



# Killara Primary School

*Our Best – Every Child, Every Day*

**Caring Acceptance Responsibility Excellence Support & teamwork**

Newsletter No 22

1 August 2013

## TERM CALENDAR

29 July - 4 Aug	National Literacy & Numeracy Week
1 Aug	3/4 & 5/6 Australian Maths Competition
6 Aug	Prep ABC Farm excursion
7 Aug	Prep DE Farm excursion
6/7/8 Aug	3/4 Lego excursion
12 /13 Aug	Kym Lardner Author visit
14 August	Rainbow Day - fundraiser
19 – 23 Aug	Book Week
26 August	Keyboard "open lesson" day
28 August	Fathers' Day Stall
29 August	Guitar "open lesson" day
29 August	WALKATHON
4 Sept	Killara family Maths night
17 – 19 Sept	School Production: "WIPING OUT WASTE"

## FROM THE EXECUTIVE TEAM

Hi everyone,

### PARKING – PHILLIP DRIVE

Hume City Council have finally agreed to revert the morning parking on the Phillip Drive parking bays to a 2 minute drop off zone in the mornings only. This is a big win to the School Council and all those who have advocated to Hume Council for a change. Please be aware of this change as soon as the new signage is displayed. The drop off system is very effective if people use it according to expectation. We will need everyone's cooperation with this.

Feedback about the bus stop is that it will not be moved and, if it were to be moved, would simply take up 4 parking spaces a little further down the road – meaning no gain and a possible one space deficit in parking near to the school. Please remember to not park in the bus zone.

### BOILERHOUSE THEATRE – ARISTOCATS

The Boilerhouse Theatre Company is holding a preview of their youth production of Disney's *The Aristocats Kids*, a retelling of the well-loved Disney story of Aristocats, for selected Sunbury Primary Schools. Our school has been offered 50 tickets for our students.

We have sold very few seats to year 5/6 students, so there are tickets available for other students, on a first come, first served basis. 5/6 students can still order tickets too

The preview will be held at Killara Primary School Theatre on Friday, August 16th at 5.30pm and will run for approximately one hour.

Tickets are \$5 per student.

To be one of the 50, please complete the attached order sheet and send \$5 to the office by the start of next week at the latest. Some Killara teachers will be in attendance to assist with supervision.

### COMMUNITY WALKATHON

The sponsor forms and information sheets are almost ready to go and will hopefully be distributed tomorrow!

The Walkathon is a sponsored event, just like our previous "a-thons", such as our Math-a-thon last year, and raises much needed funds to improve our school facilities.

The Walkathon will take place on Thursday August 29, starting at 2:00pm and finishing by 3:30pm, taking participants on a course around our extensive school grounds. We hope you choose to join in the fun and really help **Killara Primary School**. A sausage sizzle, coffee van and oranges will be available for purchase on the day, provided by the Killara Parents and Friends Association (ordering processes will be provided at a later date).

We want all students (and parents who would like to join us on the day!) to get sponsors to give them a set amount of money for completing laps of the course.

At this stage it is likely that:

- Preps to 2s will complete 5 laps
- 3s to 6s will complete 10 laps

Parents wishing to participate will be able to collect a sponsor form from the office or get their child to request one on their behalf.

All students who raise funds will receive a prize and all students who raise over \$10 will go into the draw for a sports pack (as many as 40 will be drawn), with students raising over \$20 receiving a raffle ticket for each \$10 bracket to go in the draw for one of 3 major prizes. **PRIZES ANNOUNCED SOON.**

### SCHOOL PRODUCTION

Rehearsals, technical arrangements and design and making of costumes continue – with some wonderful achievements already! Students are rehearsing in classrooms and in their Performing Arts sessions and enthusiasm is high. Ticket sales are still some time away, however families need to know that there will be an initial 2 ticket limit per family. We have 3 performances for each cast and siblings have been placed together. A notice will come home soon informing families of the day of their child's performances. Some students will be changed to perform with a class other than their own to ensure siblings are on the same day (you will be notified of this directly). Ticket prices will be \$10 for adults and \$5 for children. Students performing will not require tickets and will be kept "backstage" when not performing on their day of performances.

## BOOK WEEK(S)

We are excitedly awaiting the arrival of visiting author Kym Lardner on August 12 and 13. Kym's presentations are highly interactive and great fun. Due to the early start of Kym's sessions, there will be no assembly on Monday August 12. Don't forget that Book Character dress up day is Wednesday August 21.

## KIDSMATTER (Excerpts from Kidsmatter enewsletter) HELPING CHILDREN MANAGE FEELINGS

Did you know children aren't born with innate skills to regulate their emotions? In fact, they need to learn to manage their emotions, attention and behaviours. During the first few years of life, children learn how to concentrate, share and take turns, which helps them move away from depending on parents or carers to beginning to manage by themselves. This process is called self-regulation.

You will notice when your child begins to self-regulate. They will learn to stop themselves from doing something they really want to do (like eating the whole bowl of cake mixture) and motivate themselves to do something they don't like (like sharing a toy with a sibling). Children who have learned to self-regulate will show more control over their impulses, be able to sustain their attention for longer periods of time and be better able to deal with day-to-day frustrations such as distractions, noise and conflict.

But this process is not always easy. Like with learning any new skill, children experience ups and downs when they are trying to manage their feelings and behaviours. Parents and carers can play an important part in helping children to self-regulate. You can:

- Provide particular support at times when kids are upset, tired or angry. For example, your children might be less likely to cooperate with their siblings before bedtime.
- Break down complicated tasks into smaller parts so children can practise self-regulation without becoming overwhelmed. Help your child get ready for school or their early childhood service by breaking down the morning's jobs into more manageable things like breakfast, getting dressed and packing a bag instead of simply talking about "getting ready", which can be overwhelming for many kids.
- Lead by example and demonstrate appropriate self-regulation. Think about how you negotiate decisions at home, manage conflict or a change of plans, and communicate with your child's teacher.

## TEACHING CHILDREN ABOUT ANGER

As much as we might try to avoid it, everyone experiences anger. It's a normal reaction to frustration, stress and disappointment – for adults and children. Even three or four-month-old babies can experience anger, but it's most noticeable in tantrum-throwing toddlers who often seem to time their outbursts with family outings to public places (packed restaurant or shopping centre, anyone?).

Not all anger is bad. It can help us to tell another person to stop what they are doing as it is causing harm to us, and it can motivate us to overcome problems. If you've ever been told by a colleague or family member that you lack the skills to master a task, you'll know what anger can help you achieve.

Research shows that children feel angry when they believe that the negative situation they are concerned about can or should be changed. Some of the most common include children not being allowed to have something they want and being excluded from social games or rejected by other kids.

Physical aggression in children is most common at the age of two and by the time they start school, most children have learned that getting aggressive when angry is not considered appropriate behaviour. They will have likely learned some positive coping strategies to help deal with feelings of anger such as counting to 10 or asking an adult for help.

The key to managing anger is helping children to recognise when they feel angry. Parents and carers can tell when children are angry by the way they look or speak, and the tension in their bodies. You can help your child to recognise anger signals such as:

- A red face
- Fast breathing
- Increased heart rate

## LEARNING TO CONQUER FEARS AND WORRIES

From monsters hiding under the bed to creepy crawlies and wild weather, children can be scared of all sorts of things, real and imagined. While these fears may seem unreasonable to adults, they're very real to children. Who hasn't looked under the bed for an imaginary monster that elicits just as much fear as a live animal?

Fears change throughout childhood. Babies might be afraid of loud noises and strangers; toddlers of being on their own or invisible creatures; and school-age children of real things that might happen such as being hurt.

Like anger, fear is a normal emotion and can actually help us to prepare for danger – it makes us alert and ready to take action. But unlike anger, it's not always easy to tell when children are frightened or worried. They might be embarrassed about sharing their feelings and instead communicate their fear through lack of confidence to do things they happily did before, sleeping difficulties and complaining of tummy aches or headaches.

Kids need adult support to learn to cope with fears and the good news is there's lots you can do to help:

- Acknowledge how your child is feeling and name it. Saying your child is feeling scared or worried can help them to see it as a normal emotion that can be overcome.
- Tell stories about how you learned to overcome fears when you were their age. Perhaps you mustered the courage to look

under the bed for the monster or watch lightning in the sky during a storm.

- Ask what their favourite hero might do in the same situation. Would Spiderman be afraid of monsters under the bed?

Best wishes,  
Phil, Marie & Andrew

## CURRENT NEWS

### GATEWAYS PROGRAM

Killara Primary School takes pride in fostering the achievement of high quality educational outcomes for students of all abilities. To provide an opportunity for our high achievers, who may also be 'Time Team' fans, our school was invited to participate in The G.A.T.E.WAYS Eureka Program 2013 at Southern Cross Grammar in Caroline Springs. A group of 12 Year 1,2,3, students attended yesterday and another 10 Year 4,5,6 students are attending today. Here's what a few of our Year 1 & 2 students thought of the day.

#### History Mysteries

You're never going to believe this! Yesterday some Year 1, 2 and 3 students went on the most amazing excursion ever! We went to Southern Cross Primary School to learn about some cool and interesting history facts. We loved investigating and finding out about the Great Sphinx of Egypt. Did you know that under the Great Sphinx there was a secret chamber with tunnels that was like a maze? Every way that the explorers went there was a dead end! It was the most fantastic and awesome day! Patrick CI and Tyler T 1/2 F



Yesterday I went to Southern Cross Grammar to participate in GATEWAYS 'Detective in Time' program. The first thing I did was the Mystery of the Secret Soldiers. Then I did something about the abandoned city in Peru. After lunch I did the Sphinx of Egypt. My favourite thing was writing my name in hieroglyphics. Keely C 1/2E



Yesterday I went to Southern Cross Grammar to participate in GATEWAYS 'Detectives in Time' program. We learnt about Ancient China, Ancient Egypt and an Incan City Machu Picchu. Lily M 1/2E



Going to Gateways was an amazing and interesting program. We learnt about things I did not think were possible. I met nice kids and funny, nice teachers. I loved the school and the people there. Mitch 3/4 RG

I liked the way that GATEWAYS were ready with everything set up and they let us do fun things. I learnt that there is a chamber under the Sphinx that has scrolls that tell who build the Sphinx. When the sun rises it shines from the Sphinx back to its head. Jasmine B 3/4 F

It was just so amazing that Macchu Picchu is invisible from the valley below. It is called the abandoned city because the Incas that lived there were killed by an army seeking gold.

Logan J

The people of GATEWAYS treated us well. I'd love to do it again!

I liked making the quippu. It is a series of ropes connected to each other that has knots in it. Different coloured ropes tells the Incas different messages.

Rory Allan 3/4E



### EDUCATION MAINTENANCE ALLOWANCE

Applications close TOMORROW, Friday 2 August.

### DENTAL DONATIONS

Just a reminder to please help our school support an Indian community by donating **new** dental products. 5/6 members will visit classrooms each week to collect any donations and pack them ready to hand over to our local Rotary Club. Every product counts and will make a difference.

Thank you  
Mandy Marks-White

### RAINBOW DAY – 14 AUGUST

On Wednesday 14 August we want everyone to come dressed in their favourite colour and bring a gold coin donation for CareWorks Sunranges. CareWorks is a community crisis centre which provides relief to those who find themselves in a crisis or emergency situation. Their program's include: Foodbank, Helping Hand and Home Assistance Program.



The fundraiser is in conjunction with an art project Julie Mac is doing where the students create a street scape of Sunbury.

### NUDE FOOD CHALLENGE

#### WEEKLY WINNERS

Preps	Prep B – Michelle Douglas
Yr 1/2	1/2 D – Susan Moloney
Yr 3/4	3/4 A – Bec Gerber
Yr 5/6	5/6 A & B – Jo Fogarty / Karen Francis

## COMMUNITY NEWS

### PUBLIC FORUM ON DRUG AWARENESS

The Sunbury PCCC has organized a Public Forum on Drug Awareness with a number of speakers from law enforcement and support professionals to address students, parents, teachers and any other interested people.

Date: 29 August

Time: 7pm

Venue: Sunbury Bowling Club, 49 Riddell Road

## SUNBURY COMMUNITY HEALTH CENTRE

Have Your Say

Help set the direction for your Community Health Centre

We are planning for our future. We want to hear your thoughts, ideas and views.

The Board of the Sunbury Community Health Centre is developing our next Strategic Plan for 2013—2017. We invite you to share your perspective, reflect on our achievements and help us to build on our strengths as we face the challenges of our growing community.

The session is being led by Tracey Ezard of Workwell Consulting [www.workwell.com.au](http://www.workwell.com.au), who has been working with the Board, Management Team and staff of SCHC.

Please join us on

**Tuesday 6th August 2013**

**5.30 – 7pm**

**at Sunbury Community Health Centre**

**12 - 28 Macedon Street, Sunbury**

Please RSVP to Helen Edwards by close of business Monday 5th August on 9744-9505 or email [helene@sunburychc.org.au](mailto:helene@sunburychc.org.au).

We look forward to seeing you.

## SUNBURY YOUTH CHOIR

**(formely known as Sunbury Kidz Choir)**

Children aged between 8 and 13 welcome.

Sunbury Youth Choir is directed by Adam Przewlocki. Our repertoire includes Disney soundtracks, Broadway hits and much more. Performance opportunities throughout the year.

We aim to learn performance skills, work as a team, practise self-discipline and develop self-esteem.

Rehearsals:

Mondays during school terms

Time: 4.45pm – 5.45pm

Fees: \$80 per term

Where: Flashdance Performing Arts School,  
3 Commerce Court Sunbury

Contact: [sunbury.cantare@gmail.com](mailto:sunbury.cantare@gmail.com) or

Phone: Adam 0419506067

### PAYMENT REMINDERS

**Year 6 Understanding Ourselves**

**Yr 5/6 Term 3 Netbook fees \$50  
NOW OVERDUE**

**Yr 3/4 Lego excursion \$26**

**Yr 1/2 Chicken Hatching program \$6**

**Prep Farm excursion \$22.50**

**Whole school Author visit \$7**

**KILLARA PRIMARY SCHOOL**

Phone: 9744 6432 Fax: 9744 4956

website [www.killaraps.vic.edu.au](http://www.killaraps.vic.edu.au)

Email us at [killara.ps@edumail.vic.gov.au](mailto:killara.ps@edumail.vic.gov.au)

## PUPIL OF THE WEEK TERM 3, WEEK 2

### Junior School

#### Preps

For using bundles and  
singles to make numbers

R1	Ryley W
R2	Oscar A
R3	Aron M
R4	Luke C
R5	Jackson T

### Middle School

Great efforts in writing  
using tightening tension

R11	Emily W
R12	Monique S
R13	Ben R
R14	Lauren K
R15	Samantha D
R16	Emma C

### Year 1/2 Teachers Choice

R6	Jack W
R17	Dylan V
R18	Aja O
R19	Max P
R20	Jasmin F
R21	Charlie S
R22	Joshua P
R23	Darcy R
R24	Noah K-C

### Senior School Checking work carefully once completed

R7	Ellen Z
R8	Joel W
R9	Mia N
R10	Isabella M
R25	Mitchell M
R26	Cailey M

### Specialist Class of the Week

#### Performing Arts

##### 3/4 Alex Tenni

The way they worked together on the stage for production rehearsals

#### Visual Arts

##### Prep 00A – Emma Heywood

Fantastic listening and following instructions

#### Physical Education

##### 3/4 A – Bec Gerber

Great persistence in developing skills in a new sport

#### Library

##### 1/2 F – Hayley Mitchem/Kathryn Pollock

Browsing the shelves quietly and with enthusiasm

## SUNBURY NETBALL ASSOCIATION INC

Eric Boardman Stadium  
Wilsons Lane  
Sunbury

SNA Junior Netball is seeking interested players in the following Programs and Age groups:

**Net Set Go:** Ages 5 (Grade Prep) to 7

**Netta:** Ages 8 to 10

**13 & Under Competitions**

Grade 6 's on Saturdays 12 pm & Year 7/8 on Thursday's 6pm.

Anyone who is interested in playing and would like further information please email:  
Lisa Taylor-Jones  
[taylorjones.lisa.m@gmail.com](mailto:taylorjones.lisa.m@gmail.com)

✂-----  
**The Aristocats Kids                  Student Preview**  
**5/6 students                  Friday August 16, 5:30 – 7:00**

**Name:** \_\_\_\_\_ **Room:** \_\_\_\_\_

**Enclosed \$5**

