**DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday 11 August</strong></td>
<td>Yr 4 Polly Woodside/Cook’s Cottage Excursion 9am</td>
</tr>
<tr>
<td></td>
<td>Yr 2 Historical Society Incursion</td>
</tr>
<tr>
<td><strong>Friday 12 August</strong></td>
<td>Yr 6 Interschool Sport Foundation (Prep) 2017 Transition ‘A morning in Foundation’ 9.30am - 10.30am</td>
</tr>
<tr>
<td></td>
<td>Science Night - Professor Bunsen Show 5.30 - 7.30pm in the school hall</td>
</tr>
<tr>
<td><strong>Monday 15 August</strong></td>
<td>Yr 4 Camp Manyung departs 9am</td>
</tr>
<tr>
<td></td>
<td>Senior School Assembly 2.55pm</td>
</tr>
<tr>
<td><strong>Tuesday 16 August</strong></td>
<td>Yr 4 Camp Manyung ICAS Maths (Yrs 3 - 6 optional)</td>
</tr>
<tr>
<td></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td></td>
<td>Foundation (Prep) Little Devils Circus Incursion</td>
</tr>
<tr>
<td><strong>Wednesday 17 August</strong></td>
<td>Yr 4 Camp Manyung returns 2pm</td>
</tr>
<tr>
<td></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td><strong>Thursday 18 August</strong></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td></td>
<td>Yr 5 Excursion to the Chinese Museum</td>
</tr>
<tr>
<td><strong>Friday 19 August</strong></td>
<td>Yr 6 Interschool Sport</td>
</tr>
<tr>
<td></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td></td>
<td>Foundation (Prep) 2017 Transition ‘A morning in Foundation’ 9.30am - 10.30am</td>
</tr>
<tr>
<td><strong>Monday 22 August</strong></td>
<td>National Literacy &amp; Numeracy Week - Dress Up Day, parade in the school hall at 9.10am - see attached flyer.</td>
</tr>
<tr>
<td></td>
<td>Junior School Assembly 2.55pm</td>
</tr>
<tr>
<td><strong>Tuesday 23 August</strong></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td></td>
<td>Foundation (Prep) Discovery Night in the Prep Learning Centre 6pm - 7pm</td>
</tr>
<tr>
<td><strong>Wednesday 24 August</strong></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td><strong>Thursday 25 August</strong></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td><strong>Friday 26 August</strong></td>
<td>Yr 1 &amp; 2 Swimming Program at PARCS</td>
</tr>
<tr>
<td></td>
<td>Art Work for Student Diaries due today</td>
</tr>
<tr>
<td><strong>Monday 29 August</strong></td>
<td>Foundation (Prep) - Yr 4 Alpha Show Incursion Notre Dame</td>
</tr>
<tr>
<td><strong>Tuesday 30 August</strong></td>
<td>Foundation (Prep) Swimming Program at PARCS</td>
</tr>
<tr>
<td></td>
<td>Senior School Assembly 2.55pm</td>
</tr>
<tr>
<td><strong>Wednesday 31 August</strong></td>
<td>Foundation (Prep) Swimming Program at PARCS</td>
</tr>
</tbody>
</table>

**PRINCIPAL’S REPORT**

I would like to congratulate Samantha Marston on gaining the Acting Assistant Principal role at Karingal Primary School for the remaining 5 weeks of the term.

I would like to congratulate the students on entering into the spirit of our Olympic Opening Ceremony and activities last Friday! Each class proudly represented a different nation and created a vibrant atmosphere for the ceremony!

I thank the staff for their dedication and outstanding organisational skills.

On Tuesday, we were honoured by a visit from Ms Sonya Kilkenny, the State Member of Parliament for the Carrum Electorate.
YEARS 3 & 5 NAPLAN RESULTS - 2015
Reports for parents of student achievements in NAPLAN (National Assessment Program – Literacy and Numeracy) for Years 3 and 5 are due to arrive some time next week. The reports will be sent home with those students who participated as soon as practicable.

STAFF NEWS
Miss Bensted will return from leave next Monday. Thank you to Mrs Fernandez for teaching 2D for the first five weeks of Term 3.

STUDENT OF THE WEEK AWARDS
Congratulations to the following students who won our ‘Student of the Week’ awards for Week 5 of this term. Students will receive their certificates at their next assembly. Keep up the terrific work everyone!

Prep C – Gabriel D for working really hard to learn the golden and blue word lists. Keep up the fantastic effort!

2B – Taleah R for being a wonderful, caring class member who always looks after others. Well done Tahleah!

2C – Kaiden T for publishing a wonderful information report on frogs. Keep up the great work Kaiden!

3A – Bennett W for an improved effort in the classroom. Your willingness to contribute to class discussion and an increase in motivation to complete your work is a welcomed observation. Well done for showing persistence and resilience. Good work Bennett.

3B – Ellie H for working hard in Excel to create her medal tally bar graph.

3C – Ava C for showing a great work ethic and working really hard both at school and home. Your dedication to learning is commendable. Great effort Ava!


4A – Lara B for her effort and enthusiasm during class activities.

4B – Chelsea W for her excellent information report about Charles Darwin.

5D – Ryan M for his innovation and creative thinking. Well Done!

SPECIALIST CLASS AWARDS for last week were: Art – 6D, P.E – Prep C, Music – 4A, Italian – 4D, Spanish – Prep A and French – 5A. Congratulations to these classes on their super efforts with our specialist teachers.

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTHDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Darci D</td>
<td>11 August</td>
</tr>
<tr>
<td>Erin B</td>
<td>11 August</td>
</tr>
<tr>
<td>Amelia G</td>
<td>11 August</td>
</tr>
<tr>
<td>Karlee S</td>
<td>11 August</td>
</tr>
<tr>
<td>Isabella A</td>
<td>12 August</td>
</tr>
<tr>
<td>Islay P</td>
<td>12 August</td>
</tr>
<tr>
<td>Ben J</td>
<td>12 August</td>
</tr>
<tr>
<td>Jamie M</td>
<td>13 August</td>
</tr>
<tr>
<td>Holly S</td>
<td>13 August</td>
</tr>
<tr>
<td>Alana T</td>
<td>14 August</td>
</tr>
<tr>
<td>Angelique G</td>
<td>14 August</td>
</tr>
<tr>
<td>Chloe C</td>
<td>15 August</td>
</tr>
<tr>
<td>Matthew M</td>
<td>15 August</td>
</tr>
<tr>
<td>Mia L</td>
<td>16 August</td>
</tr>
<tr>
<td>Sienna W</td>
<td>17 August</td>
</tr>
<tr>
<td>Rhys M</td>
<td>17 August</td>
</tr>
</tbody>
</table>

LITTLE DEVIL’S CIRCUS INCURSION - FOUNDATION PREP D
NO HAT/NO PLAY FROM THURSDAY
1ST SEPTEMBER 2016

Our school’s SunSmart Policy comes in to effect on THURSDAY, 1st September for the remainder of the school year. In light of the following SunSmart information, our school updated its policy and students are required to wear their hats from the 1st September through until the 30th April.

Australia has one of the highest rates of skin cancer in the world. More than 1700 people die from skin cancer every year – that’s more than the national road toll.

The SunSmart UV Alert is based on the UV Index forecast, which predicts how much UV radiation will reach the ground that day. The SunSmart UV Alert times are issued throughout the year by the Bureau of Meteorology when the UV Index is forecast to reach 3 or above.

The general rule of thumb for sun protection is as follows:

In Victoria, from September through to the end of April average UV levels are 3 and above, which is when UV radiation can damage skin and eyes and lead to skin cancer. This is when sun protection is required.

From May to August the UV radiation levels are generally low (1 or 2) in Victoria. Sun protection isn’t needed unless you are in alpine areas or near highly reflective surfaces such as snow or water.

So when the UV Index is 3 and above:

1. Slip on sun-protective clothing
2. Slop on SPF30+, broad spectrum, water resistant sunscreen – put it on 20 minutes before you go outdoors and every two hours afterwards
3. Slap on a hat – that protects your face, head, neck and ears
4. Seek shade
5. Slide on some sunglasses - make sure they meet Australian Standards

---

SUN SMART POLICY

YR 1 & 2 SWIMMING PROGRAM

<table>
<thead>
<tr>
<th>Grades</th>
<th>Depart School</th>
<th>Return to School</th>
</tr>
</thead>
<tbody>
<tr>
<td>1B &amp; 1D &amp; 2B</td>
<td>11.30am</td>
<td>1.15pm</td>
</tr>
<tr>
<td>1A &amp; 1C &amp; 2C</td>
<td>12.15pm</td>
<td>2.00pm</td>
</tr>
<tr>
<td>2A &amp; 2D</td>
<td>1.00pm</td>
<td>2.45pm</td>
</tr>
</tbody>
</table>

Foundation (Prep) Swimming Program

<table>
<thead>
<tr>
<th>Grades</th>
<th>Depart School</th>
<th>Return to School</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC &amp; PD</td>
<td>12.15pm</td>
<td>2.00pm</td>
</tr>
<tr>
<td>PA &amp; PB</td>
<td>1.00pm</td>
<td>2.45pm</td>
</tr>
</tbody>
</table>

NATIONAL RECONCILIATION WEEK

Following is an extract from the latest edition of Narragunnawali News sharing some of the experiences our Yr 6 students had during National Reconciliation Week (NRW).

6C – Patterson Lakes Primary School, Victoria

Patty Lamarc, Teacher: “For NRW, we watched videos, browsed websites and had discussions about Aboriginal and Torres Strait Islander peoples and reconciliation. Students were then asked to create a poster about the theme for NRW - Our History, Our Story, Our Future. Students were asked to consider their posters’ purpose, audience and reasons why they chose certain design features. We then created a class jigsaw puzzle with a timeline of significant dates in the history of reconciliation. This has been a very valuable learning experience for my students.”
Issue 24: Supporting Children with Additional Needs (How parents and carers can help)

*Schools support students with additional needs by teaching children how to include and respect others...*

Parents and carers of children with additional needs can talk to school staff about their child’s needs and strengths and about ways to make sure they are included at school. All parents and carers can:

- encourage their own children to include those of different abilities in their play
- support their child to identify strengths in themselves and others
- teach social skills that can help children manage friendships
- be role models for inclusion by showing through their actions how to be caring and respectful towards others.

**Patto Olympics**

Patto celebrated the Olympics in an extraordinary way. The enthusiasm and spirit shown by children, teachers and parents was wonderful. The children looked amazing dressed representing their Olympic country and paraded around proudly. After the Opening Ceremony, students participated in events and had a great time doing so. Congratulations to everybody for making the day a huge success.

**Curriculum Day**

Yesterday, staff participated in a Wellbeing Day whilst the students enjoyed the day away from school. Staff focussed on mental health and wellbeing, completing Sessions 1, 2 and 3 of Component 1 for Kids Matter. It is vital as a staff we are aware and have strategies in place to put mental health at the forefront of education.

Staff mental health and wellbeing is equally as important as our students mental health and wellbeing.

To end the day, we celebrated with Rhythm Connect and drummed away!! Laughter was abundant, as well as beat and rhythm (for most of us!!).
Fun with the Staff
Annelise and Maddie had fun interviewing Miss Davis.

Miss Davis (Prep teacher)

When did you start teaching?
4 years ago.

Did you do anything before you were a teacher?
A university student and working part time as a nanny.

Do you have any brothers or sisters?
1 sister named Sarah.

Do you have any pets?
2 dogs called Ella and Billy.

What is your favourite TV show?
Scrubs.

What is your favourite food?
Chinese.

What is your favourite sport?
Basketball.

What football team do you barrack for?
Melbourne Demons.

What do you like doing in your spare time?
Playing basketball!!

If you had a superpower, what would it be?
To fly!
Winter

Winter feels like a freezing cold breeze.
Winter sounds like a hail storm and thunder on my roof.
Winter smells like burnt marshmallows and fires when I walk up and down the street.
Winter looks like trees whooshing side to side and grey clouds getting ready to rain.
Winter tastes like sausage rolls, lasagne and casseroles.
Ruby And Her Great Adventures
Lara W 3D

Deep in the heart of the Atlantic Ocean an island stood above the surface of the shimmering sea. Ruby stood on the top of Smokey Island. She thought to herself what a beautiful place it was.

As Ruby felt the cooling breeze on her face, she gazed at the baby blue sky and felt something warm on her body. As she looked up she realized it was a jumbo jet! The jet was pinkie purple in colour, it was rather large, with a giant propeller and the engine was as big as an elephant! "Oh no!" said Ruby, "it must be crashing down". As it came closer Ruby noticed there was a hole in the giant sized engine! It was going to hit her!

The jet was only 50 metres away! Luckily she realized it was not going to hit her but the people in the jet were going to drown! As the people hit the crystal clear ocean a daisy coloured rubber boat came out of the enormous jet. The people quickly swam as fast as they could and jumped on the boat. When everyone was safe they rowed the boat all the way back to the closest town to get help. Ruby thought it was time to go home. On Ruby's trip home she wondered how the people would get back to their beloved families. She felt very sorry for them.

As Ruby recovered from her long journey home she finally arrived at her beige painted house. She sat in her silky armchair and had a cup of warm tea. She needed it after such a long and dangerous trip home. She said to herself "I'm so relieved I am home but I promise it won't be the last of my adventures".

Obviously Ruby stuck to her promise and went on another adventurous trip. This time she had decided to go to the fabulous Monkey Paradise. Ruby had heard lots of great things and read lots of cool facts about the ancient paradise. Ruby packed all the important things like:

- Sunscreen
- Hat
- Toothbrush
- Toothpaste
- Tent

But Ruby was only nine so her dad went with her.

As they started to set off they soon found Spider Inlet, which was only one of four paths they had to go through. But Spider Inlet was the scariest. As they walked through dad felt something hairy. As dad looked on his shoulder he realized it was the dangerous funnel web spider 'ahhhhhhh! Luckily the spider was only interested in the bright yellow feather dad had picked up earlier. So they started walking along the path again. Finally, they reached the end of Spider Inlet and saw a sign for Rabbit Valley which was the second path they had to take.

Ruby and her dad crept along the path so they did not scare the rabbits. After a long walk Ruby and her dad saw a sign that said "500 metres until Swamp Top". Finally, they reached the end of Rabbit Valley.

As they walked through Swamp Top they gazed at the beautiful sunset. Dad said, "It's time to set up our tent Ruby". They were very tired after such a lot of walking and they would need rest because tomorrow they would reach the amazing Monkey Paradise. When they woke up they quickly journeyed on and finally reached the last path, Swan Trail which was a wet damp place.

Ruby and her dad tiptoed along the path making sure no swans were disturbed. As they reached the end of Swan Trail they took a second to breathe and stepped into the fabulous Monkey Paradise.

As Ruby and her Dad looked around they saw lovely palm trees. It was amazing. They decided to set up camp under a palm tree because of the hot temperature. The sad thing was they were only staying at the beautiful Monkey Paradise for two days. But they knew it be a great trip anyway. Ruby said to her dad, "Can I go explore dad?" "Yes" dad said quietly. As Ruby looked around she saw a monkey and thought "How? I thought they were extinct". Ruby ran and told her dad. The two of them tip toed slowly so they wouldn't frighten the little monkey. The monkey realized that Ruby and her dad weren't going to hurt her. Dad said "I'll get some food for her". Ruby also went to get the food. When Dad and Ruby got back the monkey was nowhere to be seen...

Now Monkey Paradise is one of the best tourist attractions in the world and every year Ruby and her dad visit the fabulous Monkey Paradise.
Dress Up Day

NLNW promotes the importance of literacy and numeracy at school and beyond.

To celebrate Literacy & Numeracy Week....

Come to school dressed as your favourite Book Character, Mathlete Character or a Mathematical Concept.

When: Monday 22nd of August in the school hall.

Time: 9:10 — 10:10 am
The winning picture will be placed on the cover of our 2017 Student Diary.

**Theme: Wellbeing—Kids Matter.**

All students are invited to submit a picture that reflects the theme of Wellbeing - Kids Matter! The 'Kids Matter' committee comprised of staff from different year levels will be judging the winning entry; which will be used as the front cover of the 2017 student diary.

**Draw your picture in the box below.** Remember to keep it relevant to the theme of Wellbeing-Kids Matter!

Good luck everyone. Regards Mrs Morris (1 entry per student)

**All entries to be given to Ms Walker by Friday 26th August.**

NAME:________________________________________

CLASS:_________________________________________
FOOTY DAY LUNCH
16TH SEPTEMBER 2016

On 16TH SEPTEMBER 2016 the canteen will be holding a Special 'Footy' lunch day for the whole school. If you would like to order a 'Footy' lunch please complete the form below and return with payment to your class teacher:

- NO LATER THAN 4pm ON 31ST AUGUST 2016
- NO OTHER LUNCH ORDERS ON THIS DAY
- LATE ORDERS CANNOT BE ACCEPTED
- PLEASE WRITE YOUR CHILD'S FULL NAME AND HOME GROUP VERY CLEARLY ON THE PAYMENT FORM BELOW AND ENSURE YOU PROVIDE EXACT MONEY AS NO CHANGE CAN BE GIVEN

<table>
<thead>
<tr>
<th>Order</th>
<th>Cost</th>
<th>Number Required</th>
<th>Total Cost $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Pie &amp; sauce</td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pop Top Drink</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Vegetable Pie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pop Top Drink</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable Pasty &amp; sauce</td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pop Top Drink</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL ENCLOSED $____

Cash Only (No cheques accepted)
Due to the food and drinks being pre-ordered, money cannot be refunded.
The I ♥ Frankston Family FUN RUN

SUNDAY 11TH SEPTEMBER 2016

9am Start - 2.5km WALK/RUN or 5km RUN through Beauty Park & George Pentland Botanical Gardens

Enter online @ www.ilovefrankstonfunrun.com
or call 9783 3424
Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it.......)

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.
2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Published by Michael Grose Presentations.
All rights reserved. For more ideas, support and advice for all your parenting challenges visit:
www.parentingideas.com.au
Lunch Orders are available online on Monday, Thursday and Friday.
How do I set up an account to order online:
Go to: www.munchmonitor.com
Click LOGIN then REGISTER
Enter School Id: plps and Password: munch3197
Then follow the 4 easy steps to create your account:
STEP 1: Create a Parent Profile by entering information about yourself.
STEP 2: Add your Students to your account.
STEP 3: Transfer money to your account by clicking the Account Top-up button
STEP 4: Click MY ORDERS and you’re ready to Order lunches!
Orders can be cancelled on the day as late as 8.30am and should you have any concerns with your lunch order, please call Bellbrook Catering direct on 9796 5888.