FROM THE EXECUTIVE TEAM

WALKATHON
What a successful and fun afternoon we had yesterday! The children and many of the adults successfully completed the course and, in fact, many did more laps than required! A lovely community atmosphere was enhanced by spectators, coffee van and sausage sizzle, as well as comfortable weather!

It is important that all students now collect the funds from their sponsors. This major fundraiser is helping us to purchase the new play equipment that is being installed over the holidays. A reminder that there are 2 levels of prize draw. All students that raise over $10 go into the Sports Pack prize draw and those that raise over $20 get a raffle ticket entry for each $10 bracket. Our major prizes are a laptop valued at $600, a bike up to the value of $500, a Sports Power voucher to the value of $150, a Toy World voucher to the value of $100 and a cricket bat.

To allow time for everyone to collect sponsorship and still be in the draw, we will delay the prize draw until the first Thursday of next term.

We are very thankful for all of our helpers on the day – we had parent helpers helping with each class, our wonderful PFA mums running the BBQ and sausage sizzle orders, Andrea in the canteen and many of the staff pitching in to take on extra roles. Thanks to each and every one of you for your support!

***END OF TERM***
A reminder that next week is the last week of term and we have an early dismissal on the last day (Friday September 18). Students will be dismissed at 2:30 on that day. All students must be picked up on time and office / administration staff will not be available to supervise students beyond 2:30.

SCHOOL REVIEW
As previously mentioned, we are in the process of conducting our school review, which is undertaken every four years. Next Tuesday 15th September we hold our “Peer Review Day”, where the final data reflection and discussion is held to arrive at our future directions. We welcome to our school Ms Bev Moore (independent school reviewer), Ms Inga Wilson (Principal, Sunbury West) and Ms Lynne Davie (Manager, eLearning, DET), who will all assist and guide us with our discussions on the day.

Following the review day, the reviewer presents a report and we use the key findings to help us establish our new strategic plan, which we will develop during term 4.

COMMUNITY HEALTH DENTAL PROGRAM
Please see the article elsewhere in this newsletter, outlining the dental services provided by Sunbury Community Health. Apparently this service is under-utilised, yet provides an avenue for all families to receive free or inexpensive dental care (the maximum you will pay is $31.50 for a course of treatment). I strongly recommend that all families consider utilising this excellent local service.

TRAFFIC SAFETY
Recently I observed parents leading their children across the busy road within easy reach of the school crossing. Please make use of the school crossings at all times, to ensure the safety of our students and to role model safe behaviour.

Similarly, parents have been seen leading students through the school carpark and then out on to the road. Parents are not to use the school carpark unless permission has been granted for disability reasons and certainly MUST NOT use it as pedestrian walkway. All entry and exit to the school should be made using the pedestrian gates only.

HOLIDAY SECURITY
I would like to encourage the school community to ‘keep an eye’ on the school over the holidays. Please report any unwanted or illegal behaviours to the police on ‘000’, even if you only have suspicions.

We unfortunately continue to experience occasional vandalism and damage to our school by people using the school grounds. The costs involved with repairing damage cannot be afforded by our school and means that valuable funds that should be used to support our students may be used to make such repairs.

Also, as a result, I issue this statement: “Except for certain limited purposes under the Summary Offences Act 1966, a school is not a ‘public place’. There is no general right of the public at large to be there, either within or outside school hours. A school ground is not
‘public land’. It is land held by the Minister for Education for educational purposes.” (Victorian Government Schools Reference Guide, Section 6.16 Legal Liability and Associated Matters)

Best wishes,
Phil, Andrew and Pete

CURRENT NEWS

FUNDE ENTERTAINMENT BOOKS ON SALE NOW
Only $20!!! Enjoy over $800 worth of savings to some of Australia’s best & biggest brands. The book consists of 2 for 1 offers, saving you 50% on many of your favourite activities including sport, entertainment, food & beverages & attractions.

Books available for purchase at the school office. Payment can also be made via QKR App.

Get in quick, limited stock available for a short time only.

Vouchers perfect for using in the school holidays.
All vouchers expire June 30th 2016.

GREAT CYCLE CHALLENGE 2015
The Great Cycle Challenge Australia is a wonderful initiative started in 2013 to help raise awareness and funds for kids with cancer. Right now, cancer is the largest killer of children from disease in Australia. Over 600 Australian children are diagnosed with cancer every year and sadly, 3 die every week.

This year we are very excited to invite the entire Killara community to join us in the battle to help improve young people’s lives! There are 5 great features of this challenge:

1- It’s FREE to join with a FREE downloadable phone app to track your progress!
2- You can ride your push bike or scooter on any route you like. (Parents, spin bikes count as well.)
3- You set your own personal distance and fundraising goals.
4- You have the entire month of October to complete the challenge.
5- It’s FUN and good for you!

To participate go to https://greatcyclechallenge.com.au/, search “Killara PS”. You can either “Join our Team” and ride with us, or “Sponsor” our efforts. If you have any questions about this challenge please see Sarah Round in room 1. We hope you can join us on this exciting adventure, it’s going to be great!

PUPIL OF THE WEEK
TERM 3, WEEK 8

<table>
<thead>
<tr>
<th>Junior School</th>
<th>Middle School NO PUPIL OF THE WEEK DUE TO CAMP</th>
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<tbody>
<tr>
<td>R1 Tayha S</td>
<td>R11 -</td>
</tr>
<tr>
<td>R2 Ava B</td>
<td>R12 -</td>
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<tr>
<td>R3 Nicholas H</td>
<td>R13 -</td>
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<tr>
<td>R4 Connor O</td>
<td>R14 -</td>
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<tr>
<td>R15 -</td>
<td>R16 -</td>
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<tr>
<td>Year 1/2</td>
<td>Confidently presenting their home/school task on weather</td>
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<tr>
<td>R17 Scarlett A</td>
<td>Senior School Displaying great commitment to 5/6 sport</td>
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<tr>
<td>R18 Alexandra P/Rylee S</td>
<td>R5 - Tahlia W</td>
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<tr>
<td>R19 Mikayla M</td>
<td>R6 - Nicholas A</td>
</tr>
<tr>
<td>R20 Tait R/Selina S</td>
<td>R7 - Holly N</td>
</tr>
<tr>
<td>R21 -</td>
<td>R8 - Darcy W</td>
</tr>
<tr>
<td>R22 -</td>
<td>R9 - Camdyn W</td>
</tr>
<tr>
<td>R10 -</td>
<td>R10 - Isaac M</td>
</tr>
</tbody>
</table>

Performing Arts
Prep C – Rebecca Armistead
The way they danced to crazy frog

Visual Arts
5/6 F – Lauren McShanag
Their explanation of water colours to create a variety of landscapes in response to the book ‘Fire’

Physical Education
3/4 A – John Boland
Demonstrating enthusiasm and energy after camp

Library
3/4 D – Katelyn Fraser
Great focus while choosing from the book fair

AUSLAN
Prep D – Alex Chettle
The happy way they played ‘buzz’ using sign language

CAMPS, EXCURSIONS AND SPORTS FUND APPLICATIONS
All eligible families are reminded to apply for this funding, as previously explained. If you have a Health Care Card or Pension Card, you are eligible to receive government assistance. By applying for this funding, if eligible, the school will receive $125 to be used for your child’s excursions, camps and sporting activities. This amount will be held against each eligible child’s name and utilised accordingly. Applications have been extended to be finalised by Friday 18 September. Forms can be picked up from the office if needed.

PAYMENTS DUE
Netbook Term 4 – 18 September
If payment is not made by last day of term devices will be kept at school for the holidays.
YEAR 3/4 CAMP ALLAMBEE #2
On Wednesday 2 September 3/4D, 3/4E, 3/4F and 3/4H went to Camp Allambee. It was a 2 hour and 30 minute drive there including stopping for snack. When we got there we got the luggage out of the bus, found our bags and sat down to eat lunch. After we had eaten, the camp staff told us our cabins and everyone was happy with the cabins that they were put into. We went to our cabins and sorted everything out and came to where we eat our meals. We found our groups and got told the activity that we were doing next. The activities that we did at camp were: Giant Swing, Race around the World, Flying Fox, hut building, Vertical Challenge, Low ropes course and billy carts. My favourite activity was the Giant Swing even though it had a malfunction and it went before I pulled the rope that made it swing!
On the first night dinner was roast beef, veggies and gravy. After dinner we had a camp fire, a bush walk and walked a reflector trail. When we had the camp fire we also had late night snack, which was some cake. On Thursday (the second day) breakfast was orange juice, toast, eggs and cereal. After breakfast we had an activity, came back from it, had morning tea which was fruit and a biscuit. After we ate we went to our next activity; we came back and had lunch which was sandwiches that you could make yourself. We completed 4 activities on that day.
On the second and last night, we had Red Faces, many people performed and put heaps of effort into their performances. People sang, told jokes and danced. We then had a disco, most people stayed but some went to bed.
On the last day (Friday) we woke up, packed our messy rooms and prepared for our final activity. Breakfast was the same as the first day but with pancakes instead of eggs! After our final activity, we came together and made our bracelets with the beads that we had earned at each activity. We received beads for persistence, resilience and working together. We ate chicken wraps for lunch which tasted delicious, before jumping on the buses and making the long trip home.
By: Jessica and Ella from 3/4RS (Rm 22)

T BALL TEAM
On 9 September, the boys Tee-Ball team went to Wheelers Hill to take part in the State Finals. We had to wake up, and be at school by 7 o’clock as our first game was at 9:30. We had to play three games of Tee-Ball. In the first game, we played Warrnambool Primary, and it was a very close game but we won with a score of 9-8. We then played Oakleigh South and this was a very challenging game. They were great from the start and unfortunately we lost 1-9 which put us out of the running for the finals. We still had to play our last game, which was against Shepparton East, and had a great lead at the start, but sadly lost in a tough one 13-17.
We would like to thank all the parents that came to support us, and we also would like to give a big thanks to Chris for great coaching.
Mitch, Brandon and Jakob.

QKR APP FOR SCHOOL PAYMENTS.
Our preferred method of payment for excursions, canteen lunch orders and fundraising activities is QKR. This easy to use free app by Mastercard gives you flexibility to make your school payments at a time and place that suits you.
No need to find cash to send to school with your child, you will have a QKR receipt on your phone and receipt number for your records.
A brochure on how to set up your account is available from the school office or just follow the simple instructions when you download the app.

LOST PROPERTY
Please check lost property for any of your child’s belongings. Any named items are returned to the student’s classroom. Any lost property left there at the end of term will be donated to charity. Please note if you have any hand me down items of clothing can you please remember to write your child’s name on the clothing.
EXPLORING THE NEW FRONTIER IN PARENTING – EMOTIONS

By Michael Grose

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. Listen first When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2. Contain rather than manage (let your kids do the managing) Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. Know that emotions can be pleasant and unpleasant We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. Build a vocabulary around emotions Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages are a type of communication used by parents and adults who take an emotions-first approach.

5. Help your kids recognise, then regulate emotions. Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that.

COMMUNITY NEWS

SUNBURY COMMUNITY HEALTH DENTAL PROGRAM

The School Dental Service that has previously visited most Victorian Primary Schools through mobile dental vans, now only provides a very limited mobile service. Instead, clinics are now located at Community Health Centres throughout the state.

The nearest clinic offering dental care to children is located at:

SUNBURY COMMUNITY HEALTH CENTRE
12-28 MACHEDON STREET, SUNBURY.
TELEPHONE: 03 9744 4455
MELWAYS REF 362 F4
HOURS: MONDAY – FRIDAY 8.30 – 3.30

All primary school children are eligible for examination and dental treatment through the Dental Clinic at Sunbury Community Health Centre. General treatment is provided by qualified Dental Therapists and more complex care is performed by dentists at the centre or referred on to the Royal Dental Hospital in Melbourne. This service is FREE for children of parents with a current Pension Concession Card or Health Care Card. Non cardholders are required to pay a fee of $31.50 per course of care, which covers examination and all general dental treatment.

To schedule an appointment, or if you have any questions regarding this dental service, please contact the Sunbury Community Health Centre on (03) 9744 4455.

Once treatment is completed your child will automatically be placed on a 12 month recall list.

The service is also available for emergency appointments.

KILLARA PRIMARY SCHOOL
Phone: 9744 6432
Fax: 9744 4956
Website: www.killaraps.vic.edu.au