Dear Parents,

This week is again proving to be an incredibly hectic one with staff, students and our wider community. Our staff are currently undertaking assessments in their classes of student growth and achievements to inform their reporting to parents at the end of this year. Students in Grade 6 are undertaking orientation programs to varying degrees of their secondary schools. Our Grade 5 students are busy writing their leadership speeches and envisioning their important leadership roles for next year and our new Preps for 2014 will visit the school for their first transition session this coming Friday afternoon. This coming Friday morning the whole school community will enjoy a Healthy Breakfast together and hopefully sit out on the newly laid grass, though I believe the current inclement weather may forestall that from happening! Even though the grass will start to be laid the area may be out of bounds whilst we are having our breakfast and parents may need to be mindful of this when bringing the family in on Friday morning.

Healthy Breakfast – thank you Rachel Power
On behalf of the whole community I would like to acknowledge the contribution and effort of Rachel Power. Not only is Rachel a mum to Rose, Olivia and Joe, she works as an architect, is our School Council President and still finds the time to organise our Healthy Breakfast. What a superwoman! I look forward to thanking all the class reps and parents who helped out with our breakfast in next week’s newsletter.

ICAS results omissions
Last week in my haste to complete my section in the newsletter I unfortunately omitted two fantastic ICAS results. Rory McGann and Euan Stuart both in Grade 3 received DISTINCTIONS for their mathematics test. What wonderful results for such young students given the international standing in this competition!

Staff undertaking performance reviews
Over this week and next, all of our staff will be undertaking performance reviews as a way of giving staff feedback about the teaching and learning in their classrooms and their own performance against the professional teaching standards. I will also be undergoing my review with my Senior Advisor and whilst we all feel challenged at times when undertaking performance reviews, the feedback we receive is not only just positive but developmental as well and can focus on areas of growth and improvement. All of my staff and myself are on a continuous improvement journey and we never stop learning and growing!

2014 Preps First Transition session
I am looking forward to welcoming all of our new Prep students to our school on Friday afternoon at 2.00pm. I am sure they are equally as excited and can’t wait to meet their future classmates. The parents of our new preps are invited to this session as well where I will be running an introductory session in our Multi – Purpose Centre. For first time Prep parents, this can also be an exciting time, but equally can be daunting, so I will do my best to allay any trepidation they may have.

continued over page ...
Working With Children Check
Just a reminder to all our parents that School Council endorsed the updated excursion policy and as part of our implementation practices, it is a requirement of parents who want to help out during excursions or volunteer in the classroom to have a current Working With Children Check. This can be easily obtained online or through Australia Post. Please bear this in mind with the forthcoming swimming program for our Foundation and Level 2 students, if any parents wish to help, a WWCC would be preferable as we are phasing in this requirement.

See you for brekkie in the morning!

Have a wonderful week.

Warm regards

Rochelle Cukier
Principal

KidzBodz Healthy Eating Challenge
Week 4 (this week)

- Bring a plastic container of chopped up vegetables to school each day this week. Eat them throughout the day and you will feel GREAT!

Thanking you.

Suggested grocery items include:
- Tinned tuna and salmon, tinned baked beans and spaghetti, pasta sauces and pasta, UHT (long life) milk, breakfast cereals, jars of vegemite, honey, peanut butter, nutella and jam, sweet and dry biscuits, muesli bars, cheese sticks, teabags, instant coffee, Milo, tins of fruit, tins of vegetables, rice and two minute noodles, baby food, toothpaste, toothbrushes, toilet paper, soap, deodorant, bottles of shampoo and conditioner and face washers.

Isla, Flossie, Dean, Evan, Christian, Amy 4F

This Week’s Awards

House Points
Rose won this week’s house points. Congratulations to all the children in Rose who enjoyed a crazy hair/hat day today.

Performing Arts Class 4B
Visual Art Class 2S
Visual Artist Catarina David
You Can Do It! Awards:
Edward Millear 0C
Zoe Alekna 0J
Maisie Henshaw 2A
Samantha Hill 2E
Gus Alekna 2J
Markis Angelatos 2P
Chloe D’Cruz 2S
Eliza Steele 4C
Euan Stewart 4C
Carlos Maciel Pizzorno Bazzo 4F
Isabella Carbone 4F
Jett Bolt 4S
Anna Huynh 4W
Leo Kim 4W
Oscar Bolt 6N
Kuba Lambert 6W
Cecilia Hardy 6Z
Amber Wright 6Z
Millie Sweeney 6Z

Wesley Mission
Food for Families Appeal

Each year thousands of homeless people turn to the Wesley Mission Melbourne for food and emergency accommodation. For the past ten years the school has supported the ‘Food for Families’ Appeal, collecting grocery items and toiletries to help meet the needs of homeless people throughout the next year. If you would like to donate to this appeal you can send a grocery item to your child’s classroom. We will collect these goods from the classrooms and, in early December, arrange for the goods to be collected from the school.

Thanking you.

Suggested grocery items include:
- Tinned tuna and salmon, tinned baked beans and spaghetti, pasta sauces and pasta, UHT (long life) milk, breakfast cereals, jars of vegemite, honey, peanut butter, nutella and jam, sweet and dry biscuits, muesli bars, cheese sticks, teabags, instant coffee, Milo, tins of fruit, tins of vegetables, rice and two minute noodles, baby food, toothpaste, toothbrushes, toilet paper, soap, deodorant, bottles of shampoo and conditioner and face washers.

Isla, Flossie, Dean, Evan, Christian, Amy 4F
Assistant Principal

Resource Smart Schools Awards
Last Friday Jen Drew and I took 6 specially selected Green Team members to the Resource Smart Schools Awards at the Melbourne Conference Centre. The students were Lucien Catrice, Euan Stewart, Nate Portnoy, Emily Walters, Alfie Holuigue and Charlie Sorell. These students represented our school particularly well and participated in all the activities very well. We had comments from a couple of other schools about how well behaved and involved our students were. We didn’t win the award, but we were pleased to have been finalists and to have been invited to the awards ceremony. We received $500 in prize money and we will use this to purchase new seating for the students, made from recycled materials. Please see page 7 for a report and photos.

Thank You
Many thanks to the Level 2 students who raised money for the school a few months ago. They were: Emma, Lucia, Maya, Sierra, Matilda and Flossie. This money has been put to great use around the school in the form of signage highlighting the great sustainability features of Armadale Primary. Many thanks also to Christine Leyshan for her wonderful work designing and producing the signs, and to her husband Frank for constructing and installing the stands on which the signs now sit. Look out for several more signs going up around the school soon.

Bike Ed
Peter Cracknell and I ran our first Bike Ed program with selected Level 4 students on Tuesday. It was a great success and the students performed really well in all aspects of bike safety, knowledge and handling. We will be running further sessions over the next few weeks to ensure that all Level 4 students have an opportunity to participate.

Year 5 Netbooks
Just another reminder about the parent information session on the 1 to 1 Netbook program next week. An email was sent out last week to all current year 4 parents regarding the netbook program for next year. If you didn’t receive that email, it means that the email address you have recorded at the office is incorrect, so you will need to rectify that with the office staff. A parent information session on the Netbook Program will be held on Wednesday 20 November at 5.00pm in the Library to explain how the program will operate next year.

Malcolm Dow
Assistant Principal

Notizie d’italiano
Excursion to Lygon Street
Wednesday 27th November

Level 6 students will be attending the excursion to Lygon Street as part of the Italian program. The Museo Italiano staff will present a guided language program and students will also visit the permanent exhibition at the Museo Italiano as well as complete the Italian Carlton Walk. Students will end the day with pizza, un gelato, and soft drink for lunch at Toto’s Restaurant in Lygon Street.

Zaim, Kate, myself and Beatrice, and parent helpers will be attending this excursion. Please ensure your child is at school by 8.50am on the day as we will be leaving promptly at 9.00am.

A detailed notice was sent home to Year 6 parents on Tuesday.
If you are available to assist on the day, please let myself or Robin know.

We are looking forward to una giornata fantastica!

Vita Vampatella
Languages Co-Ordinator
## You Can Do It! Awards

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Award Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edward Millear 0C</td>
<td>For confidently sharing information about his grandad's slate blackboard with the class. We learnt so much from you Eddy!</td>
</tr>
<tr>
<td>Zoe Alekna 0J</td>
<td>For including others in group activities, you are a lovely friend Zoe!</td>
</tr>
<tr>
<td>Maisie Henshaw 2A</td>
<td>For becoming more confident with her learning and taking risks, as well as being a thoughtful, kind and patient friend.</td>
</tr>
<tr>
<td>Samantha Hill 2E</td>
<td>For her increasing confidence and independence inside and outside the classroom.</td>
</tr>
<tr>
<td>Gus Alekna 2J</td>
<td>For being a confident learner and fantastic listener. Gus really tries hard at all times. Good boy Gus!</td>
</tr>
<tr>
<td>Markis Angelatos 2P</td>
<td>For focusing on understanding maths concepts and achieving pleasing results in his assessments.</td>
</tr>
<tr>
<td>Chloe D'Cruz 2S</td>
<td>For the enthusiasm displayed during The Body Investigators Incursion and embracing the role of a brain neuron. Well done Chloe!</td>
</tr>
<tr>
<td>Eliza Steele 4C</td>
<td>For the care and respect she demonstrates towards her teachers and especially her friends. You are a great role model for all our You Can Do It! keys. Thank you Eliza!</td>
</tr>
<tr>
<td>Euan Stewart 4C</td>
<td>For demonstrating a great commitment to improving his writing. You are working so hard and adding lots of detail and imagery in your narrative story. Well done Euan!</td>
</tr>
<tr>
<td>Carlos Maciel Pizzorno Bazzo 4F</td>
<td>for working positively and cooperatively with his group during the dice activity. Keep up the good work Carlos.</td>
</tr>
<tr>
<td>Isabella Carbone 4F</td>
<td>For demonstrating kindness and involving others in group activities.</td>
</tr>
<tr>
<td>Jett Bolt 4S</td>
<td>For arranging to have your grandparents speak to the Level 4s about their community work in Nepal. You have shown great community spirit Jett!</td>
</tr>
<tr>
<td>Anna Huynh 4W</td>
<td>For learning her times tables and demonstrating great confidence and persistence in 50's Club. Keep it up Anna!</td>
</tr>
<tr>
<td>Leo Kim 4W</td>
<td>For learning his times tables and confidently completing the 50’s Club times tables challenge. A fantastic effort Leo!</td>
</tr>
<tr>
<td>Oscar Bolt 6N</td>
<td>For showing wonderful work habits in the completion of a very detailed and well thought out novel project - what a great effort, Oscar!</td>
</tr>
<tr>
<td>Kuba Lambert 6W</td>
<td>For demonstrating great confidence and speaking clearly and using expression when presenting his novel project to the class. Well done Kuba!</td>
</tr>
<tr>
<td>Cecilia Hardy 6Z</td>
<td>For completing a fantastic novel project. You displayed excellent creativity and a thorough understanding of your novel. Great work Cecilia!</td>
</tr>
<tr>
<td>Amber Wright 6Z</td>
<td>For displaying persistence and confidence during her Maths assessment task. A fantastic effort Amber, well done!</td>
</tr>
<tr>
<td>Millie Sweeney 6Z</td>
<td>For creating an interesting and exciting writing piece. You displayed excellent creativity and ran wild with your imagination. Well done Millie!</td>
</tr>
</tbody>
</table>

---

### The 5 Keys of YCDI! Education
Our core purpose is the development of young people’s social and emotional capabilities, including:

- **Confidence** (academic, social)
- **Persistence**
- **Organisation**
- **Getting Along, and**
- **Resilience.**

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

- **Accepting Myself**
- **Taking Risks**
- **Being Independent**
- **I Can Do It**
- **Giving Effort**
- **Working Tough**
- **Setting Goals**
- **Planning My Time**
- **Being Tolerant of Others**
- **Thinking First**
- **Playing by the Rules, and**
- **Social Responsibility**
Sports News

Junior School House Sports
Tuesday 19 November
Level 0 (OP, OJ, OC) & Level 2 (2P, 2J, 2E, 2A, 2S)

All children from Level 0 & 2 will be involved in the Junior School House Sports to be held at Orrong Romanis Reserve (Melways ref 58 J6) next Tuesday.

The sports will commence at approximately 10.00am and finish at 12.30pm. Children will rotate through a number of different fun sport activities with the emphasis on participation, fun and working together as a team.

All children will need:
♦ play lunch in separate named bag/container
♦ a plastic named water bottle
♦ lunch will be eaten back at school
♦ children are asked to wear at least one article of clothing in their house colour eg t-shirt, ribbon, socks, shorts
  Densham - blue
  Munro - green
  Rose - red
  Northcote - yellow

♦ it is most important that all children wear their school sunhat, be sunsmart and wear suitable footwear.

Parents, family and friends are welcome to come along, and join in the fun. We also require parents to walk with children to the park. If you can assist please speak with your class teacher.

We look forward to a fun day.

Swimming Lessons
Swimming lessons for Level 0 & 2 will commence on Friday 29th November and continue on Monday 2nd December, Tuesday 3rd December, Wednesday 5th December, Friday 6th December, Monday 9th December, Tuesday 10th December, Thursday 12th December, Friday 13th December (9 lessons in total).

Detailed notices were handed out to the children today and a copy is on the following page (page 6) of today’s newsletter.

Peter Cracknell
Sports Co-ordinator

Both boys have been selected to represent the Southern District and Churches Cricket League. They were invited along with 80 other boys from the League clubs to try out. Over a three week period of trial sessions the group were whittled down to 40 after the first week, they then made it through to the final 26 players.

Henry is in the Mitchell Shield squad and Ned in the Browne Plate squad. Henry has also been selected by the coaching panel to be the Vice Captain of his squad.

The boys are training and playing practice matches every Sunday afternoon until January. They then compete against all the other Victorian league teams in a competition that runs from 6-20 January.

They are so thrilled and excited about playing their beloved cricket at this whole new level, not to mention meeting and hanging around with fellow cricket lovers!!

Cooking Club: Christmas fun!

We are offering Level 4 and 6 students the exciting opportunity of joining our special Christmas Cooking club to learn how to make some tasty Christmas treats!
There will be 3 classes in December: 4th, 11th and 18th.
The classes will be held after school from 3.45 – 5.30pm in the staffroom. The cost will be $35 per child.
Please complete the attached expression of interest form and return to Mrs Evans, Pippa or Jennifer by Friday, 21 November.
Preference will be given to students who have not attended cooking club before.

Please complete this form by 21 November

Christmas Cooking Club
Name: __________________________
Child’s Name: ______________________
Class: ___________________________
Phone no: _________________________

Yes, I would like my child to attend the Christmas Cooking club sessions.
My Level 4 / 6 child has / has not participated in cooking club before (please circle).
Dear Parents,

The Swimming Program gives each child an opportunity to enjoy physical activity as well as gaining a valuable life skill. Activities to develop confidence in water, swimming stroke development and water safety aspects will be covered in the intensive program beginning Friday 29th November. This program complements the school PE program and all children are expected to attend.

Term 4 Swimming arrangements for Level 0 & 2 - Swimming lessons for Term 4 will commence for Level 0 & 2 children on Friday 29th November. They will be held at the Lauriston Girls’ School Swim Centre Huntingtower Road, Armadale. This year we are running an intensive swimming program on the following dates over two weeks:

- Friday 29th November, Monday 2nd December, Tuesday 3rd December, Wednesday 5th December, Friday 6th December, Monday 9th December, Tuesday 10th December, Thursday 12th December, Friday 13th December (9 lessons in total).

Each lesson will be approximately 35 minutes with trained swimming instructors provided at the following times:
- 2E & 2S (9:30-10:05am); OC & O1 (10:05-10:40am); OP (10:40-11:15am); 2J & 2A (11:15am-11:50am);
- 2P (11:50am-12:25pm)

Cost & permission: Included in the Term 4 Levy sent out at the end of term 3

Transport: Teachers will supervise the walk to and from the pool.

Swimming items:
- To assist with the changing process it is recommended that children wear their bathers to school under their school uniform, prior to walking to the pool. (NB: Girls should wear one piece design and boys ‘speedo’ style) Please remember to supply underwear for your child when changing after the lesson.
- Goggles are highly recommended and need to be provided by parents prior to the commencement of the program. There will be no borrowing of goggles from the pool.
- Named swim caps will be provided by Armadale Primary School and are included in the cost for all students. These will be distributed to each level 0 & 2 child at the beginning of the program. Additional caps will be on sale for $5.00.
- Children need to also bring a towel and labelled swimming bag/sports bag. A plastic bag is not recommended.

ALL SWIMMING ITEMS AND CLOTHING MUST BE NAMED

ALL SWIMMERS MUST WEAR A CAP - GOGGLES ARE OPTIONAL BUT HIGHLY RECOMMENDED

Parent Assistance Required

Teachers require any parents who are able to assist with walking children to/from the pool and assist with supervision/changing. Any assistance would be greatly appreciated. Please complete the form and tear off slip below and return to your child’s class teacher if you can assist.

Parents of all children are welcome to attend swimming lessons and observe progress after the first lesson.

Medical Information

Children can be exempted on medical grounds. The confidential medical swimming exemption form is available under the Parents tab & Forms from the school website. It needs to be completed, signed by parents and returned to the office prior to the commencement of the program so that adequate supervision can be arranged.
- PARENTS – PLEASE DO NOT ALLOW YOUR CHILDREN TO SWIM IF THEY HAVE HAD DIARRHOEA WITHIN THE PAST SEVEN DAYS.

If you have any further queries please contact me or your child’s class teacher.

Peter Cracknell
Sports Co ordinator

__________________________________________

SWIMMING PROGRAM TERM 4 2013 – PARENT ASSISTANCE

Please note the school departure time is approximately 30 minutes prior to the lesson at the following times:
- 2E & 2S (9:00am); OC & O1 (9:35am); OP (10:10am); 2J & 2A (10:45am); 2P (11:20am)

☐ YES, I can assist with supervision with walking to/from the pool and supervision on the following dates (please circle)

<table>
<thead>
<tr>
<th>Friday 29th November</th>
<th>Monday 2nd December</th>
<th>Tuesday 3rd December</th>
<th>Wednesday 5th December</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 6th December</td>
<td>Monday 9th December</td>
<td>Tuesday 10th December</td>
<td>Thursday 12th December</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 13th December</td>
<td>OR</td>
<td>ALL DAYS</td>
<td></td>
</tr>
</tbody>
</table>

Parent’s Name: ___________________________________________ Phone No: __________________________
Child’s Name: ___________________________________________ Class: __________________________

Please return directly to your child’s class teacher by Monday 29th November if you can assist
Hi everyone,

Set the alarm! We look forward to seeing you at brekkie tomorrow from 7.00am. Lots of fun, healthy food and a few surprises.

Please pass your $4 per adult and $2 per non APS child payment to the office if you haven’t done so (see the form on page 11). Tomorrow’s bountiful brekkie buffet has something for even the fussiest of eaters and is cheaper than the price of a coffee. See you there.

Please save the following dates:
- Wednesday December 4 at 2.00pm - Christmas Church Service in the MPC
- Friday December 6 at 4.30pm - Art Show in the MPC
- Monday December 16 - Christmas Carols in the Quadrangle
- Friday December 20 - End of year break.

We invite you to get on-board in 2014 and help our ‘Back to the Future’ PFA initiative.

We seek active volunteers to join a fete committee to celebrate our 130th birthday. To date? We have enthusiastic staff members but no parent community members. Where are you? Come on Armadale, we know you’ve got talent!!

Please email Brig or myself direct or attend the ideas session in Rochelle’s office next Tuesday at 5.00pm.

Movember – check out the mo’s around the yard. Our kids are talking. Are yours?

We would also like to thank the Lie family for their generous donation of electric fry pans and toasters for tomorrow’s brekkie as well as future fundraising stalls. We will think of you as we flip pancakes, fry bacon and sizzle sausages in years to come.

Icy Pole Friday tomorrow?

Anecdotal feedback suggests green is the flavour of the month this month. We understand that some may feel that offering icy poles tomorrow doesn’t reinforce our healthy body message this month, however witnessing the swapping of flavours in the playground does reinforce one of our APS values of ‘kindness and compassion’.

Look out for the new lawn coming to the Fairfax Circle soon!

Exciting Things Happen At Armadale Primary

Mish McGrory and Brigid Warwick
0412554434 0412128164
Email: mish@mcgroryonline.com
brigid@warwick.com.au
PFA Co-Presidents

Resource Smart Schools Awards

On Friday 8th of November 2013, some people in the Green Team went to the Resource Smart Schools Awards. The people that went were: Euan, Lucien, Jennifer, Mr Dow, Oscar, Alfie, Nate and Emily.

We went because we were finalists in the category “Community Leadership”. Although we didn’t win, we were very excited to be a finalist. We listened to other schools present their projects about being sustainable, like:
- looking after platypuses
- reducing and recycling rubbish

Foundation News

This week’s Foundation bulletin is on the website under your child’s class in the Students tab or click here to go the Level and Specialist Bulletins page on our website.

Head Lice

A number of cases of head lice have been reported throughout the school. Please advise your child’s class teacher if you find head lice. Once treatment has commenced your child can return to school.

We recommend that all parents check their children’s hair regularly. Many lice do not cause an itch, so you have to look carefully to find them. Further information can be obtained at www.health.vic.gov.au/headlice.

Resource Smart Schools Awards

On Friday 8th of November 2013, some people in the Green Team went to the Resource Smart Schools Awards. The people that went were: Euan, Lucien, Jennifer, Mr Dow, Oscar, Alfie, Nate and Emily.

We went because we were finalists in the category “Community Leadership”. Although we didn’t win, we were very excited to be a finalist. We listened to other schools present their projects about being sustainable, like:
- looking after platypuses
- reducing and recycling rubbish

Foundation News

This week’s Foundation bulletin is on the website under your child’s class in the Students tab or click here to go the Level and Specialist Bulletins page on our website.

Head Lice

A number of cases of head lice have been reported throughout the school. Please advise your child’s class teacher if you find head lice. Once treatment has commenced your child can return to school.

We recommend that all parents check their children’s hair regularly. Many lice do not cause an itch, so you have to look carefully to find them. Further information can be obtained at www.health.vic.gov.au/headlice.
Performing Arts News

Performing Arts Award - 4B for their excellent focus during class.

Choir

Please note that there will NO CHOIR REHEARSALS tomorrow due to the Healthy Breakfast. We will back as usual next week. Thank you for your co-operation.

Assembly Performances

* We are looking for some talented dancers or singers (preferably a group) to perform in assembly this term. If you are interested please see me during recess on Friday.

After School Music Tuition – Information provided at the office.

Until next week,

Lauren Rich
Performing Arts Co-ordinator
rich.lauren.l@edumail.vic.gov.au

Visual Arts News

Visual Art Class of the Week 2S
For the enthusiasm they displayed when working with fabric. You made wonderful fabric letters 2S.

2013 Whole School Art Show - Friday 6th December “Portraits”

We are excited to announce we will be having a whole school Art Show at Armadale Primary this Term on Friday 6th December in the MPC. Please keep the afternoon free and come along from 430pm - 630pm to celebrate the wonderful paintings that students have put a lot of time and effort into. There will be a special performance from the junior choir and senior choir as well as a 1st, 2nd and 3rd prize awarded to students for their efforts and creativity displayed with their paintings on canvas. We look forward to seeing you there.

Art Leaders Meeting

Wednesday Lunchtime 1:00pm
I will look forward to seeing Milla, Mia and Rebecca in the Art Room this lunchtime to get begin preparations for our 2013 Whole School Art Show.

Art Smocks

It is really important for everyone to have their own art smocks, to protect your clothing from getting stained and dirty. Please make sure you have a smock in your classroom Smock Tub. If you do not have an Art Smock you can purchase one at the uniform shop in Kew.

Lucy Gorman
Visual Arts Co-ordinator

Visual Artist of the Week

Catarina David 0C

For the creativity she displayed when decorating her horse. She showed confidence when working with wool and has excellent colouring in skills.
LEVEL 2 INCURSION - THE BODY INVESTIGATORS

On Monday the Level 2 students participated in an incursion called “The Body Investigators”. They had the opportunity to become “Full Body Investigators” (FBI), dressing up in various costumes to represent the red and white blood cells, the brain neurons, the muscle and oxygen. Our educator Amy took us through a journey of Bazza’s body. There was also much discussion about making good choices about what we eat and the importance of daily exercise and a good night’s rest. It was an engaging, fun and stimulating activity. Well done Level 2!

On Monday all the Level 2 classes had an incursion. We were doing drama and were taught how to keep our bodies healthy. We all got to wear costumes and Miss Sozzi played the role of Bazza. At the start we were all called “FBI Agents” by Amy our teacher. Then we all got shrunk. We had to go through Bazza’s nose. It was disgusting! Bazza was a very unhealthy character. I played the role of a white blood cell. It was a lot of fun!

Kayla T.

White blood cells fighting a bad germ in the body... KAPOW!

Stomach muscles preparing to squeeze and use their gastric juices to break down food!

Red blood cells carry oxygen through the body.

At The Body Investigators Incursion I was a white blood cell. The white blood cell tries to destroy bad infections and germs. Our body is amazing so we need to keep it healthy! To keep your body healthy, you need to eat dairy products, fruit and vegies. They are very important foods. You also have to do plenty of exercise. The incursion was funny because Miss Sozzi was Bazza the main character. I loved it!

Emily W.

Busy brain neurons waiting to send messages to the body.

We played different roles. I was the stomach. The stomach’s job is to squish the food. I learnt that neurons send messages to the body. I had fun!

Henry St.

Oxygen and red blood cells working together.

“Bazza” and Luca know that fresh fruit is very good for your body.

Oxygen is what our bodies need!

Systems working together in a healthy body.
SRC Christmas Toy Appeal
2013
For
Prahran Youth Services

Prahran Youth services are having their annual Christmas Toy Shop on Wednesday 18th December.

APS SRC are asking every student to purchase and donate a gift/toy that they would particularly love to receive for Christmas.

The toys and gifts could represent their age and gender.

The gifts must be new and unused and do not need to be wrapped!

Gifts can be left in each classroom and will be collected by the SRC leaders at the end of each day.

Thank you

On behalf of the SRC and the City of Stonnington Youth Services
It’s that time of year again when we have our terrific Healthy Breakfast.

The real aim is to educate the kids about the importance of a nutritional breakfast, but it’s also a great opportunity for us all to get together and have some fun.

We start at 7.00am with a delicious menu including fruit juices, yoghurt, fresh fruit, cereals, egg and bacon muffins, toast, coffee, tea and fantastic pancakes!

The cost of this event for APS students has been included in the students’ Term 4 Excursion Levy.

For all other family members we ask a nominal amount of:

- $4 for each adult and $2 for (non APS) children, to be paid at the office before Friday 15th November.

Each year level is responsible for a food stall, so if you are able to help out on the day, please contact your class rep or look out for their email requesting helpers to fill the roster. It is always great fun to be involved and you can work up an appetite at the same time!

We look forward to having breaky with you!

Rachel Power
Healthy Breakfast Co-ordinator

Healthy Breakfast 2013 on Friday 15th November

PAYMENT SLIP FOR FAMILY MEMBERS (NOT Armadale Primary School Students)

Family Name & Class: ________________________________  yes, we will attend the Healthy Breakfast

Adults ___ @$4 each $_______
Children ___ @$2 each $_______  Total $_______
TPCC Netball Camp
17 to 20 December 2013

The Toorak Prahran Community Fund (part of the Toorak Prahran Cricket Club) is pleased to announce that it is running the third annual netball camp consisting of four days from 17 to 20 December 2013. We encourage girls to come with members of their current netball team – it will provide the team with a valuable opportunity to develop their match play. The camp is open for girls aged between 6 and 14. The four day program is suitable for girls of all experience levels (including those children who have not played netball).

The purpose of the camp (which is part of the Community Fund’s ongoing commitment to junior netball within Stonnington), is to provide a structured system of increasing players’ netball skills and helping them to gain more enjoyment from their netball.

We encourage girls to come with members of their current netball team – it will provide the team with a valuable opportunity to develop their match play.

Location: Sacre Coeur, 172 Burke Road, Glen Iris, 3146

Registration Fee per child (all ages):
- $50 per half day session or
- $175 for 4 half day sessions

If your child is 6 to 12 years and cannot attend a full half afternoon session e.g. because your child is at school during 17 to 20 Dec you can buy a ticket for $25 (from 3.30pm to 5pm).

Camp Registrations
Payment is to be made by credit card (Visa/MasterCard). Please contact Jim Hallam (0414965442 or jendix@onthe.net.au) if you have queries regarding registration or if you do not have a credit card to make payment.

Please follow this link to register

All proceeds from the netball camp go towards continuing the work of the TPCC Community Fund.

If you have any queries, please contact the TPCC Netball Camp Coordinator Caroline Hallam 0405 607 310 or jendix@onthe.net.au
PSW Uniform News

From Monday 11 November to Saturday 14 December 2013, PSW are offering 5% off all uniforms in-store. This promotion is a great opportunity for parents to prepare early for the 2014 school year and helps relieve some of the pressure placed on families in January’s Back-to-School Period.

Follow this link to the school website for details on pricing and the location of PSW.
CRAZY CHRISTMAS CLEARANCE SALE!
Samples, Seconds & Discontinued Stock!
Ladies & Children's Shoes, Socks, Accessories and More!
Prices from $2

St John Hall, 
5 Finch St, Malvern East
Friday 22nd November: 9am - 6pm
Saturday 23rd November: 9am - 3pm

Sandringham Scout Hall, 74 Bamfield St, Sandringham
Friday 29th November: 9am - 6pm

All Saints Parish Hall, 
113 Noble St, Newtown
**First time in Geelong!
Friday 6th December: 9am - 6pm

Cash Only, No Eftpos
No Returns or Exchanges

Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.
Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.
Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.