Let’s go for a walk...

I don’t know about anyone else but watching the Olympics and sensing that hopefully we will be seeing much finer weather in the not too distant future, makes me feel as though I need to spend more time outdoors! Not that I’m thinking about running a marathon or entering a judo competition.

It’s even something that my daughters and I decided to commit to during the recent school holidays. I think it must have been a nice sunny morning when we felt inspired to go for walk. While on this walk we agreed that every weekend we should do something active together. So far we have enjoyed mornings out together riding our bikes and roller blading (while I run alongside). However, over the weekend that just past, our active lifestyle commitment hit a speed bump when I suggested that we just go for a stroll around the block. To me a walk is the best way to slow down life and notice things that you would usually speed past. I thought that this would be a brilliant idea especially while the sky was blue! However, my excitement was crushed when both my daughters questioned the idea. When I mentioned that it would be nice to just go for a walk and get some fresh air I was interrogated for the next 10 minutes. Sometimes I wish as parents we had a remote control that could fast forward endless questions by our children to justify a choice that we have made so that we could get on with what we need to do! I’m honestly getting glimpses of what life will be like when my daughters turn into teenagers!

Key reminders

- **Join Tiqbiz! Currently we have 149 people! Last week for email notices**

- **Library Helpers needed**

- **Science Talent Search**

- **Bogan Bingo Social night**

Dear Parents/Carers,

Science Week 15th to 19th of August

I just wanted to begin the newsletter this week by congratulating the 20 students that represented Flemington PS recently at the Science Talent Search. The Science Talent Search is an annual, science based competition open to all primary and secondary students in Victoria. Our science teacher Nicola was impressed with what the students produced which were based on the theme ‘Drones, Droids and Robots'. The student projects will be on show for the school community on Monday 15th of August at recess as part of the Science week celebrations next week! The showcase will include videos, working models and computer programs that were created by the students. I also wanted to take this opportunity to thank our science teacher Nicola who does an amazing job inspiring the students.

Let’s go for a walk...

I don’t know about anyone else but watching the Olympics and sensing that hopefully we will be seeing much finer weather in the not too distant future, makes me feel as though I need to spend more time outdoors! Not that I’m thinking about running a marathon or entering a judo competition.

It’s even something that my daughters and I decided to commit to during the recent school holidays. I think it must have been a nice sunny morning when we felt inspired to go for walk. While on this walk we agreed that every weekend we should do something active together. So far we have enjoyed mornings out together riding our bikes and roller blading (while I run alongside). However, over the weekend that just past, our active lifestyle commitment hit a speed bump when I suggested that we just go for a stroll around the block. To me a walk is the best way to slow down life and notice things that you would usually speed past. I thought that this would be a brilliant idea especially while the sky was blue! However, my excitement was crushed when both my daughters questioned the idea. When I mentioned that it would be nice to just go for a walk and get some fresh air I was interrogated for the next 10 minutes. Sometimes I wish as parents we had a remote control that could fast forward endless questions by our children to justify a choice that we have made so that we could get on with what we need to do! I’m honestly getting glimpses of what life will be like when my daughters turn into teenagers!
My youngest daughter was the most vocal as she struggled to see any purpose in going for a walk. All I said was, ‘Let’s go for a walk’.

My daughter responded with, ‘Why?’

‘It’s a nice morning’

‘So’

‘We said that we would do something active each weekend’.

‘But you said that we should go for a walk’

‘A walk is good exercise’

‘But where are we going to walk to?’

‘We’ll just walk and see where we end up’

‘But what am I supposed to do while we’re walking’

‘Talk, notice interesting things’

At this point there was silence for a few seconds. ‘I’m not sure about walking’

‘What do you mean?’

‘I don’t know if you know where we are walking to’

‘Does that matter?’

‘Yes, because we’ll get lost!’

‘That’s the fun bit’

‘Um. Maybe you should go for a walk on your own’.

By this time I felt that we had used up most of our energy talking about walking.

Anyway, hopefully you have been able to enjoy some of the Olympic events despite the time zone challenges! In regards to keeping active the Year 2-6 grades have their major camps coming up in Term 4 which is always an exciting event for the students.

Speaking of being active, keep a lookout in the coming weeks for news from the Student Representative Council as they will be launching the Flemington Primary School ‘Active Path’. The ‘Active Path’ is a Ride2School program initiative. Ride2School personnel in conjunction with Moonee Valley Council have created signed and safe pathways leading to the school to encourage more students and families to walk, ride or skate each day. A map of the signed and safe pathways will be shared with the school community soon!

Enhancing the connections of our Multicultural and Diverse Community

‘Working Party’

Thank you to the parents that were able to meet as a ‘working party’ on 4th of August to begin discussions around how we as a school community can enhance and celebrate our multicultural and diverse community. Questions/comments that were mentioned during the evening centred around the idea of focusing on what makes us the same (or what is our common story) as opposed to our differences. We also discussed ways to make our stories visible and interactive so we can share and celebrate our community.

A number of strategies and actions were suggested which we felt would set the scene and expectations of ways that we could enhance and further embrace our multicultural and diverse community. More information to be shared in coming months!

As a working party we are keen to invite other members of the school community to join the group. Please contact the office if you are interested.

Hope everyone had a great week,
Alex Artavilla
**Pupil of the Week**

**Week beginning 8 August 2016**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep G</td>
<td>Mariyam A</td>
<td>Playing safely in the yard and reminding her friends how to be safe at playtime.</td>
</tr>
<tr>
<td>Prep MC</td>
<td>Ciel D</td>
<td>Following classroom routines and walking safely to the Flemington library.</td>
</tr>
<tr>
<td>Prep W</td>
<td>Liam A</td>
<td>Working towards managing his voice in class and remembering to put his hand up to contribute his ideas. Good work!</td>
</tr>
<tr>
<td>1A</td>
<td>Mariana DOS</td>
<td>Being Safe when playing around the playground.</td>
</tr>
<tr>
<td>1K</td>
<td>Zach M</td>
<td>Showing a good understanding about how to be safe online. Great Job!</td>
</tr>
<tr>
<td>1P</td>
<td>Mushahed S</td>
<td>Always sitting on his chair correctly without needing a reminder.</td>
</tr>
<tr>
<td>1R</td>
<td>Faiqa S</td>
<td>Always keeping herself safe and looking out for other people. Faiqa is an excellent role model to others.</td>
</tr>
<tr>
<td>2I</td>
<td>Yusra A</td>
<td>Moving around the room safely when changing activities and seating arrangements.</td>
</tr>
<tr>
<td>2J</td>
<td>Mathew W</td>
<td>Being on the lookout for safety issues in the classroom and helping solve them.</td>
</tr>
<tr>
<td>2S</td>
<td>Sumaya A</td>
<td>Always using our classroom equipment safely and correctly.</td>
</tr>
<tr>
<td>3M</td>
<td>Oscar M</td>
<td>Always demonstrating the value of ‘Being Safe’.</td>
</tr>
<tr>
<td>34J</td>
<td>Raqiya M</td>
<td>Making sure the class walks safely when transitioning between specialist classes.</td>
</tr>
<tr>
<td>34L</td>
<td>Sarah G</td>
<td>Helping our new student learn the English words for body parts. Keep being an awesome friend Sarah!</td>
</tr>
<tr>
<td>34M</td>
<td>James S</td>
<td>Being safe at the Football clinic.</td>
</tr>
<tr>
<td>34T</td>
<td>Abdullahi H</td>
<td>Safely participating in the North Melbourne Football Clinic.</td>
</tr>
<tr>
<td>45F</td>
<td>Imogen L</td>
<td>Being a great role model for safe online behaviours and for being a careful and respectful digital citizen. Well done!</td>
</tr>
<tr>
<td>5C</td>
<td>Mahdi H</td>
<td>Taking responsible risks in his learning and producing some great work.</td>
</tr>
<tr>
<td>56P</td>
<td></td>
<td></td>
</tr>
<tr>
<td>56V</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6T</td>
<td>Brendon Ho</td>
<td>Always sharing with his classmates and teacher.</td>
</tr>
</tbody>
</table>

---

**Office News**

**Office Hours, 8.30am – 4.00pm Monday to Friday**

**Payments made to the office.**

Parents another reminder that any money being given to the office must be sealed in an envelope with your child’s name, grade, amount enclosed and the reason for payment written on the front. In future we will not accept any money over the counter.

**Music Tops**

Attention parents, our Music tops have finally arrived and are on sale for $32.00, an increase of $2.00. Please visit the office if you would like to purchase one and be ready for the End of Year Instrumental Music Concert.

---

**The FPS Science program is seeking donations:**

**Newspapers**

(e.g. used, and cleaned, takeaway containers)

Please deliver to the science room on Mondays, Tuesdays or Wednesdays
Assistant Principal’s Report
Sandra McOrist

SWPBS (School Wide Positive Behaviour Support)

This is a program that encompasses our school values and our matrix of behaviour and learning. An independent audit was compiled this week to see how far the school had come since we started 18 months ago. It was extremely pleasing to find that the school scored 100% on the staff, students and parents being asked about and knowing our school values. We also received fabulous results in our reward system and behavioural expectation. We continue to work hard to achieve and maintain these standards throughout all areas of schooling. Our goal from here on is to not only know the values of the school but to support the students in demonstrating them each day both at school and at home.

Be Safe,  Be Kind,  Be Respectful,  Be Ready To Learn

Library Helpers Wanted!

We are organising a roster for parent helpers to come in and help with the library. Our goal is to have a volunteer each day to help with shelving and general library upkeep. You can even pair up with a friend and come in together! The tentative plan is for parents to come in at lunch or during a library session and shelve all the books which have already been scanned for return.

If you are interested, please email Josh Velez (velez.josh.j@edumail.vic.gov.au) expressing your interest and availability. Thank you for your help, it is always appreciated!

Joshua Velez
Literacy Coordinator

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.

<table>
<thead>
<tr>
<th>Customer Service</th>
<th>8.00am - 6.00pm Monday to Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Website</td>
<td><a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a></td>
</tr>
</tbody>
</table>
Science News
Nicola Dziedzickiewicz

On Saturday, 20 students represented Flemington Primary School at the Victorian Science Talent Search. These students have been working on their entry since May, and their hard work paid off when they presented to a panel of judges on the weekend.

Congratulations to all of these students for their persistence and dedication to completing their project. A very big thank you to the families who supported their children to do so – most of the work was done by the students, but I know they could not have done it without the support and encouragement from their family.

<table>
<thead>
<tr>
<th>Students</th>
<th>Project Titles</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samuel</td>
<td>3M Spinning Thingy</td>
<td>Working Models</td>
</tr>
<tr>
<td>Blanca &amp; Chris</td>
<td>2J Sea Cleaner</td>
<td>Posters &amp; Scientific Wall Charts</td>
</tr>
<tr>
<td>Khang</td>
<td>45F How Drones Work</td>
<td>Posters &amp; Scientific Wall Charts</td>
</tr>
<tr>
<td>Issy &amp; Imogen</td>
<td>45F Mechanical Wonders</td>
<td>Video Productions</td>
</tr>
<tr>
<td>Alana &amp; Tikki</td>
<td>34T Brain v Robot</td>
<td>Video Productions</td>
</tr>
<tr>
<td>Abbie</td>
<td>34J A New World</td>
<td>Creative Writing</td>
</tr>
<tr>
<td>James</td>
<td>45F Robots, Lego, DINOSAURS!</td>
<td>Working Models</td>
</tr>
<tr>
<td>Cameron</td>
<td>45F Mechanical Mystery</td>
<td>Computer program</td>
</tr>
<tr>
<td>Tama &amp; Matthew</td>
<td>34J Box Run</td>
<td>Computer Programs</td>
</tr>
<tr>
<td>Sebastian</td>
<td>34L Drones in my home</td>
<td>Posters &amp; Scientific Wall Charts</td>
</tr>
<tr>
<td>Josie &amp; Rebecca</td>
<td>34T Dog needs</td>
<td>Computer Programs</td>
</tr>
<tr>
<td>Naureen</td>
<td>56P What robots actually do in space</td>
<td>Posters &amp; Scientific Wall Charts</td>
</tr>
<tr>
<td>Max</td>
<td>34L Magnificent Drones</td>
<td>Posters &amp; Scientific Wall Charts</td>
</tr>
<tr>
<td>Andrew</td>
<td>56V The Extended Antenna</td>
<td>Working Models</td>
</tr>
<tr>
<td>Andrew</td>
<td>56V Bringing Back the Dinosaurs</td>
<td>Video Productions</td>
</tr>
<tr>
<td>Imogen</td>
<td>34M Robots in the Making</td>
<td>Video Productions</td>
</tr>
</tbody>
</table>

On Saturday morning I had the pleasure of volunteering as a judge at the Science Talent Search. I was judging the Video Productions category in which students had the opportunity to demonstrate their understanding of a science concept through the medium of video. It was inspiring to see and hear students’ ideas on a range of science topics and to engage with the creative ways they thought of to show their interest and knowledge.

A big thank you to Alexandra Taylor, teacher of 3/4T, for also volunteering as a judge on Saturday, fulfilling a requirement which made it possible for FPS to enter the maximum number of entries allowed. I am also so grateful to James Thomas, teacher of 3/4J, for the time and effort he gave to some of the students who entered the Computer Programs category.

Your child will have the opportunity to see some of these projects on display in the science room on Monday 15th August during recess.
Hello and welcome to another week of hub news

HUB SOCIAL NIGHT - TICKETS NOW ON SALE!! SATURDAY 27 AUGUST 7pm.

This fun filled night will be half game show and half party, and we expect to see some awesome hairstyles, outfits and air guitar skills on display!

Tickets are $25 and are on sale at the office. Any new families this is a great way to get to know other families. Start organising a table of 8 to 10 friends in what should be a great night. We can also organise a table for you. BYO food and drinks.

Friday Canteen

This Friday we will be selling lamingtons for $1. If you have any suggestions of items you would like to see available, or you would like to be involved, please contact Julie (julie.lam1@optusnet.com.au).

Next Meeting

Next AGM 7 September at 7.30pm at The Laurel Hotel, 289 Mt Alexander Rd, Ascot Vale. All Welcome. If you have any questions, suggestions or would like to be on the hub distribution list please send an email to Julie at Julie.lam1@optusnet.com.au.

FPS Bicycle-Recycle

– Volunteers please!

Fridays Aug. 12th, 19th & 26th

8.30 to 9.30am / 3.30 to 4.30pm

A big thank you to all those that participated in last Saturday’s inaugural Bicycle Bee. More than 35 adults and kids turned up on the day and we fixed 12 bikes, gave away 8 bikes and received another 8. The Bike-bee-que fundraiser was also a success. We’ll be sure to repeat the exercise early in T4.

We are now back to our usual Friday routine. Please join us to fix and repair bikes for those in need. If you have a bike that needs repair bring it along and we’ll try and help you fix it. No experience necessary, just a willingness to get your hands dirty and have fun!

You will find us at the “Bicycle Hospital” (next to the FPS Science classroom). We hope you can join us.

Bart Sbeghen – 0418 231 686 | Peter Hormann - 0408 773 837, peter.hormann@bigpond.com
The importance of Organisation for Students
An information session for parents and carers

As parents you are committed to supporting your child’s success in school but perhaps sometimes not sure they are on top of things or how to help.

Being organised is a life skill and learning organised habits at an early stage will benefit students now and into the future. The reason we want them to be organised now is to ensure they have the best educational experience and maximise their potential whilst still living a balanced life and learning they are capable people.

Parents and carers are invited to an information session where Amanda will be providing practical organisation tips and strategies with a focus on:
- being accountable at school
- wearing uniform correctly
- using diaries and time management
- locker and bag organisation
- having a homework station
- communication with your child and school

We hope you can join us to hear how you can assist them with being more organised in their secondary school years.

Facilitator - Amanda Lecaude

Amanda is an organising expert specialising in reducing stress and the sense of being overwhelmed which can come with feeling disorganised. She has a particular interest in young people and students who are at a time in their life when they are transitioning to young adulthood at the same time as they are learning to cope with a new way of interacting with their schools and the education process.

As a mother of two sons at various stages in their education Amanda understands the importance of a successful transition between the different schooling levels.

Amanda is an Expert Member of the Australasian Association of Professional Organisers.

SUPPORTING YOUR CHILD’S SECONDARY JOURNEY

WHAT:
The Importance of Organisation for Students

FOR:
Parents and Carers

WHERE
Resource Centre, Mt Alexander College,
167-175 Mt Alexander Rd, Flemington

WHEN
Tuesday 16 August 2016, 10.00am–11.00am
We will be starting on time so allow 15 minutes prior.

Mobile 0409 967 166
amanda@organisingstudents.com.au
www.organisingstudents.com.au

“*The things I learnt the most were about having an effective study area and breaking tasks down into smaller tasks.***
GRADE 5 STUDENT

“It was useful to learn about diaries and managing time because if I had a big amount of work and I didn’t know that, I would get very stressed.”
GRADE 9 STUDENT
Green and gold inspired goodies by Pieta Cedaro APD

As we all sit glued to the Olympics over the next week it is important to safeguard against over-consumption and mindless snacking in front of the television. Skip the processed high fat high sugar snack foods and treats and replace them with some Aussie inspired healthy options such as:

- warm corn on the cob
- Olympic rings made out of diced fruit e.g. yellow rings (pineapple rings, banana or kiwi gold pieces), green rings (honeydew melon, green kiwifruit, green grapes or green apple pieces), black rings (blackberries or sultanas or chopped dates), blue rings (blueberries), and red rings (strawberries, raspberries, watermelon pieces, red grapes, cherries)
- green and gold fruit skewers or fruit salad (kiwifruit-both green and gold, pineapple, honeydew melon, green grapes, green apple or pear, or banana)
- Cheese and chive damper, scones or low fat cornbread with avocado
- Banana damper or pumpkin scones with little light cream cheese or ricotta or lower sugar spread
- vegemite, avocado and cheese grilled on wholegrain English muffins or in a wrap
- Olympic torches-plain ice cream cones (wafer not waffle variety) stuffed with red diced fruit
- Healthy Aussie fish or lean beef burger with plenty of salad and sliced beetroot of course!!
- Aussie Green and gold rice-basmati or brown rice stir fried with corn kernels, peas, spring onions, omelette, prawns, wombok and broccoli with soy sauce
- Green and gold frittata or omelette (eggs, spinach, broccoli, corn kernels, green olives, light tasty cheese) served with avocado on toast
- For a special sweet treat try mini pavlova nests with low fat custard and topped with plenty of diced mango, passionfruit, berries and kiwifruits

The Olympics are also a great time to do some theme nights and take kids on a multicultural food safari. So try doing some healthy international fair such as spanakopita (spinach pie) or healthy moussaka or lean lamb skewers with Greek salad, Italian night with healthy bolognase, minestrone, risottos or wholemeal pita pizzas (or make your own dough-kids love this), Mexican night with chicken burritos or chilli con carne stuffed sweet potatoes or rice, chicken teriyaki or sushi rolls for a taste of Japan, or Indian night with lentil or chick pea curry or tandoori chicken and plenty of crunchy salad, raitas and rice or pita breads . The list is endless!!

Also don’t neglect activity ensuring to take a break during sporting events for a family walk, a swim in a heated pool or a bike ride. Most importantly let’s all enjoy the time we share with our families, the Aussie love of sport and our beautiful country. Go Aussie Go!

Green and gold salad

A fast and delicious salad the whole family will enjoy with grilled fish, steak, flavoured tofu, poached eggs, crumbled ricotta or chicken breast. In our house we love this served with either a baked jacket potato or some baked sweet potato wedges or crisped corn tortillas and we use a little Cajun, Mexican or Moroccan inspired spice mix to vary the flavour of fish or meat. Feel free to add extra green or gold veg as desired e.g. gold capsicum char grilled, yellow teardrop tomatoes, chopped steamed green beans, Sicilian green olives, or a handful of baby spinach or mint leaves.

Serves 4 as side dish Prep Time 10 mins Cook time 10 mins

Ingredients

- 2 x corn cobs, silk and husks removed
- 1/2 cup frozen peas or edamame beans podded (green soy beans), cooked according to directions
- 1 Lebanese cucumber, diced finely (peeled if desired)
- 2 green onions, sliced finely
- 1 large avocado, peeled, diced
- ¼ cup fresh coriander leaves, extra to serve
- 2 tbsp lime juice, plus extra lime wedges to serve
- 1 tbsp sweet chilli sauce (optional)

Method

Step 1: Steam or boil until just tender. At this point you can throw the corn on the BBQ or a grill plate if desired to lightly char the corn kernels which give the corn a lovely nutty flavour. Allow to cool slightly.

Step 2: Cut kernels off the corn cob with a sharp knife from top to bottom and place in a large mixing bowl along with cooked peas or beans, cucumber, onion, avocado and coriander and drizzle over the lime juice and sweet chilli sauce if desired. Toss well.

Step3: Season with freshly ground pepper and serve extra lime wedges and extra coriander and meat/fish or protein of choice or as a snack with tortilla or pita wedges and little crumbled ricotta or reduced fat feta cheese.

https://www.facebook.com/thebalancedplateaustralia/