Congratulations to staff and students on their calm implementation of NAPLAN tests this week. Staff cooperated in arranging timetables and testing, students approached the tests with confidence and the Invigilator who observed testing was congratulatory on our processes. Results are not provided to schools until early in Term 4.

Next week is Education Week in Victoria schools and we have designed a program based on the theme - Languages – expand their world – which will introduce children to the variety of languages spoken by staff and students. There will also be a daily focus on each of 5 Asian languages, these languages being the focus for AuSVELS in 2014, with video clips, stories and a visiting Chinese teacher on Wednesday.

Open Day will again be held on Wednesday 22nd and parents, grandparents, aunts & uncles, family and friends are invited to visit classrooms in action during the morning.

On Friday it is WALK TO SCHOOL DAY and as a “Hands Up! & Travel Safe to School” participant we are encouraging all children and parents to Walk, Ride, Scoot or Skate to school on that morning. Brendan and Student Leaders will be at the entry gates awarding stickers to all and doing the head count.

On Friday 24th, all children will be given a free vegetarian fried rice for a special lunch following the Asian focus. This will come from our usual supplier, Chop Chop in Racecourse Rd, and will be delivered to classes by Student Leaders, SRC representatives and parent helpers. Thanks to HUB parents for their assistance. There are a number of special and free activities for children to experience during this week; http://www.education.vic.gov.au/about/events/Pages/edweekcentral.aspx

Due to an increase in inappropriate swapping and using of Football cards, we must ask all students not to bring these cards to school. Parents are asked to reinforce this with children and ensure that any swapping only takes place under supervision of an adult.

Enrolments received after this will be accepted according to zone and residential criteria with a maximum of 80 children.
InTouch Newsletter

Care Member of the Week
Week beginning 13 May 2013

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
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<tbody>
<tr>
<td>Mangalore 4</td>
<td>Alex</td>
<td>For being a kind caring team member. Well done!</td>
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<tr>
<td>Mangalore 5</td>
<td>Nicola</td>
<td>For confident contributing to our discussions.</td>
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<tr>
<td>Mangalore 3</td>
<td>Jessica</td>
<td>For being a caring and active team member.</td>
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<tr>
<td>Mooltan 4</td>
<td>Brendan</td>
<td>For sharing strategies about ‘Stop, Think and Do’ Well done!</td>
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<tr>
<td>Mooltan 5</td>
<td>Leonie</td>
<td>For actively participating in our ‘Stop, Think and Do’ task.</td>
</tr>
<tr>
<td>Cashmere 4</td>
<td>Yvette</td>
<td>For confidently sharing her ideas in our whole group discussion.</td>
</tr>
<tr>
<td>Cashmere 5</td>
<td>Christine</td>
<td>For sharing his ideas about ‘Stop, Think and Do’. Well done!</td>
</tr>
<tr>
<td>Cashmere 6</td>
<td>Bruce</td>
<td>For his confidence to be involved and contribute in our group.</td>
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<tr>
<td>Delhi 4</td>
<td>Chloe</td>
<td>For being a great role model and leader in our CARE group. Well done!</td>
</tr>
<tr>
<td>Delhi 5</td>
<td>Grace</td>
<td>For caring and monitoring our younger students in Delhi 5.</td>
</tr>
<tr>
<td>Principal</td>
<td>Awards</td>
<td>For uncomplaining assistance cleaning up in the hall</td>
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Office News
Office Hours, 8.30am – 4.00pm Monday to Friday

Due to reduced admin staff hours, there will not be anyone to respond to telephone calls or window enquiries between 9.30-11.00 daily.

Payments
When making payments at the office, please complete the details on a payment envelope and place in the cash box. Please make sure you include your child’s name, grade and the reason for the payment.

Visitors Badges
All visitors, including parents, need to pick up and wear a badge when visiting the school at any time. If parents are helping in classrooms or attending meetings please call at the Office first.

Working With Children Check
Parents and family are reminded that to help in the classroom, on excursions, camps and at swimming you must hold a valid Working With Children Check. These are available at the Post Office and are free for volunteers.

Woolworths Earn and Learn Program
The program runs from Monday 8th April until Sunday 9th June. When you do your shop you will receive one sticker for every $10 spent (excluding liquor, tobacco and gift cards).

When you receive a sticker place it on the card and when the card is complete please submit it in the collection box located near the office. Should you need another sticker card please see the office as we are expecting to receive a pack containing these. All completed cards must be sent to the office no later than close of business on Friday 14th June.
Enjoy collecting.

Scholastic Book Club
Issue 4 order forms that were sent home recently are due back to the office by Wednesday 29th May by 9.00am
No late orders will be accepted

Please note, that orders sent before this date will now be sent to Scholastic as received (except cash which will be processed on the final day). The office will now process orders a couple times a week (for credit and cheque payments only) so the earlier the order, the earlier the children will get their book.

OSHC News
Camp Australia now manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.

Customer Service
8.00am - 6.00pm
Monday to Friday
1300 105 343

Website
www.campaustralia.com.au

Do not leave messages on the school answering machine.
Assistant Principal’s Report  
Sandra McOrist

Mt Alexander College Q&A - a parent perspective

I have three children at FPS (Prep Mc, 2T and 5/6T) and my eldest son is in Yr 8 at Mt Alexander College. Many parents stop me in the playground and are interested in my son’s experience at MAC and how I think he’s going there. I am conscious that it is coming up to the time of year when Year 6 parents need to make a decision about secondary schooling so I thought it would be timely and useful to have a conversation about Mt Alexander College from a current parent’s perspective and am inviting any interested parents, (particularly from Yrs 4, 5 and 6) to have a question and answer session at FPS.

Thursday 23rd May at 6pm in the Staffroom

Come along with an open mind and have your questions ready. I am keen to share my experience and hear your questions, apprehensions and curiosity about our local high school.

Curriculum News

Calling FPS Scientists

We are pleased to have a large number of students entering the Science Talent Search this year.

To support these students to do their very best in the Talent Search, we are looking for members of our community with expert knowledge to volunteer as mentors to these students.

So far, some of the students have expressed interest in submitting a project on the following topics:

- How animals move
- Creating working models
- Astronomy
- Volcanoes
- Fire
- Australian science – how it has improved our lives
- Australian indigenous science

If you have expertise in this area, and would like to volunteer, please contact Nicola Dziadkiewicz dziadkiewicz.nicola.d@edumail.vic.gov.au


Mt Alexander College Q&A - a parent perspective

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Thursday 23rd May at 6pm in the Staffroom

Sharing numbers with your child.

Shared number conversations with your child at home go a long way towards reinforcing the concepts introduced at school. Regularly projecting, to your child, the importance and usefulness of mathematics will strengthen the connection between learning that occurs inside the classroom and its usefulness in the world outside.

Have a go at introducing the activity ‘Today’s Number’ in order to open up discussion on a daily basis. Each time, select a number of the day and choose a couple of different suggested conversation points, as they match the language and concepts developed throughout the year at that particular level.

Give it a try and if you have the time, let me know how it goes.  David Meyer
PREP

**Today’s Number**

1. Make the number.
2. Write it as a word.
3. Add 1 more.
4. Add 2 more.
5. Find 1 less.

GRADE 1 - 2

**Today’s Number**

1. Write it as a word.
2. What is it made of? (Hundreds, tens, ones)
3. Add ten more.
4. Count back two.
5. Draw it as money (coins / notes).
6. Can you find it in a book?
7. Is it odd or even?
8. Write the number before and after it.
9. Write an addition problem equal to today’s number.
10. Write a subtraction problem equal to today’s number.

GRADE 3 – 4

**Today’s Number**

1. Write it as a word.
2. Show all its parts (extended notation).
3. Add 10 more & take 2 away.
4. Draw it as money (coins / notes).
5. Can you double it / halve it?
6. Is it odd or even?
7. Can you multiply it by ___? (2-10)
8. Can you round it to the nearest 10?
9. Write an addition problem equal to today’s number.
10. Write a subtraction problem equal to today’s number.

GRADE 5 - 6

**Today’s Number**

1. Write it as a word.
2. Show all its parts (extended notation).
3. Add 10 more and subtract 100.
4. Halve and double it.
5. Can it divide by ___? (2-10)
7. Square it or cube it.
8. Round it to the nearest 10.
9. *Write an addition problem equal to today’s number.
10. *Write a subtraction problem equal to today’s number.

*(Consider using fractions, decimals or percentages occasionally too)*
Praising Your Child

Children LOVE praise! Often parents put much more effort into disciplining their child than praising their child. For example, you are more likely to notice and comment about your child drawing on the wall than quietly drawing in a colouring book. Of course, bad behaviour is easier and important to notice, but it is VERY important to also notice good behaviour. Praising your child when s/he is behaving well is likely to make him/her want to keep behaving well. A good rule of thumb is to notice your child’s good behaviour three times to every bad behaviour you notice.

Tips for Praising Your Child

1. **Don’t wait for perfection** - Praise any good behaviour. Behaviour should not have to be perfect to be rewarded.

2. **Praise does NOT spoil children** - Lots of praise for good behaviour simply gives children more information about what behaviour you like and want them to continue doing.

3. **Tell your child exactly what you are praising** - For example, “Good boy for picking up your toys Ben”. This gives children more information about which specific behaviour earned praise.

4. **Difficult children need more praise** - Difficult children provide parents with fewer opportunities to praise them, however they need the praise the most to give them information about what TO do, rather than always being told what NOT TO do. Find instances to praise difficult children.

5. **Give immediate praise** - Praise is most effective when provided immediately after the good behaviour has occurred.

6. **Be enthusiastic when giving praise** - Think about how enthusiastic and how much emotion you put into disciplining your child. Now remember to put just as much enthusiasm into praising your child (e.g., give your child eye contact and use a friendly tone of voice).

7. **Show affection** - When praising young children, give cuddles, head rubs or kisses. For children a little older, pat them on the back, smile, nod or shake their hand.

8. **Occasionally provide rewards** - choose small, immediate rewards to occasionally provide in addition to praise. Reward ordinary, everyday achievements with a variety of different rewards to provide interesting incentives for children. For examples, please turn over the page.

9. **Vary the praise that you give** - By selecting and using some of the phrases below on a daily basis with your child, you will find that s/he will start paying more attention to you and will try harder to please. For examples, please turn over the page.

PLEASE TURN OVER THE PAGE...
Ways to Reward Your Child

CHEAP ITEMS
Pencils and colouring books
Small toy (e.g., car)
Hire a DVD
Special treat in lunch box
Choice of toy from $2 shop
Choosing favourite home cooked meal

AT HOME
Having a friend over
Choosing the night time TV program
Making a cake with a parent
Planting some seeds in the garden

OUTSIDE HOME
Staying over at a friend’s house
Staying with a family member
Going to the park
Going to the beach

WITH PARENTS
An extra bedtime story
Doing a puzzle together
Playing card/board games together
Watching a movie together

Ways to Praise Your Child

Yes
Good
Fine
Very good
Excellent
That’s right
Correct
Wonderful
I like the way you do that
I’m pleased with you
Good work
That’s the way
What a good idea
Keep it up
You are great at that
Spot on
I’m impressed
Nice try
Well done
Good problem solving
I couldn’t have done better myself
One more attempt and you’ll be there
You learn quickly
You’ve mastered it
That’s good thinking
**HUB News**

**Rochelle Carland (Hub President)**

carlandr@bigpond.net.au or 0416 177 219

**Treats at Canteen on Friday**

As a replacement for icy poles, now that the weather is cooler, we will be offering a variety of ‘treats’ on Friday afternoons after school commencing this Friday. Most treats will be priced at 50 cents or $1. If you would like to help serve, please advise either Natalie MacLaren or Rochelle Carland.

**Popcorn Day**

The HUB will be selling freshly made popcorn next Wednesday 22nd May at lunchtime for $1. So, in the unlikely event your kids forget to remind you, they will need to bring $1 to school next Wednesday if they would like to have popcorn!

**Mothers Day Stall**

For those who didn’t get the chance to read InTouch online last week, we held a very successful Mother’s Day Stall last Thursday thanks to a dedicated group of parents. Our focus this year was on offering more personalised, rather than mass-market, products. Students had fun choosing Mum’s gifts and we hope you enjoyed them too!

A BIG thankyou to Lara Widdop, Vince Andreana and the team of Mums and Dads who helped make this possible.

**FPS Social Night – Friday 24 May**

Don’t forget your tickets for the FPS Social Nights on Friday 24th May. You can pre-purchase your tickets for $20 at the office (our preferred option as it allows us to estimate catering requirements for the night) or purchase at the door for $25. Tickets offer you entry, finger food & great music and drinks are at bar prices.

To purchase your tickets, simply complete a payment envelope (available outside office) with all the usual details and add “Tonik Bar” and the number of tickets you require on the “Payment for” line.

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**Victoria Walks to School**

On Friday 24th May ‘Victoria Walks to School’ is a one day event designed to raise awareness about the physical, environmental and social benefits of walking and to encourage students to walk to school. There is overwhelming evidence that when children walk or cycle to school, they are better off physically and importantly in terms of their social and emotional wellbeing. It is important that we encourage the students from a young age to put them on track for better health in later life.

All students who walk to school will receive a ‘Walk to School’ sticker.

**Green Travel Plan News**

Thanks to those parents who volunteered to help with the new bike and scooter parking. We have enough funding for parking for 20 more bikes and 20 scooters. But we need to first decide where is the best place to put them.

If you have any building or fencing skills (or resources) please let me know.

A reminder that, with the short days and dim weather, lights on the front and rear of bikes are a good idea. It’s only $30-$40 for a set of lights. Now is the time to install them.

Flemington Cycles and Cyclic are local bike shops that can help.

Bart Sbeghen

E macbart@bigpond.com M 0418 231 686

**Moonee Valley City Council**

We’re looking for people from all over Moonee Valley to provide comments on walking, cycling, road safety and other transport projects and help us develop good strategies to make it easier to get around Moonee Valley and become less reliant on cars.

The Integrated Transport Committee provides a forum to engage with and obtain feedback from key stakeholders in the delivery of Moonee Valley’s Integrated Transport Plan, Walking and Cycling Strategy, Municipal Parking Strategy and Road Safety Plan (including Better Moves Around Schools) and assist in the development of other relevant Council strategies.

Our meetings are held from 6 to 8 pm on Mondays at the Civic Centre, Moonee Ponds. Proposed dates are 17 June, 12 August, 21 October and 2 December 2013. We typically have a short presentation on a current project, updates on strategic issues and current projects. In addition if you are interested you might participate in a safety audit of a shared path or visit to a location in your neighbourhood where a project is planned.

You are not expected to know all the strategies but may wish to have a look at them on Moonee Valley's website.

Please contact Lisa Bagnati lbagnati@mvcc.vic.gov.au 9243 8762 or Kathleen Kemp kkemp@mvcc.vic.gov.au 9243 9172
Community News

FAMILY FUN DAY

FCGC’s first family fun day will be held on May 18th at the club! It will be a day full of activities and a time when the whole family can take part! The fun day is open to all members and their family and friends. It will include many activities which will be appropriate for all ages. Some of the activities included will be face painting, life sized angry birds and snakes and ladders, photo booth opportunities and even the opportunity to paint a permanent hand print and on the wall for everyone to see.

The fun day will also turn into a disco at night where kids can come down, boogie and maybe even learn some of our coaches awesome dance moves!

Date: 18th May, 2013
Time: 3-6 (Fun Day) and 6.30-8.30 (Disco)
Cost: $10 per person (Fun Day) or $35 for 2 Adults and up to 3 Children (from the same family)
$5 (Disco Entry)
Tickets can be purchased from Admin from Monday 22nd April.
Entry price includes access to most activities with no additional cost. Some activities may be performed at an additional cost to help assist in club fundraising.

INVESTING IN BETTER SCHOOLS: NOW IS THE TIME TO ACT!

A chance to hear from the Federal Minister, Peter Garrett, about the Gillard Governments education reforms and what they could deliver for Victoria schools if the National Government signs up to the National Plan for School Improvement.

When: Monday 20 May, 6:00pm - 7:30 pm
Where: Telstra Theatre, 247 Exhibition St (cnr Lonsdale St), Melbourne
Speakers: Peter Garrett, Federal Minister for School Education
James Merlino, Deputy Victorian Opposition Leader & Shadow Education Minister

Cath Bowtell, Victorian State President and candidate for the Federal seat of Melbourne will chair the meeting and conduct a Q&A session.

Read the details of the school funding reform package at www.betterschools.gov.au
Get involved in the “I give a Grade” campaign at www.iangrades.com.au

LEARN TO SHINE AT MOUNT ALEXANDER COLLEGE

Mount Alexander College invites enrolment applications for students from Years 7-12.

Our College is recognized regularly—students, members and parents—due to the many successes and excellence in academic results, sport, performances and extra-curricular activities. We have a carefully designed curriculum and an extensive range of clubs and activities. Our school is known for the two new programs, the Careers and Accelerated Learning Programs.

- State of the Art Science and Music Facilities
- Improving PTVI and Access to AT THE Access Program (200 places)
- 100% WACE success rate in 2010
- 110 WACE students achieving 1
- Pupil’s VET Program for flexible VET study
- College run Every Wednesday with Assistant Principal, Peter Wignall
- 100% employment rate

Please contact, book a tour or a school, or visit our website for further details.

Ann Davie - Principal
Mount Alexander College
109-113 Mount Alexander Road
Footscray VIC 3011
Phone: 93581766 Fax: 93581764
adavies@mac.vic.edu.au
www.mountalexandercollege.vic.edu.au
Kids - eat breakfast & get more out of your day:

You’ll have so much fun when you eat something yum to fill up your tum.... for breakfast!

Why is it important to eat breakfast?
Eating breakfast helps you:
- **concentrate** – gives your brain energy
- **be active** – gives you energy so you can have fun in the playground
- **learn** – the foods you eat help you to see; help you listen and help your brain work

What happens if you don’t eat breakfast?
- If you don’t eat breakfast you feel **hungry**
- Feeling hungry is your body’s way of saying it needs food.
- Your body needs food like the engine of a car needs petrol – to **keep you going**.

What is a healthy breakfast?
- Wholegrain breakfast cereal (like wheat biscuits) + lite milk.
- Top Tip: skip the sugar but you can add fruit or sprinkle on sultanas instead.
- Wholemeal toast or crumpets. Top with thinly spread fruit jam or vegemite + lite cheese.
- Porridge + lite milk + berries or dried fruit
- Fresh fruit + a tub of lite yogurt
- To drink: 100% fruit juice or refreshing water or glass lite milk

- If you want to try something quick & tasty – what about whipping up a banana smoothie with light milk or yogurt for brekky!

What’s an unhealthy breakfast?
- Breakfast cereals or bars that have lots of sugar
- Fizzy drinks
- Lollies & chips
- Fruit juice drinks that contain added sugar or less than 100% fruit juice

Top tip
- If you need to have breakfast on the run – prepare and pack fresh fruit, a wholemeal sandwich and a water bottle or 100% fruit juice nite before.
- Water is the best at keeping your body refreshed (hydrated)

Parents:

Eating a nutritious breakfast helps assist children's physical, mental and emotional development. Children who miss breakfast are less able to concentrate, are more prone to fidgeting and may find learning difficult by mid-morning. Missing breakfast means that there are more nutrients that need to be packed into lunch & dinner meals. Furthermore, there is evidence to suggest that children who miss out on a healthy breakfast are more likely to suffer from obesity later in life.

Lead by example and ensure all the family gets off to the best start with a delicious & healthy breakfast, everyday.
Flemington Primary School
Mt Alexander Road (PO Box 7), Flemington 3031
Telephone: 9376 7137 / Facsimile: 9376 2230

CONSENT FOR MEDICATION

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<tr>
<th>NAME OF CHILD:</th>
<th>GRADE:</th>
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Please provide details of medication, dosage, times, etc.

Medication: ________________________________
Dosage: ________________________________
Times: ________________________________
MEDICATION IS ADMINISTERED AT 1.30PM ONLY
Comments: ________________________________

Please note that ALL medicines are to be clearly labelled with your child’s name and required dosage of medication.

I consent to school staff supervising the administering of the above medicines to my child.

Signed: ____________________________________________
(Parent / Guardian)

Date: ____________________________________________

Office Use Only

**Medication Administered**

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<th>Time Administered</th>
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