**CURRICULUM DAY**
A very productive professional learning day was held for staff on Wednesday, 10th August. Thanks to Samantha Marston and the Wellbeing team who presented Component 1 of ‘Kids Matter’. Staff were involved in 3 sessions comprising of:

- Understanding mental health and wellbeing
- Designing a positive school community
- Relationships and belonging

**BUNNINGS FUNDRAISER**
Many thanks to the cheerful volunteers at the Bunnings BBQ last Saturday! Over $1000 profit raised!

**SCIENCE NIGHT**
Congratulations to Mr Milgate and the Science Team for hosting the annual Science night. Many thanks to the families and staff who contributed to a successful evening.
PRINCIPAL’S REPORT

YR 4 CAMP MANYUNG

The Year 4 students attended Camp Manyung this week. I would like to congratulate the staff on their thorough planning of the outdoor educational experience and for the donation of their personal time [no overtime or time in lieu] to ensure that the students were provided with this outstanding opportunity! Thank you to the parents who also attended the camp and to the students for their terrific behaviour and willingness to participate in all of the activities offered to them.

Thank you to Brad Canavan, Jeanette Taylor, Leanne Walker, Kelly Lewis, Luke Milgate, Kelly Laughlin, Amy McEwen, Peter Boode, Renae Robertson, Simon Lagwa, Laura Nicoll, Leroy Francis, Tracey Maguire and Kylie Ann Freshwater for making such a valuable experience possible for our Year 4 students.

ASSISTANT PRINCIPAL’S REPORT

YEARS 3 & 5 NAPLAN RESULTS - 2016

Reports for parents of student achievements in NAPLAN (National Assessment Program – Literacy and Numeracy) for Years 3 and 5 were sent home with students today. The school is very pleased with the overall achievements of our students with some outstanding achievements by a large number of our students. In next week’s newsletter I will provide some detail of the overall results for our school and some notable results of our high achievers.

VISITORS & HELPERS TO SCHOOL

All visitors and helpers are required to report to the administration office prior to undertaking any activity within the school for their own safety and that of the students. They are required to sign a ‘Visitors Register’ and will be assigned a ‘Visitor’ or ‘Helper’ badge which they must wear at all times within the school. At the end of their visit, visitors and helpers will be required to report to the administration office to return their badge and to ‘sign out’.

STUDENT OF THE WEEK AWARDS

Congratulations to the following students who won our ‘Student of the Week’ awards for Week 6 of this term. Students will receive their certificates at their next assembly. Keep up the terrific work everyone!

Prep C – Scarlett T for working really hard to make her writing more interesting. Keep up the wonderful effort Scarlett.

Prep D – Darcy L for showing persistence and working hard in his writing.

1A – James B for working hard to learn his spelling words. Well done James!

1B – Esteban H for working hard on his writing to make it more interesting and enjoyable to read.

1D – Kobi B for always doing his best and making positive contributions during class discussion.

2A – Charli M for working really hard and having fun learning every day!

2B – Remi M for working hard to produce wonderful information report about frogs. Great job Remi!

2C – Ciera D for consistently displaying excellence in all areas of learning. Keep up the wonderful work Ciera!

3B – Will M for excellent work on his world record long jump line graph.

3D – Jayla G for being an excellent role model who always displays the school values of integrity and respect. Keep being wonderful Jayla!

5B – Lexie A for being so enthusiastic with her learning and applying great effort with her maths.

5D – Will B for always showing persistence through problem solving. Well done!

SPECIALIST CLASS AWARDS for last week were: Art – 3C, P.E – 5B and Music -3/4Z. Congratulations to these classes on their super efforts with our specialist teachers.
**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

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**YEAR 1 & 2 SWIMMING PROGRAM**

**Year 1/2 Swimming Program**

10/8, 17/8, 18/8, 19/8
23/8, 24/8, 25/8, 26/8

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<th>Grades</th>
<th>Depart School</th>
<th>Return to School</th>
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<tbody>
<tr>
<td>1A &amp; 1D &amp; 2B</td>
<td>11:30am</td>
<td>1:15pm</td>
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<tr>
<td>1A &amp; 1C &amp; 2C</td>
<td>12:15pm</td>
<td>2:00pm</td>
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<tr>
<td>2A &amp; 2D</td>
<td>1:00pm</td>
<td>2:45pm</td>
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**Foundation (Prep) Swimming Program**

30/8, 31/8, 1/9, 2/9
6/9, 7/9, 8/9, 9/9

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<tr>
<th>Grades</th>
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<th>Return to School</th>
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<tr>
<td>PC &amp; PD</td>
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</tr>
<tr>
<td>PA &amp; PB</td>
<td>1:00pm</td>
<td>2:45pm</td>
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RUNNERS CLUB BREAKFAST!

To reward our regular Runners Club participants we will be holding a special breakfast on

TUESDAY 13<sup>TH</sup> SEPTEMBER

8.10am - 8.30am: Runners Club (weather permitting)
8.30am - 8.50am: Breakfast in the undercover area.

Regular participants will be invited to the breakfast.

New runners are always welcome!
Runners Club is held every Tuesday 8.10am
Term 3 Education Report Snippet

Term 3 Integrated Topics:
Year Prep: Happily Ever After: Fairy Tales
Year 1: Olympics and Dinosaurs
Year 2: Watch it Grow and Ecosystems
Year 3: Melting Moments, The Olympics and Heating Up
Year 4: Explorers and The Olympics
Year 5: Australian Colonies and The Olympics
Year 6: Immigration and a Primary Connections unit

<table>
<thead>
<tr>
<th>What has been happening so far?</th>
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<tr>
<td><strong>Foundation</strong></td>
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<tr>
<td>Fairy Tale Parade</td>
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<tr>
<td>Little Devils Circus</td>
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<th>What is to come in Term 3?</th>
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<tr>
<td><strong>Swimming Discovery Night</strong></td>
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Staff Development

Curiosity and Powerful Learning:
Staff are investigating the Theory of Action of Authentic Relationships.

Brain Based Teaching Strategies:
Doctor Maria Giginidis from Monash University presented 2 x 2 hour sessions on whole brain teaching.
We were provided with information about the brain and activities we can do with children to get the brain working.

Curriculum Day:
Staff completed Sessions 1, 2 and 3 of Component 1 in Kids Matter.
These sessions focussed on understanding mental health and wellbeing, developing a positive school community and relationships and belonging.
The day also encompassed staff wellbeing with an African Drumming session led by Rhythm Connect.
Fun with the Staff

Annelise and Maddie had fun interviewing Mr Zarb.

Mr Jason Zarb (Yr 3 teacher)

When did you start teaching?
20 years ago.

Did you do anything before you were a teacher?
In a band.

Do you have any brothers or sisters?
2 sisters named Amanda and Lauren.

Do you have any pets?
1 dog named Kojack and 2 birds named Sunny and Coco.

What is your favourite TV show?
All Aussie Adventures.

What is your favourite food?
Thai Food.

What is your favourite sport?
Football.

What football team do you barrack for?
Collingwood.

What do you like doing in your spare time?
Keep fit and be active.

If you had a superpower, what would it be?
To fly!
22nd - 26th August

**Monday 22nd AUGUST**

**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

PATTERSON LAKES PRIMARY SCHOOL

‘FOOTY’ LUNCH DAY
16TH SEPTEMBER 2016

CHILD’S NAME: ___________________________ GRADE: _____

<table>
<thead>
<tr>
<th>Order</th>
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<th>Number Required</th>
<th>Total Cost $</th>
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<tr>
<td>BeefPie &amp; sauce</td>
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<tr>
<td>Pop Top Drink</td>
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<tr>
<td>Chicken &amp; Vegetable Pie</td>
<td>$5.00</td>
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<tr>
<td>Pop Top Drink</td>
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<tr>
<td>Vegetable Pastie &amp; sauce</td>
<td>$5.00</td>
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<tr>
<td>Pop Top Drink</td>
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<tr>
<td>TOTAL ENCLOSED</td>
<td></td>
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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 unwind

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities. Under lies do a range of adult-initiated learning activities designed to give them the best start to their learning lives. School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often.

There is a temptation to fill kids’ days with activities so that no time is wasted.

“I’m bored!” is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child’s boredom.

There is nothing wrong with a little boredom now and then. Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the fire.
   Ever sat around a campfire and stared at the flames? If so, you will know how calming it is. No excitement! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the campfire. Yep, TV used in this way is good for kids’ mental health.

2. Let kids exercise without rules.
   Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.
   Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.
   Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing bath rubs and other ways.

5. Unwind with your kids.
   When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.
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.