Dear Parents,

Thank you to those parents who were able to join us for our Education Week open day activities on Tuesday which also included the cyber safety presentation to parents and students. The classrooms all looked amazing, were highly engaging and stimulating and I am sure parents took away a strong sense of what the students are currently learning. I also hope that our cyber safety presentation empowered parents to embrace the Digital Age whilst at the same time assisted them with the tools to keep children safe online. Thank you to Malcolm Dow who facilitated the presentation and Malcolm will provide the link to the PowerPoint on our website. I also still have hard copies of the presentation and parents are welcome to pop into my office and take one of these.

I also conducted two fully booked tours on Tuesday for prospective parents and not only do I enjoy showing off my school because I am incredibly proud and fortunate to be the school principal, but because I also get the chance to visit nearly all the classrooms and can engage with the children in their learning. It is very rare to hear from a parent, once they have completed the tour, ‘Thanks, but this isn’t the school for their child’. I often ask them, ‘So what is it that sets our school apart from others?’, and the response is that because they see that all the children are learning! We are incredibly fortunate to have the teachers that we have in our school who ensure that learning is our core business.

**Sibling Enrolments**

Could all parents please ensure that any siblings who are due to start Prep in 2015, have already submitted an enrolment form to the office. We are experiencing an unprecedented number of applications from families outside our zone and I need to know what our enrolment numbers are from our existing families, before I can offer any out of zone placements. Thank you for your co-operation with this matter.

**Stranger Danger**

Many of you would have heard about the terrible incident involving an 8 year old girl at Glenferrie Primary School that was reported in the media yesterday and one of our parents heard about it directly from that school’s parent community on Monday. Victoria Police is currently investigating the incident where a child at that school was allegedly assaulted by a stranger at school pick up time.

Like all schools in the area, we are taking this incident seriously. We have heightened awareness with our children at assembly about safety and teachers will be running additional stranger danger sessions in classes this week. At our school, our common practice is that students are only allowed to go to and leave the bathroom in pairs, or go to the office in pairs. Any person working at our school is required to sign in at our office and may I also request that during the school day, all parents enter our office area first, before heading into classrooms. Could I also request that parents notify the school should any one different be picking up the children at 3.30pm.

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**Principal’s report continued over page ...**
Whilst we have a very noticeable staff presence in the yard after school, we can’t see every child, particularly those whose parents insist their children wait outside the school grounds to be picked up.

May I ask our parent community that should you ever see anything at all that looks suspicious, please don’t hesitate to alert our staff. Parents please do not allow your children to walk home alone and always ensure they are in groups. It would also be helpful, if parents could teach their children to not be afraid to yell out or call out to other parents should they ever be in a situation where they feel unsafe. We remind parents and children that if they have any concerns, to report them immediately and if you see anything suspicious please notify the police straight away and inform the school. I have often embarrassed myself by querying men I find on our school grounds after hours, only to find out they are neighbours living across the roads.

If the worst thing that happens is being embarrassed, then I hope that happens every time.

Have you noticed lately…..

that your child is more irritable, fussy, complaining of a sore tummy coupled with diarrhoea, is having trouble sleeping at night and has an itchy bottom….it may be WORMS!!

These are so easily spread through human contact, particularly our younger children. All of our classroom teachers have been alerted and have been vigilant about the children’s hand washing with soap after using the bathrooms. If in doubt, have a chat to your local pharmacist or family doctor and maybe apply a dose to the whole family. Please don’t be offended if we don’t shake hands.....

Curriculum Day is Tuesday June 10th

Could all parents please ensure that this date is marked in their diaries and we hope that many of our families can take advantage of the long Queen’s Birthday weekend. Our staff will be involved in developing an improvement agenda for our school. Please note that OOSHC will be offering a curriculum day program, but parents will need to book in quickly - see the enrolment form below.

Have a wonderful week

Warm regards,

Rochelle Cukier
Principal

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Armadale Primary School OOSHC

Tuesday 10th June, 2014

Curriculum Day

Today we will be having a fun day at school with a variety of craft, science and sports activities.

Activities begin at 10.00am.
Opening times: 8:00am—6:00pm

Cost: $60 per child (CCB reduction may apply)

Child’s Name:

I consent to my child taking part in this incursion and where the leader in charge of the incursion is unable to contact me, or it is otherwise impractical to contact me, I authorise the leader in charge to:

- Organise medical transportation for my child
- Consent to my child receiving such medical or surgical attention as may be deemed necessary by a medical practitioner,
- Administer such first aid as the leader in charge may judge to be reasonably necessary.

Signature of Parent/Guardian: ____________________________ Date: ________________
Library News

Donations
Thank you for the donations in the library last week, new or recycled resources are always a welcome addition.

DVDs
A new section has started in the library. It is currently a small collection but I hope it grows over the coming months.

After school borrowing
After a successful trial on the first attempt the library will be holding another session on Thursday 22nd of May 3:30-4:00pm. Please come in and have a browse or just for a catch up with what children are reading.

Reminder
A reminder that students need to bring their red library bags to school. There was confusion over whether or not students need to bring their bags. The red bags help protect books and they are easier to track down. The library is allowing students who forget their red bags to borrow books to encourage reading but not to the point where it is no longer used and intentionally left at home.

Happy reading,
Brett Leyshan

Premiers’ Reading Challenge
Don’t forget to keep encouraging your children to read books for this year’s Premiers’ Reading Challenge which continues until 12 September. Click on this link to take you to the student login.

Assistant Principal

GRR (Get Rid of Rubbish) Day Thursday 5 June
I have had some positive feedback from a number of parents who are supportive of our impending move toward 100% Nude Food. On page 6 of this newsletter you will see an article from one of our parents, Pam Johnson, who explains how she made the move to healthier school snacks without the packaging. If any other parents have good ideas or suggestions, please contact me or Pam, and we can publicise your ideas too.

It is no coincidence that we are having our 100% Nude Food launch on World Environment Day. The impact of single use plastics and other packaging on our environment is enormous. Litter that is dropped in the playground or blows out of bins washes into drains and ends up in our bay and ocean. On the day we will have a special assembly to celebrate our launch and we will have sessions running through the day for each year level, where the presenter from Envirocom will demonstrate to the students the impact that rubbish has on our environment, especially the marine environment. If you have a chance, please look at this video from the ABC’s Catalyst program, which starkly highlights this problem. We believe that it is vital that our students help to become part of the solution to this huge problem, rather than just learning about it. We hope that you will accept the small inconvenience that Nude Food may present in order to achieve this important outcome for our students.

Walk Safely to School Day
As part of our ongoing support of active healthy travel to school, we are participating in the national Walk Safely to School Day tomorrow Friday 23 May. The website has all the details, links to a free app for your phone that records how far you walk, as well as a competition for students, where they can win a Samsung Tablet. Let’s hope the weather stays kind to us tomorrow so that we get as many children walking (or riding, scooting or skating) as possible. There is current research showing that our children are doing less exercise than those in other countries. Please click here to read the article. Walk Safely to School Day and Walking Wheeling Wednesdays (WWW) are great ways to build exercise into our daily lives.

Cycling to School
We had Stefan Magat from Bicycle Network Victoria come to present our school with a trophy that we can use for each of our WWW days. We will use the Hands Up Survey Results to award the class each month that has the highest participation rate in WWW.

Also Stefan mentioned to me that they have been approached by The Project (current affairs program on Channel 10) to do a feature on a school that has encouraged active travel, and he suggested using our school. Therefore we are looking for a few students and parents who ride their bike to school very regularly. If you would like to participate in this, please let me know.

Malcolm Dow
Assistant Principal
Hi everyone,

At this time of year it’s lovely to walk and wheel on a Wednesday and watch the children swoosh and kick their way through the leaves. We have a competition as to who is lucky enough to have a leaf fall on their head and we’ve all been quite lucky so far!

We hope you had a lovely Mother’s Day and would like to send a huge thank you to Kristen and Susan for co-ordinating another fantastic Mother’s Day Stall. There was a huge turn-out of volunteer helpers and it was great to see both old campaigners and new faces in Lisa’s performing arts room. Thanks ladies and I look forward to a little bite of your delicious cake next year!

Please diarise the following if you haven’t already:

- **Level 1/2 Cocktail Party** – Friday 30 May. 7.30pm at the Mt Erica ($20 per head)
- **Prep Tulip Drive** – June. More on this later.

**Level 1/2 Cocktail Party** – Friday 30 May. 7.30pm at the Mt Erica ($20 per head).

Babysitter booked? Check. RSVP returned to office with payment and name details? Check. You can now relax and look forward to a great night at The Mt. Erica (corner of Williams Rd and High St) on Friday 30 May from 7.30pm. Missed the invite in the bag? Envelopes are available at the office for cash payment and name details.

Some other things you might like to think about:

- No smock? Better get one.
- Level 3/4 Camp Rumbug deposit. Please rsvp.
- Done a nit check this week? Why not do one tonight?
- Like to help in class? Get that Working With Children Check and sign up.
- Have a child with a ‘sore tummy’, hungry and toileting a lot? Perhaps think about giving them a de-worm chocolate square.
- Building Fund Donation. Why not? It’s Tax deductible and the form is on the website.
- Have a Peter Pan cast member? Check the timetable on the MPC window and don’t forget your song folder and snack for rehearsals.

Please keep checking the newsletter and your specialist year level bulletin to keep up to date with all things APS.

---

Exciting Things Happen At Armadale Primary

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

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Student Banking

Congratulations to the following children who have qualified for a Dollarmites Bronze Certificate for making 10 deposits this year.

- Coco Gallichio 1/2A
- Edward Cooper 1/2E
- Ruby Hyde 1/2E
- Robert Strangward 1/2E
- Lachlan Stott 1/2K
- Eliza Gowland 1/2P
- Maximillian Schmidt 1/2P
- Thea Coull 3/4J
- Tom Handbury 3/4W

If you have ordered a reward item with your tokens, please check for a note in your deposit wallet which will advise you when it is available for collection from the office.

Alison Crone
Student Banking Co-ordinator
Performing Arts News

Performer of the Week

Last Week… Aiden D’Cruz and Will Scotti, 6Z, for creating an energetic and dynamic melodramatic performance. They continuously put their full effort into all tasks in Performing Arts and Production, and work vigorously to polish and perfect their performances. Excellent work!

This Week… Clea Robinson, 3/4C, for being a confident and expressive performer who continuously strives to improve her performances. You are a committed and talented student, Clea!

Performing Arts Class of the Week

Last Week… Prep S for their excellent work in their Dr. Seuss unit. Their dance to ‘Green Eggs and Ham’ is very entertaining to watch. They know how to work hard and have fun at the same time! Great job, Prep S.

This Week… 1/2P for their outstanding creativity and group work in their magic unit. They are working together wonderfully well to put together their ‘Magic Cup’ play. They are learning to take direction and polish performances. Great work, 1/2P!

Assembly Performance

Aiden and Will from 6Z presented a melodramatic excerpt from the play ‘Oh My Word!’ The forces of good and evil battled in a duel of epic proportions to win over the Lovely Lottie.

Yours in theatre,
Lisa Vollugi
Performing Arts Coordinator
vollugi.lisa.m@edumail.vic.gov.au

Visual Arts News

Artist of the Week:
Leah Angelopoulos Prep S
For the excellent skills she displayed when using printing tools to create the outline of her train. Keep it up Leah.

Art Class of the Week: 5B
For the initiative they displayed when completing their Visual Arts portfolio entry. Keep up the excellent work 5B.

Heidi Excursion
Year 1 and 2 students will be heading to the Heidi Museum of Modern Art next week and the week after. Students will be having a tour of the current exhibition by a local artist called Emily Floyd: FAR RAINBOW. Students will also be participating in a workshop.

The level has been split and will attend on the days below.

♦ Friday 30th May - 1/2E and 1/2A
♦ Friday 6th June - 1/2D, 1/2K and 1/2P

On both days students will depart the school at 9:00am sharp. Please ensure you arrive by 8:45am and assemble outside your classroom. Students will by bringing their school bags packed with recess, lunch and a drink. Students will return to school at approximately 3:15pm.

Lucy Gorman
Visual Arts Co-ordinator

Art Smocks
A number of students still do not have an art smock. If you do not have an art smock please make sure you get one over the weekend and put it in your classroom’s Art Smock Tub. These can be purchased from any uniform shop. Just look for the material similar to a rain jacket, the cotton smocks are not as effective.

Working Bee

Thank you to the following families who contributed to our Grounds Fund this week: Iezzi, Bickford, Coath, Corsham, Fleetwood and Holuigue.

If you would like to make a donation please click here.

Head Lice

Once again, we have some reported cases of head lice throughout the school. Could all parents please check their child/ren’s hair using the conditioner/combing method of detection.

Follow this link from the Department of Health for advice on how to find and treat it.
Nude Food Ideas

There are many consequences of going down the nude food path. The most obvious is environmental as it makes us more conscious of our consumption choices as we question the level of packaging on products and secondly there is a health 'side effect'. The children have obviously been discussing this at school over the recent weeks as Violet announced to me "the more rubbish you have to throw away, the more rubbish the food is"..... I loved this observation as it captures the essence of nude food so simply. I always remember being told that if you can't pronounce the labelled ingredients easily, then it is most likely a chemical therefore contents are a food product as opposed to a food.

As Mr Dow noted in last week’s newsletter, the adjustment period is the hardest but it does quickly become a habit. To assist with the adjustment period, we would like to facilitate a sharing of 'hints and tips' and quick recipes. There will be a box left at the office foyer for parents and children to write down some tips that make nude food easy and submit recipes or food suggestions for others to try. Please include their name and class on the suggestions as there will be prizes for the best ideas. We will help celebrate World Environment Day with sampling of some of the best recipes throughout the school day.

To start off, here is a recipe for (not quite) LCM bars that can be made during an ad-break.

4 cups puffed rice
2 cups quick oats
1 cup rice malt syrup (low Gi sugar alternative) or use honey
1/2 cup coconut oil / butter

Melt syrup and oil in a pan on the stove, throw dry ingredients in pan, smoosh it all around and pour onto a lined baking tray. Squish it all down, then put in the fridge overnight. Cut up in morning and it can be kept in the fridge and dished out through the week.

This can easily be adapted by adding desiccated coconut, raw cacao powder etc whatever makes it more exciting for your household.

Pam Johnson
Violet’s Mum

Year 1/2 Gardening Club

Year 1/2 Gardening Club will have their first ‘Salad Bar’ open next Tuesday at recess.

They will be serving freshly picked celery, with cream cheese and a cherry tomato, from the Prep garden.

All students who would like to sample a yummy piece of celery as a snack please come and line up at our salad bar.

The salad bar will be open at recess, 11.00am, next Tuesday 27 May at the Prep garden area.

There is no cost for the celery.

See you on Tuesday for some crunchy celery from the garden.

Year 1/2 Gardeners
The Preps were keen to use the beautiful basil that is growing in the garden and decided in Investigations to write a letter to Vita (our Italian teacher) asking her what they could cook.

Vita suggested **Margherita Pizzas** and organised a Pizza Making session during the Prep’s Italian lesson!

On Monday morning, all the Preps visited the staff room and took part in preparing the pizzas.

The Preps stretched the dough, covered the base with Vita’s delicious homemade *sugo di pomodoro* and sprinkled *parmegiano* and *mozzarella* cheeses over the top. Finally, our home grown *basilico* was scattered on top.

While the Preps waited their turn, they kneaded and stretched their own piece of dough. They learnt that pizza dough is made of *la farina* (flour), *l’aqua* (water) and *il lievito* (yeast).

Soon, the tantalising smell of pizza wafted throughout the school. The Preps all tried the pizza and remarked that it was the “best pizza” they had ever eaten!

---

**Pizza Dough**

- *La farina*
  - ![Flour](image)
- *L’aqua*
  - ![Water](image)
- *Il lievito*
  - ![Yeast](image)

---

**Grazie Vita for cooking with the Preps!**

A big **grazie** to Stella and Charlie C.’s mums for assisting us too!
You Can Do It! Awards

<table>
<thead>
<tr>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sabine Henshaw</td>
<td>For trying to do her very best.</td>
</tr>
<tr>
<td>Prep C</td>
<td></td>
</tr>
<tr>
<td>Caolan Robinson</td>
<td>For thinking about the consequences of his actions.</td>
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<tr>
<td>Prep C</td>
<td></td>
</tr>
<tr>
<td>Aidin Skinner</td>
<td>For being a reliable Green Team member and showing great</td>
</tr>
<tr>
<td>1/2D</td>
<td>enthusiasm in the lead up to World Environment Day.</td>
</tr>
<tr>
<td>Allegra Salmon</td>
<td>For her enthusiastic approach to her story writing and her increased</td>
</tr>
<tr>
<td>1/2E</td>
<td>confidence in working independently.</td>
</tr>
<tr>
<td>Lachie Stott</td>
<td>For always working well and providing a good example for others.</td>
</tr>
<tr>
<td>1/2K</td>
<td></td>
</tr>
<tr>
<td>Angella Sideris</td>
<td>For focusing on each instruction and doing her very best at all</td>
</tr>
<tr>
<td>1/2P</td>
<td>times during Tri-skills. You are an extremely graceful student.</td>
</tr>
<tr>
<td>Alice Hardy</td>
<td>For always striving to improve in all aspects of her learning. Alice</td>
</tr>
<tr>
<td>3/4J</td>
<td>has learnt the importance of revision and conquering any</td>
</tr>
<tr>
<td></td>
<td>misunderstood concepts. Well done.</td>
</tr>
<tr>
<td>Eliza Steele</td>
<td>For demonstrating a wonderful attitude towards your learning during</td>
</tr>
<tr>
<td>3/4S</td>
<td>circus skills. You’re a great role model, Eliza!</td>
</tr>
<tr>
<td>Max Dixon</td>
<td>For always showing enthusiasm in class and politely</td>
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<tr>
<td>3/4S</td>
<td>encouraging your classmates to be accountable for their actions. Thank</td>
</tr>
<tr>
<td></td>
<td>you, Max.</td>
</tr>
<tr>
<td>Will Hucker</td>
<td>For demonstrating a positive attitude in all areas of his learning</td>
</tr>
<tr>
<td>3/4W</td>
<td>and for being persistent when approaching more challenging tasks.</td>
</tr>
<tr>
<td></td>
<td>Keep it up Will!</td>
</tr>
<tr>
<td>Luna Cho</td>
<td>For the kindness that she shows to her fellow classmates and her</td>
</tr>
<tr>
<td>5B</td>
<td>quiet resilience when she wasn’t feeling 100% in NAPLAN week. Well</td>
</tr>
<tr>
<td></td>
<td>done Luna!</td>
</tr>
<tr>
<td>Brett Boscacci</td>
<td>For choosing to train for the upcoming cross country competition at</td>
</tr>
<tr>
<td>5B</td>
<td>recess instead of playing footy with his classmates. Well done Brett</td>
</tr>
<tr>
<td></td>
<td>and good luck for your race.</td>
</tr>
<tr>
<td>Phoebe Lovell</td>
<td>For her consistent and positive contributions to all class activities.</td>
</tr>
<tr>
<td>5F</td>
<td>Keep up the great work Phoebe!</td>
</tr>
<tr>
<td>Freddie Moffat</td>
<td>For an excellent writing task about Questacon. You displayed the</td>
</tr>
<tr>
<td>5F</td>
<td>ability to write with creativity and flair. Great work Freddie.</td>
</tr>
<tr>
<td>Cecilia Hardy</td>
<td>For her enthusiastic approach to learning tasks and her ‘can do’</td>
</tr>
<tr>
<td>6N</td>
<td>attitude. Well done Cecilia!</td>
</tr>
<tr>
<td>Ava Nielsen</td>
<td>For always showing enthusiasm and dedication towards your group work.</td>
</tr>
<tr>
<td>6Z</td>
<td>Your ability to work seamlessly with all students is impressive - Well</td>
</tr>
<tr>
<td></td>
<td>done Ava!</td>
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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
District Cross Country
Go Armadale Emus!

On Friday the 16th of May some children went to Bald Hill Park, Clayton and competed in the district cross country. There were several other schools involved including Toorak, Albert Park, St Kilda Primary, Port Melbourne, Stonnington, Middle Park and South Yarra. Armadale raced extremely well and did their best. There was great support throughout the day by all the team.

Congratulations to the following children that ran in the cross country:

If you came in the top 8 you will go on to compete at the Division Cross Country.
A fantastic effort by the following children: Winnie Laing (1st), Rose O’Donnell (1st), Henry Hayman (8th), Brett Boscacci (5th), Will Hucker (6th).

We would like to thank Kate Pilgrim and Mrs Wallace for coming along and helping out. We would also like to thank Michelle Moffatt, Ray Skinner and the other parents that supported the team.

By Winnie Laing and Will Scotti
Cross Country Leaders 2014
Donations Sought for the Armadale Primary School Building Fund

Armadale Primary School is financed by a combination of government and community (ie parent) funding. The government funding largely covers teacher salaries, cleaning costs and basic maintenance, while school improvements such as the installation of the synthetic grass, shade sails, landscaping etc are more often than not the outcome of local fundraising events.

In addition to the great fundraising work undertaken by the PFA for school improvements, the school also benefits from donations to our registered Building Fund for general repairs and maintenance. The money raised through donations permits the school to undertake the necessary maintenance beyond the minimum provided for in government budgets and to ensure the safety and comfort of our students and staff. In some cases it has included the repair of leaky roofs so our children and staff do not sit amongst buckets of dripping water. More recently it has included new heating in the Upper Infant classrooms so they can work in comfort over the coming winter months.

Last year Armadale Primary School parents kindly donated approximately $8,000 to the school’s Building Fund. The money donated was primarily used to paint the Infant Hall which had become tired and in desperate need of a lift. This year the Facilities Committee has identified as a priority the painting of the three infant classrooms, and if money permits, the replacement of the tired and worn carpets in the office.

Donations to the Building Fund in 2014 currently sit at $70.00 (from two visitors to the school during the 130th Birthday Fair), so we have a long way to go to achieve our goal of $10,000 to make the lower level classrooms and office a pleasant and safe environment for our students and staff.

Accordingly we are launching a campaign to raise the necessary funds. Through the remainder of Term 2 we are asking parents to contribute to the Building Fund as they have in the past and take advantage of the donation’s tax-deductibility in the lead up to the end of the financial year.

Donations can be made via internet banking or through completing the form below and returning it to the office. A tax deductible receipt will be issued for each donation. A weekly tally of our efforts will be published in the Newsletter and assuming sufficient funds are raised, planning to undertake the project(s) will begin in Term 3.

Thank you in advance,

Laurie Conheady (School Council Treasurer)
on behalf of the Armadale Primary School Council Finance Committee in conjunction with the Facilities Committee

__________________________________________________________________________________________

Armadale Primary School Tax-Deductible Building Fund Donation

<table>
<thead>
<tr>
<th>Amount: $_________</th>
<th>Family Name: __________________________</th>
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<tr>
<td>□ CASH □ CHEQUE □ Direct deposit into APS Official Account BSB: 083 298 Account Number: 028911383 – please include YOUR SURNAME/BUILD to identify your donation</td>
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<tr>
<td>□ CREDIT CARD - VISA or MASTERCARD ONLY</td>
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<tr>
<td>Card Number: ______________________________________</td>
<td></td>
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<tr>
<td>Expiry Date: _______ / _______</td>
<td></td>
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<tr>
<td>Cardholder’s Name: __________________________ Signature: __________________________</td>
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</tbody>
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Thank you to those parents who made a donation this week - we are up to $1125.
Little St. Margaret’s
AN ADVENTURE IN EDUCATION

85th YEAR CELEBRATIONS

Please join us and enjoy the celebrations at an
Afternoon Tea Party
for past students from 1920s – 1970s

Friday 30th May, 2-4pm
at Little St Margaret’s Kindergarten

Special Guest Ms Kelly O’Dwyer MP

RSVP events@littlestmargarets.com.au
or call 9822 7106 by 21st May

littlestmargarets.com.au
29 Mayfield Ave, Malvern Ph. 03 9822 7106

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Give your child a different kind of education

Our school specialises in
FOCUS, DISCIPLINE, CONFIDENCE & RESPECT

We know school is important. Children need to know how to read, write, add and subtract. We also know that children need focus, discipline, confidence and respect. Our certified instructors will not only help your child in these areas but also keep your child healthy through exercise.

Call now & schedule your free classes!

KANDO MARTIAL ARTS
Cnr Neerim Rd & Neerim Grove, Hughesdale
Ph. 9579 7999

FREE UNIFORM ON JOINING

Is your Grade 6 child a high achiever?

Auburn High School offers an accredited Select Entry Accelerated Learning (SEAL) Program which brings together like-minded, high-achieving students and helps them to fulfil their potential.

Please register your interest online by June 13, for your child to sit a test on June 21.

For more information, please visit www.auburnhs.vic.edu.au or call 9822 3247.

Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.
Do you have any warm winter coats or clothing your children no longer need?
St Kilda Mums needs your help to find 1000 coats for babies and children in need.

St Kilda Mums is a not-for-profit organisation run and staffed by volunteers, operating from our own warehouse in St Kilda.
We collect donations of nursery equipment and recycle cot, prams, bassinets, clothes and other baby essentials by cleaning and repairing them, and making sure they meet safety requirements.
We receive requests from Maternal Health Nurses and local charities on behalf of families in need. We then try to match our stock with what each family needs.
As you might guess, demand always exceeds supply. For this coat drive we aim to warm 1000 babies & children.

Now that the weather has begun to get chilly, there are many families who are not able to keep their babies and children warm, or allow them to play outside, due to an inability to afford warm winter clothes.
We would particularly love coats, but will gladly accept all warm clothing, hats, gumboots, gloves, scarves, etc.
Please also ensure they are freshly-washed, with no holes, rips or bad staining. A good guide is to think “would I give this to a friend”?
If you have any warm, winter clothes from size 1 to 10 that your children no longer need please email us at donate@stkildamums.org
If you would like more information please contact us or visit our website www.stkildamums.org

With reports that 1 in 5 children are bullied and as many as 1 in 3 are cyber bullied, parents can play an active role in ensuring their children are not victims.

Parents Bullying Information Forum

Auburn High School in conjunction with Bully Zero Australia Foundation presents a free parent forum.
WEDNESDAY 28 MAY 6:00 PM
Inspirational speakers include parents who have lost their children to cyber bullying and representatives from the Foundation.
This is an opportunity not to be missed.
RSVP 9662 9247 by May 24th
Durras Street, East Hawthorn, VIC 3123
Gold coin donation appreciated. All donations contribute towards funding Bully Zero school and workplace training programs.

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Explanatory Statement for Parents

What motivates parents to prevent anxiety and depression in their children?

**Chief Investigator:** Dr Marie Yap, School of Psychological Sciences, Faculty of Medicine, Nursing and Health Sciences, Ph 9905 0723, marie.yap@monash.edu.

**Co-Investigator:** Dr Naomi Priest, Centre for Citizenship and Globalisation, Deakin University, Ph 9251 7076, npriest@deakin.edu.au.

**Students:** Cathy Roberts, cjrob11@student.monash.edu, Samantha Finan, samantha.finan@monash.edu

**Invitation to participate in research**
You are invited to take part in research being conducted by Monash University, as part of an Honours Degree of a Bachelor of Science (Psychology). Please read this Explanatory Statement in full before deciding whether or not to participate. If you would like further information regarding any aspect of this project, please contact Cathy Roberts on cjrob11@student.monash.edu.

**What does the research involve?**
The study aims to explore perceptions and beliefs of parents of primary school aged children in relation to parenting strategies to prevent anxiety and depression in children. Specifically:

- Participants are invited to attend a one-on-one interview where they can express their views in response to questions about anxiety and depression and parenting.
- Sample questions comprise: What do you think anxiety looks like in a child? What do you think depression looks like in a child? What do you think causes anxiety in children? What do you think causes depression in children? How do you think we can stop children becoming depressed? Can you tell me about a time when you thought these issues may have been affecting your child/children?
- Interviews will take 45-60 minutes and will be audio-taped for coding purposes.
- Interviews will be held at Monash University (Clayton) or other convenient community locations as agreed between the researcher and participant.
- Information on participant gender, age range, highest level of education, cultural background, postcode, occupation, number of children and child’s gender and age will also be collected.
- Data from interviews will be included in a student thesis and publication will be sought in professional journals.
- This study will also inform a Doctor of Psychology (Clinical) research project on parental engagement in prevention programs for children’s mental health.

**Who is being asked to participate?**
We are inviting participation from parents of primary school-aged children, who live in metropolitan Melbourne and who are proficient in English, through advertisements in government primary schools, community venues, parenting associations and social media.

**What if I change my mind?**
Participation in this project is voluntary. If you decide to participate, you will be asked to sign a consent form agreeing to be part of the research. If you change your mind about participating, you are free to end the interview at any time. You may also choose not to answer specific questions you regard as too personal or intrusive. In addition, after the interview you may withdraw any information about yourself and your answers to the interview questions by contacting us.
Are there any risks?
We have identified a few possible risks to you in taking part:

1. Though unlikely, it is possible that you may get upset or distressed by the interview questions. If you become distressed during the interview, please notify the researcher and the interview can be suspended or discontinued.

2. Though unlikely, it is possible that you may get upset or distressed after the interview. If you do become distressed, please seek support from a trusted friend or family member, or a helpline from the list below.
   
   Lifeline 13 11 14 (24 hours a day, 7 days a week)
   Parentline 13 22 89 (8am – midnight, 7 days a week)

3. Though unlikely, there is a risk to participants’ privacy through breaches of confidentiality, particularly if you or your children are identified as experiencing significant mental health problems and/or are at risk of harming yourself or someone else. As far as possible, we will discuss further actions with you beforehand.

What are the benefits?
The knowledge gained from this research will further understanding regarding how to engage parents in preventing anxiety and depression in children and could lead to decreased anxiety and depression in the community. Guidelines for parents to prevent anxiety and depression in children will also be made available to participants.

What about privacy?
Any information we collect from you will be stored separately from any identifying information to protect your confidentiality. This information will only be accessible by researchers named on this project. Electronic files will be password protected and paper files such as Consent Forms stored in a locked filing cabinet. Data from the project will be securely destroyed after a minimum of 5 years after the final report on the study has been published. Any written or verbal reports resulting from the project will only contain group data. Quotations of your responses may be used in part for some reports, but any identifiable information will be modified or removed. Individuals will not be identifiable in any report.

Where can I get the results?
A summary of findings will be available in December 2014. Please let us know if you would like a copy by contacting Cathy Roberts on cjrob11@student.monash.edu.

Who do I contact to participate?
If you would like to participate or obtain any further information before deciding to participate, please email Cathy Roberts on cjrob11@student.monash.edu or call 0475 212 721.

What if I have any concerns or complaints?
This project has been approved by the Monash University Human Research Ethics Committee (CF14/771-2014000313). If you have any concerns or complaints about the conduct of the project, please contact the Executive Officer, Monash University Human Research Ethics (MUHREC):

Executive Officer
Monash University Human Research Ethics Committee (MUHREC)
Room 111, Building 3e
Research Office
Monash University VIC 3800
Tel: +61 3 9905 2052 Email: muhrec@monash.edu
Fax: +61 3 99053831

Thank you,

Dr Marie Yap
Senior Lecturer and Psychologist
School of Psychological Sciences
Monash University