Dear Armadale Community,

What a great start to the week with the fantastic performance by the junior choir at our assembly under the directorship of Colleen Johnson. The children were highly excited and enjoyed the performance dressing up as jungle book characters. The audience clearly loved it as well and we all left the MPC with a wonderful buzz and swing! Please read just one of the emails Colleen received.

**Dear Colleen**

Thank you for all your hard work to culminate in today’s Jungle Book choir performance. It was seriously fantastic! Annabel loves junior choir and it was so encouraging to see her enthusiasm and confidence shine through in her part as an elephant today.

No doubt this group will be the next generation of APS musical performers (very much inspired by the Honk! performances last week).

*Emily Atkins*

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**Kiss and Go Drop off zones**

From all accounts this new traffic management structure appears to be working very well and the morning drop offs are far less congested than previously. Just a reminder for the afternoon pick-ups, that parents cannot leave their car unattended in the kiss and go section and then walk into the school. Should you wish to pick up your child/ren personally, then please park in the correct parking zone.

We have also noticed that parents are continuing to double park in Northcote Road and dropping children off in the middle of the road. I don’t understand why parents would put their children at such risk, whilst we go to such lengths to keep them safe. Please be warned that offenders will get fined.

**Parents using children’s toilets is not okay!**

Could I once again please request that any parent in our school grounds does not use the children’s toilets at any time, even if you are taking a younger child in with you. Parents, grandparents or babysitters may use the toilets in our MPC located near the OOSHc entrance. This is not a request to be difficult but instead one made in the interest of child safety and I make no apology for it.

**FUN RUN**

The children are gearing up for our annual FUN RUN, which will be held next Thursday October 27 at Romanis Reserve. All family members are invited to watch the children run and it would be great if there are some parents who can help with the set-up, cutting up of fruit and drinks, transporting of playlunches and walking the children down and back to school. If you are at all available to help please let your class teacher or class rep know.

*(Continued on page 2)*
From previous page ….

You would have read in the recent media the very large discrepancies in funding between what is offered to private schools and what is received by state government primary schools. You would also know that our Essential items charge is $445.00 per year compared to in excess of $25,000.00 with some independent schools for one year. We do incredibly well with what we receive but there clearly are some areas which are looking tired and shabby and need improving.

The Fun Run is a major event where the children can help fund raise for their school and if you can help them be sponsored for each lap we would be very grateful. All children who bring their sponsorship monies back on time will receive a ticket for a raffle draw, which has great prizes.

Apart from our security upgrade, we would also like to upgrade our library, revamp our infant hall and improve our corridors. This can be achieved with your help and I would love the children to be enjoying their learning in as stimulating and contemporary educative environment that we can provide.

HOT SHOT HENRY!

One of our Year 6 student’s Henry Gray was recently selected to be a HOT SHOT kid and play a tennis match against Australian tennis legend, Pat Rafter with Hughesy and Kate. A number of Year 6 students, plus Zaim and Kate were fortunate to be invited to watch the match and participate in the media promotion. In the photo, Henry is in the light grey top. On behalf of the whole community congratulations Henry and I am sure this experience will stay with you for many years to come.


Please click on the link above if you would like to look at the match, this link is from the KISS FM website.

Have a wonderful week

Rochelle Cukier

Working Bee donation

For those parents who were unable to attend the recent Working Bee, we would be grateful if you could make a $30 contribution to our Working Bee fund for ongoing maintenance.

Please complete your details below:

✔️ I would like to make a $30 or $_____ donation to the APS Grounds fund Family Name: ______________________ Pay by: ☐ Qkr! (under the Essential items tab)

Thank you to the following families who made a donation to our Grounds Fund this week:

- Bond
- Haydon
- Miriston
- Officer
- Szoeke
Assistant Principal

Walk to School Celebration Morning Tea
We had a lovely morning tea yesterday provided by Stonnington Council as a thank you for all the great efforts we are making for Walk to School in October. Hopefully many families are seeing the benefits of walking to school, especially as our spring weather starts to improve. At the end of the month we will collect all of the class checklists and tally up our total active trips to and from school. These results will be submitted to Stonnington Council and they will possibly reward us if our results are as good as last year’s.

Digital Devices and Your Child
The world is changing very rapidly in terms of digital devices, the online world and social media. Not so long ago it was not an area primary schools had to worry about. Not so now. Luckily there is a lot of great information out there that can help guide and assist parents as they try to set boundaries and guidelines for these devices. Here is a summary of some of the best pieces of advice we have found recently:

1. Your child will be using computers and the technology for the rest of their lives – you’re in the great position of being able to get them off to a safe, positive start and nothing replaces parental supervision and education for kids about cyber safety.
2. Set a technology curfew or limit the amount of screen time appropriate to the age of your child. Encourage active outdoor play as an alternative to technology use.
3. Make the bedroom a device free zone and consider turning off devices 1 hour before bedtime to encourage a more restful sleep.
4. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
5. If your child posts photos online, use privacy settings to limit access to people they know well.
6. Remind your child that people don’t always tell the truth online, and they can’t take anything at face value.
7. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
8. If they get a message or email that’s threatening or rude, they should ‘STOP, BLOCK, TELL’. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
9. Never click on any links that are contained in emails from people they don’t know.
10. Teach your child early about the importance of moderation. Be sure to offer praise when your child demonstrates restraint in the use of tech devices and follows the rules you’ve set.

How much time should I allow my child to sit in front of a screen?
The American Academy of Paediatrics (2013) and the Canadian Paediatric Society (2010) have published the following screen time guidelines:

**Children under the age of 2:** Should not be exposed to any screen time including TV, smartphones and tablets

**Children aged 2 to 4 years old:** Screen time limited to less than one hour a day

**Aged 5 and above:** No more than two hours daily of recreational screen time

Parents are also advised to break up the time their child spends in front of the TV or using handheld tech devices to intervals of 20 to 30 minutes per session. In addition, it’s vital that young children continue to be active and participate in interactive play to support their gross and fine motor, cognitive, social and communication development.

I heard a great discussion on the radio the other night about screens, devices and children. [Here is a link to that discussion if you would like to listen.](#)

Malcolm Dow
Raising children is not easy! As an educator and as a parent, I am aware of the huge responsibility bestowed upon me to guide your children and my own children to develop and grow into successful adults that contribute to society in a positive way. However, in order for children to be able to achieve this, they rely heavily on us – their teachers and their parents. I have become increasingly conscious of the questions I ask children in order to empower them to think critically and creatively and to take ownership of their learning.

In order for ownership to happen, children need to feel empowered to make informed choices, make mistakes, take risks and explain their thinking. However, it is becoming increasingly difficult for our children to achieve this because of what we say and do. The article, “How does giving children praise impact on their development?”, written by Bill Lucas, highlights significant concerns with the types of praise we give children and how it impacts on the way in which they develop a perception of themselves as learners.

Lucas makes us reflect on the types of things we might say to our children:

How do you react when you hear expressions like “well done”, “another A grade”, “aren’t you clever” and “great work”? Maybe you use them yourself with your children in the belief that it will encourage them to work hard and do well. It turns out that praise like this is not helpful and can actually damage children. When you label a child as “clever” you are not helping them. For smart kids can all too easily think that effort is something that only those who are less clever have to put in to achieve results. Instead we need to be specific with our praise and focus on how the outcome was achieved. Lucas offers us great advice as to what we can say in order to provide our children with effective feedback:

Praise which helps children see that success is a function of effort or practice or certain learning strategies develop a “growth mindset.” With this mindset, children believe their intelligence can increase through hard work and they value learning over performance. Why does that matter? Young people with this mindset outperform their peers on tests and examinations, as well as develop vital capabilities like persistence. In short they become better learners. If we want our children to succeed and achieve excellence then we need to work together to ensure that the feedback we give is meaningful and constructive. Most importantly, we need to help our children realise that learning is a process and that encountering challenges is crucial to the process. I strongly recommend that you read the whole article to get a clearer picture of the impact praise can have in shaping the lives of our children.


Connie Apostolos-Thermos
Pedagogy & Curriculum Leader
STUDENT BANKING

The following students have qualified for a Bronze Dollarmites Certificate for making 10 deposits this year:
- Isabelle Monahan
- Leah Angelopoulos
- Annica Castle

The following students have qualified for a Silver Dollarmites Certificate for making 20 deposits this year:
- William Castine
- Alexia Sideropoulos

The following students have qualified for a Gold Dollarmites Certificate for making 20 deposits this year:
- Misha Saito
- Annabel Atkins

Well done! Keep saving your tokens to be eligible for rewards.

Alison Crone
Scholastic Book Club & Student Banking Co-ordinator

FUN RUN

Thursday 27th October 2016

It's only a two more weeks until the 2016 Fun Run.

Students can dress up in the colours of their favourite sports team, or simply wear “fun” colours.

Please remember to:
- Wear runners and your APS school hat (no caps etc)
- Make sure you have sunscreen on
- Bring your drink bottle and morning tea (in a container for transfer to the oval)

Approximate timings for the event are as follows:

9:00   Children go into class. Morning tea transferred to office

9:10   Parent Helpers drive Morning tea tubs to Orrong Romanis

9:10   Students walk to Orrong Romanis in levels

9:20   Arrive at Oval. Assemble in classes for instructions

9:40   Fun Run begins

12:00  Fun Run Ends. Walk from Orrong Romanis in levels

12:30  Free icy-poles

Parent Helpers

We will need a large team of parent helpers from each class to help with the event. Roster sheets have been placed outside every classroom. Please find an activity that is short of help and lend a hand.

ICY POLE FRIDAY

Icy poles are back. Bring a dollar on Friday for an icy pole at recess. On sale from the OOSHC window.

SAVE THE DATE

End of year family fun night Friday 25th November.

The Armadale PFA Committee
Email: armadalepfa@gmail.com

Parent Helpers

We will need a large team of parent helpers from each class to help with the event. Roster sheets have been placed outside every classroom. Please find an activity that is short of help and lend a hand.

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Email: armadalepfa@gmail.com
Chess Coaching

Try out 1st lesson for free.

Where: Italian Room
When: Thursday Lunchtimes
13th October – 15th December 2016
Cost: $90 per term ($80 for 2nd Sibling)
Benefits: Strategic thinking, improved self esteem, attention span in class, lateral thinking, team work, analytical skills.

For more info contact Phil on 0421 901 530

Forward this section & payment in an enveloped marked “Chess Coaching” to the school office.

Child’s Full Name: ______________
Grade: ____ School: ______________
Email: ______________
Phone: ________________________

Payment Due: Friday 28th October

Cheques: Payable to “Hooton Consulting Pty Ltd”
EFT: Bank: CBA Acc Name: Hooton Consulting Pty Ltd
BSB: 063201 Acc: 10049289
** please place child’s name on Bank Ref**

$90 cheque: □  EFT: □