Dear Parents,

It has been another busy week at school and it’s wonderful to see the students have settled in so well and are making the most of their learning opportunities for this final term of the year. Next week we all look forward to celebrating “Health Week” with the many activities planned for the students both in and out of the classroom and at the end of the week we will all enjoy partaking in the fabulous Healthy Breakfast. Rachel Power and many parents have been incredibly busy organising all the components for our breakfast and there is an amazing amount of work and organisation that is taking place behind the scenes.

PRINCIPAL FOR A DAY - BEC SHERWILL
HEAD OF NAB EDUCATION

A few months ago I applied to participate in the ACEL (Australian Council for Educational Leaders) program “Principal For a Day” where someone who works in an organisation or industry spends a day in our school, walking in the shoes of a Principal. Yesterday was our day to host Bec and as it was a Wednesday I put her to work straight away. Bec addressed the students at Assembly and spoke about her schooling and career path into NAB, her sports interests and the excitement she feels at being in a primary school. After assembly, Bec joined me on a school tour for prospective parents and I made sure we visited as many classrooms and specialist areas as possible. We then had morning tea and Bec witnessed the amount of visitors into my office: students, teachers and parents which I love having, but it just illustrates the busyness of the day. Bec then expressed an interest in sitting in on a Year 2 classroom and 2E were the lucky recipients. At lunchtime I invited a group of Year 6 girls into my office to chat with Bec about their primary schooling, favourite subjects, and their aspirations beyond secondary schooling. I asked Bec to reflect on her day here and what her thoughts were and this is what she said:

“The spirit and culture of the school really stand out. The students seem incredibly happy to be here”.

What she has seen here doesn’t always happen in other schools. Bec likes the size of our school community and sees that as a real positive. She believes that where you have supportive school council and a supportive community, teachers are able to focus on teaching and learning which is in fact our core business and purpose. Bec also commented that the school has a very positive energy and she feels that our students are very well placed to function in a world that keeps changing. Bec’s final comments were that her observations of the teaching practices, the lateral thinking and innovation that was apparent in the classrooms demonstrate all the qualities that a school really needs in the 21st Century.

And I didn’t have to pay her a cent!

Bec and I also chatted about the possibility of NAB sponsoring our school through a partnership award and Malcolm Dow, Christine Leyshan and I look forward to exploring this further.

Condolences

All our thoughts are with Alison Crone on the recent passing of her father.

Students not returning to Armadale next year and Transition to Prep from Kindergarten.

Thank you to those parents who have advised our school of relocations, moves interstate and moves to other schools. This is particularly important as we move to confirmed numbers to allocate staffing for 2013.

….Principal’s report continued over page
Could all parents whose child is starting Prep next year please ensure you have completed the white transition form with information on it required by the Prep teachers.

Congratulations
Congratulations to Connie Apostolos on her appointment as an Acting Leading teacher for Term 4.

Chocolate Drive
Thank you to those families who have already supported our chocolate drive and have sold chocolates and returned the money to the office. Robbie Fox who has worked tirelessly to ensure that the drive is a huge success has requested that all monies are returned to the office by the end of this week. The prizes will be awarded to students at next week’s Assembly.

School starts at 9.00am every day
Just a final reminder to parents that our expectation is that all children are at school for the start of the day at 9.00am. Children who come late have missed out important instructions as an overview of the day and are often missing important literacy time during that first block. We appreciate that on occasions there are traffic hold ups and emergencies, but some children are regular offenders and we don’t want them to have lateness as an entrenched bad habit.

Have a wonderful week everyone.

Warm regards,

Rochelle Cukier
Principal
Hi everyone,

After a couple of relatively quiet months, we seem to have hit a busy patch with several events all happening in a short period of time. Our Healthy Breakfast is on the morning of Friday 26th October, with the Level 4 cocktail party that night. Then, the next morning is election day with APS holding a sausage sizzle and cake stall. The following Friday is Italian Day and then a few weeks later is our Family Night. It's going to be a pretty busy Term 4!

### Healthy Breakfast – Friday 26th October from 7am – 9am
The Class Reps have been very busy organising various aspects of each of these events, as well as calling for volunteers and drawing up rosters. Apologies if you seem to have been bombarded with emails, but it’s the most effective way of getting a lot of information out to people quickly. We have a fantastic group of ‘regular helpers’ who always have no hesitation in volunteering for any and all of the jobs associated with our events, and we are extraordinarily grateful to you all. With a few different events all occurring at once, it would be wonderful if there were a few new faces to help out, even if it’s just to flip a few pancakes, chop up some fruit, bake a cake, or sizzle some snags. It’s always great fun with a terrific group of people, and most importantly it is all done to benefit APS and our students!

### Saturday 27th October – Sausage sizzle & cake stall
If you’re not able to help out with the Healthy Breakfast, then the following morning is your chance to pitch in. Saturday 27th October is election day for the City of Stonnington and so we will be holding a sausage sizzle and cake stall at APS that day. Michelle Moffat is busy organising the cake stall side of things, and Kim Hyde the sausage sizzle. As with previous state and federal election-day cake stalls, all families will be asked to produce a cake, slice, muffin or biscuits for selling on the day. Michelle will provide full details via the Class Reps shortly. If you are available to help out with the Sausage Sizzle please contact Kim on 0412 561 520 or kimhyde@virginbroadband.com.au

### 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.

### Cadbury Chocolate Fundraiser
Sincere thanks to all those families who have supported this important fundraiser for the school by returning their chocolate money. We still have quite a few families who need to return their money, so if you could do that ASAP it would be greatly appreciated.

### 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 thank you to the school families for such a wonderful effort selling the Cadbury Fundraising chocolates. To date we have made just over $3,000 profit which can go to improving the school for your child eg, more turf in school grounds, equipment etc.

As promised there will be PRIZES awarded to students who paid by due date. These winners will be drawn next Wednesday at Assembly so keep your fingers crossed. A reminder to those families who may not have paid or returned unsold chocolates, could you do so ASAP so that I can finalise this fundraiser. Thanks again!!

Robbie Fox
"The Chocolate Lady"
**HOUSE POINTS**

Northcote and Rose won this week's house points. Congratulations to all the children in Northcote and Rose.

**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.

Thank you.

Colleen Johnson

**LEVEL 4 FAMILY LIFE PROGRAM**

Thank you to all the parents who attended the Information session on Monday night regarding the upcoming Family Life Program. For those parents unable to attend information is available outside the office. Special thanks to Robin Nicolson for assisting at the session. The first session for the Level 4 children begins next Monday 22 October followed by 29 October and 12 November.

Peter Cracknell

**HEALTH WEEK 22-26 OCTOBER**

Next week all levels will be focussing on healthy activities throughout the week to celebrate Health Week. The week culminates in the Healthy Breakfast for the whole school community on Friday 26 October. Please note that all adults and non-Armadale PS children need to pay for their attendance at the breakfast. APS children have already paid for their breakfast with their Term 4 excursion levy payment.

Peter Cracknell

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**SPORTS NEWS**

**Level 3 Soccer Gala Day**

Congratulations to all the Level 3 children and staff on a great Soccer Gala Day at Fawkner Park. A special thanks to all the parents who assisted throughout the day.

*Peter Cracknell*
*Sports Co-ordinator*

**HEALTHY BREAKFAST 2012**

Friday 26th October from 7.00am – 8.45am

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*

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**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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**LEVEL 1 BULLETIN**

This week’s Level 1 bulletin is on the website for the Prep parents under Level & Specialist Bulletins in the Parents tab or follow this link.
PERFORMING ARTS AWARD: 2T – For using their creativity to act out popcorn with their bodies, also for creating an interesting “kitchen Symphony” with kitchen utensils. Well done 2S!

ASSEMBLY PERFORMANCES – either singing or playing an instrument
- Thank you to Adam Simpson for playing his violin, at our first assembly for Term 4. It was fabulous Adam!

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
When: Thursdays at 12.30pm
THIS WEEK ENSEMBLE WILL BE ON FRIDAY AT 1pm

Who can attend? Interested Level 3 and 4 students

What can I play? You can either bring along your own instrument or you can play a tuned or untuned instrument from the school.

Where:

How long is each rehearsal? 30-40 minutes

Will I perform?

Ensemble will perform at “Carols in the Quadrangle”, which will be in the last week of Term 4.

CHOIR 2012
- SENIOR CHOIR (Level 3 & 4) – Friday 8.15am in the Performing Arts hall
- JUNIOR CHOIR (Level 2) – Friday 8.15am in the UPSTAIRS INFANT BUILDING

The junior choir will be performing at assembly on Wednesday 24th October.

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

Amanda Wilson
Performing Arts Co-ordinator

Visual Artist of the Week

Emma Bickerdike 4N – For the impressive Fiery Dragon she created from mixed media. Emma used different techniques to create texture and depth in her artwork. Well Done!

Visual Art Class of the Week

1J For the creativity they displayed when designing their Papier Mache relief flowers, leaves and love hearts. They all did a fantastic job!

Christmas Orders- Cards, Calendars and Diaries

Orders for Christmas Cards, Calendars and Diaries with your Child’s artwork featuring have now been processed. We look forward to receiving your orders later in the term.

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 will continue this Term until all students have completed their masterpieces. Art Club is held in the Art Room during Tuesday lunchtimes.

Congratulations everyone for your excellent efforts so far.

Supplies for the Art Room

Some of our ‘recyclable’ supplies need restocking. If you have any of the following items at home and would like to donate them to the Art Room, it would be most appreciated:
- Newspapers
- Icecream containers and lids
- Margarine containers and lids

Jennifer Hemingway
ICT
This week in ICT all classes have been looking at mapping. We have used a number of applications including NearMap and Google Maps and have been exploring some of the features that these applications have, such as the ability to measure area and distance – some really good maths has come out of these explorations. NearMap has the added feature of being able to scroll back historically over the same view and see any changes that have occurred. Looking at the school grounds and seeing the new Multi Purpose Hall emerge proved to be very interesting.

SUSTAINABILITY
Yesterday at assembly our Green Team leaders, Aspa and Adele, spoke to the students about the importance of bringing all their food in ‘Nude Food’ containers. They showcased a number of students who regularly bring all of their food this way and it was great to see all of the innovative containers that are now available for all types of lunches and snacks. The Leaders spoke about the importance of reducing our waste at school and this is a very important way of contributing to sustainability, as well as developing sound practices in our students that they will hopefully carry through for life. Click here to see one company’s range of products.

We are planning to have a special Nude Food Day on Wednesday 31 October, where we will be encouraging all students to bring all of their food in reusable and named containers. There will be prizes for the classes that have the most number of children who have gone completely Nude Food.

FACILITIES
If you have visited the school since the holidays you will have seen the fundraising pavers and synthetic grass that has been laid outside our new Multi Purpose Building. The synthetic grass has been a huge hit for our normally grass deprived students. In our Facilities meeting last night we developed a budget for next year which incorporates another area of seating and synthetic grass, this time on the north western corner of the hall adjacent to the water tank, as we are sure this will prove to be a very popular passive recreation area for the children. Our longer term aim is to cover the entire play equipment area with soft rubberised fall surfaces surrounded by large areas of synthetic grass, but this will require some concerted fundraising efforts.

Meanwhile our extended play areas on Monday, Wednesday and Friday recesses are proving very popular and the children are really appreciating the opportunity to find a quiet and relaxing passive area.

The picture here shows two of our level 3 students enjoying a quiet read beside the magnolia trees.

Malcolm Dow
Acting Assistant Principal

GREEN TEAM NEWS

Keep it up!
Level 3 and 4 Green Team would like to thank you for picking up rubbish, not littering and bringing Nude Food. We want you to keep it up Armadale so that we can keep our school clean and be environmentally aware. On Wednesday at Assembly our Green Team Leaders spoke about Nude Food.

What is Nude Food?
Nude food is bringing food to school in re-useable containers – not in packets. Nude Food is great for the school’s environment. It helps to reduce the amount of rubbish at school and also reduces the amount of rubbish that goes to landfill.

How do you do it?
Think about what you bring to school for lunch. Can you put your yoghurt into a small container? Perhaps you could put your sandwich in a separate container and bring a piece of fruit? There are lots of great containers you can use to pack your lunch so that you don’t need to use clingwrap or foil. Just remember to label everything so that your containers don’t become rubbish!

We would also like to thank you for improving the school’s environmental and sustainable status over the past years. Keep it up!

By Luke 3C and Joseph 4N
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 Friday 19 October. 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

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: __________________________
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 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.
Dear Parents,

As part of our Health Week Activities, all children from level 2 will be participating in a special **FREE ‘Meet a Lifeguard’** program on Tuesday 23rd October at Life Saving Victoria Headquarters. (funded by Department of Education and Early Childhood Development for Children’s Week)

Life Saving Victoria’s ‘**Meet a Lifeguard**’ Program is an interactive session designed to educate Victorian students and community groups to make safe aquatic related decisions when enjoying inland, pool and coastal environments. The 1 hour interactive learning experience is conducted by qualified lifeguards and will be held at Life Saving Victoria Headquarters; Lifeguards@200, located at 200 The Boulevard, Port Melbourne.

After the program, we will be having play lunch on the foreshore next to the Lifesaving Headquarters. Children will be then involved in some supervised fun land based activities on the sand. **Children WILL NOT be involved in any water based activities.**

**Date:**
Tuesday 23rd October

**Venue:**
Life Saving Victoria Headquarters & Sandridge Beach Foreshore (The Boulevard, Port Melbourne)

**Travel**
Private Bus

**Departure**
9:00 am Sharp

**Return**
approximately 12:30 pm

**Cost**
Covered in Level 2 ‘Health Week’ section of the Term 4 excursion levy

**Children require**
- School Uniform
- Rain coat
- Broad brimmed school sunhat and sunscreen
- Playlunch in a named disposable bag
- Plastic water bottle.

**PARENT ASSISTANCE NEEDED**
We also require parents to assist with the supervision of the children. We need two parents from each class to attend. Parents will need to travel to/from the venue on the bus. Please complete the return slip below or contact your child’s class teacher **by Friday 19th October if you can assist.**

PERMISSION SLIP BELOW
Please complete the excursion permission slip below and return it to school by Friday 19th October. Please note: No child can attend without a signed permission slip.

We look forward to a fun day.

Yours sincerely,

Peter Cracknell (PE & Health Coordinator) 
Angela Sozzi (Level 2 Coordinator)
OOSHC Halloween Party  
Wednesday 31st October 3:30pm  
Limited Places Available  
Costumes are a must  
Cost $14

I would like to enrol my child ____________________ into the  
Halloween Party on Wednesday 31st October.

Parent____________________ Date______________________

Please return this form to OOSHC as soon as possible as places will fill up quickly.

Level 3 And 4 Yoga session.

This morning we went to a yoga session in the MPC with 3W. We each sat on our own blue mat in a large out of shape circle around the round the room. The instructor had us try to breathe whilst slouching then whilst sitting up strait to feel the difference. I felt that when I slouch I can’t breathe in deeply and it feels uncomfortable but when I sit up straight it is the exact opposite.

The yoga positions we learned were warrior one, two and three. In each of these positions our arms were straight, up, out to the side or out to the front. Our feet were far apart. The skills we used were, extending, balancing and concentration.

At the end, we lay on our backs with our eyes closed. She placed a pebble on our foreheads so that all of our senses would flow to that spot. I felt peaceful, calm and that all of my worries were flowing out of my feet.

By Adam Simpson 4N