Welcome back to school for 2014 – the Chinese Year of the Wooden Horse.

2014 is also Winter Olympics year and we look forward to reading, viewing, discussing and using the data to extend children’s learning this month.


This year we welcome a number of new staff: Lauren Aull in Grade 5; Bronwyn Dunne in Grade ¾; Virginia Merange in Prep; Michelle Rangott in Grade 1 and Kimberley Phair in Grade 6.

We also welcome Shawn Wang who is teaching Mandarin Chinese across Grades 1-6 { Preps will commence Mandarin in Term 2}; Samira Farag who is an Integration Aide working in the Grade 6 area.

I am also delighted to welcome our new Business Manager, Natalie MacLaren who brings outstanding interpersonal, organisational, financial and computer skills as well as dedication and commitment to our school.

Welcome everyone!

As this tragedy occurred during school holidays, our only means of communication was via the school Newsletter email list and the Konnective APP. A number of parents did not receive this information until Thursday and they and their children, were distressed. The DEECD Psychologists and Grief counsellors have been in classrooms this week and have assisted Grade one teachers and children. An information sheet on helping children with grief was sent home last week and additional information is available at http://www.betterhealth.vic.gov.au/bhcarts.nsf/pages/Grief_explained

All parents are strongly encouraged to register to receive the school newsletter by email and/or to register for the Konnective APP. These are our primary whole school communication tools and can be accessed via the school website. http://www.flemingtonps.vic.edu.au/

As most people will now be aware, one of last year’s Prep students, Adrian Pereira tragically drowned while on holiday in Namibia with his mother. On behalf of students, staff, parents, School Council and the wider community, our sincere sympathies are extended to Phillip and Jeneviva, and Chris.
Office News

Office Hours, 8.30am – 4.00pm Monday to Friday

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.

Payments

When making payments at the office, please complete the details on a payment envelope and place in the cash box on the side wall at the office.

Please make sure you include your child’s name, grade and the reason for the payment. If paying in cash, we cannot guarantee that there will be change available if required. An audit requirement is that all monies are banked up at the end of each day. Hence, correct money would be appreciated.

Education Maintenance Allowance

Parents please note all EMA forms need to be handed in to the office by Friday 14th February 2014. Without this, parents will need to pay the Essential Education Expenses in full by 28th February.

New Uniform Items for 2014

We have arranged with our uniform supplier for white and navy blue hijabs to be available for 2014 at a cost of $13.00. They will have ‘FPS’ embroidered on the bottom front left hand side.

As per requests from parents we also have extra length summer dresses, which cost $41 for sizes 4-14 and $43 for size 16, and also extra long shorts, which cost $22. Please see the new uniform order form on the last pages of this newsletter.

Please note school uniform is compulsory. Students are not permitted to wear clothes which do not comply with our colours: navy, white and jade green.

Online Newsletter Subscription

If you would like to subscribe to receive our weekly newsletters, and other important announcements, please visit our website http://www.flemingtonps.vic.edu.au, click on ‘subscribe to newsletter’ and enter your details.

We are not permitted under the Information Privacy Act to do this for you, nor do we have the resources to update information for all our families.

We also use the Konnective APP

To access Konnective, please visit www.konnective.com.au and join up using your email address and name. You will then need to verify a verification email sent to the email you have joined with. Or see the link on the school website.

Scholastic Book Club

Issue 1 order forms that were sent home recently are due back to the office by Wednesday 12th February 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 Program

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

Do not leave messages on the school answering machine.

| Customer Service | 8.00am - 6.00pm Monday to Friday | 1300 105 343 |
| Website | www.campaustralia.com.au |
Assistant Principal’s Report
Sandra McOrist

Sun smart
Welcome back to the new school year, it’s that time of the year when all children need to be wearing a broad brimmed hat whenever they are outside.

No hat No play - We are a sun smart school.
I am thrilled to see that all children have hats and they are clearly labelled. If you do need to write your child’s name on their hat please ask for a permanent marker from the office to do so.

If any child comes to school without a hat they will be asked to spend their play and lunch times in the covered area outside the prep learning neighbourhood. They will also be asked to sit in the shade during sport time.

Drop off area at 8:45am
Each morning there is a teacher manning the drop off area at yellow bollard, where the hall begins at the lane way. The person will ensure that your child enters the school grounds safely.
Parents are reminded that they are not to park in the staff parking zones, parking is available in the surrounding streets. If parking in the disabled parks please ensure that you have a visible disabled permit as we do have a number of parents that need to use these daily.

Before and After School Supervision
A teacher is on yard duty in the main court yard from 8:45-9:00am every morning. We encourage families to have their children at school at this time. Before school care is available if you need to bring your child earlier.

Two teachers are on duty in the afternoon, one at the bollards at Flemington Street the other in the main court yard from 3:30-3:45pm. After school care is available if you need to collect your child later. If you are unable to collect your child after school for any reason please contact the school in order to make arrangements.

Pickups at the Flemington Street Bollards…..
This pickup area on some afternoons can only be described as a complete nightmare for the yard duty teachers, Katia Scicluna and myself. It would really be appreciated if parents held their child’s hand when crossing the road and actually walked with them.
Please be aware that the childcare centre next to school is in the process of building works, this does impact on parking.
Double parking is an issue here as well, once again we ask parents to take care and park in the allocated zones. We will be contacting the council and police again if this does not improve. Please take care especially when you have the most precious possession with you, your child.

It’s great to be back

PE & Sport News
Brendan Newman

District Swimming Carnival tryouts
Students are invited to participate in the swimming trials at Travancore pool tomorrow, Friday 7th February at 7.30am. This will allow us to select a team for the District Carnival on February 28th. Students must be aged 9 years or turning 9 this year to participate. A cost of $2 is needed to cover the pool hire.

‘Art of Defence Australia’ Incursion
This week in Physical Education ‘Art of Defence Australia’ has been very kind in offering their time, free of service, to offer our students a taste of the values and technique associated to karate. The students were extremely engaged and enthusiastic about the program and received a quality workout. In a highly structured program they learnt to count in Japanese and learnt a variety of self-defence techniques.

At the end of the session each student was given a pass for two free sessions. If you’re interested in trying these sessions the times are:
Thursday: 4:00-4:45pm, 5:00-5:45pm, 6:00-6:45pm
Call Amelia – 0407 320 333 or visit www.artofdefence.com.au
DEECD News

Personal Goods Brought to School at Owner's Risk

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, electronic games, calculators, toys, musical instruments, sporting equipment, and cars parked on school premises.

The Department of Education and Early Childhood Development does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

Principals are requested to remind staff, students and parents/guardians of this at the beginning of this academic year. Staff and students should be discouraged from bringing any unnecessary or particularly valuable items to school.

Prep Information

Prep for Parents is a DEECD website specifically for parents whose child is at primary school.


There will also be links to further resources and online content to help you support your child’s learning journey.

First Aid

Flemington Primary School has a well equipped sick bay and 2 First Aid staff on duty each day. There are 4 Level 2 trained staff who are able to deal with more significant issues. Teachers on Yard Duty also carry small first aid kits to deal with minor cuts or scratches.

Students who suffer a more significant injury, bleeding or a bump to the head are immediately escorted to the sick bay. Students who have a head injury or severe bump are reviewed by the Business Manager or Principal prior to being sent back to class. Parents are also notified.

Parents are reminded that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs.

Curriculum News

Vietnamese Premier’s Reading Challenge

The 2014 Victorian Premier’s Reading Challenge is for all Victorian students in Prep to Year 9.

The aim of the Challenge is to promote a love of reading. It is not a competition, but a challenge for each student to read, to read more and to read more widely.

The Challenge has begun and officially ends on 10th September 2012. Students in Years 3 to 6 must read 15 books during this period (10 must be from the challenge list). Students in Prep to Year 2 need to read or experience 30 books during this period.

Flemington Primary school aims to have all children registered for the Challenge. Every child received a pink reading challenge permission slip during this week. Last year a number of children did not return their permission forms so missed out on certificates and having their names published.

Please make sure your child returns the signed slip by Wednesday 26th February 2012 so that we can register them as soon as possible.

The school will maintain the reading list for Grades Prep to 2 but for all students in grades 3-6, please login to the website and update your reading weekly.
Top 10 Tips for raising 21st century kids

1. Put gender on your agenda.
Gender matters so much. For instance, a recent Australian study into children’s separation anxiety found girls experience higher levels of anxiety than boys when they are 3, but it levels out by age 5. It’s refreshing to see so much research, such as this, now rightfully highlighting gender differences. So start nuancing your parenting to account for gender differences.

2. Give the gift of restraint.
At a time when kids receive so much it’s easy to forget that restraint is a virtue. Just because you can afford to give kids what they want, doesn’t mean you should. Differentiate between a want and a need ….. and encourage restraint, goal setting and saving in kids. It’ll help them to be successful at school and beyond.

3. Build your developmental knowledge.
Lucky you have two eyes, as you need to keep one parenting eye on meeting kids’ current needs and the other on preparing them for their next stage. If starting school or secondary is a year away then start thinking how you can make sure your child is school-ready this year. Not all stages are so obvious so it helps to tune in to the minor changes in your child and build up your developmental knowledge.

“You waited your turn! Great stuff!” “Thanks for packing away the toys without being told.” “Good on you for staying in bed when you woke up rather than come to our bedroom to wake me up.”
A child’s ability to self-regulate his or her behaviour (like the ability to self-soothe and self-occupy) is highly under-rated, and doesn’t come naturally to all kids. That’s where consistent parenting that’s use visual management and behavioural consequences comes in.

5. Practise digital parenting.
The most tech-savvy generation ever raised needs digitally aware parents. The Internet is fun and it’s here to stay, but it can pose risks for some kids. Limit screen time to what you think is appropriate and ban screen time an hour before bedtime!
Digital parenting means providing guidelines for safety without limiting children’s opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

6. Develop character strengths in kids.
Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person’s life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).

7. Roll down Redundancy Road.
The fundamental role of a parent is to make yourself redundant. Always has been. Always will be. There are three ways to do this— teach skills of independence, develop self-help skills and allow kids to learn from their mistakes. If your current parenting is heading toward Dependency Drive, it’s never too late to take a turn and head down a different road toward Redundancy. Start small but, for goodness sake, start now.

8. Practice reciprocity.
The best families, like the most meaningful communities, are built on the principle of reciprocity. “We help each other out and we treat each other fairly” builds belonging and forges greater kinship between siblings.

One in three of today’s children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it’s not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practising meeting and speaking to new friends and modelling social risk-taking yourself as parent.

10. Get a coach or mentor.
The quickest way to get better at any skill is to get a coach or use a mentor to share their experiences and show you the way. (I’ve got coaches and mentors for everything from speaking, writing and social media through to golf, scuba diving and my other interests.) Parenting is no different. Draw on the expertise and experience of trusted sources to help you be the best parent you can be this year.

Here’s to better parenting in 2014!

Courtesy Michael Grose publications
Hub News (FPS Parent's Association)
Rochelle Carland (HUB President)
carlandr@bigpond.net.au - 0416 177 219

Firstly, a warm welcome back to school and to new parents at FPS!

Prep Parents Morning Tea

Thank you to the Grade 1 parents who put together a great morning tea last Friday to celebrate/commiserate with parents of our new preps. Thanks to those who contributed food and came along to meet and greet! A big thank you to Carrie Bloomfield for coordinating the event.

New HUB Members Welcome!

The HUB is made up of a dedicated group of FPS parents and our role is to enhance our children's experience at school; organise social events to foster & encourage community spirit; and raise funds for the school. New members are ALWAYS welcome! We meet once a month (but you're not locked in to attending every meeting) or, if meetings don't suit, you could simply advise us that you'd like to help out when you can... ANY help is appreciated and, as all HUB members will attest, your kids will love seeing you help out at school! Please don't hesitate to contact me if you'd like further information. You can also send me an email on the above email address if you'd like to be added to the HUB distribution list.

Icy Poles

Now the hot weather is here, icy poles are back on sale Mondays, Wednesdays and Fridays for the rest of term. Icy Poles are $1.

Annette Williams (mum of Imogen in Gr 2 and Chris in Prep) is co-ordinating icy-poles this term. If you'd like to help out with selling, please contact Annette (annette_andrew@hotmail.com) or myself to get your name on the roster.

Fete Update

Hopefully you all have the 22nd March 11 to 4pm in your diary for our big Fete. The HUB has started early organising things for the Fete. Keep your eye on InTouch to see how you can get involved and help out on the day.

CRAFT STALL

We are looking for jewellery makers, sewers, and origami folders - anyone with a fabulous craft skill who could help out with the craft stall for our fete. If you would like to assist and have some fun along the way (as well as share and learn new skills) then email Katie Evans katie@katieevans.com.au

PLANT STALL

The plant stall requires seedlings, shrubs, indoor, outdoor and edible plants to be donated by families and friends of Flemington Primary. The fete is only six weeks away. If you're looking for a fun gardening project, that the kids can also be involved in, now is the time to start!

Ideas include (but are not limited to):
- Propagate plants you have in your garden
- Plant seeds to sell as seedlings
- Pot existing herbs you have in your garden
- Have a backyard blitz and donate plants/shrubs no longer required
- Or if you fancy being creative... paint pots in bright colours, make a hanging basket, a scarecrow, a fairy garden....

Please contact Natalie Storey if you can assist at nataliestorey@tpg.com.au

TOYS AND BOOK STALL

We are looking for very good quality second hand toys and books for these stalls.

Please DO NOT drop off any donated goods until after March 11. We will advise you of the times and locations of drop-off closer to the date.

Gabrielle Dolan - gabrielle@gabrielledolan.com
Flemington Primary School

Saturday 22nd March
11am to 4pm

200 Mount Alexander Road Flemington

- GIANT Slide - RIDES
- Craft stall - Books - Toys
- Live Music - Kids Clothes
& MUCH MORE ....
All welcome.
Out of Hours activities

This year, Kumon has relocated to Kensington and will no longer be offered at FPS.

Our preferred option is the AAFRO Tutoring School for all children Prep – Year 12. This is supported by LaTrobe University lecturers and students, and school offers small group and individualised instruction and individual help with homework tasks and general skills in English, Maths, Science and other subjects. Held at school on Saturday mornings.

Tuesday 3.45 – 4.30pm
CHESS – see ink flyer distributed to class this week or call at the office. Cost is $72 for the 8 week program. Program begins 11th February. There are Beginners & Advanced classes.

Thursday 4.00 – 5.00pm
"Come and try Karate, Specialised children’s classes here in the School Hall on Thursdays at 4pm and 5pm. Two free lessons for everyone! Beginners very welcome. Increase self esteem and personal confidence, learn self defence, enhance good health and fitness and have fun all at the same time! Free uniform on joining. Call Amelia on 0407320333 or visit www.artofdefence.com.au"

SATURDAY
AAFRO provides basic numeracy and literacy skills for primary age children, through to VCE-level English and Maths in individual and small group settings. We can also support with transition to work, such as CV writing and professional communication.
Around 40 students attend the Saturday morning program on a regular basis.

Tutoring fees:
We run 4 four hours every Saturday from 9am to 1pm. 9am to 10am is free for all students; however, from 10am to 1pm we charge $30 dollars per student. The 4th student in any family attends free of charge. Please see registration form on next page.

Abdullahi A Osman
Mob: 0401 000 562
AAFRO Homework Club at Flemington Primary School

The Tutoring Program in Flemington is an initiative of the Melbourne African community with the support of AAFRO, and offers intensive small group and individual help with homework tasks and general skills in English, Maths, Science and other subjects. It provides basic numeracy and literacy skills for primary age children, through to VCE-level English and Maths, and support with transition to work, such as CV writing and professional communication. Around 40 students attend the Saturday morning program on a regular basis.

Tutoring fees:
We run 4 four hours every Saturday from 9am to 1pm. 9am to 10am is free for all students, however, from 10am to 1pm we charge $30 dollars per student. If more than 3 students in a family attend, they are free. We charge for 3 students. Students from Newly arrived Migrant families are also free, especially those who need extra support for ESL, but it depends on availability of voluntary tutors and teaching resource.

Abdullahi A Osman
Mob: 0401 000 562
Tel: 9689 8033

Student Registration Form and Parental Consent

Please fill out this form and return it to the Club as soon as possible.

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<th>Student Details</th>
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<td>Name</td>
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<th>Emergency Contact Information</th>
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<td>Contact 1 Name</td>
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<td>Address</td>
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<tr>
<td>Contact 2 Name</td>
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<td>Address</td>
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Parental Consent
By returning this completed form I agree to the child named above taking part in the normal activities of the AAFRO. I have read the Code of Conduct for both students and parents/guardians and agree to abide by those whilst in the tutoring centre. And I understand that any serious or continued breach of these codes may result in my child being expelled from the tutoring.

Parent/Guardian Name: ____________________________  Date: _________
Parent Guardian Signature: ____________________________

Photography
From time to time the AAFRO may wish to take pictures for promotional use in local, regional or national media to promote the work of the AAFRO Tutoring Services. Any photographs taken will be used solely for promotional purposes. Please sign below to indicate your agreement for pictures to be taken for the above reasons.

Parent/Guardian Name: ____________________________  Date: _________
Parent Guardian Signature: ____________________________
Contour Moonee Ponds

**6 WEEK BODY BLITZ**

If you need some extra motivation to achieve your health and fitness goals then join the BODY BLITZ:

- Weekly meetings with a trainer to guide, motivate and challenge you
- Full Access to our fitness studio including all classes – ZUMBA, PILATES, CARDIO and more
- Exclusive Bootcamp Sessions
- Personal Training
- Nutrition Guide

Call **9370 3320** to find out more. Or visit us at Level 1, 39 Puckle Street, Moonee Ponds.

“Come and try Karate, Specialised children’s classes her in the School Hall on Thursdays at 4pm and 5pm. Two free lessons for everyone! Beginners very welcome. Increase self esteem and personal confidence, learn self defence, enhance good health and fitness and have fun all at the same time! Free uniform on joining. Call Amelia on 0407320333 or visit www.artofdefence.com.au”
THREE WEEK FREE FOOTBALL CLINIC FOR 7 - 11 YEAR OLDS
FEBRUARY 10, 17 AND 24TH 2014

Is your child interested in taking their footy further and joining a club? Come and try Moonee Valley Football Club.

A free 3 week clinic will be held on Mondays, between 4.15 and 5.15pm at Moonee Valley Football Club
Ormond Park
Pattison St, Moonee Ponds (Melway 29 A9).

Please direct any questions to Damian Gillard on 0416246016
OLYMPIC FENCING
Learn the basic skills of this exciting sport.

Classes held at 1st Floor, 204 – 206 Arden St North Melbourne 3051.

Term 1 2014
Start Saturday 15th February 2.30 – 3.30
or
Monday 17th February 4.15 – 5.15

All equipment provided.

Suits age 8+.

Adult classes available.

Questions: Pieter - 0403 320 817 (business hours) or Register your interest by email; maitre@internode.on.net
# Flemington Primary School

## SCHOOL UNIFORM ORDER FORM

Prices as at February 2014

Opening times
Monday - 3.15pm - 3.45pm  &  Friday – 8.45am - 09.15am

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<td>$40.00</td>
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<tr>
<td>White long sleeve printed back and front</td>
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<tr>
<td>BREATHABLE SPORTS SHIRTS</td>
<td>Ch 8 -16</td>
<td>$28.00</td>
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<td>Printed, short sleeve (GRADES 3-6 ONLY) WEAR WHEN PARTICIPATING IN SPORT</td>
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**TOTAL AMOUNT DUE**

OFFICE USE ONLY

ORDER FILLED BY:   DATE:

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### PREP GIRLS SUMMER UNIFORM PACK
Pack consists of:

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<th>Item</th>
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<tbody>
<tr>
<td>Wide Brim Hat</td>
<td>Small/med/large</td>
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<tr>
<td>School Bag</td>
<td>Large only</td>
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<tr>
<td>Windcheater/Bomber (please circle)</td>
<td>4 - 10</td>
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<tr>
<td>Summer Dress/Long Summer Dress (please circle)</td>
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</table>

PACK TOTAL ~ $118.00 (windcheater)/$125.00 (bomber) – circle option
PACK TOTAL LONG DRESS ~ $120.00 (windcheater)/$127.00 (bomber) – circle option

### PREP BOYS SUMMER UNIFORM PACK
Pack consists of:

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<th>Item</th>
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<th>Back Order Completed</th>
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</thead>
<tbody>
<tr>
<td>Wide Brim Hat</td>
<td>Small/med/large</td>
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<tr>
<td>School Bag</td>
<td>Large only</td>
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<tr>
<td>Polo Shirt - short sleeved</td>
<td>4 - 10</td>
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<tr>
<td>Windcheater/Bomber (please circle)</td>
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<tr>
<td>Rugby unisex shorts</td>
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<tr>
<td>Long Shorts (please circle)</td>
<td>6 - 14</td>
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</table>

PACK TOTAL ~ $122.00 (windcheater)/$130 (bomber) – circle option
PACK TOTAL LONG SHORTS ~ $124.00 (windcheater)/$132 (bomber) – circle option

### PREP GIRLS / BOYS WINTER UNIFORM PACK
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<th>Back Order Completed</th>
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</thead>
<tbody>
<tr>
<td>Polo Shirt - long sleeved</td>
<td>4 - 10</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Windcheater/Bomber (please circle)</td>
<td>4 - 10</td>
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<tr>
<td>Track Pants</td>
<td>4 - 10</td>
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</table>

PACK TOTAL ~ $75.00 (windcheater)/$83.00 (bomber) – circle option

Orders for uniforms are to be lodged at the office. Parents will be notified when goods are ready for collection and payment.

Cheques to be made payable to Flemington Primary School

Unfortunately, we are not able to accommodate daily shopping.
MONDAY, Jan. 14, 2013 (HealthDay News) --

Children and teens who spend time watching television, playing video games or using the computer right before bedtime are likely to take longer to fall asleep than those who watch less or none, according to new research. And that could add up to a sleep deficit, experts said.

"Reducing screen time in this pre-sleep window could be a good strategy for helping kids go to sleep earlier," said study leader Louise Foley, who was a researcher at the University of Auckland in New Zealand at the time of the study.

Foley and her team zeroed in on how much TV watching and video game playing children and teens, 5 to 18, did in the 90 minutes before their bedtime. They also looked at how long it took them to fall asleep. The more screen time, the longer it took to doze off.

The study was published online Jan. 14 and in the February print issue of the journal Pediatrics. The findings are no surprise, said Dr. Dimitri Christakis, a distinguished professor of pediatrics at the University of Washington, in Seattle. Christakis has studied the effects of media use on children.

"There is growing evidence that media use around sleep time is bad for sleep initiation," Christakis said.

The new study, he said, suggests that "it's not so much having a bedtime for your children. You have to have a bedtime for their devices."

Although previous research has found that television viewing and other "screen-time" activities are linked with a decline in the length of time children and teens sleep, the new study is believed to be the first to look at the pre-bedtime period by asking youth (or their parents, for the younger children) to account for their time in detail.

In the new study, the researchers found that about one-third of the 90 minutes before bedtime, on average, involved watching television, playing video games or working at the computer. Engaging in such screen time, experts say, can cause arousal, making sleep difficult. The blue light from screens can affect circadian rhythms and adversely affect falling asleep. Differences found between sleep onset were wide-ranging. For instance, those in the late group spent 13 more minutes of screen time before bed than did those in the early-to-sleep group. Although the difference may seem small, it adds up to an hour less sleep over the school week.

The new study findings add to accumulating evidence about the problem of too little sleep in children and teens, said Dr. Roya Samuels, an attending pediatrician at Cohen Children's Medical Center in New Hyde Park, N.Y.

"We've seen so many studies over the past couple years that have concentrated on the effects of inadequate sleep," she said. It has been linked with "all sorts of detrimental consequences on kids' behavior patterns the next day -- increased aggression, being hyperactive."

Samuels blames lack of sleep in children and teens on a lack of proper winding-down activities -- and often that's because they are busy watching television or using the computer.
"Sleep is just as important in terms of growth and development as nutrition," she said. "Kids need adequate sleep to grow emotionally, physically and mentally. Two hours before bedtime should be calm time."

She said she realizes this is a challenge, with many parents juggling work and household and parenting demands, including homework supervision. Foley suggested encouraging kids to try activities that don't take place on-screen. The entire family could participate in a non-screen activity such as arts and crafts together right before bedtime, she said.

"It's a lot easier for a child to reduce screen time if the whole family has made a commitment to watching less TV," she said.

How much sleep is enough? Although people vary in their needs, the National Sleep Foundation suggests preschoolers need about 11 to 13 hours, elementary school children about 10 or 11 hours and teens 8.5 to 9.25 hours.

SOURCES: Louise S. Foley, Ph.D., formerly at the University of Auckland, New Zealand, Roya Samuels, M.D., attending pediatrician, Cohen Children's Medical Center, New Hyde Park, N.Y.; Dimitri Christakis, M.D., M.P.H., professor of pediatrics, University of Washington, Seattle, and director, Center for Child Health, Behavior, and Development, Seattle Children's Research Institute; February 2013 Pediatrics
Time spent watching television and using computers is affecting the sleep of children as young as two, research shows.

A survey of parents of 101 Melbourne children aged two to five years found 54 per cent of children had sleep problems, which included having difficulty falling asleep and waking during the night or early morning.

Researcher Amanda Richdale, of La Trobe University's school of psychology, analysed various factors to measure their impact on children's sleep patterns, including "screen time" on a TV or computer. She found children who spent the most time on a TV or computer were the worst sleepers, showing electronic devices were having an impact even at a very young age.

Associate Professor Richdale said 95 per cent of children in the study watched TV for an average of an hour a day, and 64 per cent of children used electronic devices including computers and tablets for an average 19 minutes a day. But she said some children were watching TV and using electronic devices for up to three hours a day, putting them at risk of sleep problems.

She said screen time was known to be impacting on the sleep patterns of older children and adolescents, but "I was surprised we could already see an effect in children not at school yet".

The study also found that children whose primary caregiver worked full or part-time tended to have better sleep patterns, which Professor Richdale said could be linked to a greater reliance on set routines. "A mother or father who goes to work probably has to keep better routines to get through everything, and that helps promote sleep in children," she said.
The study found children who were too hot or too cold were more likely to have poor sleep, which was linked to parents using heaters to warm children's bedrooms in winter.

Professor Richdale, who presented the findings at the Australasian Sleep Association conference in Brisbane on Friday, said sleep problems were common for two to five-year-olds, who usually outgrew them.

"Parents should make sure children are sleeping at a comfortable temperature and that they don't have things like TVs, computers and iPads in their bedrooms or spend too much time watching them," she said.

Professor Richdale recommended 11 to 12 hours' sleep for children aged 2-5.

Also
Top Tips for Prep Children

School age is the perfect time for children to learn about healthy food, bodies and activity. This is the time they start a busy social life, have pocket money and begin to help choose their own lifestyle. Children of this age learn quickly and are also influenced by their friends and popular trends.

Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat. When children are busy and active, snacking is important to keep energy levels high. A healthy morning snack at recess and one after school are usually needed each day.

Breakfast is important

It is important to encourage breakfast. A good night’s sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning and it can help with performance at school. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.

School lunches

Many schools have a canteen that offers a range of food choices. Most schools follow government guidelines to encourage healthy food choices. The food your child chooses might be high in cost and energy, but low in nutrients sometimes. An alternative is a packed lunch from home, which is a great way for your child to learn about healthy food and to help with preparation.

Lunch box suggestions include:
- Sandwiches or pita bread with cheese, lean meat, hummus and salad
- Cheese slices, crackers with spread, and fresh or dried fruits
- Washed and cut up raw vegetables or fresh fruits
- Frozen water bottle or tetra pack of milk, particularly in hot weather.

School lunches – foods to limit

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet. Foods to limit in everyday school lunches include:
- Processed meats such as salami, ham, pressed chicken and Strasbourg
- Chips, sweet biscuits, and muesli bars and breakfast bars
- Fruit bars and fruit straps
- Cordials, juices and soft drinks.

Treats and peer pressure

Peer pressure to eat particular ‘trendy’ foods at this age is strong. Let your child eat these kinds of foods occasionally, such as at parties, special events or when the rest of the family enjoys them. It’s best to limit the amount of money children are given to spend at school or on the way home.

The occasional lolly, bag of chips or takeaway food doesn’t do any harm. If they are eaten too often, however, you might find that:
- Not enough nourishing foods are eaten.
- Children become overweight or obese.
You’re spending a lot of money – it’s much cheaper to provide homemade snacks and lunches.

You’re missing a chance to teach your child about healthy eating.

**After-school snacks**

Children of this age may have swings in appetite depending on activity levels, so allow them to choose how much they need to eat while offering a wide variety of healthy foods. Some children only eat small amounts at the evening meal, so make sure that the afternoon snack is nutritious, not just high in energy.

Snack suggestions include:
- A sandwich with a glass of milk
- Cereal and fruit
- A bowl of soup and toast.

**Family mealtimes**

For schoolchildren, family mealtimes are a chance to share and talk about the day’s activities and events. The evening meal together is an important time to do this.

Family mealtime suggestions include:
- Allow talk and sharing of daytime activities.
- Avoid distractions such as the television, radio or the telephone.
- Let your child decide when they are full – don’t argue about food.
- Allow children to help with preparing meals and shopping.
- Teach some simple nutrition facts such as ‘milk keeps your bones strong’.

**Drinks**

Suggestions include:
- Children should be encouraged to drink plain water.
- Sweet drinks such as cordials or fruit juice are not needed for a healthy diet and aren’t recommended.
- A glass of milk (or a tub of yoghurt or slice of cheese) equals a serve of dairy food. Three serves are needed each day for calcium.

**Exercise and activity**

Physical activity is an important part of good health. Try to encourage your child to do something active each day, such as a hobby, play a game or be involved in sport. Some parents may also worry about their child’s weight.

For primary school children 60 minutes of activity is recommended each day, and no more than two hours of watching TV, DVDs or computer games.

To increase your child’s activity, try to:
- Limit the amount of time spent watching television for the whole family.
- Do something physical and active together.
- Go and watch your child play sports.
- Encourage daily activity, not just exercise.
- Use the car less – that means everyone!
Healthy tips for school-aged children

Suggestions include:
- Children need a variety of different foods each day.
- Snacks are an important part of a healthy diet for active children.
- Make snacks nutritious, not just high in energy.
- Plan to share meals as a family.
- Enjoy talking and sharing the day’s happenings at mealtimes.
- Let children tell you when they're full.
- Give your child lunch to take from home.
- Let children help with food preparation and meal planning.
- Encourage physical activities for the whole family.
- Encourage children to drink plain water.

Where to get help
- Your doctor
- Dietitians Association of Australia Tel. 1800 812 942
- School nurse
- Parentline (24 hours) Tel. 132 289

Things to remember
- Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks.
- Let children help with food preparation and meal planning.
- It is important to encourage breakfast, because a good night’s sleep followed by food in the morning helps your child stay active and concentrate at school.
- Limit screen time and aim for some physical activity every day.
CONSENT FOR MEDICATION

NAME OF CHILD:  
GRADE: 

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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