**DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 18 October</td>
<td><strong>SCHOOL FETE</strong> 11am - 4pm</td>
</tr>
<tr>
<td>Mon 19 October</td>
<td>Prep Chicken Hatching 2 week program, Junior School Assembly 2.55pm, Yr 3 Portsea Camp Information Night in the Yr 6 rooms 6pm</td>
</tr>
<tr>
<td>Tues 20 October</td>
<td>Yr 3 Moonlit Sanctuary Excursion 9am, School Council Meeting 7pm</td>
</tr>
<tr>
<td>Wed 20 October</td>
<td>Yrs 1 &amp; 4 Footsteps Program, Yrs 3 &amp; 4 EFA</td>
</tr>
<tr>
<td>Thur 22 October</td>
<td>Yr 1 Incursion - Steve’s Bees</td>
</tr>
<tr>
<td>Fri 23 October</td>
<td>Yr 6 Interschool Sports, Prep 2016 Transition Classroom Activity Session 10.30am - 11.30am</td>
</tr>
<tr>
<td>Mon 26 October</td>
<td>Whole School Assembly 2.55pm</td>
</tr>
<tr>
<td>Wed 28 October</td>
<td>Yrs 1 &amp; 4 Footsteps Program</td>
</tr>
<tr>
<td>Thur 29 October</td>
<td>Life Ed Van, Music Count Us In 3pm - see attached</td>
</tr>
<tr>
<td>Fri 30 October</td>
<td>Life Ed Van, Yr 6 Interschool Sport, Prep 2016 Transition Classroom Activity Session 10.30am - 11.30am</td>
</tr>
<tr>
<td>Mon 2 November</td>
<td>Life Ed Van, <strong>No Canteen Orders today</strong>, No Assembly today</td>
</tr>
<tr>
<td>Tues 3 November</td>
<td><strong>MELBOURNE CUP DAY - NO SCHOOL</strong></td>
</tr>
<tr>
<td>Wed 4 November</td>
<td>Life Ed Van, Yrs 1 &amp; 4 Footsteps Program, Prep - 2 Parent Info Session for Life Ed Van 2.50pm - 3.20pm in the Life Ed Van</td>
</tr>
<tr>
<td>Thur 5 November</td>
<td>Life Ed Van</td>
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<tr>
<td>Fri 6 November</td>
<td>Life Ed Van, Yr 6 Interschool Sports, Yrs 3 - 6 Parent Info Session for Life Ed Van 2.50pm - 3.20pm in the Life Ed Van</td>
</tr>
<tr>
<td>Mon 9 November</td>
<td>Life Ed Van, Yr 3 Camp to Portsea 9am, Senior School Assembly 2.55pm</td>
</tr>
<tr>
<td>Tues 10 November</td>
<td>Life Ed Van, Yr 2 Butterfly Adventures Incursion, Yr 3 Camp to Portsea returns 2.30pm</td>
</tr>
<tr>
<td>Wed 11 November</td>
<td>Life Ed Van, Prep Excursion Melbourne Zoo 8.55am</td>
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<tr>
<td>Thur 12 November</td>
<td>Life Ed Van</td>
</tr>
<tr>
<td>Fri 13 November</td>
<td>Life Ed Van</td>
</tr>
</tbody>
</table>

**ACTING PRINCIPAL’S REPORT**

**SCHOOL FETE**

The PLPS Fete is being held this Sunday from 11.00am to 4.00pm. The weather forecast is looking favourable with a mostly sunny day and 20°C predicted. The Fete committee and a number of volunteers will be working through Friday and early Sunday morning to ensure the day is a huge success. Please be a part of our most important fundraising event of the year.

**STAFFING**

Congratulations to Natalie Groat and her husband Matthew who are the proud parents of a baby boy named Edward Leigh born on Saturday, 3rd October.

**PARKING IN THE SCHOOL’S STAFF CAR PARKS**

Just a reminder that the school’s staff car parks are for staff only and for emergency pick ups if students are ill or injured. Most parents do the right thing by not taking up these spaces but there are still a few reports of parents, particularly at pick up time, who inconvenience our staff and visiting staff from other schools by parking in these spaces. Also, please remember that the school’s drop off zone is exactly that, a drop off zone. Please do not park your car and walk your child to their classroom or play area of a morning. It upsets a lot of parents who do the right thing.

**FAMILIES MOVING SCHOOL FOR 2016**

Thank you to those families who have contacted the office to inform us of a change of schools for 2016. This assists us in our planning for next year. If you are intending to move schools next year please let the Office know or email me at clohesy.paul.d@edumail.vic.gov.au

**CONGRATULATIONS – CHARLI B (5C)**

Charli placed first in the Artistic Victoria Skate Competition last Sunday which made her the 2015 elementary Level 5 roller skating champion. Well done Charli!
MUNCH MONITOR ONLINE LUNCH ORDERS

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.

HAPPY BIRTHDAY

Happy Birthday to the following students who are celebrating their birthday during the next week. We hope you have a lovely day.

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTHDAY</th>
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<tbody>
<tr>
<td>Claudia M</td>
<td>15 October</td>
</tr>
<tr>
<td>Tayton F</td>
<td>17 October</td>
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<tr>
<td>Finn O</td>
<td>17 October</td>
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<tr>
<td>Jae B</td>
<td>17 October</td>
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<tr>
<td>Jaylesa K</td>
<td>19 October</td>
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<tr>
<td>Lachie C</td>
<td>19 October</td>
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<tr>
<td>Deena G</td>
<td>20 October</td>
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<tr>
<td>Dion V</td>
<td>21 October</td>
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</tbody>
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MUSIC NEWS

Music: Count Us In

On Thursday 29th October at 3pm in the school hall, under the direction of Mark Drysdale our Music Teacher, all students at Patterson Lakes Primary School will be taking part in “Music: Count Us In (MCUI)”. It is Australia’s biggest school initiative, with more than 500,000 participating students from over 2,100 schools nationwide. Growing in reach and impact since 2007, MCUI exists to support teachers to deliver music in the classroom. Music education has been proven to improve students’ literacy, numeracy, school attendance and confidence.

Music: Count Us In brings teachers, parents, students and the music industry together in celebration, as more than half a million people unite to sing the same song at the same time, right across the country.
CONGRATULATIONS TO OUR GIRLS YRS 3 & 4 HOOP TIME TEAM WHO COMPETED AT REGIONALS LAST THURSDAY. THE GIRLS COMPETED AGAINST SOME STRONG COMPETITION AND ALTHOUGH THEY DIDN'T MAKE IT THROUGH TO THE NEXT ROUND, THEY SHOULD BE PROUD OF THEIR EXCELLENT ACHIEVEMENT ON THE DAY.

CONGRATULATIONS TO OUR YEAR 5/6 FUTURE STARS TEAM!

After an excellent day at Hoop Time Regional Finals on Monday 12th October 2015, our Future Stars team has successfully made it through to State Finals!

State finals will be held at Dandenong on Friday 27th November 2015.

Fantastic effort! Well done!
DUNKING MACHINE - 6A AND 1D

WANTED …….. Students, parents and teachers to be dunked !!!

Must be Yrs 3 - 6 or an adult.

If you’re interested, please see class 6A to have your name placed on a list or text Janine (Hannah 6A’s mum) on 0419 123 098.

SHOW BAGS - 2D

This year class 2D are running the Show Bag stall at the fete. The following illustration shows you the Show Bags that will be on sale on the day of the fete.

On Tuesday 13th October in line with our Health & PE week, a handful of our Patto Teachers played a friendly game of netball with some of our Yr 6 students.

The final score was Teachers 18 vs Students 10; a wonderful effort by all who participated.
YR 4 HEALTH EATING DAY

On Tuesday 13th October our Yr 4 students took part in Healthy Lunch Day as part of our Health and PE week celebrations.

The teachers went to Coles and purchased healthy food such as wraps, rolls, meats and salads for the students to make their own healthy lunch. The children had an absolute ball picking their choice of fillings.

DIVISION ATHLETICS DAY

Congratulations to Abbey T who made it through to Regionals in Triple Jump which was held today. Abbey came 2nd in the Triple Jump jumping 9.11m. Excellent effort!

REGIONAL ATHLETICS

Congratulations to Abbey T - 5D on making it through to Regionals in Triple Jump which was held today. Abbey came 2nd in the Triple Jump jumping 9.11m. Excellent effort!
### PLPS Timetable 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Session 1 (9.05am-10.35am (1.5hrs))</th>
<th>Session 2 (10.55am-11.55am (1hr))</th>
<th>Lunch (12.02am-12.52pm)</th>
<th>Session 3 (12.52pm-2.18pm (1.5hrs))</th>
<th>Recess (2.18pm-2.48pm)</th>
<th>Parent Session (2.50pm-3.20pm)</th>
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<tbody>
<tr>
<td>Thursday 29th October</td>
<td>3A</td>
<td>PA</td>
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<td>4A</td>
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<td>4B</td>
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<td>Tuesday 3rd November</td>
<td></td>
<td>Melbourne Cup</td>
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<td>Melbourne Cup</td>
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<tr>
<td>Wednesday 4th November</td>
<td>4C</td>
<td>PB</td>
<td></td>
<td>3D</td>
<td></td>
<td>Prep-2 Parents</td>
</tr>
<tr>
<td>Thursday 5th November</td>
<td>5A</td>
<td>1C</td>
<td></td>
<td>5B</td>
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</tr>
<tr>
<td>Friday 6th November</td>
<td>5C</td>
<td>1A</td>
<td></td>
<td>5D</td>
<td></td>
<td>Yrs 3-6 Parents</td>
</tr>
<tr>
<td>Monday 9th November</td>
<td>6B</td>
<td>1B</td>
<td></td>
<td>6C</td>
<td></td>
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<tr>
<td>Tuesday 10th November</td>
<td>6A</td>
<td>2C</td>
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<td>Wednesday 11th November</td>
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<td>3B</td>
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<tr>
<td>Thursday 12th November</td>
<td>2A</td>
<td>1D</td>
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**Modules:**

- **Prep**: Harold’s Surprise
- **Yrs 1 - 2**: Harold’s Mystery Tour
- **Yrs 3 - 4**: All Systems Go
- **Yr 5**: Think Twice
- **Yr 6**: It’s Your Call

**NB**: The break down of each module unit is on the following page.
PLPS Year Level Life Education Modules

PREP - HAROLD’S SURPRISE
Harold’s friend Possum holds a party in the park and invites the class and Harold to come along. The students use our realistic props to help Harold pack healthy picnic food, and on their way to the party respond to new situations and dilemmas around health and safety, presented on specially produced videos.
- ways to seek help from trusted adults
- the benefits of physical activity
- how to spot safe and unsafe behaviours and environments
- choosing healthy food options

YRS 1 - 2 HAROLD’S MYSTERY TOUR
In this session, the class take a mystery tour with Harold. An animated video magically introduces them to internal body parts such as the heart and lungs. They explore safety at the park and on the beach, and talk about how people feel in different situations.
- identifying the function of vital organs (heart, lungs and brain)
- recognising that a balanced diet and exercise promotes good health
- exploring strategies to manage feelings and emotions
- safety in public places
- recognising the safe use and storage of medicines

YRS 3 - 4 ALL SYSTEMS GO
Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Travelling through the blood, the class explore and discover how magnificent the human body really is. They learn the functions of various body parts and the actions required to keep these systems working well.
- factors that influence the function of body systems such as exercise and drugs
- exploring ways to manage peer pressure
- the effects of second hand smoke
- the function of vital organs (heart, lungs, brain and kidneys)
- healthy food choices

YR 5 THINK TWICE
Using distinctive animated and vox-pop videos, this module tackles the topic of drinking alcohol in an age appropriate context. Students explore concepts such as the effect that alcohol has on body systems, myths and facts about alcohol, laws relating to its safe and reasons why people choose not to consume alcohol.
- myths and facts surrounding the use of alcohol
- strategies for responding to encouragement or pressure to drink
- physical, social and legal consequences of alcohol use
- strategies to reduce harmful effects of alcohol on self and others

YR 6 IT’S YOUR CALL
This session focuses on improving students’ decision making skills by looking at choices, consequences, responsibility, facts, information and influences. Peer influence, cyber safety and cyber ethics are themes used to explore decision making.
- exploring the decision making process
- safe and appropriate use of communication technology
- short term and long term consequences of a range of legal drugs
- factors that influence decisions such as friends, family, media, and laws
Give your parenting a spring clean

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Every parent I know wants be the best parent they can be. Yet despite the best intentions it’s easy develop poor parenting habits that don’t do our kids any favours.

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Here is a checklist of 10 parenting ideas designed to help you put some psychological muscle on your kids:

1. Encourage effort and improvement more than results: Descriptive praise is better than generalities. Better still, as kids get older focus your comments more on effort, improvement and contribution than on results. And don’t make your kids reliant on what you think about them as their source of self-esteem.

2. Get kids to help without being paid: A little payment for jobs is okay, but don’t go overboard. Teach kids what’s in it for ‘we’ not ‘me’. By the way, the use of rosters is a great way to get kids to help.

3. Balance free time with organised time: For learning reasons (kids learn a lot when play and activities are self-directed) and mental health reasons make sure kids have plenty of MOOCH time.

4. NO deals with kids: If you bribe kids to behave well you teach them that they get what they negotiate. That’s hard work in family life. Better to give them a treat after they’ve behaved well as a show of appreciation rather than make their good behaviour contingent on a reward, also known as bribery.

5. Train your kids to speak for themselves: Give your kids the words they need to speak for themselves in all situations including when they are not with you.

6. When kids can, they do (make lunches, get themselves up, etc): Sometimes we do things for kids that make us feel like a mum or a dad. Your job is to make yourself redundant as a parent so teach your kids to do/make/speak for themselves and work your way out of a job. NB: You will never become redundant as a mum or a dad.

7. Don’t give them things just because they ask: Character is built through impulse control. Resist giving them what they want even if you have the capacity to do so. Waiting, saving and goal-setting are admirable skills that are developed through scarcity.

8. Give kids a chance to sort out their fights and squabbles: The default mechanism for most sibling conflict is compromise. We’ve just got to give kids a chance to work things out themselves. There are legitimate times to get involved but we need to know what we are doing and why.

9. Use consequences to develop responsibility: Don’t rescue kids when they leave that school lunch at home, when they are late for school or they are less than pleasant to another child. Allow consequences to teach your kids the important lessons of life. You mess up sometimes but you can make up and/or move on – and you can learn from the experience.

10. Put the camera down – be in the moment: Make sure your mind is where your body is and be fully present when you are with your kids. Take more mental pictures than photos and build their family memories.

This checklist is designed to stimulate some thinking and conversation about your current child-rearing practice. It’s not intended as a template for good parenting. It may even stimulate you to do less of some things and more of others. Incremental change is how we become better at most endeavours, including raising children.
Activities at Chelsea Heights Community Centre
A range of activities are on offer from Japanese crocheting, Nutritionists, Child Care, Brewing of Tea, Arthritis Victoria & Positive Mind Courses. Phone 9772 3391 for details.

Patterson Lakes Community Centre - Car Boot Sale
Sunday 18th October. Stallholders need to arrive 7am for a 9am start. Book your car space through the office 9772 8588. $25 pre-booked or $30 on the day. All proceeds go to PLCC.

Carrum Surf Life Saving Club Registration and Open Day
Carrum Surf Life Saving Club Registration and Open Day Saturday 17th October 10am - 2pm. For more info phone 9776 0504 or go to www.facebook.com/CarrumSLSC

Bonbeach Pre-School Celebrating 20 Years
Family Picnic Celebrations Sun 25th Oct from 12pm - 3pm, Bonbeach Primary School Oval. Bring a picnic and enjoy. Face Painting Animal Farm and Local Community Displays

Aspendale Primary School 90th Birthday Celebration
90th Birthday Celebrations and the Learning Precinct Official Opening held on the new courtyard beginning at 2pm Friday 6th November at 2pm. RSVP to the school on 9580 3255.

Dance Classes for ALL Ages
- ADULTS - KIDS - TEENS -

Chelsea Heights ph. 97739773

“THERMOMIX”
24 Months Interest Free
Starts 16th October 2015
For Assistance Please Call
Local Consultant
Luisa Beckwith 0402 059 558