## TERM CALENDAR

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<tr>
<td>Wed.</td>
<td>14th Oct.</td>
<td>School Council meeting 7.00pm.</td>
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<tr>
<td>Fri.</td>
<td>16th Oct.</td>
<td>Excursion levies due.</td>
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<tr>
<td>Thurs.</td>
<td>22nd Oct.</td>
<td>Transition session Foundation 2016 9.15 – 10.15</td>
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<td>Fri.</td>
<td>30th Oct.</td>
<td>World Teachers' Day</td>
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<tr>
<td>Sun.</td>
<td>1st Nov.</td>
<td>Bunnings Fund raiser BBQ - Springvale</td>
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<tr>
<td>Tues.</td>
<td>3rd Nov.</td>
<td>Melbourne Cup Day</td>
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<td>Thurs.</td>
<td>5th Nov.</td>
<td>Healesville Sanctuary 1/2</td>
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<tr>
<td>Thurs.</td>
<td>5th Nov.</td>
<td>Transition session Foundation 2016 9.15 – 10.15</td>
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<tr>
<td>Fri.</td>
<td>6th Nov.</td>
<td>Responsible Pet Ownership P – 2.</td>
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<tr>
<td>Thurs.</td>
<td>12th Nov.</td>
<td>Prep Farm Excursion</td>
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<td>Fri.</td>
<td>13th Nov.</td>
<td>Twilight Working Bee</td>
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<td>Wed.</td>
<td>18th Nov.</td>
<td>School Council 7.00pm</td>
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<tr>
<td>Thurs.</td>
<td>19th Nov.</td>
<td>Transition session Foundation 2016 9.15 – 10.15</td>
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<td>Wed.</td>
<td>26th Nov.</td>
<td>Grade 6 Market Day</td>
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<tr>
<td>Wed.</td>
<td>25th Nov.</td>
<td>Information Evening Foundation (Prep)</td>
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<td>Thurs.</td>
<td>20th Nov.</td>
<td>Foundation (Prep) orientation day 9.15 - 11.00am</td>
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<tr>
<td>Tues.</td>
<td>8th Dec.</td>
<td>State wide transition day 6-7.</td>
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<td>Whole school transition afternoon.</td>
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<tr>
<td>Wed.</td>
<td>9th Dec.</td>
<td>School Council Break Up</td>
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<td>Thurs.</td>
<td>10th Dec.</td>
<td>Christmas Carols' Evening</td>
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<td>Wed.</td>
<td>16th Dec.</td>
<td>Grade 6 Graduation.</td>
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<tr>
<td>Fri.</td>
<td>18th Dec.</td>
<td>Last day of 2015. Early dismissal 1.30pm.</td>
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## FAMILIES WITH CREDIT NOTES ON THEIR ACCOUNTS

The Term 4 Excursion Levy permission form was sent home on Tuesday. There are families with unallocated credits notes on their accounts due to the Governments CSE Funding and the Grade 6 Camp overpayment. If there is a possibility that you may have a credit, could you please contact the office to discuss your balance.

Cathie Fulton  
Business Manager
Welcome back to term 4. I trust that all families have had an enjoyable and restful holiday. We are looking forward to the many exciting events activities planned for the term ahead.

**Walk-a-thon 2015**

Our Walk-a-thon for 2015 is just one week away. The event will be held on **Thursday, 15th October**. We are hoping that children will be able to gain a number of sponsors for the event.

The Walk-a-thon will commence at 11.30. Children will assemble on the hard-court before they commence their walk. Parents are welcome to attend and hopefully stay on to cheer children on and help out with supervision.

Children must return their completed sponsor sheets by Monday, 12th October. These will be returned to children, with the number of laps completed, after the walk. Children are then able to collect funds from sponsors.

Money is due back to school by **Monday, 26th October**.

Prizes for the highest fundraisers will be awarded at the assembly on **Friday, 30th October**.

**Help is needed please in these areas for our Walk-a-thon**

- Supervise children around the circuit
- Mark off laps for students
- Cook and deliver sausages for lunch

Please return the slip below by Monday 12th October to indicate your willingness to help. We will be most grateful for any assistance that can be given.

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**Help with Footy Walkathon – Thursday, 15th October**

Parent Name: __________________________________________

Child (ren): ___________________________ Grade: __________

Child (ren): ___________________________ Grade: __________

Child (ren): ___________________________ Grade: __________

**I am available to assist with:**

- Supervision of students along the circuit
- Marking off laps
- Cooking sausages, delivering lunch

(Please circle)

Parents please arrive at 11.00 for information with regard to the task you are assisting with.
Foundation (Prep) Transition

Our Foundation (Prep) Transition Program commenced today. We look forward to welcoming our Foundation students for 2016 as they participate in both classroom and specialist programs and learn about school routines.

A reminder in relation to enrolling for those families who are yet to enrol for 2016. We are still accepting enrolments. 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.

Car Park

A reminder that cars are not to enter the school car parks at the front or the back of the school. This parking is strictly for school staff and some authorised users. We have had concerns raised about children dropped off in the car park and also the use of the disabled car park. There is one disabled car park for use by just a couple of families in the school community. Thank you for your cooperation with this issue.

*****Families leaving the school – Important*****

Please assist us with planning for 2016 by providing written notification if, due to any reason, your child will not be attending our school next year.

Foundation (Prep) Transition

Our Foundation (Prep) Transition Program commenced today. Children participated in a classroom session with teachers with the first session focusing on an introduction to school. We have a very successful transition program at Albany Rise which has proved to ensure a very smooth start for children entering school.

A reminder in relation to enrolling for those families who are yet to enrol for 2016. We are still accepting enrolments. 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.

FRESH FRUIT FRIDAY IS BACK!

This term we will again be providing fresh fruit for the children each Friday. Fund raising from our recent school musical has made this possible. We are in need of volunteers to cut up the fruit at 9.00am and deliver it to classrooms. Please return the attached slip if you can help out. I am very grateful to our wonderful Parent Association members and Classroom Reps. for their assistance with this program.

Disco – Friday 23rd October

Our second disco for 2015 is fast approaching. Tickets will be on sale during the week commencing Monday, 19th October. Children have the opportunity to wear ‘fancy dress’ for this disco. We hope to see wonderful costumes during the event.

Once again we are adopting a sign out procedure for parents when picking up children. This is a safety precaution and we are hoping that everyone will be patient and assist staff. We will have tables set up in the hall. We ask that parents line up and sign against their child’s name. If any parent is picking up a child other than their own please bring written permission.

Thank you for your assistance.

Car Park

A reminder that cars are not to enter the school car parks at the front or the back of the school. This parking is strictly for school staff and some authorised users. We have had concerns raised about children dropped off in the car park and also the use of the disabled car park. There is one disabled car park for use by just a couple of families in the school community. Thank you for your cooperation with this issue.

Kind regards

Belinda Jones
Principal
jones.belinda.j@edumail.vic.gov.au
Walk to School this October and kick-start your child's active habits for life.

VicHealth's Walk to School month encourages primary school children to walk, ride or scoot to and from school throughout October, to help them get the 60 minutes of physical activity they need each day. Walking to and from school can also give you more time to connect and chat with your kids, and the opportunity to meet up with other local families along the way. If you can't walk all the way, your child can still get involved – simply drive part way and walk the rest!

Albany Rise is registered with VicHealth for Walk to School month. Teachers will be keeping a tally each day, in classrooms, of children who walk to and from school. Certificates will be presented to children for walking to school.

Hats are compulsory – Terms 1 & 4
Consistent with our Sun Smart School Policy we expect our students to wear a hat in Terms 1 & 4 to protect against UV and the sun.

Australian Unity Dental Clinic Rowville
On the spot claims for all health funds. Private patients welcome.
Wellness on Wellington
1/1101 Wellington Road, Rowville
PH: 9780 8920

The Dentists at Australian Unity Dental offer a wide range of procedures:
Preventative checkups and cleans, fissure sealants and sports mouth guards
All general dental services provided in one place for the whole family
Cosmetic dentistry, including veneers, implants, whitening and orthodontics
Oral Health Therapist available
Conscious sedation available
Digital x-rays including OPGs
Child Dental Benefit scheme accepted
Vets Affairs accepted
# KidsMatter Week at A.R.P.S
**12th-16th October**

## Mon. 12th
Skip-a-thon
Each year level will take part in a 15 minute Skip-a-thon session run by Mr Mac

Starting at 9:15am
- 9:15 Preps & Gr 6 Buddies
- 9:30 Grades 1 & 2
- 9:45 Grade 3 & 4
- 10:00 Grades 4/5H & 5L

Parents are welcome to come and skip too!

## Tues. 13th
Yoga with Mrs Taylor
Optional: Lunchtime 1:40pm Gr 3-6 Function Room

Parent Evening Session
Learning: "How to Talk So Kids Will Listen"
Julia - ParentZone 6-7pm Function Room
Childminding available

## Wed. 14th
‘Laughter is the Best Medicine’
Optional: Lunchtime comedy movie in Function Room
1:40pm Gr 3-6
2:05pm Prep - 2

Healthy Eating Competition: Prize awarded to the grade who brings the greatest variety of fruits and vegetables.

## Thurs. 15th
Onesie/Pyjama Day
Appropriate clothing for walk-a-thon
Whole School

Walk-a-thon
11:30am

## Fri. 16th
‘Zumba’ class
Active Monash
Optional: Lunchtime 1:40pm Prep - 2
2:05pm Gr 3-6

Parent Session
Learning: "How to Talk So Kids Will Listen"
Julia - ParentZone 2:30-3:30pm - Function Room
Bunnings BBQ Sunday, 1st November—Volunteers Needed

We have been very fortunate to have acquired a day for a Bunnings Barbecue at Bunnings in Springvale.

In order to make this a success we desperately need parents throughout the day to assist. We have divided the roster into 90 minute blocks.

If you are able to help for any time on the day please return the attached slip or come into the office and fill in your name on the roster.

Thank you so much for your ongoing support.

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Bunnings Barbecue Roster

Please return by: Monday, 19th October.

Name: ___________________________ Phone Number: ___________________________

Child(ren)'s name(s) ___________________________ Grade: ___________________________

BUNNINGS SAUSAGE SIZZLE

SUNDAY THE 1ST OF NOVEMBER 2015

<table>
<thead>
<tr>
<th>9-10.30am</th>
<th>10.30am-12pm</th>
<th>12-1.30pm</th>
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Numeracy News

Welcome back to Term 4. Last term we had many responses to our puzzles, especially from year 3-6 students. This term I will be giving away useful prizes- such as pencils and rulers (until they all run out), so I’m hoping to see LOTS of responses to our first challenge.

This week’s puzzle

The sum of each row and column are given! Can you figure out and calculate the value of each shape?

```
      | 5  | 5  | 4  | 7  |
  19  |     |     |     |
  17  |     |     |     |
  16  |     |     |     |
  20  | 15  | 17  | 17  |
```

Tip: Remember- the word ‘SUM’ in maths ALWAYS means addition. There is no such thing as a ‘subtraction sum’ 😊

You can find more puzzles like this at:
http://www.mathinenglish.com/PagePL2P26to30.php

Hilton Hen House Latest:

Thank you to all of the families that helped look after our chickens and duck during the holidays. We hope you enjoyed lots of eggs! A special thanks to Aris Brown who took care of our keys and kept track of the helper roster. It’s great to see so many names already listed for weekends over the next few weeks. Thanks everyone for your help.

Compass

Our school is now using Compass to provide a wide range of information to parents. All parents and carers will shortly receive a letter with individualised user names and passwords to access this communication resource. A parent support night (for parents requiring support to access the program) will be held on 14th October. More details will follow soon.

Policy Update:

REMINDER: School Policies

Our first Education Subcommittee meeting for this term was held on Tuesday 6th Oct. Two of the main areas discussed were Student Leadership processes and the Uniform policy review. Copies of these policies will soon be available with a broad range of school policies on the school website: http://www.albanyrise-ps.vic.edu.au.

We encourage all parents of Albany Rise Primary School to take part in this VERY SHORT 5 question survey about our camping program. Your responses will help inform future planning. We have had a moderate response thus far from parents.

LINK to Camping Survey for Parents also available on the ARPS website homepage.
Mental health basics: Suggestions for families

Things can happen in children’s lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children’s resilience in the face of challenging circumstances.

How you can help

- Spend time with children by having fun playing games, going to the park or going somewhere together as a family.
- Try to maintain routines as much as possible. Routines and consistency help children feel secure.
- Build and maintain supportive relationships with family, friends and early childhood staff. Talk with them about how they can best support you and your child during hard times. Tell staff about any concerning behaviour you are noticing at home.
- Try to help children to understand and manage their feelings; this can help them develop coping skills.
- Help children learn to cope with loss and change by providing support and reassurance, honesty and clarity. Help them also to understand that loss and stress are a normal part of life.
- Acknowledge children’s feelings and try to understand and respect them, especially when they are going through a difficult time. Offer support and reassurance by asking questions and letting them talk about their feelings.
- Try to support children in building their internal protective factors (eg good communication and problem-solving and social skills) by acknowledging and encouraging their skills when guiding their behaviour.

Listen to children’s concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children’s mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.
Provide reassurance
Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves. Showing you understand children’s fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

Provide security
Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.

Build children’s strengths – and allow for vulnerabilities
Providing encouragement and positive feedback for children’s developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

Talk to school staff
School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child’s school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

Seek additional help
If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child’s school, or mental health or community services, is also very important. Getting support helps to build your own resilience so you can provide more effective care for your children. For more have a look at our information about knowing when to get help.

See also: [www.kidsmatter.com.au](http://www.kidsmatter.com.au)
Mental health basics: Suggestions for schools and early childhood services
Mental health basics: Further resources
Zen Do Kai is a family orientated Karate club developed for boys, girls and adults which incorporates a fun and practical approach to Self Defence. Zen Do Kai Karate can meet individual needs through specially designed training programs to allow everyone to reach their maximum potential!

KEY BENEFITS: SELF ESTEEM  CONFIDENCE  DISCIPLINE

MOTOR SKILLS DEVELOPMENT  AWARENESS  BASIC/ADVANCED SELF DEFENCE  RESPECT FOR OTHERS AND THEMSELVES

KIDS KARATE: FUN & FITNESS WITH A KICK!!!!

ROWVILLE  Mondays  7-8.30pm
Heany Park Primary School
Buckingham Dr  ROWVILLE

MULGRAVE  Wednesday  6.30-8pm
Albany Rise Primary School
Albany Dr  MULGRAVE

WHEELERS HILL  Thursdays  4.30-530
Kidz Karate only  @
St Justins Primary School
Whally Dr,  Wheelers Hill

SEN / INTERMEDIATE CLASS  SAM  0413 050 877

KIDS KARATE  ---  ELIZABETH  0413 622 522
KIDZ KARATE  BIANCA  0433 809 461