FROM THE EXECUTIVE TEAM

SOMERS CAMP
We welcome back our Somers Campers. By all accounts they have had a very enjoyable and interesting time. We look forward to perhaps hearing some of their accounts in next week’s newsletter!

Many thanks to Chris Weedon for organising the Killara troupe (36 year 5 and 6 students) and also for attending the entire camp as a district teacher representative.

****PLEASE NOTE****
PUPIL FREE DAY
School Council has scheduled a pupil free day on Monday November 2 (the day before Cup Day). The school will be closed on that day.

Please make arrangements for your child for that day.

2016 PLANNING
It is very important for us that we now finalise, as much as possible, our enrolment status for 2016. Most parents with new preps have enrolled now, but we are aware that there may be a few more that are yet to complete the process. With the orientation program fast approaching, we hope to have prep enrolments fully finalised as soon as possible.

In the same vein, we would be very appreciative if any families that are leaving us at the end of the year due to relocation, or for other reasons, could let us know over the coming few weeks. Please advise the office.

Killara is now a very large organisation, with enrolments once again likely to be around 620 next year. This means that the task of organising, structuring and staffing the school is a very complex one, requiring much deliberation, thought and consultation. The first task for us is to determine (reasonably) accurate enrolment numbers for next year.

SCHOOL COUNCIL
The October meeting of School Council was held on Tuesday and, as is usual, a range of business was covered and information shared:

- Current indicative student numbers and arrangements for 2016 were outlined
- The School Review Report was presented and discussed. In particular the school goals and the future plans were outlined. Our goals are as follows:
  - Achievement To achieve high quality learning outcomes for all students with a strong focus on improving learning growth in literacy and numeracy and to develop self-motivated learners with the skills, knowledge and understandings that will enable them to participate and prosper as global citizens
  - Engagement To provide a student centred, stimulating environment that engages and motivates students in their learning.
  - Wellbeing To enhance support for every student and to build positive emotional and mental health and wellbeing
  - Productivity To clearly align the available resources (human, financial, time, space & materials) to maximise learning outcomes for students.

- Outline of future “on-time” parent reporting approach
- Acknowledged the next step is for the Strategic plan to be drafted (to be presented to Council in November)
- Discussed parent survey results and identified improvement areas of parent input and student behaviour
- Ratified accounts for 2 months (August and September)
- Approved expenditure (partly funded by the department) on replacing lino floors in the main building and rooms 17 -20
- Received the PFA report

Once again, my thanks to all members of Council for their diligence, input and commitment to our school.

REPORTS
Our reporting timeline starts as of now, with teachers beginning the task of preparing for and writing reports. Reports will go home on Friday December 11.

Best wishes,
Phil, Andrew and Pete
CURRENT NEWS

LAST WEEK OF WALKTOBER
Thank you to all the students and families who have made such a great effort during Walktober. As tomorrow is the final day of October (that we are at school), try to make an extra effort to walk, ride or scoot to or from school! We are trying to record 90% of our students who have walked at least once this month! Can we beat last year’s record? Teachers will be walking from the Post Box at the bottom of Phillip Drive at 8:30am for the last time. Everyone is welcome to join us. See you then!

YEAR 3/4 AQUARIUM EXCURSION
On the 22 October all the 3/4s went to the Sea Life Aquarium in Melbourne. We saw, lizards, sharks, starfish, manta rays, catfish, eels, sting rays, turtles, seahorses, penguins, and a crocodile! We got a little booklet with a pen and collected stamps for every animal we went to see.

We thank all the teachers and the Aquarium for putting in the time and effort for us to go on our excursion. Now that we are back we can teach all the younger kids about the Aquarium. Everyone had so much fun and enjoyed it a lot.

Keisha and Lachlan Room 12

GOOD CITIZEN
Prep – Emahlen M Rm 3
Year 1/2 – Chelsea Rm 20
Year 3/4 – Madison S Rm 14
Year 5/6 – Sid H Rm 5

PAYMENTS DUE
Graduation Mementos – Due 13 November
Please note: No late orders can be accepted.

SUNBURY DOWNS ACE PROGRAM
We extend our congratulations to the following students who have been selected as part of the Accelerated Curriculum & Enrichment (ACE) program at Sunbury Downs College in 2016: Luka S, Cameron M and Sid H
YEAR 6 SECONDARY SCHOOL ENROLMENTS
A reminder to all families of Year 6 students that enrolment packs have now been sent by the secondary schools and the documentation requested is now overdue. Please contact your selected secondary school if you have any issues or concerns regarding forms and other paperwork as the process needs to be finalised before students will be legally allowed to attend transition and orientation opportunities. Please be advised that in schools where a waiting list may exist, failure to return enrolment forms may result in loss of placement.

GREAT CYCLE CHALLENGE
Saturday 31st October marks the end of the riding part of the Great Cycle Challenge. Your 54 team members have ridden an incredible 2,959km and raised $9,359.50 so far! To celebrate our success Sarah Round rode along Phillip Drive in a Captain Hero costume today (her final ride) and had great support from the community. Thank you!
We have until the end of November to continue collecting donations to help Fight Kids’ Cancer, so please be kind.
You can donate to a specific member or the entire team at https://greatcyclechallenge.com.au/Teams/KillaraPS

FUNDE ENTERTAINMENT BOOKS ON SALE NOW – GREAT XMAS GIFT
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.
All vouchers expire June 30th 2016

CLASSROOM TISSUES
As we are nearing the end of the year classrooms have a low supply of tissues left so we are asking families to send a box of tissues for use in the classroom. Thank you

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.

PSW UNIFORM SHOP
Uniform sale 5% off uniforms, 25% off all school shoes from Monday 9 November to Friday 18th December 2015. Plus extended Lay-by until 27th January 2016. Available at your local PSW store Shop 6, 106-126 Gap Rd, Sunbury Vic 3429 9768 0384
Summer Trading(5th Oct – April)
Summer Trading Hours Wed to Fri 10:00am – 5.00pm and Sat:9:00am-12:00pm Visit website for up to date price list or pick one up from the main office www.psw.com.au

WHAT TO SAY WHEN KIDS BECOME ANXIOUS
By Michael Grose
7 practical things to say to kids to help them when they feel anxious.
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.
Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.
When you see anxiety take hold here are some things that you can say that will help your child cope:
‘You’re okay. I’m here and I won’t be going anywhere.’
Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

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COMMUNITY NEWS

COMPLETE KIDS BEFORE AND AFTER SCHOOL CARE PROGRAM
Have fun, learn, make friends, music, art, sport, relaxation, cooking, technology, role play, games and many more fun activities. If you would like more information, please call our office on 97402111 or Rowena (OSHC Co-Ordinator) on 0428005709 or email oshc@completekids.net

A GIANT CAR BOOT SALE AND CRAFT MARKET
Will be held by Sunbury Uniting Church on the Village Green and inside the Church Hall, on Saturday 21 November from 8.30am. There will be outside car sites (over 60 cars!) plus inside craft stalls, Devonshire Teas and lots of kids’ activities! Sites still available ($25 + ins.) Phone Helen on 9744 3031.

RUPERTSWOOD CRICKET CLUB
Milo in 2 Cricket registration night Friday 6 November 2015 6pm – 7pm in the clubrooms at Rupertswood. It’s a 10 week program open to 5 – 8 years Male & Female. Starts 20 November. Registration via club website www.rupertswoodcc.org.au under Milo in 2 Cricket or email request rupocc@optusnet.com.au 0421991519

SUNBURY STREET LIFE
O’Shanassy St Sunday 22 November 10am – 3pm showcasing local businesses, live entertainment, children’s activities. Something for the whole family. For more information www.homegrowneventsvic.com