NEWSLETTER NO: 14 – 12 SEPTEMBER 2014

Dates to Remember

| Monday, 15 September | Fire Brigade visit Kinder  
| Kulture Break lessons |
| Tuesday, 16 September | Fire Brigade visit Kinder |
| Wednesday, 17 September | Kulture Break lessons |
| Thursday, 18 September | Cyber Awareness and Bullying Year 5 / 6 students – AFP talk  
| Principal’s Morning Tea |
| Monday, 22 September | Kenny Koala visit  
| Kulture Break lessons |
| Tuesday, 23 September | Kenny Koala visits Preschool  
| ACT Athletics |
| Wednesday, 24 September | Learning Expo  9.00 am – 10.00 am  
| Kulture Break lessons |
| Friday, 26 September | Kenny Koala visits Preschool  
| Talent Show  
| End of Term 3 |
| Monday, 13 October | Term 4 begins |
| Friday, 24 October | Assembly Year 1/2 presenting at 9.15 am |
| Monday, 27 October | Year 5/6 Camp to Cooba  
| Swimming Lessons begin |
| Tuesday, 28 October | Year 5/6 Camp to Cooba  
| Swimming Lessons  
| Preschool Farm excursion |
| Wednesday, 29 October | Year 5/6 Camp to Cooba  
| Swimming Lessons |
| Thursday, 30 October | Preschool Farm excursion  
| Swimming Lessons |

Notes Going Home Last Week

Swimming notes for Year 3

Principal’s Message

Dear Parents and Carers

Today we celebrated the end of Week 8 with a wonderful assembly presented by the amazing students in the Winyu Unit. In a very entertaining performance we were introduced to our final school value for this term “confidence”. Congratulations to all of the Winyu students and also to those students who received an award at today’s assembly.

Thanks to those parents/carers who have already sent in information which will assist us in forming 2015 class lists. A reminder that all parent/carer requests are due in by the end of this term. The leadership team are keen to have the input of families as we aim to construct class lists that support happy and productive learning environments for all.
We are excited that work has finally commenced on our new outdoor learning area. Stage One of this project should be complete before the end of term. This space will be a great resource for the school as we approach the warmer summer months. Staff will begin conducting lessons in this area during Term 4.

This week work has also commenced on mounting the student mosaics that our children have been creating throughout the year with their buddies. The first set of mosaics can be located on the wall outside the Year 1/2 classes. Thanks to Brett (father of Sam Year 1/2) for all of his hard work and many hours spent leading this project.

On Wednesday of this week, students from across the school attended an incursion presented by an external agency designed to address the issue of bullying. The performance entitled “Stamp Out Bullying” was very popular amongst the children. Not only was it very entertaining but the performance also provided some very practical advice and key strategies for our children when encountering difficult situations.

Our weekly lessons with Kulture Break are now well underway. The children are really enjoying this experience again this year as we learn new moves and routines in preparation for our concert on 9 December.

A reminder that there will be a community garden working bee in preparation for the warmer summer months. The object of this event is to prepare our school kitchen garden which supplies many of the products used in our Dirt to Dish program. I encourage all families to support this event in any way that they are able. It will occur from 9.00 am to 1.00 pm on Saturday, 20 September.

Finally, I would like to remind parents/carers that all students have made invitations for members of their families to attend our Learning Expo on Wednesday, 24 September. The children are very proud of their work and would love to showcase their efforts. I encourage all family members, who are able, to attend this event which will occur from 9.00 am to 10.00 am.

Have a great weekend everyone.

Shane Carpenter
Principal

Deputy Principal’s Brief

Over the past few weeks I have been providing some material from the KidsMatter website across a range of topics that crop up all the time for parents and carers. This week, the focus is on fears and worries. Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children’s sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

Things to take into account
- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children’s fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.

The following example shows some possible ways a parent or carer might help Jessica, the six year old child described in the accompanying information sheet, Helping children cope with fears and worries. Jessica is
having difficulty going to sleep because of fears that something might happen to the house. She wants her mother to stay with her.

<table>
<thead>
<tr>
<th>Fears and worries</th>
<th>Some suggestions on how to support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child’s difficulty</strong></td>
<td></td>
</tr>
<tr>
<td>Feels scared and worried</td>
<td><em>Acknowledge feelings:</em> e.g., “You’re having trouble going to sleep because you’re worried something might happen.”</td>
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<tr>
<td>Feels unsafe</td>
<td><em>Reassure:</em> e.g., “That storm was only on TV. It’s not going to happen here.”</td>
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<tr>
<td>Can’t think through logically</td>
<td><em>Reality check:</em> e.g., “The wind would have to be really, really strong to blow the roof off. We don’t get those kinds of winds here.”</td>
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<tr>
<td>Feels overwhelmed by scary thoughts</td>
<td><em>Label:</em> e.g., “That’s just a scary thought. You don’t have to keep it.”</td>
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<tr>
<td>Lacks skills for coping</td>
<td><em>Demonstrate coping skill:</em> e.g., “Let’s blow the scary thoughts away. Take a deep breath and together we will blow them all away.” <em>This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.</em></td>
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<tr>
<td>Has trouble relaxing</td>
<td><em>Teach relaxation:</em> Younger children often respond well to relaxation techniques that help them to visualise calming images – e.g. a waterfall or clouds floating gently across the sky. <em>The accompanying list of resources includes books and CDs that focus on relaxation for children.</em></td>
</tr>
<tr>
<td>Doesn’t feel confident about managing fears</td>
<td><em>Encourage helpful thinking:</em> e.g., “Tell those scary thoughts ‘I know I am safe and I won’t let you scare me!’”</td>
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<tr>
<td>May not believe in own ability</td>
<td><em>Praise and encouragement:</em> e.g., “You did it. You’re getting braver and braver!” or “You’re trying really hard to be brave. Good on you!”</td>
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Andrew Buesnel
Deputy Principal

**LIBRARY NEWS**

New Books
Thank you to the parents/carers who have spent time over the last few weeks covering books for the library. The children are enjoying reading the many new titles in the library. Your time and effort is very
much appreciated by myself and the students. We still have some books waiting to be covered if you would be able to assist with this task.

Books
Please remind your children to return their books so that they can borrow some of the great new titles that we have in the library.

Chief Minister’s Reading Challenge

The Chief Minister’s Reading Challenge has ended. Thank you to all those that participated. Certificates will be handed out in the latter part of Term 4.

Teacher Librarian

PRESCHOOL

This term is nearly coming to an end and Preschool is still very busy! We started off the fortnight with the Working Bee on Sunday. We achieved what we set out to do and hopefully we are able to eat the produce next term!

We then raised money for children living with cancer by dressing up in footy gear. We are yet to bank the donations but we will let you know how much we raised in next fortnight’s newsletter.

Father’s Day Stalls were a great success and we hope all the fathers and significant others enjoyed their special gifts purchased by the children. A lot of consideration went into each gift.

This week we had Phil from the Dinosaur Museum visit. He showed us fossils of dinosaur teeth and claws and we sang and danced to dinosaur songs! Our current interests include Ninja Turtles, dinosaurs, firemen, spaghetti, board games, counting past 100, insects and of course Frozen.

Hats are back on, so please ensure your child has a SunSmart hat. We suggest the children keep it in their home pocket so as it stays at Preschool.

In Week 10 we have Kenny Koala coming to talk to us about “stranger danger”. We will welcome him with open arms as he visited us in Term 1.

Bimbi Unit News (Kinder)

Kindergarten has had a few changes this fortnight. This week our timetable has been adjusted to make our daily lessons more consistent. We love having Discovery Learning in the middle session as there is more time to complete our daily reflective writing, using the skills we have learnt in Literacy Groups. Our dramatic play area has now become the Bimbi Market Shop. In Week 6 we learnt about money and we are using what we have learnt to buy and sell a range of delicious foods!

Every Monday morning we are now attending Kulture Break dance lessons in the hall to get us ready for our End of Year Performance. We love getting active and we are working on our listening skills.
Last week in Maths groups we learnt about time, including the days of the week, how long things take and telling the time to the hour. We are trying to use the language we have learnt about time in everyday situations. This week we revised volume and capacity using a range of hands on experiences to guess, check and compare the sizes of a range of containers. Next week we will be matching numbers to their corresponding words.

Kindergarten had so much fun dressing up as their favourite Superhero to raise money and awareness for much needed Muscular Dystrophy care and research, a condition that affects 1 in 1000 Australians. We raised $87 and participated in a range of Superhero activities including making masks, Superhero profiles and colouring.

On Wednesday Kindergarten attended a bullying presentation where they learnt an acronym to help them deal with bullying. Ask your child what STAMP stands for!

A huge thank you to the parents/carers that have been coming in to support our Guided Reading program and changing our home readers. We really appreciate your time and effort and would love to see more familiar faces! Our fortnightly roster is available on the Kindergarten teacher’s office door.

Hope to see you in Bimbi soon!

**Yerra Unit News (1 / 2)**

Yerra Unit have been busy this fortnight adapting to new and exciting things happening in the school. Last week Year 2 students began hockey clinics and learnt about how to correctly hold a hockey stick. They have also focused on the ‘bubble gum’ technique which involves hand eye coordination with the hockey stick and ball. Hockey clinics will continue for Year 2 students every Wednesday afternoon until the end of term.

On Wednesday we had the STAMP OUT bullying show that the children loved. The children were very engaged with the jokes, magic and puppetry. We learnt the acronym for STAMP (Stay away, Tell someone, Always help, Make friends and Play nicely) through a story and lots of great acting.

Students have begun the new History unit focusing on relevant things that have changed. We have read stories about changes over time and compared how school is different now to how it used to be. This week we are focusing on how clothing has changed and next week we will have a guest speaker from the Monash community to talk about their family history.

We have begun a new writing unit focusing on persuasive texts. The children have enjoyed watching TV commercials and looking at various catalogues that persuade us to purchase products (and always pointing out a bargain). Next week we will begin discussions based around agreeing or disagreeing with particular statements and giving reasons as to why they have made their decisions.

We hope our fathers and significant others enjoyed their Sunday and special tie cards the 1/2 children made.

**Dulma Unit News (Year 3 / 4)**

The students in 3 / 4 have been very productive this week. This fortnight we have had hockey clinics, Kulture Break, Stamp Out Bullying show and Hands Off Behaviour police talks. This is in addition to our usual learning program.

In the police talks the students learned about their rights and responsibilities. The catch phrase was K.A.H.F.O.O.T.Y which means Keep All Hands, Feet and Other Objects To Yourself.
Stamp Out Bullying was a very entertaining puppet/magic show which taught the students strategies to deal with bullying. The acronym here was S.T.A.M.P. which stands for Stay Away, Tell Someone, Always Help, Make Friends and Play Nicely. The message which was reinforced continuously throughout the show was that you do not combat bullying with bullying behaviour this only makes things worse. Please reinforce both messages with your children.

IRP science projects are in full swing. This week the students have been writing their first draft of their experiment and many have completed the first test of their experiment. If your child is asking for chocolate or other strange things for experiments please support them by providing these objects as they only have one more week to complete their IRP. IRP is happening in class in small groups so that the cost to parents should be minimal. If this is not the case please speak to the classroom teacher so that we can help your child. The unit is buzzing with very excited students. We are amazed by some of the creative and scientific thinking that is occurring.

Expo is on Wednesday, 24 September (Week 10) from 9.00 am to 10.00 am. This is a chance for your child to report their learning to you. IRP will be demonstrated and the process by which the students got to the end results will be recorded either as a chart or report. In addition bookwork will be on display and parents will have the opportunity to see the kitchen and other learning the students are involved in. Please assist us by returning the R.S.V.P. that was attached to the invitations that went home last Friday.

**Bural Unit News (Year 5 / 6)**

In 5/6 we just can’t believe how fast this term has gone! As week 10 is fast approaching the Bural Unit are motivated and are consistently presenting high quality work. Our shout out wall is nearly over-flowing with beautiful work samples. A big congratulations to Ryan, Jack, Sophia, Declan, Declan, Jordan, Sophie, Lilli, Holly-Marie and Jasmin. Keep up the good work!

During Cooperative Reading students have been working on their Lapbooks. These are interactive folders with pull out pockets and flaps detailing information around working in teams and the skills behind Cooperative Reading. Students are focused around “fine tuning” the skills involved in Cooperative Reading and have been applying these skills during our reading sessions.

In Maths, our Year 5 students have just completed some assessment around Chance and Probability and are currently looking at Graphing and Data. Students are engaged in a range of hands on tasks to support their understanding of collecting, recording and reflecting on data. We have also been learning about different ways of presenting data, for example using bar and column graphs. Our Year 6 mathematicians have been exploring adding and subtraction fractions the same and related denominators. Students are engaged in games and activities to strengthen their understanding of fractions and their connection to whole numbers.

Our Writing Groups have been working on their information reports. After conducting their research students have been editing, revising and publishing while attending mini lessons to seek support and extension. Their information reports are demonstrating their developing ability to read and synthesise information and the published reports are showing the tremendous growth in our literacy skills. Students will be moving into studying different types of poetry before commencing our unit on free verse poetry in Term 4.

This week brings us to the end of our official IRP workshops and leads us into our last weeks to finish and present the projects. Students will be working in their home groups to ensure they receive specific and timely feedback around their projects. Students are encouraged to reference the marking rubric to ensure they are meeting the success criteria. During this time your child may be coming home asking for additional resources for their IRP. The 5/6 staff appreciate your support around resourcing. Our Learning Expo will be happening on **Wednesday, 24 September (Week 10) at 9.00 am**. We would love to see many families here to celebrate the achievements of our wonderful 5/6 unit.
As the end of the year is approaching fast we have begun planning for the Year 6 Graduation. If you have a kindergarten photo of your Year 6 child could you please send it into your child’s Home Group teacher. This photo will form part of the Graduation Ceremony.

A reminder that the Camp Cooba notes and payment are due in by the end of the term.

**Winyu Unit News**

We would like to congratulate the Winyu children for an excellent assembly performance! They all did a fantastic job using their confidence and performing in front of the school. Thank you to all the parents/carers and grandparents who attended. It was great to see you and thank you for your support.

Winyu students will be learning all about the confidence value over the remaining weeks. Please take the time to discuss elements of confidence with your child.

Winyu N students will be completing their unit on money and moving on to learning about 2D and 3D shapes. Winyu B will be finishing off their work on length. Both classes will continue to work together learning about Visual Arts and explore different art styles and mediums.

Please remember that Wednesday, 24 September is the day of our Learning Expo. We would like to invite all parents and carers to come and take a look at all the wonderful work the children have been doing.

**Dirt to Dish Kitchen News**

Over the past two weeks we have been experimenting with different colours in the Monash Kitchen. Bright colours in our food can change the way we feel about what we eat, sometimes having a positive or negative effect.

Last week we made a dish that is often eaten in Indonesia – Biji Sala – or Sweet potato dumplings.

Served cold, these soft sweet morsels of goodness are made using mashed sweet potato and Tapioca starch, which changes the texture of the potato to a jelly like consistency. After poaching the dumplings in water, they are soaked in sweet palm sugar syrup and served with coconut milk.

The bright orange colour of the sweet potato is really appealing to kids (not to mention the syrupy palm sugar sauce)!

This week we have been using fresh silver beet from the garden to colour some delicious fresh egg pasta a gorgeous shade of green. The Kindergarten children have renamed it “Raiders Pasta” in honour of Mr Carpenter’s favourite team. Perhaps the Raiders could look into incorporating some green pasta into their training regime to improve their energy on the field?

The children always love making pasta as it is so messy and fun to make. They get a chance to see some simple ingredients become a delicious and easy meal. So far nobody has declined to taste the pasta based on the addition of spinach which is a great sign. A big thank you to parent helper, Sarah Rawlings for sharing her recipe for green pasta.

On another note, you may have seen there will be a working bee taking place on Saturday 20 September from 9.00 am – 1.00 pm at our school garden.

We would love as many people to come along as possible. There will be craft activities for the kids and a BBQ lunch to say thanks. Why not come and see what is growing and play a part in helping our garden thrive into the next growing season. No green thumbs necessary, just come along and have fun.
Fridge quote of the week

Why don’t eggs tell jokes? Because they crack each other up.

Happy cooking everyone!

P & C NEWS

CANTEEN NEWS

** PARENT HELPERS NEEDED NEXT FRIDAY **

Parent Volunteers are always needed and appreciated. Please consider sparing some time to help in canteen, we really rely on parents to help in canteen. Contact us at canteen, or on 6292 6357, monashpscanteen@outlook.com. If you are able to help in any way, there is an availability roster for you to place your details for the following term.

Parent Volunteer Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Helper</th>
<th>Date</th>
<th>Helper</th>
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<tbody>
<tr>
<td>Mon 15th Sept</td>
<td>Jo</td>
<td>Mon 22 Sept</td>
<td>Jo</td>
</tr>
<tr>
<td>Tues 16th</td>
<td>ASSISTANCE NEEDED</td>
<td>Tues 23rd</td>
<td>ASSISTANCE NEEDED</td>
</tr>
<tr>
<td>Wed 17th</td>
<td>Rachael</td>
<td>Wed 24th</td>
<td>Rachael</td>
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<tr>
<td>Thurs 18th</td>
<td>Julie</td>
<td>Thurs 25th</td>
<td>Elise</td>
</tr>
<tr>
<td>Friday 19th</td>
<td>Diane</td>
<td>Fri 26th</td>
<td>Lyn</td>
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Please contact us at canteen if you can help in canteen. monashpscanteen@outlook.com or 62916357

The Canteen Staff would like to advertise to the school community, that the Canteen will have a minimum amount of food available for lunch orders on Monday, 13 October 2014.

Second Hand Clothing Pool

The second hand clothing pool will be open on Wednesday, 17 September from 8.30 to 9.30 am. Come along and have a look and bag a bargain!

"Hub Happenings"

Hope everyone is enjoying the change in weather. There is something magical when the weather warms up, it’s a great opportunity to get out of the house and join in some activities.

This coming Monday, 15 September from 1.15 pm we have the lovely ladies from "Cool Little Kids" coming for a one on one chat with anyone that might have missed out on the course. This is open to everyone so please come along and have a chat. This is to give you the tools to help your children cope with their anxieties.

Boot camp is on Mondays from 3.15 pm on the oval. This is a great challenging workout and open to everyone, feel free to bring along a friend. (free of charge)

Playgroup continues to grow and is great fun for the children and parents. Friday 9.30 am - 11.30 am.

Thursday 25 September at 7.00 pm we will be running a ladies pamper night at the Hub. This will be hosted by a lovely mum from the school called Kim who has a business through the Body shop. On the night you will be pampered and also be given the opportunity to purchase any of the products you might like and 10% of sales on the night will go directly to the Hub. This will be a great night of relaxation and hanging out with other mums.... children are welcome.
Tuesday mornings from 9.30 am is our walking group.

Pumpkin decorating competition kicks off on Monday, 13 October and will end on Friday, 31 October 2014. Pumpkins will be available to buy through the Hub or you are welcome to get your own. Get creative! This is a great family activity. The winning pumpkin wins a family pass to Flipout.

Hub coordinator

ATTENTION VOLUNTEERS AT MONASH SCHOOL

If you would like to volunteer your time at Monash School please be aware that you will need to obtain a Working With Vulnerable People Card. Information and application form can be picked up from the Front Office. The completed form can then be lodged at the Government Shopfront with the cost of the card being free for parent/carer volunteers. We encourage all our volunteers to sign up for a card.

Please remember to carry your Working With Vulnerable People Card with you if you are volunteering in the school.

Nut Allergies

As you may be aware Monash School has a number of students who are allergic to nut products and if they were to come in to contact with these products, they could have a life threatening reaction. We are asking our school community to avoid sending in products that contain nuts.

School Grounds

Please note that bicycles and scooters are not to be ridden within the school grounds or school corridors. Thank you.

School Rule

“At Monash Primary School we all try to keep ourselves and others safe and happy”

THE ENTERTAINMENT BOOK!

If you would like to keep your copy of the Entertainment Book, please enclose your payment in the envelope the book came in and return to the Front Office as soon as possible. The P & C receives $12 on each copy sold.

Any unwanted copies of the Entertainment Book must be returned in the envelope it came in to the Front Office immediately.

If you would like to order additional copies of the book, please see the Front Office.

Thank you for your support.

SCHOOL UNIFORMS

School uniforms are available from Savvy School & Formal Wear, Shop 32, Home world, Sward Way, Tuggeranong. For any enquiries, please phone Savvy on 6293 4342. All Monash parents receive 10% off uniform purchases.

SCHOOL BANKING

School Banking operates each Friday, except the last day of term. Please bring completed bank books to the Front Office.
Small Boxes
If you have any small boxes at home ready for recycling please consider bringing them into Kindergarten. Please do not send in toilet rolls.
Many thanks

COMMUNITY NOTICES

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