Dear Armadale Community,

I hope everyone enjoyed the Cup Day holiday and the opportunity to have a break during the week. We are gearing up for a very busy time here at school, looking at workforce planning and the consideration of curriculum provision, class structures and grade composition. I will inform of your progress and school–based decisions as the weeks progress.

**Prep Transition Program**

We are excited to begin our 2017 Prep Transition program starting next Tuesday evening, 8th November with a Parent Information evening in our MPC. Next Thursday, 10th November is the start of the children’s transition and it runs for 2 consecutive Thursdays, 17th and 24th of November. The new Prep’s parents also come for these transition sessions and it enables a wonderful opportunity to start connecting with other parents and friends. I can’t wait to see all of next year’s Preps and their parents here next week.

**Year 7 Transition**

Some of our Year 6 students have also begun their transition to secondary school. One of Year 6 students who is attending an independent setting found herself in a Maths class with other new students. The Math’s teacher, by way of introduction to secondary maths, presented a challenging problem on the white board for the students to solve. Guess what? Only our Year 6 student was the only student in the whole group who knew how to articulate her thinking; approach the problem and solve it. That speaks volumes to me about our educational provision.

**Armadale Primary School – Walking Clubs**

I am delighted to share with you an innovative proposal from one of our Dads; Carmine Fusco (Monique Labrosse). Please read what Carmine is proposing and let me know what you think by reply email to me.

Finally we have some genuine spring weather! With this we have a new initiative to announce: the forming of four walking clubs.

We invite all parents to get involved and provide their feedback so as to gauge interest and further develop the concept.

The four clubs will basically meet at four designated locations, a short walk from the school at 8:45am. For example, to the south of the school, the Armadale Street side of the train station is proposed as one meeting point. There will be one to the east, one to the west and another to the north.

From there, accompanied by some volunteering parents [who can share the responsibility on a roster] the kids can make the walk to school as a group and comfortably arrive by 9am.

There are a number of benefits would emanate, such as:

- Promoting a healthier lifestyle through exercise first thing in the morning;
- Kids will arrive more energized and ready for school;
- Promote camaraderie amongst the kids and undoubtedly new friendships;
- Encourage confidence in the kids to develop some independence;
- Reduce vehicular congestion around the school in the mornings;
- Be better for the environment;
- Increase the sense of community in the area with more children activating these neighborhood streets; and
- It’s fun!

**This Week’s Events**

- **Friday 4 November**
  - Icypoles $1
- **Monday 7 November**
  - Prep to Year 2 Yoga to Go
- **Tuesday 8 November**
  - Prep 2017 information session 7:00-8:00pm in MPC
- **Wednesday 9 November**
  - Fun Run money due back today
  - Year 1 & 2 Science incursion
  - School tour
- **Thursday 10 November**
  - Prep 2017 transition session
- **Friday 11 November**
  - Prep to Year 2 Yoga to Go

**Coming Events**

- **Monday 14 November**
  - Year 3-6 Yoga to Go
- **Wednesday 16 November**
  - Year 5&6 parents Family Life information session
- **Thursday 17 November**
  - Prep 2017 transition session

Click [here](#) to go to our school website calendar for more details on coming events
We are proposing we commence a trial on Monday 14th November through to the end of the school year, subject to the response and participation over this period.

Anyone interested in participating as a volunteer walker is asked to contact the school for more information and to collect details of an information session planned for Wednesday 9th November in the MPC at 9am.

Keep an eye out for further details to be released over the coming weeks.

Carmine Fusco

Have a wonderful week everyone.

Rochelle Cukier
Principal

Parents & Friends for Armadale (PFA)

2016 Fun Run

Fun Run
Thank you to everyone who helped out last Thursday with set up, fruit preparation, marking the laps, walking the children to and from the oval and clearing up. As always these events only run well because of all your help and support.

All children who have their sponsor money returned by Wednesday 9th November will be in the running for a prize. Fun Run is also available for payment now on Qkr.

Thank you to the following organisations who supported this Fun Run:

- Rocky’s Fruit and Vegies
- Tennis Australia
- Clip ‘n Climb
- Classroom Cuisine

Family Fun Night
Friday 25th November 5.30-8.00pm
Come and celebrate the end of the year. Bring a picnic, there will be entertainment for the children, a sausage sizzle, popcorn and soft drinks for sale.

The Armadale PFA Committee
Email: armadalepfa@gmail.com

Prep & Year 1/2 Bulletin
Please click on the following links to read this week’s news from your child’s year level:

- Prep bulletin
- Year 1/2 Bulletin

or go to the Students tab on the website and then your child’s class for all the latest news.

The Poppy Appeal

The Poppy Appeal is a significant contributor to the work of the RSL in Victoria. Each year poppies are sold and worn by Australians young and old. The money raised is used to help those in need including both serving and former members of the Australian Defence Forces and their dependants.

As per previous years, Poppies are on sale at the office.

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2016 Fun Run

Bring all sponsorship money to school by Wednesday 9 November

Thank you to everyone who has already brought back their sponsorship money.

Every $20 returned gives you one entry into the draw for some great prizes!
Melbourne Water Kids Teaching Kids Conference

On the 24th and 25th of October, the year 5/6 green team went to the Melbourne Water Youth Kids Teaching Kids Conference.

Schools around Victoria and South Australia came to the Melbourne Water Youth Kids Teaching Kids Conference. On 24th of October Monday we took a train to Melbourne University and participated in a lot of fun activities about saving water and after lunch we presented our own workshop to a number of students and repeated the workshop for a second group. Everyone said they really liked our presentation on how to save water around the home and at school.

Then on the 25th of October Tuesday we went to the Collingwood Children’s Farm were we participated in a lots more activities about saving water. We had a lot of fun and enjoyed every minute of it.

Angela and Quinn
Senior Green Team
Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.
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Know how your medications work for you

There is a wide range of asthma medications. It is helpful to understand how these medications help your asthma, and the role they play in keeping you well. The most common are shown here:

<table>
<thead>
<tr>
<th>Reliever – Blue/Grey colour</th>
<th>Combination Preventers</th>
</tr>
</thead>
<tbody>
<tr>
<td>What it does</td>
<td>Is a preventer, but also keeps airways open for a longer time</td>
</tr>
<tr>
<td>How it works</td>
<td>Very quickly—in about 4 minutes</td>
</tr>
</tbody>
</table>
| When to take it | (— When you have symptoms  
— Emergency  
— Before exercise as prescribed) |
| Helpful to know | Prescribed for people who have symptoms even with regular preventer use |

<table>
<thead>
<tr>
<th>Preventer – Autumn/Desert colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>What it does</td>
</tr>
</tbody>
</table>
| How it works | (— Soothes airways  
— Less swelling  
— Reduces mucus) |
| When to take it | Every day as prescribed  
— even if you feel well |
| Helpful to know | The key to keeping well with asthma |

If you would like further information on the full range of asthma medications and the different devices used to take these medications, please refer to Asthma Australia’s medication and devices brochure.

It is important to know how to use your inhaler devices properly to ensure you get the maximum benefit from your asthma medication. For example, using a spacer with a puffer is much better than using a puffer alone. Ask your doctor to review your asthma device technique at your next visit. See the Asthma Australia website for more information asthмаaustralia.org.au

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South East Netball Club is looking for Players!!

The South East Netball Club is looking for junior players to join our teams.

We are looking for players aged 8 y/o - 15 y/o (boys & girls) to join our teams that compete at the Waverley District Netball Association in Ashwood Vic, on Saturdays. Games are played from February to December (with breaks for the school holidays) and game times vary from 8am to 3pm.

If you are interested in becoming part of a fun social club, making some new friends while learning new skills contact us for more information!

Southeastnetball@hotmail.com OR https://www.facebook.com/southeastnetball/

*Please note some costs will occur, players will need to pay team fees and purchase a uniform

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SACRAMENTAL PROGRAMME 2017 FOR CHILDREN OF THE PARISH OF ST JOSEPH’S MALVERN

Enrolments for ALL Sacraments are OPEN

- 23rd October
  Reconciliation & First Communion

- 7th November
  Confirmation

Registration of enrolments are made via the parish website.