Dear Parents,

Welcome to Health Week at Armadale Primary School! Not that all the other weeks should be unhealthy, it’s just that this week we are raising the awareness in our school curriculum which is focusing on Healthy Minds and Healthy Bodies. Coincidently, this month also highlights Walking to School every day and it is also Breast Cancer awareness Month. Many of our Armadale Mums may be participating in pink ribbon breakfasts or other fun activities such as Girls’ Night In. Since losing my own mum to breast cancer last year I always support any fundraising endeavours and on Sunday afternoon I participated in a movie fundraiser to see “To Rome with Love”. If you are a Woody Allen fan, you’ll find it a very entertaining film, with light hearted romance, gorgeous Roman scenery, music and opera! Also timely, is our free fruit Friday which is back in action and the children have been enjoying the fresh ripe fruit that arrives every Friday morning.

Our students this week have been treated to a number of incursions and excursions in relation to Health, in particular the Level 4s were introduced to Family Life sessions, the Level 2s enjoyed a Meet a Lifeguard excursion on Tuesday, the staff all participated in an update of their First Aid Level 1 and 2 qualifications, the Level 4s enjoyed a “Resuscitate a Mate” program today and the Level 1s ran a fresh orange juice stall. Tomorrow we all can’t wait for the Healthy Breakfast which is not only a sumptuous feast but also a wonderful opportunity for all our families to take some time out in their busy lives to enjoy a fantastic breakfast together. It starts at 7.00 am and will finish at 9.00am. We are incredibly grateful to the hard working parents who coordinated and organized all the food and supplies and all the parents who gave up their time to set up and volunteered to run the different stations. In particular, I must acknowledge Rachel Power for her superb co-ordination, and of course Jill Davies, Abbey Nash and the PFA – Gary Rowley and Jennifer Galvin-Rowley for picking up the new BBQs from Bunnings, and all the class reps for their support. There is no other breakfast like it and it certainly keeps me going for the rest of the day –well at least until the Level 4 cocktail party in the evening!

Sausage Sizzle and Cake Stall at Armadale for Election Day October 27th

A tremendous thank you to Kym Hyde (Clancy) and Michelle Moffat (Freddie and Priscilla) for all of their hard work and organization in ensuring that these stalls are operational on Saturday 27th October. We are very grateful to all the families who will donate cakes and who will come and buy the sausages on the day. All of our children will benefit from the proceeds of these stalls and having just looked at our draft budgets for 2013 with Christine, our business manager, I am even more aware of what little monies come into the school from the government. Therefore every extra dollar that is raised by our PFA just makes such a difference to what we can provide for our students.

Student Free Day on Monday 5 November

On the Monday preceding the Melbourne Cup public holiday, parents need to be aware that our OOSHC program will not be running a curriculum day for children. Working parents will need to make other arrangements for child minding on this day.

….Principal’s report continued over page
Day for Daniel
The SRC are holding a Day for Daniel on Friday 26th October (tomorrow) and students are asked to bring a Gold coin donation to support this cause and to wear something red in addition to their school uniform. This day focuses on Child Safety Awareness. Now in its 8th year, Day for Daniel continues to grow on a National scale and is recognised as Australia’s largest participation event of its type. The Daniel Morcombe Foundation was established in 2005 by Denise and Bruce Morcombe following the tragic abduction and suspected murder of their 13 year old son Daniel in December 2003. To promote the Foundation’s aims of making the world a safer place for our children, an annual awareness Day for Daniel is held, involving schools and local communities. In 2012 over 1,000,000 people are expected to participate Australia wide. The Foundation encourages that a red flavour be incorporated in the day – a colour which links Daniel’s story in a discrete way to the importance of Child Safety Education. Day for Daniel is not a memorial day – it is a learning day for our Children. Oscar and Sasha our SRC leaders will be speaking to students about the importance of Child Safety Awareness.

Thank you Diana Motion
Last Thursday the Level 3 students enjoyed a Science Incursion from two scientists, Amy and Daniella, who work at the Peter MacCallum Cancer Institute. Amy and Daniella both have their PhD in cell immunology and are undertaking research work in targeting cancer cells by using our own immune systems to kill off cancer cells. It is very exciting research and with Peter Mac already considered the Centre of Excellence for cancer treatment in Australasia we were incredibly fortunate to have scientists from the Institute to teach our students all about the work that they do. The students collected samples of their environment in agar jars science and can’t wait to see how these grow. Because Diana Motion (mum of Eliza and Charlie) works in Peter Mac she has access to all the fabulous doctors and medical teams, hence we were very privileged to have Diana organize the scientists incursion. As Science is becoming more of a priority in our curriculum we look forward to greater opportunities to bring science to life for all our students.

Virginia Wallace will be going on Leave next week.
Mrs Wallace will be enjoying some much deserved long service leave next week and 3W will be taught by Kate Pilgrim. We wish Virginia well and look forward to welcoming her back very refreshed on November 5th.

World Teachers’ Day: Friday October 26th in Australia
Internationally World Teachers’ Day is celebrated on the first Friday in October. However as this is usually during Australian school holidays, Australia celebrates the day on the last Friday in October of each year. The day provides an opportunity to draw attention to the important role of teachers within our communities. Celebrated in over 100 countries World Teachers’ Day acknowledges the efforts of teachers. It is a day on which students, parents and community members can demonstrate their appreciation for the contributions that teachers have made in the classroom and to their community. I hope that all our Armadale students will make a special effort tomorrow to thank their class and specialist teachers for all that they do throughout the year.

A teacher affects eternity, he can never tell where his influence stops.
Henry B. Adams

Level 4 Cocktail party
The Level 4 parents are all looking forward to enjoying the Level 4 cocktail party tomorrow evening. It should be a wonderful function and I would like to acknowledge and thank Libby and John Brown for generously offering their home to host the evening. I am looking forward to seeing as many parents there as possible.

Wishing you all a wonderful week.

Warm regards,

Rochelle Cukier
Principal

NEEDED
If anyone has any stockings / pantihose / tights they no longer require, could you please give them to Miss Johnson in 2J.

Also Level 2 requires small recycled containers for their Inquiry Unit.

Colleen Johnson

LIBRARY NEWS - BOOK COVERING
If any parents would like to help cover a few books, please see me in the Library or if I am not there, see Alison or Maggie in the office and we will happily give you a little bundle to take home. It’s a great chance for you to have a sneak preview of our brand new books before anyone else gets to see them!

Donna Brammer
THE NEXT Grade 6 Graduation meeting will be held at the home of Lisa Walker 65B Sutherland Road, Armadale at 7.30 pm on Tuesday 30 October 2012. All welcome.

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

PERSISTENCE—YOU CAN DO IT!

While we continue to be reminded of the fabulous organisational, getting along, resilient and confident skills our students at Armadale Primary School demonstrate, our You Can Do It foundation key that all classes are focusing on this term is **Persistence.**

Students are exploring strategies to get them past tricky obstacles in order to achieve goals and enjoy success. They are being encouraged to ‘bounce back’ when things do not go according to plan and are reminded of the importance of positive self-talk.

New resources and posters have been purchased which aim to engage and challenge children’s thinking and further enhance the You Can Do It program. Of particular mention, are the ‘jar activities.’ Simple, yet effective tasks which focus on concepts such as: Kid’s Daily Dilemmas, Temper Tamers, Feelings, Brain Games, Riddles and Character Building.

Keep an eye out for weekly You Can Do It awards, one of many great ways we can celebrate and acknowledge the persistence of our students this term.

Jennifer Drew
You Can Do It Coordinator

Pete Persistence!

## YOU CAN DO IT! AWARDS

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason for Award</th>
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</thead>
<tbody>
<tr>
<td>1C</td>
<td>Aidin Skinner</td>
<td>For taking on the challenge to improve his writing and creating some great texts. Well done Aidin!</td>
</tr>
<tr>
<td>1P</td>
<td>Freddie Tremlett</td>
<td>For completing his class survey during Investigations. Well done Freddie!</td>
</tr>
<tr>
<td>2E</td>
<td>Nate Portnoy</td>
<td>For the wonderful details in his Journal writing which he shared with the class.</td>
</tr>
<tr>
<td>2J</td>
<td>Illana Siregar</td>
<td>For following all instructions and completing tasks quickly and quietly. Good girl Illana!</td>
</tr>
<tr>
<td>2P</td>
<td>Thea Coull</td>
<td>For making a fantastic effort settling in to her new class and school.</td>
</tr>
<tr>
<td>2S</td>
<td>Ollie Bisogni</td>
<td>For writing an informative recount about a play date and reading it back to Miss Sozzi so beautifully! Keep it up Ollie!</td>
</tr>
<tr>
<td>3C</td>
<td>Rose O’Donnell</td>
<td>For demonstrating great confidence when working on her division and word problems. Well done Rose!</td>
</tr>
<tr>
<td>3C</td>
<td>Katija Sucic</td>
<td>For being such a good friend and always trying her hardest and giving everything a go even when she is a little bit unsure. Well done Katija!</td>
</tr>
<tr>
<td>3D</td>
<td>Daisy Alekna</td>
<td>For showing persistence in the preparation of her project on nurses, as part of our unit of inquiry on Health.</td>
</tr>
<tr>
<td>3F</td>
<td>Luke Hrysomallis</td>
<td>For the concerted effort he put into his learning activities and his valuable contributions to our discussions on division strategies</td>
</tr>
<tr>
<td>3W</td>
<td>Harriet Birks</td>
<td>For showing an interest in and demonstrating her understanding of DNA and bacteria, after our Level 3 Science Incursion. Well done Harriet!</td>
</tr>
<tr>
<td>4N</td>
<td>Charlie Hanrahan</td>
<td>For being a great role-model to his buddy and to all the Preps - you really are a wonderful year 6 buddy!</td>
</tr>
<tr>
<td>4S</td>
<td>Clara Conheady</td>
<td>For demonstrating enthusiasm, creativity and imagination in your writing. Keep on creating!</td>
</tr>
<tr>
<td>4S</td>
<td>Lilly Baxter</td>
<td>For taking charge of your learning by asking questions. Great job!</td>
</tr>
<tr>
<td>4Z</td>
<td>Aidan Gates</td>
<td>For displaying a significant improvement in his Maths work this term. Your persistence throughout the term has been fantastic. Well done Aidan!</td>
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PARENTS AND FRIENDS FOR ARMADALE (PFA)

Hi everyone,

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 26th October</td>
<td>Healthy Breakfast</td>
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<tr>
<td>7am to 9am</td>
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<tr>
<td>Friday 26th October</td>
<td>Level 4 Cocktail Night</td>
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<tr>
<td>Saturday 27th October</td>
<td>Stonnington Elections - Sausage sizzle and cake stall at APS</td>
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<tr>
<td>Monday 5th November</td>
<td>Student-free day</td>
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<td>Friday 16th November</td>
<td>PFA Meeting</td>
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<tr>
<td>Friday 23rd November</td>
<td>Family Night</td>
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<tr>
<td>Friday 21st December</td>
<td>Last day of term 4</td>
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**Healthy Breakfast – Friday 26th October from 7am – 9am**

All is in readiness for our Healthy Breakfast tomorrow morning. Now all we need is for the weather to be kind to us! Fingers crossed for a gorgeous spring morning. We look forward to seeing as many students and families as possible at our Healthy Breakfast.

**Saturday 27th October – Sausage sizzle & cake stall**

We’re still a few volunteers short for our BBQ on Saturday during the Council elections. There are spaces available throughout the day for serving staff, BBQ cooks, and cash handling. If you can help out, please contact Kim Hyde on 0412 561 520 or kimhyde@virginbroadband.com.au

Thank you to all the families who have been busy baking to support our cake stall on the day, and to Michelle Moffat for organising it all.

**Friday 2nd November – Italian Day**

Vita Vampatella is once again organising a fabulous day for the students to celebrate all things Italian. Details are attached to this newsletter, and Vita is seeking some parent volunteers to help out on the day. Please let Vita or your Class Rep know if you are able to help out.

**Friday 23rd November – Family Night**

Preparations are underway for our Family Night on the 23rd November. More details in next week’s newsletter.

**Icy Poles**

Don’t forget to put $1.00 in your child’s schoolbag tomorrow for Friday icy poles.

Have a fabulous week everyone.

Abbey Nash

0410 509 161

anash@nashmanagement.com.au

Jill Davies

0414 335 555

jill.davies@yahoo.com.au

PFA Co-Presidents

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**CHOCOLATE FUNDRAISER...**

A HUGE congratulations to all members of 'Chocoholics Anonymous', whether they be students or family, friends, neighbours or work colleagues. Over 2,120 chocolates have been sold which equates to a fantastic $5,300 raised for the school!! Wonderful to see such enthusiasm amongst the school. Well done to the lucky prize winners also. I must thank Cadbury for donating the 18 movie vouchers these lucky winners received. Makes any fundraiser more enjoyable if you can give something back to those who have put in the hard work!! I now look forward to Health Week to get me back on track...!!

Huge thanks again.

Robbie Fox

The Chocolate Lady

PS: Unfortunately there are a number of families with money outstanding/or to return chocolates. I understand there is a LOT going on at the moment at our school and things get forgotten easily but if you could return asap it will be much appreciated. Thanks.

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**CAKE STALL THIS SATURDAY**

By now your eldest child should have passed on your Cake Stall notice (along with plate, label etc). Thank you in advance for all your support and YUMMY BAKING coming our way. Please let me know if you have any questions. A VERY BIG THANK YOU to the wonderful parents that are helping on Friday afternoon and Saturday. Also I couldn't have got organised without the fabulous guidance of Jennifer Hemingway & Vicki Lloyd (thanks for putting up with me this far), and Maggie & Christine in the office! LOOKING FORWARD TO A FABULOUS DAY!

Michelle Moffat

0419 601 788
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 and yoghurt drinks, fresh fruit, cereals, egg and bacon muffins, toast, coffee, tea and fantastic pancakes! The cost for this event has been included in the students’ Term 4 Excursion Levy. For all other family members we ask a nominal amount of $4 for adults and $2 for (non APS) children, to be paid at the office before Friday 26th October.

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 & you can work up an appetite at the same time!

We look forward to having breaky with you!

Rachel Power   Healthy Breakfast Co-ordinator

PAYMENT SLIP FOR FAMILY MEMBERS (NOT ARMADALE PRIMARY SCHOOL STUDENTS)

Yes, we will attend the Healthy Breakfast on Friday 26th October

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<tbody>
<tr>
<td>Adults</td>
<td>@$4 each</td>
<td>$_______</td>
</tr>
<tr>
<td>Children</td>
<td>@$2 each</td>
<td>$_______</td>
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<tr>
<td></td>
<td></td>
<td>Total $_______</td>
</tr>
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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.

Sarah, Isla, Elsa, Olivia M, Camilla, Olivia N 3F

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, teabag, 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, face washers.

CONGRATULATIONS

To Charlie & Max Hanrahan, Hugo Nash and Sol Hashimoto for taking part in the ‘Walk To Cure Diabetes’ last Sunday.

The boys walked around Albert Park Lake and for their efforts Charlie managed to raise $5180.00 towards research into a cure for Type 1 Diabetes.

Well done boys!

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.
PERFORMING ARTS AWARD:

3W – For working co-operatively in groups to create an “ENERGY DANCE”. Also, for their attentive listening skills and for contributing ideas throughout their Creative Dance lesson. Well done 3W!

ASSEMBLY PERFORMANCES – either singing or playing an instrument

- Thank you to the Junior Choir for performing “Tomorrow” and “Outdoors” confidently at this week’s assembly. We all loved your performance!

Students are encouraged to perform at assembly and share their music with the school. Please contact me or your classroom teacher if you would like to play/sing for us.

EXTRA CURRICULAR ACTIVITIES

LEVEL 3 and 4 ENSEMBLE – will be on THURSDAY at 12.30pm. Thank you to all the students who attended Friday’s rehearsal, it was a great turn out!!!

CHOIR 2012

- There will be NO CHOIR on Friday morning due to The Healthy Breakfast. Senior choir will be scheduled on Friday during school hours (second half of lunch or the last 30 minutes of the day).

The Junior and Senior choir will be performing at Italian Day on Friday November 2.

Amanda Wilson
Performing Arts Co-ordinator

Visual Arts News

Visual Artist of the Week

Freddie Tremlett – For the beautiful Papier Mache Relief flower you moulded and painted. You took great care to shape your flower petals and displayed excellent painting skills.

Visual Art Class of the Week

4N For the outstanding fruit and vegetable collages they made during Health Week. Keep up the great work 4N!

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’

Year 6 Art Club is held in the Art Room during Tuesday lunchtime and the students have been busily working on their landscapes and portraits. It is very exciting to see their work developing each week.

Supplies for the Art Room

Thank you to the people who have brought newspapers, containers and lids to the Art Room. In the next few weeks we are going to need lots of ‘metallic’ bits and bobs, particularly:

- ring pulls (from drink cans)
- bottle tops (from beer bottles)
- small springs (from old pens)
- press studs, rivets, fasteners, etc

Please keep an eye out for these items and collect them in a small bag or container to bring to the Art room.

Thank you.

Jennifer Hemingway
Italian Day at Armadale Primary School
Friday 2 November 2012

Italian songs, Italian performers, making gnocchi, singing, art activities, gelati van, dancing and much more... these are just some of the activities planned for our Italian day.

The timetable for the day is as follows-
9-9.30 am-assembly (each level sings a song)
10-11am- activities (parent help required)
11-11.30 recess
11.30-12.30- activities (parent help required)
12.30-1.30pm lunchtime (parent help required to help with gelati distribution)
1.30-3.30pm (parent help required)

Students should come to school dressed in Italian colours- verde (green), bianco (white), rosso (red) or anything Italian that they might have in their wardrobe. We will hold a short assembly on Friday morning with each year level performing an Italian song. The school choir will also perform. The day aims to reflect an Italian flavour to the program at our school and give the children an opportunity to participate in activities in a fun environment as well as provide a social and cultural learning experience.

Children will be in multi-age groups and will move around to each activity. The activities will start at 10am and run until 3.00pm. Parents who have volunteered to help on the day will be allocated particular activities. Their job will be to help the teacher during each activity then reset the room for the next group, and clean and tidy up at the end of the day.

Children need to bring their lunch from home, there will not be any lunch orders on the day. A gelati van will be coming at lunch time (12.30pm-1.30pm) to serve the children rainbow gelati in a cone. If any child has an allergy please let their teacher know. Children who are gluten intolerant can have their gelato in a cup instead of a cone. The gelati is nut free but has egg white in it. There will be icy poles for children that cannot eat a gelato.

We still need more parent helpers so please complete the form below if you can help- (even for a short time), or email me directly at vampatella.vita.v@edumail.vic.gov.au

Please respond by ASAP. I will be compiling a roster for parent helpers which I will distribute prior to the day.

Thanks to those parents who have already responded.

Grazie mille
Vita Vampatella

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ITALIAN DAY HELP REQUEST

I am interested in helping on Italian Day on Friday 2 November.

Name__________________________________________________________________________

Phone no._____________________________________________________________________

My child/ren’s name and class _____________________________________________

I am available at the following time/s: ______________________________________
2T enjoyed making and cooking la pizza during their Italian lesson last week. Here is Vita’s recipe if you’d like to cook it at home.

-La Pizza-

Makes 5-6 pizzas

Gli ingredienti (dough):
1200 grams Laucke Crusty White self raising flour  or (900 grams Laucke Crusty White self raising flour and 300 grams Laucke Wholemeal self raising flour.)
4 level teaspoons of dry yeast
700mls lukewarm water
50mls of olive oil

Method:
Place all dry ingredients in a large bowl and mix with a wooden spoon.
Add olive oil
Add water to make the dough. Knead the dough for about 5-7 mins.
Leave dough to rise in a warm place for a few hours.

Gli ingredienti (sauce, sugo):
3 cloves of chopped garlic
5 cans of peeled tomatoes
Olive oil
1 teaspoon sugar
Salt to taste
Washed basil leaves

Method:
Fry garlic and olive oil in a fry pan.
Then add tinned tomatoes, sugar, salt and basil.
Cook for about 20mins.

La Pizza

Olive oil
3 cloves finely chopped garlic
Tomato sugo
Sliced or grated mozzarella or bocconcini
Grated pecorino cheese
Dried oregano
Olive oil for drizzling

Method:
Preheat oven to 180 degrees.
Brush olive oil onto a pizza tray.
Punch down the dough and cut off enough dough to fit onto a pizza tray.
Make the pizza base by stretching the dough onto the pizza tray using your finger tips to spread the dough.
Spread chopped garlic onto the pizza base, then spread tomato sugo onto the pizza base.
Top with mozzarella, then sprinkle with grated pecorino.
Add washed basil leaves, and sprinkle oregano.
Drizzle a little olive oil on the pizza.
Cook in 180 degree oven for about 20 minutes or until base of the pizza is golden.

Buon appetito!
Nude food challenge!

Next Wednesday on October 31st will be the Nude Food Challenge. Each class will get a checklist and your class representatives will come around and give you a score out of ten. 0 = lots of rubbish and wrappers 5= half nude food and half rubbish 10= 100% nude food. The scores will be added up and the class with the most nude food will win a prize. Make sure you bring nude food every day not just for Wednesday.

By Charlotte G 3w and Olivia G-B 3d
MEET A LIFEGUARD

On Tuesday the Level 2s had an excursion to Life Saving Victoria in Port Melbourne where they met lifeguards.

Here are some photos from the day.

Thank you to the parents who accompanied the children on the excursion.

Peter Cracknell
PE & Health Co-ordinator
Dear friends of Armadale Primary

I am mum of Luke Harrington (3C) and founder of Life’s Little Treasures Foundation, a national charity that supports families of premature and sick babies in Australia (as a result of my personal experience with Luke who was born 3 months early).

Every year, we celebrate the lives of our little treasures who have survived and those that have passed away by organising our fundraising/community event called Walk for Prems. This year, the event will be on Sunday 28th October with lots of live entertainment and activities planned for everyone. We also have some fantastic celebrity supporters coming along (ex Collingwood star Brodie Holland, ex Kangaroo star Leigh Harding, Olympic medalist Brooke Hanson and ARIA winner singer/actress Clare Bowditch) on the day with their family and friends to take part and do their bit to support the cause. A great opportunity to meet some well known personalities and have lots of fun!

If you are free, would love to see you on the day. Bring your family, friends and work mates along on the day and have a great day out - the more the merrier. You can register at http://www.lifeslittletreasures.org.au/walk/register/ before 23rd October. After that registrations will only be open on the day. Come and join us for a great day of fun and entertainment.

Look forward to seeing you there.

Parool Shah

Do you know someone who is wanting to buy into the highly prized Armadale Primary School zone?
If so, please call Prep mum, Sallie Hill on 0419 581 577.

Alice in Wonderland Photos
Any parents who would like to order photos from Ian Wallace, see the booklet outside the office. The date for orders has been extended to this Friday 26 October.

Spring Special for the Armadale Primary School Community

Treat yourself to $25 eyebrow shaping (usually $35) for the months of October and November. Call 9509 0287 or email armadale@browtheory.com.au to make an appointment

Please quote this advertisement at the time of booking. Shop 10 Kings Arcade, Armadale.
Welcome to Armadale
Jim's Cleaning Armadale has recently been established and its business partners would like to offer the Parents of Students at Armadale Primary School an introductory offer. The specific treatments are for Bathrooms, Kitchens, Ovens and Windows. Living locally enables us to support families and small business owners in the community and it will also enable us to provide our clients with a cost effective cleaning solution; quickly, reliably and efficiently.

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

Kind regards,

Mark and Ali.

Does your child struggle with:
- Processing information
- Attention & concentration
- Expressing themselves
- Reading/writing/spelling
- Writing neatly

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

PHOENIX PARK
Neighbourhood House

GIRLS’ NIGHT IN
Friday 9th November 2012
Phoenix Park Community Centre
7.00 - 11.00 pm

Join us for our seventh Girls Night In - all funds raised go to the Cancer Council for research into women’s cancers.

This year we have an Australian theme - so if you enjoy dressing up, go all out ... Dame Edna, Kylie Minogue, Wannie - even wear a cork hat, just a few suggestions ...

Evening will include a trivia quiz, games, dancing, great prizes and as always, lots of fun.

Book a table for yourself and your friends, or just come on your own.

BYO : Snacks, drinks and glasses.
Provided : Coffee, tea and cake.
Cost : $10.00

Please note that bookings are essential
Phone 9530 4397 to reserve your spot.
Care Monkey and Asthma Australia

CareMonkey is a safe and free web app for sharing health care information. Asthma Australia has partnered with CareMonkey in order to contribute to the safety and well-being of people with asthma. Parents can create a profile for their child in CareMonkey which can be shared with trusted carers, including family, friends, teachers and sports coaches.

Vital information such as emergency contacts, health and safety alerts, medications, allergy details, asthma plan and more can be easily shared.

Consider creating a profile for your child with asthma (or other medical condition) and share this with others including the staff at your school or preschool.

Go to caremonkey.com for more information.

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