Dear Parents,

It has been another busy week at our school with a number of enrichment and extra-curricular activities adding to our rigorous learning environment. This week the Year 1 and 2 children enjoyed an indigenous incursion in the MPC, yesterday the pirates were in full rehearsal mode in the MPC and the SRC raised awareness of all those young people who unfortunately due to a disability are unable to play a sport as well as able-bodied children. Next week the school will be in full “Book Week” swing and we are all anticipating a wonderful week as we provide the students with the opportunity to connect more deeply with books and reading.

It was a wonderful atmosphere here on Sunday as well with the entire cast rehearsing for Peter Pan and I would like to thank all the parents and teachers who gave up part of their Sunday to help supervise. Thank you also to Paul Motion who has done an outstanding job at making the steps for the production. Lisa is doing a fantastic job with all the students and it is incredibly important as we move towards October, that all of the cast remain committed to their roles and frequent absences from rehearsals will mean that the students will no longer be able to perform in the show.

Safe Play after school
Just a reminder to all our children, especially our Prep children that the rules for safe play apply after school as well as during school. There are many children playing chasey on the play equipment after school and may I request parents be vigilant about supervising their children after school, particularly the younger toddlers who are fearless. Additionally, the new stage is for performing only – it’s not a climbing frame and it is not safe to use it as one. Thank you very much to all parents for your co-operation with this.

Student Attitudes to School Survey results
I am delighted to share with the school community the results of the 2014 Student Attitude to School survey which provides the school with a profile of how the Year 5 and 6 students feel about their school, their peers, their teachers, their learning confidence and their student motivation. I have included a table on page 2 which shows you the growth of how students feel about their school over the last two years. These are the highest results the school has ever had and I am extremely grateful to our teachers whose professionalism, care, high expectations and provision of an outstanding learning environment have enabled these results to be realised.

continued over page ...

This Week’s Events
Monday 18 - Friday 22 August
✦ Book Week
Tuesday 19 August
✦ District Athletics - selected children
Friday 22 August
✦ Trivia Night

Coming Events
Friday 29 August
✦ Year 3&4 Cocktail Party 7.30pm

Monday 1 - Tuesday 2 September
✦ Father’s Day stall
Saturday 6 September
✦ Working Bee 9.00am-12.00pm
Monday 8 September
✦ Official 130th Birthday opening celebration
Friday 12 September
✦ Italian Day
Thursday 18 September
✦ Icypole fundraiser for Peter Pan
Tuesday 21 - Friday 24 October
✦ Peter Pan performances

Click here to go to our school website calendar for more details on coming events
When you compare our results to the state and even our region you can see that for 2014 our results are way ahead. You can also see our growth from 2012 to this year and in 2010 the picture was even worse. For all of the blue shaded areas the score was out of 5.0 and the white was out of 7.0

Our highest scores out of a possible 5.0 were for Student Motivation: 4.96; Teacher Effectiveness: 4.93 and Teacher Empathy: 4.94, School Connectedness: 4.87.

### Transition from primary to secondary school

**How can I help my child?**

**Do you have a child in Year 5, 6 or 7?**

**Are you worried about how they will cope in secondary school?**

Come to a free workshop to hear helpful advice and learn practical tips on how you can support your child and help them settle in.

The workshop is presented by Angie Wilcock, an expert in supporting parents and children through the changes that come with secondary school. Angie will be answering questions like:

- How do we juggle school, homework and play/social time?
- How will my child cope with making new friends?
- How can I help my child prepare for exams and tests?
- Will there be peer pressure at secondary school?

**When:** 12.30pm - 2.00pm Tuesday 9th September (light lunch provided).

**Where:** Horace Petty Estate (Community Room), Corner of Malvern and Surrey Roads, South Yarra.

**RSVP:** To book your free seat please call Louise on 9510 5444 or email lnicholas@iellen.org.au

Parents who attended last year said: “Fantastic information that I believe is important for all parents!” “I feel better equipped to handle letting my boy go to high school.” “Really enjoyed listening to Angie.”

This event is hosted by the Inner Eastern Local Learning and Employment Network in partnership with School Focused Youth Service, Stonnington Youth Services and Prahran Renewal Project (DHS).

Have a wonderful week everyone.

Rochelle Cukier
Principal
Assistant Principal

Book Week
Only a few more sleeps till Book Week and I am getting pretty excited. Brett has put together a great program and the Book Fair will be fantastic. Please see page 8 & 9 in this newsletter for all the details of Book Week.

Premiers’ Reading Challenge
Of course Book Week always coincides with the finalising of the Premiers’ Reading Challenge. During ICT classes over the past couple of weeks we have been checking to see how the students have been progressing with the entering of their books on the website. There are quite a few students who have entered the maximum 100 books, which is an amazing achievement. Could you please assist your child to add any remaining books in the next week, so that the class teachers can complete the final task of the PRC, which is the verification process. All this requires from you is a note or email to your child’s class teacher confirming that they have read all the books that they have listed on the PRC website. Once this is received the class teacher will verify the books, and (provided the student has read the required number of challenge books and total books) the student will have successfully completed the challenge.

Please note that, whilst there is an expectation that all of our students at least attempt the challenge, this is not the case for our prep students, as the whole process can be a little daunting for some of them. Please ask me or your child’s class teacher if you have any questions about the PRC.

Working Bee – Saturday 6 September
9.00am - 12.00pm
Our second and final Working Bee is coming up on Saturday 6 September. We have locked ourselves into the pattern of having our two working bees for the year on the Saturdays before Mother’s Day and Father’s Day. The Facilities Committee will be finalising all the tasks on Friday morning, but I know there are lots of general maintenance and cleaning jobs to be completed. If you can contribute for an hour or two, it would be greatly appreciated. However if you can’t attend, you are encouraged to make a contribution of $30.00 in lieu of your attendance (see the form over the page on page 4). This will enable us to purchase maintenance materials and equipment for the working bee.

Nude Food and Red Recycling
Our Nude Food program has been working well and I have had a lot of positive feedback from parents. Like most things once the initial change is made and habit formed, it all becomes second nature. Word has spread and our school has been asked to make a special presentation to the upcoming Resource Smart Schools Awards in September. We will be taking a select group of senior Green Team students to make this presentation at the Melbourne Convention Centre. I will provide a report later in the term as to how it all went. Our school has been nominated as a finalist in the awards due to the great work we have done to reduce waste at our school, and if we do well it will be due to all the great work that parents have done in ensuring that their children’s food is 100% Nude.

Unfortunately our system of having no outside bins has meant that a small number of students have been using the RED Recycling Bin for soft plastic as a general waste bin. As any waste in here contaminates the whole bin contents, we have had to move the RED bin inside. It will now be located in the Resource Room. Parents are still welcome to drop their household soft plastics in this bin; the resource room is immediately opposite Rochelle’s office.

Malcolm Dow
Assistant Principal

This Week’s Awards

House Points
No house points were announced this week.

Artist of the Week:
Marija Rajchevikj

Art Class of the Week:  3/4C

Performers of the Week:
Olive Durack and Blayke Sheean

Performing Arts Classes of the Week:  5B and 3/4W

You Can Do It! Awards:
Summer Thompson Prep C
Jesse Hurwitz Prep P
James Castle Prep S
Yasmin Martin 1/2A
Tess Davies 1/2A
Birinderjit Singh 1/2A
Bella Simmons 1/2D
Robert Strangward 1/2E
Toby Ralph 1/2P
Harry Dixon 3/4J
Anna Huynh 3/4M
Tilly Hunt 3/4M
Lily Ritson-Morrison 3/4W
Luna Cho 5B
Kaya Cho 5F
Arthur Pain 5F
Carla Gee 6N
Mark Allen-Lyons 6N
Visual Arts News

Artist of the Week:
Marija Rajchevikj Prep P

For the excellent collage skills she displayed when making her fire truck scene. Fantastic work Marija!

Visual Art Class of the Week: 3/4C

For the creativity they displayed when exploring paper. The showed excellent skills in weaving, folding, curling and fringing paper. Keep it up 3/4C.

Art Smocks

A number a 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 the uniform shop (PSW) in Kew.

PSW
(Primary and Secondary Schoolwear)
12 Strathalbyn Street, East Kew, 3102

Alternatively if you can find a smock elsewhere just make sure the material is similar to a rain jacket, the cotton smocks are not as effective. Also make sure the smock has long sleeves. Riot Art and Craft in Malvern sell these too:

Riot Art and Craft
109 Glenferrie Rd, Malvern, 3144

See example of art smock to the right.

Thank you for your support.

Lucy Gorman
Visual Arts Co-ordinator

Working Bee Donation

For those parents who will be unable to attend the Working Bee on Saturday 6 September, 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 other amount) donation to the APS Grounds fund

Family Name: ________________

Pay by:
☐ Cash ☐ Cheque ☐ Credit Card

☐ Direct Deposit to Armadale PS Account BSB 083 298 A/C No: 02 891 1383

please note on your direct deposit transaction your Family Name & Working Bee

Amount: $30.00 or $________

☐ MasterCard ☐ Visa

Expiry Date: _____ / _____ Cardholder’s Name: __________________________

Signature: __________________________

Prep &Year 1/2 Bulletins

Please click on the following links to read this week’s news from your child’s classroom:

♦ Prep bulletin
♦ Year 1/2 bulletin

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

Parking

Could parents please refrain from parking across our neighbours’ driveways, particularly outside the flats in Densham Road. Our neighbours have complained about being unable to access their garages or designated parking spaces.
Performing Arts News

Performers of the Week:
Olive Durack
for her beautiful dancing skills that she shows in Performing Arts and in her role as a Fairy in Peter Pan. Fantastic work, Olive!

Blayke Sheean
for the beautiful grace and poise she showed the school in her performance of her classical solo. You have an extraordinary talent and we are very grateful that you shared your special skills with us. Congratulations, Blayke!

Performing Arts Class of the Week:
5B
for consistently working exceptionally hard at all Performing Arts tasks. You set an outstanding example of how a class can work together to achieve something extraordinary. You are not only kind and encouraging to each other, but you also show a true strength in performance and entertainment. What an amazing class!

3/4W
for a fantastic start to their Mimicry unit! You have amazing energy and are working together wonderfully. What a team!

Assembly Performances
Last week we were very fortunate to have a sneak peek of Blayke Sheean’s classical solo that she will be performing at an upcoming Eisteddfod. Blayke blew us away with the grace and ease with which she moved. This week 6Z presented a powerful interpretation of ‘At the End of the Day’ from Les Miserables. They are currently studying life in the 18th Century. This performance showed their depth of understanding of the plight of the poor in these difficult times. Outstanding work, 6Z.

Lisa Vollugi
Performing Arts Co-ordinator

Student Banking

The following students have qualified for a Bronze Dollarmites Certificate for making 10 deposits this year:
♦ Leah Angelopoulos
♦ Talna Svenson
Silver Certificates will be awarded to the following students for making 20 deposits this year:
♦ Liberty Chamberlain
♦ Sebastian Chamberlain
Well done!

Alison Crone
Student Banking Co-ordinator

TERM 3 REHEARSAL SCHEDULE

Please remember that it is important to attend all rehearsals.

If you cannot attend for an important reason, please have Mum or Dad email Lisa at vollugi.lisa.m@edumail.vic.gov.au.

<table>
<thead>
<tr>
<th>WEEK 5</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>12th August</td>
<td>12:30 - 1:30pm</td>
<td>Scene 1 Tinkerbell Fairies</td>
<td>12:30 - 1:30pm</td>
</tr>
<tr>
<td>3:45 - 5:30pm</td>
<td>Following the Leader: Lost Boys, Peter, Indians, Darling Children</td>
<td>3:45 - 5:30pm</td>
<td>Scene 3 Pirates: Hook Smee</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 6</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>19th August</td>
<td>12:30 - 1:30pm</td>
<td>Scene 2 Faires, Tinkerbell, Peter, Darling Children</td>
<td>12:30 - 1:30pm</td>
</tr>
<tr>
<td>3:45 - 5:00pm</td>
<td>ENTERTAINERS: Fairies, Pirates</td>
<td>3:45 - 5:30pm</td>
<td>Hana Mana Ganda: Indians, Lost Boys, Darling Children, Peter Pan</td>
</tr>
</tbody>
</table>

Page 5
Full Cast Rehearsal
Sunday’s full day rehearsal was a fantastic success. All cast members who attended worked exceptionally hard. It was very exciting for everyone to see the show coming together. Next Sunday rehearsal is Sunday 31st August from 10am-4pm. If you cannot attend for an important reason, please let Lisa know by email at vollugi.lisa.m@edumail.vic.gov.au

Production Levies
Have you paid your Production Levy/Costume Contribution yet? We have over $1500 of fees still outstanding. If you are not sure whether you’ve paid, please check with Lisa. We’re at a stand-still with purchasing props and costumes until the remainder of the fees are paid.

Facebook Page
Like us on Facebook to keep up with the behind-the-scenes action! Search for Peter Pan: An Armadale Adventure.

Rehearsal Attendance
Please try to remember to let Lisa know if your child will not be able to attend a rehearsal for a very important reason. It is getting to the point where it is extremely difficult to effectively run a rehearsal with missing actors. Other students are consequently having to deal with difficult spacing issues, not having partners and a plethora of other problems that arise from only one student begin missing. This also means that your child will have a difficult time catching up and often stands out as being very unsure of the stage action. If you think your child may be over-committed and is no longer be able to participate in the strict schedule of Peter Pan, please just let Lisa know.

Ticketing
Tickets will go on sale by the end of August. We will soon let you know their opening date ahead of time so you can prepare. If you are wanting to attend Peter Pan, we suggest that you get in quickly! As the theatre is considerably smaller than previous years, tickets will sell quite quickly.

At-Home-Practice
Because of the nature of Peter Pan and the sheer number of scenes that most children are in, it means that weeks can go by between rehearsing the same scene. Scarily, Lisa is finding that many children are turning up with no recollection of the choreography and blocking from previous rehearsals! We are spending an inordinate amount of time revisiting old choreography and blocking. The more you can encourage your children to rehearse at home, the better. They’re really quite fantastic - ask to see what they’re doing!
<table>
<thead>
<tr>
<th>Name</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Thompson Prep C</td>
<td>For the resilience she has shown in continuing to join in school activities despite having a broken wrist. You are a star Summer!</td>
</tr>
<tr>
<td>Jesse Hurwitz Prep P</td>
<td>For the great effort you put into finding the words in the challenging word search.</td>
</tr>
<tr>
<td>James Castle Prep S</td>
<td>For the imaginative 'window scene' collage he created. Well done on your creative efforts James!</td>
</tr>
<tr>
<td>Yasmin Martin 1/2A</td>
<td>For focusing on her writing and finishing her very imaginative story about a beautiful flower that gets squashed. We can’t wait to see the illustrations when you have finished publishing it!</td>
</tr>
<tr>
<td>Tess Davies 1/2A</td>
<td>For taking responsibility for her behaviour, making better decisions, demonstrating great listening skills.</td>
</tr>
<tr>
<td>Birinderjit Singh 1/2A</td>
<td>For confidently showing us how to make coloured rice and explaining why the colours are more vibrant if you add a little vinegar.</td>
</tr>
<tr>
<td>Bella Simmons 1/2D</td>
<td>For her interesting research about the walking stick and working independently to see a task through. Well done!</td>
</tr>
<tr>
<td>Robert Strangward 1/2E</td>
<td>For beginning all tasks quickly and quietly and for his respectful and responsible attitude to other members of the class.</td>
</tr>
<tr>
<td>Toby Ralph 1/2P</td>
<td>For having excellent comprehension skills when completing the Yellow Box reading cards. Toby your enthusiasm during sewing club is to be commended. It is a pleasure to work with you!</td>
</tr>
<tr>
<td>Harry Dixon 3/4J</td>
<td>For settling back into his schoolwork after a long illness. You have shown organization and persistence Harry. Well done.</td>
</tr>
<tr>
<td>Anna Huynh 3/4M</td>
<td>For demonstrating her beautiful skills in this week’s TriSkills and persisting until her technique was correct.</td>
</tr>
<tr>
<td>Tilly Hunt 3/4M</td>
<td>For demonstrating her amazing skills in TriSkills this week and persisting to ensure her technique was correct. Keep it up Tilly!</td>
</tr>
<tr>
<td>Lily Ritson-Morrison 3/4W</td>
<td>For actively participating and demonstrating great basketball skills and team spirit at the Year 3/4 Hooptime Gala Day. Well done Lily!</td>
</tr>
<tr>
<td>Luna Cho 5B</td>
<td>For her willingness to assist a new student in our school. You are a kind and caring helper. Thanks Luna!</td>
</tr>
<tr>
<td>Kaya Cho 5F</td>
<td>For offering language assistance to a new student at Armadale. Well done Kaya.</td>
</tr>
<tr>
<td>Arthur Pain 5F</td>
<td>For approaching all tasks conscientiously and making valuable contributions to our class discussions. Great work Arthur!</td>
</tr>
<tr>
<td>Carla Gee 6N</td>
<td>For showing confidence and excellent speaking skills at assembly without the use of the microphone.</td>
</tr>
<tr>
<td>Mark Allen-Lyons 6N</td>
<td>For showing confidence and excellent speaking skills at assembly without the use of the microphone.</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*
As Community and Culture leader I want to bring your attention to something that is close to my heart.

Parkinson’s is a condition that makes it hard for people to move freely. Imagine not being able to walk properly, play sport or not being able to eat your food easily.

People with Parkinson’s need to take a lot of medicine to have control over their body. It usually affects older people but sometimes young people can get it too.

There are about 27,000 people in Victoria with Parkinson’s.

That’s why I would like to invite you and your family to a Walk in the Park on Sunday the 31st of August to raise money for people with Parkinson’s.

It would be amazing if you and your family could come along and join me, along with two and a half thousand others, at Federation Square. The walk starts at 11.00am.

There will be lots of fun activities including face painting, balloon artistry and drawing.

Register for the Walk at [www.parkinsonswalk.com.au](http://www.parkinsonswalk.com.au) and join the Armadale Primary School team.

I look forward to seeing you there!

Jamieson Kennedy 6Z

Armadale Primary School Book Week 2014

Preview Days:

Students will be visiting the Book Fair with their class on Monday and Tuesday. The students will be given a “Wish list” form which is very similar to the back of the preview catalogue sent home last week. With the wish list students will write down books they would like to purchase (the prep classes will be helped by buddies), the students then bring home the wish list and together you discuss which books they will get.

Purchasing books:

There are 4 different ways to purchase books:

**Online:**

Parents can go online via their pc or smart phone and visit [www.scholastic.com.au/payment](http://www.scholastic.com.au/payment) to make a secure credit card payment. Please record your receipt number on the form provided on the wish list and return to the school.

**Cash** (on the purchasing day)

As traditionally offered the school will take cash payments on the purchasing day (Wednesday 20th). Students can purchase during the school day when their class is called up. **OR** after school purchases can be made with parents.

**Eftpos**

There will also be an eftpos machine at the book fair, this facility will be available on purchasing day, Wednesday 20th.

What happens if the book I want sells out?

Don’t stress! This is a regular occurrence when a popular book is at the book fair.

The book will be placed on back order and should be arriving at the school 2-3 weeks later.
Armadale Primary School Book Week 2014

This year’s Book Week is fast approaching and we have a fantastic program of activities lined up for the week.

**SCHOLASTIC BOOK FAIR PREVIEW AND BUYING DAYS**
**MONDAY 18 – TUESDAY 19 AUGUST – BOOK FAIR PREVIEW DAYS**
Children will preview books available for purchase and will write out their wish list to take home. Parents are welcome to come either during their child’s class timeslot or before or after school as shown below. No purchasing on these days.

<table>
<thead>
<tr>
<th>MONDAY 18TH AUGUST</th>
<th>TUESDAY 19TH AUGUST</th>
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**TUESDAY AUGUST 19 - PERFORMANCE:**
Tony Bones Entertainment:
9:00-10:00 (Grade 3-6) The CBCA Short Listed 2014 “Younger Reader’s Book of the Year” *My life as an Alphabet* by Barry Jonsberg adapted for the stage.

10:00-11:00 (Prep to 2) The CBCA Short Listed 2014 “Picture Book of the Year” *The Windy Farm* by Doug MacLeod and Craig Smith adapted for the stage.

*Parents are welcome to attend these sessions and watch!*

**WEDNESDAY 20 AUGUST - BOOK FAIR BUYING DAY**
Children will be called to the book fair at given times throughout the day. If parents prefer to purchase the books with their children they are welcome to attend after school on Wednesday, 3.30 – 4.30pm and on Thursday from 9 – 10am.

**FRIDAY 22 AUGUST - BOOK PARADE - 9.00 – 10.00 (ALL CLASSES)**
We start today with the traditional Book Parade where everyone in the school dresses up as a character from a favourite book or one of the short listed books that we have been reading in library.

The cost for these activities and events for the week is $12 per student and will be paid for in the Term 4 excursion levy.

Parent help on the day of purchasing (Wednesday, 20th August) would be greatly appreciated. Please let me know if you can help (even if it is for an hour!)

If you have any questions regarding Book Week please don’t hesitate to ask me.
Brett Leyshan: leyshan.brett.f@edumail.vic.gov.au
Hi everyone

Action stations everyone!

- Herb Drive extended – Bring monies and unwanted herbs into the office by tomorrow end of day.
- Trivia Night Friday August 22 – Tables filling fast so book and pay now!
- Level 3/4 Cocktail Party - Friday August 29.

Our first-ever Herb Drive. Please return monies and unwanted herbs to the office by end of day tomorrow.

Trivia Night Friday August 22
Time is running out so book a table of 8 and pay today! Okay, okay if you really want a squishy 10 we can do that too. We promised this would be a sold out event and it’s shaping up to be sold out even earlier than last year. We already have 11 tables booked by allocated captains so if this includes you and you haven’t yet paid please do so asap.

We squeezed a trivial 170 in last year so get on board today. Only 7-8 more tables can be catered for in the space. Sort out your BYO gourmet delights this week and save all your $5 notes for the Trivia Bar. Auction items can of course be paid by credit card on the evening.

Have you hampered yet? A great raffle relies on great raffle items so please donate a little something to your class collection box this week. I have to admit the boxes are looking a little sad at the moment – SO not like our generous APS crew – please don’t let us down.

A little reminder as to your year level hampers:

Preps and Level 6 – A Book Hamper
Any and all NEW books: coffee table, fiction, non-fiction, child and adult, photographic, educational or perhaps a book voucher.

Level 1/2 - Beauty Hamper
All things beauty and pampering: hair, skin and nails, moisturisers, manicures and facial vouchers. Nail polish, make-up, bath oils and the like, as well as hair products.

Level 3/4 - Food Hamper
All things gourmet: chutneys, jams, mustards, fresh pastas and biscotti, infused oils, vinegars and exotic sauces. Tongs, mitts and utensils.

Level 5 – Wine Hamper
All things sommelier: cab sav, sav. blanc, sparkling, champagne, red sparkling, riesling, shiraz, dessert ‘sticky’...you know the drill.

Level 3/4 Cocktail Party - Friday August 29
Bag check required – there’s an invitation in there somewhere. Lock in Friday August 29 @ The Malvern Hotel. Starting at 7:30pm with $30/head for finger food and drinks purchased at the bar. With TV for footy heads and an open fire for frosty hands there’s nowhere else to be so rsvp asap.

Exciting Things Happen At Armadale Primary

Mish McGrory and Brigid Warwick
0412554434
0412128164
Email: mish@mcgroryonline.com
brigid@warwick.com.au
Helping your child to have a strong sense of wellbeing

One of the five learning outcomes in the Victorian Early Years Learning Framework and the Early Years Learning Framework for Australia is that children have a strong sense of wellbeing.

A strong sense of wellbeing means much more than feeling happy all the time, or being free of illness. It is a combination of physical, social and emotional factors.

As a baby struggles to roll toward a toy or object of interest they show physical wellbeing (their motor skills are developing). But they also show curiosity (what’s that thing over there?) and perseverance (I’m going to try again!).

Resilience is also a large part of wellbeing – a capacity to persist and to deal with disappointment. When your child tries one more time to finish a puzzle, they are showing resilience.

Being able to control your emotions is also an important part of wellbeing, for example when your child asks for milk and you offer water. At first, their tears well up (I wanted milk!), but as they develop rather than having a tantrum, your child takes a deep breath and takes the water. They are learning to control their emotional response to disappointment and to express emotions appropriately.

Your baby has always been able to communicate when their physical and social needs aren’t being met – crying is a way for them to attract your attention. As your child grows, they will take more responsibility for their own health and wellbeing. They will learn to wash their hands, eat with a knife and fork and drink from a cup without your help. Children with a strong sense of wellbeing are more likely to be confident and involved learners.

How can I help my child to develop a strong sense of wellbeing?

• Give lots of physical affection! Warm and supportive relationships help your child feel safe and secure. This sense of security means your child will have the confidence to try new things and to express how they are feeling.
• Respond to your baby’s smiles, talk to them while changing nappies, play peek-a-boo, converse about things in a way where you listen to each other, ask a question and pause for a response.
• Encourage your child’s resilience, independence, decision making and ability to get along with others by offering them real choices such as how much food, what to wear etc., and enabling them to take considered risks such as jumping and climbing. As your child grows they are able to identify the qualities of a friend and resolve conflict using suitable language and actions.
• Encourage your child to be active. Give them lots of opportunities to play outside and to develop their motor skills – walking, climbing, running, jumping, skipping, balancing.
• Dance and movement will help your child’s physical coordination and give them confidence in how their bodies move. Use clapping and bouncing games with babies.

• Look for opportunities for your child to be responsible for their own health and wellbeing.
  o Dress them in pants with elasticised waists so they can undress or go to the toilet without your help.
  o Offer your child a wide range of healthy foods, but give them some choice over which ones they will eat. This can make meal times less stressful by giving your child some responsibility over what and how much they eat.
  o Talk to your child about different foods and involve them in choosing food and preparing food. This will build awareness of the importance of healthy eating.
• If you have any concerns about your child’s wellbeing (physical development, mental health or social development) talk to your child’s maternal and child health nurse, doctor or early childhood professional.

Other related newsletters can be found at www.education.vic.gov.au

Related links

• Belonging, Being and Becoming: The Early Years Learning Framework for Australia
• Victorian Early Years Learning and Development Framework for all Children from Birth to Eight Years (2009)
Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.
“Are You Having Frustrating Problems with Your Computer or Laptop?”

Is your internet slow and unresponsive? Do you suspect you may have a virus?

My name is Paul and for over 10 years I have been helping everyday people and small business manage their computers. Over the years I have helped people purchase new computers, setup new internet connections, remove malicious viruses, Speed-up their computers, and much more.

Currently I am offering my consulting services at a special rate of only $75 per hour. On top of this I Guarantee that I will be able to fix any Computer problem you have – or you pay Nothing!

I have now provided I.T. consulting to many different individuals and business people. Some of my clients include Doctors, Lawyers, Business Professionals; stay at home Mums, Seniors and retirees.

My Services I provide Include:

- Computer Repairs
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- Wireless (Wi-Fi) network setup
- Broadband Internet & Email Setup (PC, Mac, iPad)
- Solve Common Windows Problems
- New iPad/iPhone/iMac Setup
- Computer Maintenance
- Home Network Setup
- Computer & Internet Security

Please CALL PAUL to arrange a CONSULTATION (7 Days a week)

On 0408 985 735

Email: pzdz@optusnet.com.au
Tips for staying active this winter!

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to Students participating in sports and physical activities.

Here are some tips to help prevent EIA in students:

**Before Exercise** take reliever medication 5-20 minutes before warming up.

**Warm Up** before exercise as normal.

**During Exercise** watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the Student should return to the sporting activity after a second occurrence of asthma symptoms.

**After Exercise** cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

Other things to remember:

- Ensure all students have current Asthma Action/Care Plans
- If possible make activities that are scheduled for the night indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
- Encourage students with asthma to participate fully!

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**Toorak Prahran Cricket Club**

registration are now open for **2014/15 season including u/10s and t20 blast**

The Toorak Prahran Cricket Club (TPCC) is pleased to announce that it is accepting registrations for the 2014/15 season. Teams are finalised during September so please register early.

We have cricket programs covering 5 to 60 year olds. Please follow the attached links to obtain more information on our club and register.

- a) 2013/14 TPCC Annual report including the financial accounts of the club - TPCC annual report
- b) TPCC Junior Registration (5 to 17 years) - TPCC junior registrations
- c) TPCC Clothing store - TPCC clothing store

Cricket registrations and supply of club clothing have been setup to make bookings by use of credit card and through the Trybooking website. Orders made through the online clothing store will be filled in priority to those who what to just turn up to the club in season.

You need to register each season (regardless whether you have previously played with TPCC before) to participate for the 2014/15 season,

If you have any queries, please contact Jim Hallam on 0414965442 or jendix@onthe.net.au.

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**HEALTHY ACTIVE LIFESTYLE CENTRE**

**FUN**

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- Exercise for all ages and fitness levels
- Social events
- Personal development sessions
- Dance
- Nutrition information sessions
- Mothers with toddlers walking group
- Much more...

For event details contact -
Amin: 0419 881 147
Derek: 0478 732 575

**CREATING A HEALTHY ACTIVE GRATEFUL COMMUNITY**