# THE RISE’ NEWS FOR 2015

## 7th MAY, 2015

### TERM CALENDAR

<table>
<thead>
<tr>
<th>Fri.</th>
<th>8th May</th>
<th>‘RAINBOW COLOURS’ DRESS UP DAY- NEPAL FUNDRAISER GOLD COIN DONATION PLEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12th – 15th May</td>
<td>NAPLAN</td>
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<tr>
<td>Mon. – Fri.</td>
<td>18th – 22nd May</td>
<td>Education Week</td>
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<td>GROUP TOUR 18th May—9.30am</td>
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<td></td>
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<td>Open Night 19th May</td>
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<td>Book Fair 19th &amp; 20th May</td>
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<td>Open Morning 21st May</td>
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<td>Thurs.</td>
<td>27th May</td>
<td>Yr 3/4 Werribee Zoo Excursion</td>
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<tr>
<td>Mon.</td>
<td>25th May</td>
<td>Student Free Day</td>
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<tr>
<td>Mon.</td>
<td>8th Jun.</td>
<td>Queen’s Birthday holiday.— NO SCHOOL</td>
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<tr>
<td>Fri.</td>
<td>26th Jun.</td>
<td>Term two concludes – 2.30 dismissal.</td>
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<tr>
<td>Mon.</td>
<td>13th July</td>
<td>Term three commences</td>
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<tr>
<td>Mon. – Thurs.</td>
<td>10th – 13th Aug.</td>
<td>5/6 Camp – Kangaroobie</td>
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<tr>
<td>Wed. &amp; Thurs.</td>
<td>9th &amp; 10th Sep</td>
<td>Musical! Rowville SC Performing Arts Centre</td>
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<tr>
<td>Fri.</td>
<td>18th Sep.</td>
<td>Term three concludes</td>
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<tr>
<td>Mon.</td>
<td>5th Oct.</td>
<td>Term four commences</td>
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<tr>
<td>Tues.</td>
<td>3rd Nov.</td>
<td>Melbourne Cup Day</td>
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<tr>
<td>Fri.</td>
<td>18th Dec.</td>
<td>Last day of 2015. Early dismissal 1.00pm.</td>
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**Congratulations! Good Luck! Thank You!**

Farewell Martina, Thank you and Good Luck!!

Martina Owen, our business manager at Albany Rise has recently been successful in gaining a position at a larger primary school in South - eastern region. We will be very sad to farewell Martina as she moves on in her career. Her talent, dedication and conscientious approach to the role have been her trademark. We will miss her a great deal.

We will have a short period when we have a relieving business manager. The position is advertised and we will make an announcement when it is filled.

An afternoon tea for Martina is being held in the school function room on Thursday, 14th May @ 3.45 pm

Parents and staff are invited to attend.
Albany Rise Primary School Mission
Our mission at Albany Rise Primary School is to develop students who value learning throughout their lives, strive to achieve and are literate and numerate. We aim to produce confident and empathetic students who are global citizens equipped to succeed in the 21st century.

Enrol Now for Foundation (Prep) 2016
Tours available

Student Free Day
Last Wednesday our student free day was focused on the theme ‘Developing high expectations for teaching and learning’. During the day teachers considered our whole school explicit instructional model in relation to their classroom teaching, utilised the Victorian curriculum – AUSVels, to plan explicit learning intentions and training was also provided in our new reporting package – ‘Compass’. It was a huge day with lots of great work completed.

One activity during the day involved teachers articulating their high expectations for their students. These are a few of the statements prepared:

* Expecting every child to learn and make progress
* Students, staff and the community all being motivated to achieve at their highest level
* Working and behaving in a way you can be proud of always putting in your best effort
* High expectations means setting goals to achieve, motivate and explore at a high level of competency. Understanding and believing in yourself and the children we teach.
* Setting high standards for your class that will extend the class to reach a specific goal.
* Expecting every child to learn and make progress, building on where they are at and knowing and caring about every student.

Junior School Fundraiser – Nepal Earthquake Victims
Our Junior School Council has organised a special fundraiser for this Friday, 8th May. Children are able to wear ‘rainbow colours’ to school and bring along a gold coin donation to raise funds for Nepal.

Mothers’ Day
We wish all of the mothers and special people in our community who are celebrating on Sunday a fabulous day. Enjoy the time with your families.

A big thank you to the Parent Association for their preparation and organisation of the Mothers’ Day stall.

NAPLAN
The week beginning Monday 11th May is NAPLAN week across Australia. Please see the information below.

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an annual event for schools since 2008. On Tuesday 12, Wednesday 13 and Thursday 14 May, students will undertake the 2015 NAPLAN tests. NAPLAN is made up of tests in the four domains of Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australia children.

All students are encouraged to participate in the tests. Students with disability may qualify for special provisions that reflect the support normally provided to them in the classroom. An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern.
Monday, May 18th 9.30 - 10.45a.m.
Foundation (Prep) 2016 Parent Tour
Phone the office to book

Tuesday, 19th May
Open Night 7.00 - 8.00pm
Sausage Sizzle 6.00 - 6.30pm
Classroom visits, musical performances.

Lamont Book Fair in the Library
6.30 - 7.30pm
Community Displays - OSHClub, Commonwealth Bank, Monash Youth and Family Services

Thursday, 21st May
Open Morning
9.00 - 11.00

Classroom Circles, Paper Plane Competition, ICT - Scratch Program
followed by
Australia’s Biggest Morning Tea
11.00 - 11.30 (Function room)

For individual Tours
Phone Belinda Jones
Ph: 9547 1146

Education Week 2015
Education Week is celebrated state wide during the week of 17th - 23rd May. Activities are currently being planned for this very special week to celebrate state education. Amongst the activities at Albany Rise there will be: an Open Evening, Lamont Book Fair, a group school tour, Australia’s Biggest Morning Tea and an Open Morning. We will have a display at Waverley Gardens shopping centre and our choir will perform near Woolworths at 11.30am on Wednesday, 20th May.

If you know of anyone considering enrolling at Albany Rise for next year please let them know about our group school tour and Education Week activities.

Parent Forums
During term one we organised a few parent forums in our function room on Monday afternoons. We are keen to ensure that these forums are directed towards topics and areas of particular interest to parents. Please help us with your ideas by returning the slip below.

PARENT FORUM SUGGESTIONS.

FAMILY NAME: ........................................................................................................

TOPIC SUGGESTION: ................................................................................................
ALBANY RISE PRIMARY SCHOOL
‘RECIPE BOOK’

The Parent Association is keen to create a ‘school recipe book’ containing recipes from families across our school. We would love parents to send their favourite recipe for us to include in our book.

NOW WE ALL HAVE A FAVOURITE RECIPE ... SO PLEASE SEND YOURS TO
albany.rise.ps@edumail.vic.gov.au

OR drop a copy into the office.

All recipes will be acknowledged with the family name.

Please include ‘recipe book’ in the subject line of your e-mail and include your family name with the recipe. If your recipe is unique to your family background we’d love to know which country it’s from as we hope to be able to group recipes according to countries represented at our school.

Thank you in anticipation.
Parent Association
Albany Rise PS

Thank you to the families who have sent along their favourite recipe for our book. Please keep them coming!!

ENROLMENTS FOR 2016

If you have friends or neighbours who are looking at enrolling their child in a school for 2016 please encourage them to visit us for a tour of the school. A convenient time can be organised by contacting the office.

We are now accepting enrolments for 2016. Any families who are intending to enrol for 2016 are encouraged to do so as early enrolment assists with our planning and provision.

Kind regards

Belinda Jones
Principal
jones.belinda.j@edumail.vic.gov.au

STUDENTS OF THE WEEKS

Prep A  Deng  Prep I  Chris  Prep 1/R  Jimmy
1/2 M  Ivanka  1/2 R  Connor  1/2 S  Ari
3/4 CM  Iona  3/4 PW  Suzannah, Kayleigh  3/4 T  Seneka, Thao
4/5 H  Daniel, Chloe  5 L  Kendal, Raveen
6C  Ansh, Emily  6 JP  Isabella, Maddie

Well Done!!!!
Uniform Policy

RATIFIED BY SCHOOL COUNCIL: 22nd April 2015  REVIEW DATE: 2018

PURPOSE:
1.1 A uniform dress code reinforces in students a pride in their own appearance, instils recognition of themselves as an integral part of the school community, and assists in developing pride in representing their school.
1.2 Issues of equality, health and safety, and expense are also factors that contribute to the establishment of the Uniform Policy and Dress Code.

GUIDELINES:

2.1 School Council develops a Uniform Policy that we believe provides choice for the students, allows for students to safely engage in the many varied school activities, and caters for the financial constraints of families.
2.2 The Uniform Policy applies during school hours and when students are on school excursions.
2.3 Summer and winter uniforms will be prescribed, and are required to be worn.
2.4 Stud earrings and sleepers worn in the ears, and watches are the only acceptable jewellery, other than those pieces worn for cultural or religious purposes.
2.5 Extreme hair colours (eg: green, pink or purple rinses) and/or extreme hairstyles (eg: spikes or mohawks) are not encouraged.
2.6 Other than clear nail polish, cosmetics may not be worn at school.
2.7 The only headwear that is acceptable:
   - Sunsmart hats consistent with our Sunsmart policy. These must be worn outside in terms 1 & 4. Hats are not to be worn inside.
   - Specific headwear worn for religious beliefs, ethic or cultural backgrounds.
   - Hair ties and head bands worn to keep hair orderly and hygienic.
2.8 Parents Association will offer good quality second hand uniforms for sale and will operate a uniform store for parents.
2.9 The student Uniform Policy, including details of uniform items and places of purchase, will be published in the parent information booklet distributed to new and enrolling parents.
2.10 Arrangements can be made to supply uniforms to families experiencing extreme financial hardship.
2.11 Parents seeking exemptions to the Dress Code due to exceptional circumstances (religious beliefs, ethnic or cultural background, student disability, health condition or economic hardship) may apply in writing to the Principal.

References:


Principal:

School Council President: ___________________________

Date ratified by School Council: 22nd April 2015

To be reviewed: 2018
PURPOSE:
Parents are able to provide our school with significant resources, insights and expertise. We seek to greatly enhance the opportunities that we can offer our students by utilising the numerous benefits available from parent involvement in our school.

1.1 To maximise the opportunities in which parents can be effectively involved in our school.

GUIDELINES:
2.1 Our school values and actively encourages parent involvement.
2.2 Our school council will be characterised by an effective sub-committee structure, with a strong focus on parent involvement.
2.3 Parents will be surveyed annually as to their preferences regarding parent development and school involvement via the school Standard Permission form.
2.4 Opportunities for parent and community involvement will be identified and a strategic plan developed to maximise parental involvement, including the development of the Parent Class Representative (Parent Rep) process:
   - Identification of interested parents
   - Initial meeting with principal (by invitation) and allocation of parents to classes
   - Collection of contact details and email contact with parent reps
   - Ongoing regular meetings with parent reps throughout the year
2.5 Opportunities for parental involvement will be advertised regularly in the school newsletter, on posters around the school and on the school website.
2.6 A weekly one hour Parent Forum session will be maintained, with a broad range of key topics being raised and addressed.
2.7 Professional development opportunities will be expanded to include parents, so as to capitalise upon, and ‘add value’ to the support that they provide.
2.8 Parents of non-English speaking backgrounds will be actively encouraged to be involved with the school, and translators will be provided when appropriate.
2.9 School Council will actively seek input from minority community groups, where cultural or language difficulties might otherwise inhibit their participation.
2.10 Child minding arrangements will be arranged to maximise parental involvement in key events.
2.11 Parents actively involved in the school will feature (with permission) in our newsletter and webpage.
2.12 Staff will formally recognise the contributions of parents in our school by means of an annual Parent Helpers morning tea.
2.13 Feedback will be sought from parents as to their perceptions regarding parental involvement at school.

References:

Principal:
School Council President:
Date ratified by School Council: 22nd April 2015
To be reviewed: 2018
FREE GAMING: FIFA, MINECRAFT AND MUCH MORE

MORE THAN JUST GAMING!

CLAYTON CANVAS PRESENTS

MORE THAN JUST GAMING!

ARCADIA 2015

COMPS AND PRIZES
FREE FOOD
GAME DESIGNERS
ALL AGES EVENT

Come together and celebrate the culture of video gaming

FRIDAY 15TH MAY
6PM TO 9PM
Clayton Community Centre Courtyard
9 - 15 Cooke St, Clayton

For more information visit www.myfs.org.au or call 9518 3900

Proudly funded by

Victorian Responsible Gambling Foundation

MONASH UNIVERSITY
Arcadia 2K15

More than just gaming

Come together and celebrate the culture of video gaming! Play popular games for free and experience gaming from a whole new perspective!

FIFA15 (Xbox)
SUPERSMASH BROTHERS (WiiU)
MARIO KART 8 (WiiU)
MINECRAFT HUNGER GAMES (LAN)
WARSOW (LAN)

There will be heaps of competitions, prizes, game designers, free entertainment, board games and free food. This is an all ages event – don’t miss out!

Friday 15th May
6pm – 9pm

Clayton Community Centre Courtyard
9 – 15 Cooke St, Clayton

PARENTS:
There will be a free bonus parent forum facilitated by Steven Dupon from the Institute of Games at 6.30pm in the Clayton Community Centre Theatrette.

Steven will help parents generate a better understanding about:
• gaming being today’s most popular form of entertainment and a valid one too
• the positive impact gaming can have on children and young people
• why kids game and why some game excessively
• the link between gaming and gambling
• violence in video games and their effect on children
• the cyber-safety issues associated with online gaming
• parenting tips to better manage gaming in the home

TRANSPORT:
Clayton Community Centre is conveniently located close to Clayton Railway Station, multiple bus services and has car parking on site.
Numeracy News

Tangram Puzzle from last newsletter
The tangram puzzle in the last newsletter proved very challenging, with not one student bringing their attempts to Mrs. Drew. This week’s puzzle comes from the Grade 5/6 area (Thanks Mrs. Kang).
Can you crack the case?

<table>
<thead>
<tr>
<th>Calling all Maths Detectives!</th>
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<tbody>
<tr>
<td>Hello there Maths detectives. I have a real problem. My latest case is at Albany Rise Primary School. I arrived on the scene and was directed to the Canteen.</td>
</tr>
<tr>
<td>Some students stood outside the canteen looking unhappily at their food.</td>
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<tr>
<td>“Oh, No!” said Mia, making a face at the pizza in front of her. “I can’t stand cheese!”</td>
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<tr>
<td>“Well, I’ve got a chicken, lettuce and mayo sandwich and I am allergic to dairy foods. The mayonnaise in here comes from milk,” said Sarah.</td>
</tr>
<tr>
<td>“Does anyone want my milo cup?” said Rohan.</td>
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<tr>
<td>“Well, I’ve got a frozen pineapple ring and my loose tooth is killing me! I’m going to need something that is at room temperature,” said Adi.</td>
</tr>
<tr>
<td>“Oh dear,” I said. “It sounds like your canteen lady is having a challenging day!”</td>
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We’ll now, can you help me sort this out? This table below may help you.

<table>
<thead>
<tr>
<th></th>
<th>Mia</th>
<th>Sarah</th>
<th>Rohan</th>
<th>Adi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can’t eat</td>
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<td></td>
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<tr>
<td>Answer</td>
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NAPLAN
The National Assessment Program for students in year 3 and 5 will soon be underway. Some parents are finding this site useful for information about the Numeracy testing that occurs: [http://www.nap.edu.au/naplan/numeracy/numeracy.html](http://www.nap.edu.au/naplan/numeracy/numeracy.html)

Hilton Hen House Latest:

Weekend Helpers and ‘Shout Outs’
Thank you Kodie’s (6C) grandparents, who came to school early last Monday morning to clean out our Hen House using spades and Wheelbarrows. Our poultry is much happier with the new, clean straw and fresh food. A special thanks to the ‘Chicken Team’ who are keeping an eye on our weekend roster and making sure there is someone to take care of our chooks and duck every weekend. Thanks also to Dandenong Stockfeed Supplies who provided us with 20kg of free chook food this week.

Policy Update:
The Education Subcommittee meeting was on Thursday 7th May at 2.30pm. A major focus of this meeting was to look at the Camping and Excursion policies in depth, and discuss what the camp program might look like moving into the future. Parents are encouraged to attend Education Subcommittee meetings to have a voice in the policy development.
Other policies discussed include: Privacy Policy, Volunteer Policy, Attendance, Electronic Funds Management, QKR & Bpay policy.
Attached to this Newsletter are the following updated policies: Uniform Policy, Parent Participation & Class Rep Policy.
REMINDER: WORKING WITH CHILDREN CHECK forms and cards are required for any person helping in classrooms, on excursions or at school events helping with children.
OSHClub News
Before School / After School Care Program

Program Update
Last week at OSHClub we played a new fun game called acrobat letters, can you guess our word?

This week’s healthy lunchbox idea: Veggie sticks, chicken drumettes and hummus lunch box – pack 2 cooked Soy chicken drumettes, with carrot and celery sticks. Accompany with some reduced fat hummus, a small wholegrainbread roll and apple.

Remember to bring your hat for outdoor play!

From Cheryl, Jenni, Krystle and Sidrah

This Week’s Activities- Term 2, Week 3

<table>
<thead>
<tr>
<th>Before Care Activities</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>Jigsaws and jumping competition</td>
<td>Animal painting and indoor soccer</td>
<td>Mother’s day coupons and hula hoops</td>
<td>Mother’s day certificate and skipping</td>
<td>Mother’s day cards and pool</td>
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<tr>
<td>After Care Activities</td>
<td>Handprint tulips and leadership development</td>
<td>Sit down stand up and tissue paper flowers</td>
<td>Kickball and mother’s day cards</td>
<td>Show and tell and children’s choice game</td>
<td>Felt pencil case and four square</td>
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</tbody>
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Parent Information

OSH program phone: 0401 501 598
Coordinators: Cheryl See and Jenni Green
Assistants: Krystle Stylianou, Justin Brown and Sidrah Hassan
OSHClub Head Office: 03 8564 9000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
Anxiety: Suggestions for families

Children with anxiety difficulties tend to see the world as a scary place. They can be overly sensitive to their feelings and lack confidence in their own ability. They may try to avoid situations they see as difficult and as a result do not cope with challenges in their environment.

How you can help

Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.
Help to recognise and understand anxiety

A first step in helping children gain some control over anxiety is recognising when it occurs and how it affects them.

Model helpful coping

Being a good model involves showing children how to cope with emotions (not just telling them). Show children with anxiety how you use helpful self-talk in a difficult situation (eg “This looks a bit scary, but I’ll give it a go.”)

Discourage avoidance

Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school or homework unnecessarily.

Praise having a go

Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasise trying rather than success when anxiety is an area of difficulty.

Introduce challenges gradually

Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more challenging steps.

Start small

Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his or her success at each step. Experiencing even small successes helps to reduce anxiety.

Practise coping skills

Practise using coping strategies for challenging situations. Help children talk about problems and support them to come up with possible solutions.

Try not to get angry

If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at that time. Sometimes, you need to back off and praise the child for doing as much as he or she could. Later, try again with smaller steps and encourage your child to have a go, one small step at a time.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
Steve Van Academy of Music
0409 092 309
03 9560 2173

We have moved to a brand new studio
located in Mulgrave with the following
provisions for the naturally talented
and dedicated future Artists and
musicians.

Voice training / recording your own
CD when the student and the voice is
ready.

Guitar lessons / recording, jamming
with other musicians, writing your own
material.

Keyboard lessons / and having fun is
what Steve Van Academy is all
about. We cover all ages and offer a
variety of classes from beginners
onwards.

Steve Van began his solo career singing
and playing the guitar all over
Melbourne as well as interstate and has
toured Europe.

After establishing himself as a reputed
entertainer he went on to play in
various bands offering more versatility
and working a broader spectrum of
entertainment venues.

With 30 years under his belt he has
certainly deserved the title of
professional entertainer and now is
happy to share his expertise with
budding future musicians.

We also offer group tuition and
recording facilities at affordable prices.

Reach for the stars,
nothing should stop you!

Bringing a revolution in the learning process
Setting goals  Studying smart  Learning strategies  Achieving goals

All in one at
SMART STEPS LEARNING CENTRE

We also prepare for:
- Focus on smooth transition from primary to secondary
- Smart study strategies
- Scholarship exams skills
- NAPLAN
- Selective school entry exam
- High ATAR

Our Highlights:
- Customized learning plan
- FREE smart study workshops
- Maths, English & Science tutoring through graded levels of workshoe
- Grade 4 to VCE

Opening hours
Wednesday- 4.30-6.30 pm
Saturday- 1.00- 3.00 pm

For registration enquiries, please call 0425 785 468,
visit
www.smartstepslearningcentre.com.au,
or
email: info@smartstepslearningcentre.com.au