby Development Camp

(e) william.nicholson@vlicrugby.com.au (f) 9221 0789
(p) Victorian Rugby Union
PO Box 234, Parkville
Vic, 3052

Open to boys & girls
Ages 10-18 yrs
Cost $100pp players receive:
Training shirt, training hat, water bottle & all meals
Wednesday 4th July
9:00am to 4:00pm
Eltham Rugby Union Club
58 Bridge St, Eltham

JNR Rebels Regional Development Camp
Join the Rebel Rugby Coaching Team as they take camp participants through a fun and safe day of Rugby Union activities, games and off field information.
Players will also be inducted into the Rebels Pledge and style of play

Up skill yourself with expert coaching

Attachments:
(Advertised material is distributed with this newsletter. Whilst all care is taken to ensure validity we take no responsibility and imply no endorsement)
**Daily Items To Bring**

- Lunch & Snack
- Drink Bottle (refillable)
- Hat / Raincoat if needed

Please dress in an appropriate manner. We encourage children to wear sturdy shoes that are comfortable for walking during excursions.

**NB:** All personal items need to be named. Children will not need any money when enrolled at the program.

Please note: Armadale Primary School OOSHC takes no responsibilities for belongings that are brought on excursions.

**HOURS OF OPERATION:** 8am - 6pm

**ARRIVAL:** The times printed below each day’s activities are when the activities are conducted. Please ensure that your child/ren are here at those specified times.

**DEPARTURES:** Children must be picked up by 6pm. A late fee of $10.00 for the first 15 minutes and then $5.00 for each 5 minutes thereafter will be charged if your child/ren are picked up after 6pm. **Children will only be allowed to leave the centre with an adult known to the staff or by previous arrangement.**

**ALL EXCURSIONS ARE COMPULSORY AND TRANSPORT IS EITHER BY BUS (WITH FITTED SEATBELTS), TRAM OR TRAIN**

By booking your child in for these excursions you authorize the person in charge of the Armadale Primary School Holiday Program, in the event of illness or accident when it is impractical to communicate with me, to obtain on my behalf such medical transportation and medical or surgical treatment as may be deemed necessary and I understand that I will be liable to pay the costs thus incurred.

**FEES**

**COST:** $55.00 per child per day*, full days only

Parents eligible for Child Care Benefit will have their daily fee reduced accordingly.

*If you are eligible for Child Care Benefit it is imperative that you register with the Family Assistance Office. The provider number is 555-011-001B. You will be required to pay full fee unless we have received your registration from the Family Assistance Office. Please call 13 61 50 for more information.

**PAYMENT:** To book into this program you must fill in a credit card authorization form for us to deduct your outstanding fees after the holidays.

If payment is not made the booking will be cancelled.

**CANCELLATIONS:** If your child is unable to attend a day you may call and cancel. If there is someone who is on the waiting list who can take their place

**REFUNDS:** Refunds will only be given for children who are sick and upon presentation of a doctor’s certificate.
Monday 2nd July
Rockclimbing @ Bayside Rock
Come to Melbourne's newest rockclimbing centre. This place is huge with lots of different rockclimbing walls for all skill levels.
9:00 - 3:30pm
Transport: Bus

Tuesday 3rd July
Melbourne Zoo
Today we will go to Melbourne Zoo to see all the animals. There will be lions, tigers, elephants, giraffes and many more animals.
9:00am - 5:00pm
Transport: Bus

Wednesday 4th July
Strike Bowling & Laser Force
Strike Bowling has opened a brand new facility in Melbourne Central. Today we will have 1 game of bowling and 2 games of laser tag.
9:30am - 4:00pm
Transport: Train

Friday 6th July
Swimming
If you like water slides you will love the 80 metre indoor and outdoor slides! This is the place is the place kids dream of.
9:00am - 4:00pm
Transport: Bus

Monday 9th July
Fun Galore
This place is the place kids dream of. Today we will have unlimited use of the mini golf, go-karts, bowling, sumo wrestling, jumping castle and heaps more.
9:00am - 4:30pm
Transport: Bus

Tuesday 10th July
Melbourne Museum
Let's explore all the new exhibitions at the Melbourne Museum. Today we will separate into small groups to explore all the exhibitions.
9:30am - 4:30pm
Transport: Train

Thursday 12th July
Mount Baw Baw Snow Trip
As per tradition we're going to head up the mountain for some Tobogganing and lots more snow fun. There may be the opportunity for some snowboarding.
8:00am - 6:00pm
Transport: Bus

Friday 13th July
Movies @ Jam Factory
Let's head to the Jam Factory to see a new release kids movie.
9:30am - 4:30pm
Transport: Tram

Thursday 5th July
Ice Skating @ Docklands
Everyone's winter favourite is ice skating. What better way to enjoy the ice than a double hour of unlimited skating at the Ice Skating @ Docklands.
10:00am - 4:00pm
Transport: Bus

Wednesday 11th July
Gymbus & Reptile Show
Today the gymbus will be coming to our centre for some fun sessions on the bus plus a reptile handler will be doing a show.
9:30am - 4:30pm
Transport: NA