Dear Parents

**Working Bee: Friday 15th November**

Last Friday at 2:30pm we held our Prep-2 Working Bee. We were fortunate that the terrible weather we had earlier in the week cleared and we were able to achieve so much with the support of staff from Bosch.

Thanks to all those parents who gave up their time to help us improve the school environment.

We value all of your contributions, including the sweeping that started with Zaynab's Mum in the morning and continued on with Elissa's mum in the afternoon. All the assistance made a huge difference to the appearance of our school.

It was wonderful to see that the students were also so enthusiastic. The staff from Bosch continued to work past 5:00 pm, sanding wooden tables and repairing our gazebo. They worked so hard to clear gutters, they took groups to weed and swept footpaths. We would like to publicly acknowledge the fantastic program that Bosch have with their employees in supporting local schools.

Thanks to all families who participated.

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- **Tue 3 Dec**
  - Grade 1/2 incursion - Robotics with Lego

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  - Dolphin Swim
  - School Council, 5:30 pm

- **Fri 13 Dec**
  - 1:30, Creative Music Concert, PMP Room

- **Mon 16 Dec**
  - Grade 6 graduation

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**We would now love to hear from any Mums or Dads who can help on a regular basis with using the school blower, gardening or doing minor repairs to our chook enclosure.**

**In a school (as at home) there are always jobs to be done, but many hands make light work!**

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**“DREAM ~ LEARN ~ ACHIEVE”**

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**Place me on the fridge. Please!**

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**ASSISTANT PRINCIPAL’S REPORT**

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Camps

It was great to see the Year 3 and 4 students so excited on Wednesday as they headed off for Camp Manyung. Thursday is their beach day and I am sure they will all enjoy the experience and learn a great deal about their environment.

Unfortunately this year only half of the students took the opportunity to attend the camps that were offered in 2013. In 2014 we will be running one camp for Grades 4-6. We endeavour to run a large variety of programs at school that give students fantastic experiences. For this to happen, we also need parental support.

2014 Excursions and Incursions

To encourage full participation in excursions and incursions in 2014, we are aiming to give each family a list of all "2014 excursions and incursions" before the end of the year.

This will give families ample time to budget for our excursion levy in 2014 and ensure that their child/ren will not miss out on the great learning opportunities that excursions and incursions provide for them.

Please note, that swimming lessons and school camp will not be covered in the 2014 excursion levy. Swimming lessons cost $90 this year and School Camp cost $260. We expect the prices to be similar in 2014.

Bushwazee

This is our whole school celebration concert for students and families to be held on Monday 9th December.

During the day the students will see a performance from the "Bushwazee" band and then take part in workshops which will be presented that night along with our school choir. All students are expected to take part in the day's events regardless of whether or not they can attend the night session.

We do hope all families will come for the PFA sausage sizzle or bring a picnic dinner, dress up in a sixties themed outfit and join in the end of year fun, starting from 5:30pm onwards.
Parent Helpers’ morning tea

Staff would like to extend their thanks to all parents and volunteers who have helped at our school during the year with a special morning tea next Friday 29th November at 11 am in our staff room.

Thank you,
Lynne Foster
Assistant Principal

Music Concert

Those students who take part in our Creative Music classes will hold their end of term concert next Friday 29th November in the PMP room at 1:30 during our lunch break.

Please come and listen to students on guitar and keyboard. You may be interested in enrolling in the program in 2014.

HEALTHY EATING FOR YOUNG PEOPLE

Some families might be familiar with the old saying: “An apple a day keeps the doctor away” but we are noticing that many of our students bring no food from home to eat during the school day, not even an apple.

In order for young people to function effectively at school, a good, balanced diet is required and the day should begin with a high-fibre breakfast. Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Children who skip breakfast may lack sufficient vitamins and minerals and experience reduced energy levels. Eating breakfast can boost your energy levels as well as your metabolism for the day.

Extensive research in Australia and overseas has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Breakfast helps learning, as you are better able to pay attention and are more interested in learning.
- Eating high fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.

People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to be hungry for snacks during the day.
HEALTHY EATING FOR YOUNG PEOPLE continued

Some common reasons for skipping breakfast include:
- Not enough time
- Too tired to bother
- Wanting to spend the extra time dozing in bed
- No readily available breakfast foods in the house

People who skip breakfast tend to nibble on snacks during the mid-morning. This can be a problem if those snacks are low in fibre, vitamins and minerals but high in fat and salt. Without the extra energy that breakfast can offer, some young people who skip breakfast feel lethargic and cannot operate at optimum levels in the mornings.

Research has shown that schoolchildren are more likely to eat breakfast if easy-to-prepare breakfast foods are readily available at home. Some quick suggestions include:
- Whole-wheat or wholegrain breakfast cereals such as wheat biscuits, muesli or bran cereals
- Porridge – use quick oats
- Fresh fruits
- Wholemeal or multigrain bread to toast
- Muffins or crumpets
- Toast with toppings, such as baked beans, eggs, cheese or spreads
- Fruit or plain yoghurts
- Fresh fruit juices
- Low fat milk

Parents and carers play a significant role in their childrens’ eating habits.
A healthy breakfast has many health benefits.

THOUGHT FOR THE WEEK
"Excuses fool no-one but the person who makes them.” Anon

Barbara Mothersdale
Acting Principal

** NEWS FROM THE UNIFORM SHOP **

** NAVY & TEAL POLO TOPS AND SUMMER DRESSES ARE NOW IN STOCK **

PRICE? Refer to our school website for a Uniform Shop Price List

WHEN? Thursday 28th November 2:30-4:30pm
      Friday 29th November 2:30-4:30pm

WHERE? Multi-purpose facility

** SELL OUT OF OUR CURRENT GREEN & GOLD UNIFORM STOCK **

All current green & gold uniform stock is HALF PRICE

WHEN? Monday 25th November 8:30-9:15am
       Thursday 28th November 8:30-9:15am

** FIRST IN, FIRST SERVED **
Excursion to Polly Woodside and Cook’s Cottage

On Polly Woodside we were introduced to Justin and Roger. They told us that Polly Woodside was a cargo ship from England. We were divided into two groups, 3/4 A were the Slimey Squid Suckers and 3/4 B were the Scurvy Seadogs. We got to turn the wheel, but after a while it was difficult. We also went below deck. Another thing we did is that we ran to the starboard side and port side, about 8-10 times. Some people were chosen to scrub the deck with a broom. Another thing we did is rang the bell and swung on a rope. At the end we all got fake coins.

In Cook’s Cottage there was a garden and there was a large photo without heads, we had to put our heads in. There were also some clothes and a wig to wear. There was Captain Cook’s statue in the garden. Inside, we saw Captain Cook’s kitchen and bedroom we even saw a chamber pot in the bedroom. We even got to go upstairs. It was so small, that I was squished! Downstairs we saw a piano which entertained them, they had to play the piano by themselves.

On the excursion we learned lots of fact that the olden days had, it was very interesting. They had lots of objects we didn’t even have. **By: Rupashri**
Excursion to Polly Woodside and Captain Cook’s cottage

At the Polly Woodside we were introduced to Justin and Roger. They put us into two groups called Slimy Squid Suckers and Scurvy Seadogs. When we got on the ship Justin showed us a huge hatch and told us what the wooden blocks were. They were batons, sailors used to say “baton the hatches.” They said baton the hatches because there might be a humongous wave that might make all the supplies wet. Afterwards we went to the wheel. If you were to turn the wheel for 6 hours you would be exhausted. Below deck there is an old man that is 92 years old, he sleeps in the captain’s cabin. When burglars try to untie the ropes holding on the masts the old man shouts out a tremendously loud noise and frightens the burglars away, his name is Eric. Justin said if we are going to the captain’s cabin we must check all the rooms and say “Eric wake up” or he might think there are burglars trying to capture him. Sailors weren’t allowed to enter the captain’s
cabin unless if they did something wrong, then the captain would lower their pay. Later on we went to where the sailors slept, there were 8 bunks, Justin said there could be 9 people sleeping in the 8 bunks. It was on the skylight carved into the white wood. My favourite part of the Polly Woodside is when we made the ship rock from starboard to port and I learned that when you turned 10 you would have to make your own money, most of them worked on the ships, kids that worked on the ships had to clean a rope that sailors used for toilet paper.

By Charles
Polly Woodside and Captain Cooks Cottage

On Thursday the 7th of November 3/4A and 3/4B went to the Polly Woodside and Captain Cook’s Cottage. Firstly, we went to Polly Woodside. We met Justin and Roger. Justin chose our grade 3/4A and Roger chose the other grade 3/4B. 3/4A went to Polly Woodside. We saw the beds, kitchens, tables, chairs and clothes in the ship. It was so scary because we were running and jumping from one side to the other of the deck of the ship ten times, after the ship was moving slowly. My favourite part was when we swung across the water on the deck of the ship. Justin chose Amor and I had to ring the bell, I rang the bell once and Amor twice.

After the bus came to go to Captain Cook’s Cottage, Captain Cooks Cottage was so fun because there was a big picture that we had to put our face in picture frames and we saw an old and huge tree that was about 65 years old. I had a race with Dima, Marmarin, Eirini, Amor, Archie, Isabella and Vienna then the bus came to go back to school I set at the back of the bus with Dima, Marmarin, Isabella and Vienna.
STUDENT OF THE WEEK AWARDS
PRESENTED AT ASSEMBLY THURSDAY NOVEMBER 21st

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Taleah</th>
<th>For writing the numbers beautifully to 13. Well Done!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 A</td>
<td>Marcus</td>
<td>For making a great effort working on his reading goal and for making good contributions to book discussions</td>
</tr>
<tr>
<td>1/2 B</td>
<td>Trinity</td>
<td>For a wonderful presentation at last week’s assembly</td>
</tr>
<tr>
<td>3/4 A</td>
<td>Amor</td>
<td>For working hard in Reading &amp; Writing and showing improvement. Well Done!</td>
</tr>
<tr>
<td>5/6 A</td>
<td>James</td>
<td>For approaching his writing with enthusiasm and showing improvement. Great work!</td>
</tr>
<tr>
<td>5/6 B</td>
<td>Amir</td>
<td>For his excellent effort in writing activities. Well done Amir.</td>
</tr>
</tbody>
</table>

Book Pack Collection Day 2014

Book Pack Collection & Payment Day for 2014 will be on:

Date: Thursday 23rd January 2014

Times:
Morning 8:30—10:30am
Afternoon 2:00—4:30pm

If you are eligible for Education Maintenance Allowance (EMA), please ensure you bring a valid health care or concession card and a completed EMA application form with you on 23rd January.

Happy Birthday

November
22 Xander
22 Stephanie H
23 Kelly
26 Ellie

Oakdale Dental & Wellness Centre has recently opened at 157 Mackie Rd, East Bentleigh. We offer Laser Dentistry, which is great for kids and grown-ups alike, as we usually don’t need needles and drills (over 10 years of experience in lasers, nearly 20 years of dentistry). We also offer Kinesiology, the opportunities include helping children to overcome learning and behavioural concerns, but expand to all sorts of treatments for everyone in the family. Massage is also on offer, providing remedial and relaxation massage for whatever your body needs!

www.oakdale-dentals.net.au or call us on 9878 7100.
2014 Education Maintenance Allowance (EMA)

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower-income families to help with education related costs.

If you have a child enrolled at school and you hold a valid Health Care Card or Pension Card you may be eligible to receive the EMA.

The allowance is paid in two instalments one in March and the second in August.

The payment is intended to assist with education related costs such as:

- Uniforms
- Excursions
- Textbooks and Stationery

You can elect to have your EMA paid in one of the following ways:

- Paid by direct deposit (Electronic Funds Transfer) into your own nominated bank account
- Paid to the school to be deducted from your education expenses
- Paid by cheque which will be posted to the school for collection

In 2014 the annual EMA amount per student is:

- Prep students - $200
- Grade One to Grade Six students - $150

How to apply:
Contact the school office to obtain an EMA application form

Closing Date:
The EMA form needs to be returned to the school office by Friday February 28th 2014

For further information about EMA visit: