



CALENDAR

3-7 Sept	Book Fair
10 & 11 Sept	Year 5/6 Understanding Ourselves
12 & 13	Year 5/6 Mad About Science Incursion
17 Sept	Sausage Sizzle Day
20 Sept	Footy Dress Up Day in aid of Rural Aid (farmers)
21 Sept	Last Day Term 2.30pm Finish
8 Oct	Term 4 Begins
22 Oct	Special Group Photo Day Semester 2 – Graduation Group Photo
26 Oct	Killara Fete

FROM THE LEADERSHIP TEAM

FAREWELL

This week we farewell Ian, our maintenance person, as his contract with Killara comes to an end. Since commencing in 2015, Ian has been responsible for the general upkeep of the school and its grounds and has been a valued member of our staff. In particular, Ian's work in establishing our veggie patch and ANZAC memorial, have been significant contributions to our school. I'm sure you join with us in wishing Ian all the best for the future.

YEAR 5/6 SUMMER SPORTS

Congratulations to those students in Grade 5/6 who represented our school at the Summer Sports Gala day last Friday. As I explained at Monday's assembly I was very proud of the way our students conducted themselves at the Gala and the spirit with which they played each game. Special congratulations to our girls and boys Softball teams who move on to the District competition in the near future.

BOOK FAIR

During this week we have been hosting our book fair in the library before and after school. If you are yet to pay a visit it's not too late with tomorrow being the last day for sales. If you have visited the fair and purchased a book- thank you. Our school receives a proportion of the sales we make over the course of the book fair and this money goes towards purchasing more books for our students to use. Thank you too, to Emma Heywood, who organised this event for us and all other staff that have helped out with the book fair.



MANAGING EMOTIONS

Over the past few weeks I've had numerous conversations with parents and students about strategies that can be used to help build knowledge and skills in managing emotions in a positive way.

On Friday afternoon I attended a meeting to discuss the possibility of our school becoming involved with a program that seeks to build the emotional literacy of students. The program will begin with Grade 1's next year and slowly scale up to be school wide over the following years. If this project goes ahead, our school will have the opportunity to be in the first wave of schools to participate.

In the meantime, I thought some of you may appreciate having some extra tools in your own toolkit to help support your children now. The following resources and strategies are ones that I have previously used and found successful, however it's important to remember that not every resource will work for every child, or all of the time, so it's good to have a range of strategies up your sleeve so you can find the ones that work best for your child at any particular time. As was highlighted in the meeting on Friday there is no such thing as a bad emotion we just need to learn to be comfortable sitting in them and to have positive ways in which to manage them.

APP BASED RESOURCES

Calm: This app contains both guided meditation sessions and sleep stories. I often use the sleep stories during the day to help a child de-escalate their emotions when they become anxious and find it's a great way for them to refocus their thoughts. Calm can be used for both adults and children and has a special kids section in both the meditation and sleep story areas. Calm has a free download option with limited access and a subscription that enables you full access to all areas in the app.

Mood Meter: This app enables the user to track how they are feeling with a wide range of emotions available from a happy, calm, sad or angry quadrant. Once an emotion is logged users are prompted to complete a short sentence describing why they feel the way they do and then if they wish to stay there or move to a more calm or happy space. If users choose to shift then the app provides a range of strategies that can be used to achieve this.

Smiling Mind: This app was developed here in Melbourne and contains a range of guided meditation sessions that have a particular focus. Like Calm, this app caters for both adults and children and has special sections for children of specific age ranges.

Headspace: Again this app contains guided meditation and mindfulness activities that can be used

by both adults and children. Activities can be chosen with a particular focus area in mind e.g. to be more focussed or managing anxiety.

ACTIVITY BASED RESOURCES

Mindfulness Colouring: This has become very popular over recent years and mindfulness colouring books can be found at Big W, Target and K-Mart as well as bookshops and Art supply shops. Most books are in themes e.g. animals, cities, Star-Wars, Harry Potter, etc. and depending on the book can range anywhere in price from \$5 to \$50.

Calm Kits: A simple Pinterest or Google search will give you a range of items that can be placed in a Calm Kit but basically it's just a supply of things that can be used for short periods of time to help to regulate emotions. The things that can be put in these are only limited by your imagination and the interests of your child. For example: a kit may contain sensory toys such as squishees, lava tubes, stretchy things, or prompts to complete activities such as 5 deep breaths or a mindfulness activity.

These are by no means an endless list and there are a range of resources that can be found by completing a simple Google search and new resources are coming out all of the time. Also never discount the benefit that playing a sport or music can have on our emotions.

SCHOOL WORKING BEE

In preparation for our upcoming school fete we are planning on holding a working bee for our school community the weekend before-either on October 20 or 21. We will use this as an opportunity to complete a general tidy up of the school and grounds so they are looking their best for the fete celebrations the following weekend. Students will also follow up with similar activities over the week while they are at school. Please keep an eye out for a separate note and notification for the finalised details around this. I have very fond memories of Killara's working bees in the past and look forward to seeing as many of you there on the day even if it's just for a short while!



NAPLAN

Student Reports went home with students in Year 3 & Year 5 this week. This is to ensure parents receive the report and that the information is kept strictly confidential. There will be an information pamphlet with the report outlining how to read the results. Please keep a copy of the report as it may be needed for Secondary School transition. As a school we keep a copy in the student's file for future reference. As a staff we will review the data to focus on achievement as well as areas that need strengthening.

Ironically, this week our Grade 3 and Grade 5 students have been engaged in practice NAPLAN

tests. This is in preparation for the schools transition to doing NAPLAN online in 2019.

OUR SCHOOL VALUES REVEALED

Over the past 12 months, our school has undertaken a significantly thorough process as we investigate what values are most important to us as a community. Students, staff and parents have all been involved in this process ensuring that the voices of all members of the Killara family have been heard and that all facets of our community are represented in our values. And now, without any further ado, in no particular order, Killara Primary School's official values are...

Accountability

Respect

Resilience

Empathy

Now that we have our school values, we are seeking assistance from our school community in packaging these values. Students, parents, families, staff and any other members of the Killara community are invited to make submissions on this. You may choose to create a visual image or symbol to present these values, or a slogan. The canvas is blank! The choice is yours! You can create a poster or a digital representation. An example slogan could be:

We are Killara.

We are accountable, respectful, resilient and empathetic.

We are Killara.

All submissions will need to be received at the office by the end of term. Don't miss out on this opportunity to be a part of such an important decision for our school!

CHILDHOOD CANCER AWARENESS MONTH

September is Childhood Cancer Awareness Month. This is a time when cancer organisations around the world put the spotlight on children's cancer and the need to improve diagnosis, treatment and outcomes.



At Killara, we are getting involved to raise awareness of the need for positive change for children with cancer. And whilst it is important to raise awareness, raising funds is just as important. In order to raise both money for and awareness of childhood cancer, we will be selling pins and wrist bands to support Neuroblastoma Australia - a charity organisation whose goal is to improve the quality of life for children suffering from cancer. We will also be having a 'Guess the Lollies in the Lolly Jar' competition.

To donate directly to Neuroblastoma Australia, you can go to: <https://www.neuroblastoma.org.au/>.

We thank our entire community in advance for their support in this very worthy cause.

**Best wishes,
Michelle and Andrew**

**PAYMENTS DUE
Year 5/6 Mad About Science – 7 Sept**

CURRENT NEWS

YEAR 5/6 SUMMER SPORTS REPORTS

Kanga Cricket

Congratulations to our 5/6 boys team – Sineru, Ahnaf, Brayden, Jacob, Mitchell, Cameron, Will, Jorden, Finn - who won 3 out of 3

matches and were overall winners last Friday and our girls team – Chelsea, Emmerson, Rowan, Amber, Ela, Abigail, Kiana, Maddison - who won 2 out of 3 matches and were also the girls overall



winner on the day due to a count back. Thank you to the parents who attended and braved the wind to cheer us on. Well done teams; we are **SO PROUD** of you! Mrs Smith

Volleyball

On Friday August 31, the girls and mixed volleyball teams went to Boardman Stadium to face the other schools in Sunbury. Both Killara teams showed excellent

sportsmanship, dedication and skills which allowed them to win a majority of their games. The mixed team managed to win 6 games, draw 1 and lose 1 game, seeing them just miss out making it to the next



level by 2 championship points. The girls team won all games except for one where they lost by one point. At the end of the 8 games, there were two girls teams on equal points. This saw Killara and Sunbury Heights play off in a Grand Final. Through persistence, teamwork and encouragement, the Killara girls team came out victorious and will advance to the next round. Well done to both teams and good luck to the girls going onto the next round!

Basketball

Last Friday the Killara boys and girls basketball teams competed in the district schools sports. Both teams played 7 games.



We competed against Sunbury, Kismet, Sunbury West, Goonawarra, Sunbury Heights, Our Lady of Mount Carmel and the eventual overall winners St Annes. We would like to thank the parents who came and supported us, and the other schools for being such good sports, Sean for helping to train and coach us and Shelley for scoring in all 14 games!

Handball

On Friday August 13 both handball teams travelled to Boardman Stadium to compete against other schools in Sunbury. We sadly lost one of our games, drew one and then win the rest of the games. Team 1 won over all and team 2 won most of there games and put in great effort over all.

We would like to thank Miss Alex for taking the time out of her day to coach us and the parents for coming along to support us and also Miss G for organising the day.

Dean C & Jackson VG



Softball

The boys' and girls' softball teams played extremely well during the District Inter-school sports at Boardman oval last week. Both teams won all of their games and were the big school winners for the day. Both teams will represent the Woodlands District at the Division Championships in the near future. Thanks to the parents that supported us on the day. A huge thank you to Kathy B, Linda R, Sharon B and Natalie D for your support and assistance throughout the year with coaching and scoring. Best of luck to both teams for the upcoming District Championships, we know you will represent Killara with great sportsmanship and pride.

Goodluck to the girls tee ball team who are competing in the state championships next Wednesday.



CAMP WOORABINDA

From August 13 to 18 and August 20 to 24, some very special students got to go on a camp called 'Woorabinda'. Woorabinda is camp that is very similar to Somers Camp but is run over 5 days and is only for Grades 4 and 5 students. We were all very lucky to represent our school.

After the 3 hour bus trip everyone was half asleep. We were meant to be wide awake for the hike. During the hike through the bush we had to keep giggle distance. Giggle distance is where you stay 45cm away from the person in front of you and if they fall over you can laugh at them but then help them up. The hike took everyone about 25 minutes including collecting sticks. Everyone was super confused of why we were collecting sticks. We soon realised why as we found out we would have to make our own fires to cook our lunches. My lunch was burnt. Dinner was baked potatoes with bacon and many other toppings.

On Tuesday, breaky was toast or cereal. One of the activities red group did was farming. At the farm we had to move the sheep and alpacas to a new paddock. We had to make a human wall and round them up to the gate. After they were in the paddock we were allowed to feed the sheep, alpacas and chickens which we found really fun. Canoeing was on Narracan Lake which was massive. We had to row to the other side of the lake and we got soaked! There was lots of splashing from the person in front of me with his oar. At night we did lots of little games and then went to sleep. It was a brilliant day.

On Wednesday the first activity was animals and we were allowed to feel the snake called fluffy but he actually wasn't fluffy at all. Next we had the zip line which I think was the best activity of all. Because we all had our own harnesses, we got about 8 turns each. We were allowed to do the dead man's drop which was where you got to face backwards, cross your arms and drop off the ledge. It was really fun.

The high ropes course was really fun and scary at the same time. There were lots of obstacles that you had to figure out how to get across and conquer. I fell off once on the first go but Bella didn't fall off at all. The harnesses were really easy to put on. The food at camp was really good and we enjoyed it a lot. At nights, we had lots of different activities to do before we went to bed.


The camp was awesome and I would really recommend it to everyone who gets a chance. Even if you're a bit scared at being away from home. Next year, there is a 9 day camp for the years 5 and 6's, but the year after it's Woorabinda again for the years 4 and 5's

The camp is not a normal school camp as there are lots of kids from other schools. This sounds scary but it was really awesome in the end as we all got to

make lots of new friends. I made 12 new friends from other schools.

On behalf of all the kids who went, we would like to thank Sam and Chris for giving up their week at camp and helping us out—otherwise it couldn't have happened.

By Bella J and Angus M

PUPIL OF THE WEEK TERM 3, WEEK 7			
Prep Making positive choices in the classroom		Year 3/4 Showing respect for their own belongings and the belongings of others	
R1	Josh N	R11	Bridgett S
R2	Tyson D	R12	Mitchell G
R3	Lily H	R13	Alisha B
Year 1/2 For showing persistence within the classroom		R14	Chelsea B
		R15	Abbey S
		R16	Connor O
R4	Lachlan W	Year 5/6 Fantastic participation on our summer sports day	
R19	Isabelle T		
R20	Gracie G	Softball	Sam R
R21	William R-D	Crickets	Jordan M
R22	Nicholas N	Handball	Rhys H
R23	Ethan E	Volleyball	Lexie R
R24	Vanessa A	Basketball	Emily K
		Other	Charlie P

9 DIGITAL TECHNOLOGY GUIDELINES FOR PARENTS

Technology is everywhere now, in our homes, in our pockets, and perhaps worryingly for many parents, in our children's hands. Every family is different, and will have their own ideas around what's considered 'normal' or acceptable use of our beloved devices, which means there's no universal answer. However, there are some suggestions that can help you build some rules of your own and bring some order to the way your children use digital devices at home. Click on the link below for the full article:

https://www.parentingideas.com.au/blog/9-digital-technology-parenting-guidelines/?utm_source=Blog+Subscribers&utm_campaign=aea01a715c-Happy-kids_04_09_2018_COPY_01&utm_medium=email&utm_term=0_f488c60967-aea01a715c-185781441&mc_cid=aea01a715c&mc_eid=ca4fd51398

COMMUNITY NEWS

SUNBURY JETS BASKETBALL

Do you want to play basketball? Make new friends, learn new skills, have lots fun, regular exercise. Email your interest today, with your name, DOB, gender and school to jdc@sunburybasketball.com.au

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