### DIARY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 20 Nov</td>
<td>Yr 2 Healthy Food Day and Excursion to Woolworths 9am - 11.50am</td>
</tr>
<tr>
<td>Mon 23 Nov</td>
<td>Yrs 12Z &amp; 2B Bakers Delight Excursion 10.50am - 1.55pm</td>
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<tr>
<td></td>
<td>Whole School Assembly 2.55pm</td>
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<tr>
<td>Tues 24 Nov</td>
<td>Yrs 2A, 2C &amp; 2D Bakers Delight Excursion 10.15am - 12.10pm Prep 2016 Information Session 7pm - 7.45pm in the school hall</td>
</tr>
<tr>
<td>Thur 26 Nov</td>
<td>Yrs 5 &amp; 6 Making Our Mark Expo Crazy Hair Day - Gold Coin Donation</td>
</tr>
<tr>
<td>Fri 27 Nov</td>
<td>Yrs 5 &amp; 6 Hoop Time State Finals Future Star Team in Dandenong 8.15am</td>
</tr>
<tr>
<td>Mon 30 Nov</td>
<td>Senior School Assembly 2.55pm</td>
</tr>
<tr>
<td>Tues 1 Dec</td>
<td>Life Ed Van</td>
</tr>
<tr>
<td>Wed 2 Dec</td>
<td>Yr 2 Puffing Billy Excursion 9am Yrs 5 &amp; 6 Making Our Mark Sale Day</td>
</tr>
<tr>
<td>Thur 3 Dec</td>
<td>Yr 6 Public Transport Incursion</td>
</tr>
<tr>
<td>Fri 4 Dec</td>
<td>Yr 1 PARC Excursion 9.30am- 12.45pm Second hand uniform sale 3pm - 4pm outside the Yr 6 rooms</td>
</tr>
<tr>
<td>Mon 7 Dec</td>
<td>Yr 6 Graduation Rehearsal #2 9am - 1pm Junior School Assembly 2.55pm</td>
</tr>
<tr>
<td>Tues 8 Dec</td>
<td>Yrs Prep - Yr 5 Up Day Yr 6 Transition to Secondary School Prep 2016 Orientation Day 10.30am - 1.30pm</td>
</tr>
<tr>
<td>Wed 9 Dec</td>
<td>Yrs 6 St Johns First Aid Course at school 9am - 1pm</td>
</tr>
<tr>
<td>Thurs 10 Dec</td>
<td>Yrs 5 &amp; 6 Beach Day at Bonbeach Life Saving Club 9am - 3.30pm</td>
</tr>
<tr>
<td>Fri 11 Dec</td>
<td>Prep - Yr 2 Junior School Athletics Carnival on the school oval Last Day of the Canteen for 2015</td>
</tr>
<tr>
<td>Mon 14 Dec</td>
<td>Whole School Assembly (incorporating Winning House) 2.55pm Yr 6 Graduation at Patterson River Golf Club 6pm - 9pm</td>
</tr>
<tr>
<td>Tues 15 Dec</td>
<td>School Council Meeting and Dinner 6.30pm</td>
</tr>
<tr>
<td>Wed 16 Dec</td>
<td>Prep Graduation in the hall 9.15am Yr 6 BBQ at Roy Dore Reserve 9am - 2.30pm</td>
</tr>
<tr>
<td>Fri 18 Dec</td>
<td>Farewell Assembly for Yr 6 at 1pm in the courtyard and our 2016 school leaders will be announced End of Term 4 - 1.30pm dismissal time</td>
</tr>
</tbody>
</table>

### ACTING PRINCIPAL’S REPORT

#### DE&T EMERGENCY MANAGEMENT INFORMATION

On Monday the department’s Emergency Management Division issued information to all schools regarding the horrific events which took place in Paris last weekend. This information was placed on TiqBiz on Monday and can be found in this week’s newsletter.

#### JUNIOR SCHOOL COUNCIL PRESENTATION

Congratulations to our Junior School Council who provided a very informative presentation to School Council on Tuesday evening. School Council was very impressed with the achievements and commitment of our 2015 JSC team. Thanks to Mr Koppens who has done a fantastic job in co-ordinating these leaders throughout the year.

#### STAFF CAR PARK

I have had reports of staff car alarms being set off and cars being lent on in the staff car park area of our school near Coles. If you wait in this area to collect your children please ensure respect for the property of our staff who park there.

#### PARENT REQUESTS FOR 2016

Last week the school invited parents to submit requests for class placements for 2016. Please be mindful that when placing your child in a class, the school considers a range of issues including the academic and social needs of your child, the mix of student groupings, class sizes, previous class and teacher placements as well as parent requests. We take all requests seriously and endeavour to meet parent requests where possible, but the final decision on placement is based on careful consideration of all the above issues. **Parent requests must be submitted by Wednesday, 25th November** to be able to be considered.

#### STUDENT OF THE WEEK AWARDS

Congratulations to the following students who won our ‘Student of the Week’ awards for Week 7 of this term. Students will receive their certificates at their next assembly. Keep up the great work everyone!

- Prep A – Amelie B for always persisting with challenging writing tasks.
- Prep A – Spencer M for working really hard to complete all of his magic word lists.
- Prep C – Rubie H for being a persistent learner. You have worked hard to develop your writing.
- Prep D – Holly H for being such a super helper to Mrs Quirk and your Prep D team. You are always thinking of helping others.
- 1B – Qin V for being kind and caring to classmates in 1B.
- 1B - Cooper L for an amazing show and tell presentation about his trip to Queensland. We are so proud of you Cooper.
- 1D – Emily N for always making great contributions to class discussion, especially during Science.
STUDENT OF THE WEEK AWARDS cont.
1/2Z – Emma C for her wonderful ideas in group work.
1/2Z – Ashley F for showing her awesome ideas in everything she does.
2C – James T for always being a great friend to others.
2C – William T for improving his writing and taking more time to complete it.
3A – Meea H for always making sensible choices and for being such a fabulous judge for Red Faces at Portsea Camp.
3A – Nina D for being a lovely friend to others at all times.
3C – Tahj W for always being so kind hearted and considerate towards his peers.
4A – Tom W for consistent effort and positive attitude during a recent busy time.
4C – Stirling F for always upholding the school values of integrity, respect and excellence.
5A – Natalia M for being a caring and considerate member of our class who is always looking out for others.
5A – Patrick T for writing a well thought out character description during our short, sharp, writing session this week.
5B – Karlee S for helping others and improving organisational skills this week.
5D – Hayden D for consistently completing all tasks and showing maturity in his attitude.
6B – Charlie A for his outstanding performance in his reading assessments.

SPECIALIST CLASS AWARDS for last week were:

Congratulations to these classes on their super efforts with our specialist teachers.

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>Niels P</td>
<td>19 November</td>
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<tr>
<td>April T</td>
<td>20 November</td>
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<tr>
<td>Zac B</td>
<td>20 November</td>
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<tr>
<td>Luke C</td>
<td>21 November</td>
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<tr>
<td>Sofia M</td>
<td>21 November</td>
</tr>
<tr>
<td>Archie H</td>
<td>22 November</td>
</tr>
<tr>
<td>Kaidan T</td>
<td>22 November</td>
</tr>
<tr>
<td>Rhett T</td>
<td>22 November</td>
</tr>
<tr>
<td>Jenna N</td>
<td>23 November</td>
</tr>
<tr>
<td>Whynter V</td>
<td>24 November</td>
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</tbody>
</table>

FOOD FOR FAMILIES PROJECT

Over the last four weeks of the school year Patterson Lakes PS and the Junior School Council have decided to support the Food for Families project, assisting families with non-perishable items and toiletries at a difficult time of year for families in need in our community.

We have chosen to support this project, sponsored by the Wesley Mission and Moorabbin Leader Newspaper, by asking students to bring these donations from home which will be collected in their classrooms and sent off by Thursday the 18th of December.

Thankyou for your generosity in advance.
Kind Regards
Mark Koppens and the JSC

CRAZY HAIR DAY TO SUPPORT ALOPECIA

On Thursday 26th November our Junior School Councillors have organized a Crazy Hair Day in return for a Gold Coin Donation to show our support to a student at PLPS who suffers from Alopecia.

All proceeds from the day will be donated to the Australian Alopecia Foundation Inc.

SECOND HAND UNIFORM SALE

Parents and Friends Association are holding a second hand uniform sale on Friday the 4th of December from 3pm - 4pm outside the Yr 6 Rooms.

Uniforms will be going out for just $5.00 and all will be in good to very good condition. There are a range of windcheaters, shorts, summer and winter dresses as well as a few school bags.

Be warned, due to a successful response with our previous sales it would be wise to get there quick.

See you there!
Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015.

The authorities in France and countries around the world will help to support the people who have been impacted by this event.

Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

Most children and young people will experience normal reactions to something that is distressing and with support from trusted adults around them these reactions will subside.

Routines are important when an event like this occurs. School can be very useful to support all children and young people.

Remember sometimes teachers and parents feel like we don’t have the answers. It is helpful to remind children and ourselves that there are people working hard to make the current situation better.

**Exposure to television, print media and social media**

- Many children are likely to be unsettled by the images on television, in the print media and online media reports about the Paris terrorist attacks.
- It is important to understand what sense a child or young person makes of what they are seeing on television or hearing via the media (this includes social media) and what they are hearing in adult conversations.
- It is important to monitor the amount of news coverage they see and hear. Seeing the event over and over again can cause vicarious trauma to adults and children.
- Children and young people may experience sleeplessness and or nightmares about imagined consequences or images from television or print or social media coverage.

**Responding to the concerns of children and young people**

- Children and young people may need to talk about what they have seen and heard. It is important that we listen to their concerns.
- Keep information factual and dispel any rumours. Don’t be afraid to tell them that you don’t have all the answers.
- Children and young people may need reassurance about their safety and the safety of those they care about.
- Teachers and parents should listen to the child or young person’s cues as to what they want to know about the terrorist attacks. It is important to be honest with children and young people in an age appropriate way.
- It is not unusual for young children to want to be close to those they love and care about.
- Older children will possibly want to discuss the events, it is advisable to clarify information and dispel rumours as this helps them to process the information more accurately.
Advice for Parents

- It is wise for you to monitor your child’s exposure to television coverage, print media and social media.
- Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard.
- Other children will avoid any discussion around the events and will be reassured by routine and normality.
- Remember the importance of routine, sleep, exercise and healthy eating.

There is a range of things you can do to assist your child during events such as this, including:

- Acknowledge that the event was distressing
- Reassure children that they are safe
- Look for signs of distress (e.g. some children/young people might be scared)
- Normalise responses - typical response will range from anger to general upset or sadness
- Maintain a normal routine - keeping the structure at home or at school in place
- Allow children to express feelings as they arise
- Telling stories about how people manage during difficult times can be helpful.
- Separate fact from fiction e.g. children may express fears about unrelated events.
- Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).
- Speak in hopeful terms – children and young people will often take their cues from their parents’ reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.
- Always remember the value of doing something with children that they like to do such as playing, exercising, being outdoors - have a time during your day to share time with your child.
Dental services for children

Your local community dental service offers
FREE and low-cost dental services for eligible children
Dental health is essential for overall health and wellbeing. Regular dental check-ups are important to catch any problems early.

Who can access this service?
The Child Oral Health Program is available to all children aged 0-12 through your local community health service. Your child will have priority access which means there is no waiting list, they will be given the next available appointment.

What does the service include?
This service includes:
- emergency care
- general care (e.g. fillings, extractions and sealants)
- dental health advice.

How much does it cost?

<table>
<thead>
<tr>
<th>Emergency care -</th>
<th>FREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>All children (12 years and under)</td>
<td>FREE</td>
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</table>

<table>
<thead>
<tr>
<th>General care -</th>
<th>CAPPED AMOUNT PER CHILD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children (12 years and under) who:</td>
<td></td>
</tr>
<tr>
<td>• are government concession card holders or dependents of concession card holders</td>
<td></td>
</tr>
<tr>
<td>• identify as Aboriginal or Torres Strait Islander people</td>
<td></td>
</tr>
<tr>
<td>• are in out-of-home care provided by the Children, Youth and Families Division of the Department of Human Services</td>
<td></td>
</tr>
<tr>
<td>• attend a special or special development school</td>
<td></td>
</tr>
</tbody>
</table>

General care - For general course of care that includes an exam and all general dental treatment with a max $ cap per-family per-year.
Children (12 years and under) who do not fit into any of the above categories

To make an appointment contact
Central Bayside Community Health Services
Oral Health Services
335 Nepean Hway Parkdale 3195
Ph: 8587 0350

For more information visit www.dhsv.org.au
or follow us on Twitter: www.twitter.com/ dhsv
Improve your child’s concentration at home

Like any skill, concentration can be improved and made automatic.

To accomplish any task you need to be able to concentrate your attention for a time. It is a requirement for learning. Kids not only need to be able to focus on tasks but to stay in the one place long enough so they can listen and follow instructions.

Most kids, from time to time, will experience some concentration or focusing difficulties. This is particularly true when they are over-tired, over-stimulated or over-loaded. However some children due to either their physiology or psychology have greater difficulty focusing on tasks and on people than others. Either they find settling into or starting a task a problem or they lose focus easily and leave tasks half done.

There are many things you can do at home to impact on children’s concentration levels. Like any skill, concentration can be enhanced and made automatic. The trick to effective concentration is to know what to concentrate on and what to filter out.

Here are five ideas you can use to help kids to concentrate better:

1. Attend to their physiological needs:
   Most children and teenagers concentrate best after nine hours sleep so make sure they get sufficient sleep. Reduce sugar intake and increase protein levels with lean meat, almonds and eggs. This stimulates their dopamine levels which make concentration easier, particularly for lethargic kids. Frequent breaks for exercise have a similar effect.

2. Remove distractions at home:
   List the distractions at home that may prevent your child from concentrating. These include noise, people, lighting, fighting, fatigue and hunger. List ways to eliminate or reduce, and work at them systematically.

3. Create the mood for concentration:
   Calming background music, placing a fish tank (with fish) in a place of work and removal of fluorescent lights are some simple ways to make the environment more amenable for concentration. These strategies have been used successfully in overcoming concentration problems in many boy-friendly schools.

4. Introduce sequencing and organisation activities:
   The link between sequencing and concentration is a strong one. Following recipes, setting the table and putting things in alphabetical order are great activities for kids who have concentration difficulties. Board and card games promote children’s ability to focus on tasks as well.

5. Figure out what activities your child focuses on best:
   Some kids concentrate better when they are involved in hands-on activities, while others focus better when there are plenty of visual cues to help them. That’s why teachers use hand signals such as ‘hands on heads’, and ‘fingers on lips’ to indicate quiet. Look for activities that your child gets lost in; and those activities that they can spend literally spend hours in. These activities enhance children’s concentration levels.

Like any skill, concentration can be improved and made automatic. Anyone who has learned to drive a car will have had the experience of thinking, “How will I concentrate on all these things?” Extensive practice allows for the pathways of concentration. It helps before you begin to assist kids to concentrate better if you pay close attention to their pattern of concentration and see if there are links between diet, their energy pattern, sleep and your own behaviour.

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

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School Holiday Program

January School Holidays

Moonlit Sanctuary Junior Ranger Program

Kids enjoy environmental activities, animal encounters and native animal care.
Day includes: interactions with dingo, python, off - limits animals, feeding animals & food prep, animal enrichment activities, fun and games for ages 7 - 14 years.

January school holiday dates:
- Week 1: Monday 4th to Friday 8th January 10am – 4pm
- Week 2: Monday 11th to Friday 15th January 10am – 4pm
- Week 3: Monday 18th to Friday 22nd January 10am – 4pm

Cost: $65.00 per day, or $175 for 3 days (pro rata for additional days).
Maximum 16 children per day.

Bookings essential as spaces are limited
Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary
550 Tyabb -Tooradin Rd, Pearcedale
Phone 5978 7935
Open daily between 10am and 5pm
**Community News**

**Photos with Santa - Patterson Lakes Community Centre**
Sunday 22nd Nov and Sunday 13th Nov from 4pm. $15 gives you a choice of 1 x A4 print and frame or 3 - 4" x 6" print. For booking phone: 9772 8588.

**Sugar Blues Workshop - Lose Weight and Gain Energy**
Sugar Blues Workshop on Saturday 21st November in the Sandhurst Club. Includes a 4 week program. For more details visit: www.healthcoachanna.com/events

**City of Kingston School Holiday Program**
Enrolments start Monday 16th Nov - Friday 4th Dec. Go to www.kingston.vic.gov.au/schoolholidayprogram or contact Julie on 9581 4846 or Kim 9581 4875 for details.

**Christmas Hand Made Market**
Includes a silent auction with proceeds going to the family of Andrea Lehane
Sunday November 29th
Banyan Fields Primary School
Cadles Rd, Carrum Downs
9AM - 2PM
(Stalls available - contact Carol on 0432617730)

**Olympic Ice Skating Centre - 2 Ice Shows**
1. Silver Blades Ladies Club Wed 9 Dec 10.45am - 12pm.
2. The 2015 End of Year Show Sat 12 Dec 5pm - 7pm. 1080 Centre Rd, Sth Oakleigh. For details visit www.ofsc.org.au.