Principal’s Report
Lesley McCarthy

Our students engaged with another exciting incursion this week with the **Toys in Motion presentation** and activity for students in Prep. What fun they had, especially with the billycarts.

Grade 5/6 students have travelled to the city to explore the concepts of citizenship. They attended an activity with The Big Issue, visited Parliament House and explored our capital. Their study into **Model Citizenship** is the essential investigation for this term.

Students have also continued practice for the **District Athletics Carnival** this Friday with 54 students travelling to Aberfeldie Park with Mitch Marley, Warwick Knight, Josh Velez and parent helpers. The trials have produced some strong times and distances and we anticipate another solid performance by our students. We wish them all the best! Parents are encouraged to attend and support our students on the day.

Parents who received a **School Parent Opinion Survey** last week are reminded to complete and return this as soon as possible. The survey was distributed to a randomized list of parents across all grades and seeks feedback on our school culture, operations and progress. Please return by Monday.

Consultation and feedback on **The Education State** is still underway and I strongly encourage parents and members of the community to have their say. The survey is online and seeks comments on all aspects of education. Please help us by completing this survey at [http://educationstate.education.vic.gov.au/](http://educationstate.education.vic.gov.au/)
**Student of the Week**

*Week beginning 20 July 2015*

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep F</td>
<td>Naomi T</td>
<td>Listening carefully to instructions and delivering a wonderful presentation during prep assembly.</td>
</tr>
<tr>
<td>Prep Mc</td>
<td>Sid R</td>
<td>Writing a full page recount about the Billy Cart Incursion. What a great effort Sid!</td>
</tr>
<tr>
<td>Prep W</td>
<td>Sam C</td>
<td>Always following the teachers instructions and helping others to do so also. Well done Sam, keep it up!</td>
</tr>
<tr>
<td>1G</td>
<td>Ace D</td>
<td>Always being polite and well mannered.</td>
</tr>
<tr>
<td>1M</td>
<td>Arthur S</td>
<td>Contributing to our discussions on weather and giving great responses. Well done Arthur</td>
</tr>
<tr>
<td>1R</td>
<td>William L</td>
<td>Helping other students in the playground when they hurt themselves and making sure they are OK. William is very responsible and caring towards others.</td>
</tr>
<tr>
<td>1Y</td>
<td>Mia N</td>
<td>Confidently joining in classroom activities during her first week of school and sharing what you know. What a fantastic start! Welcome to FPS.</td>
</tr>
<tr>
<td>2I</td>
<td>Amitesh J</td>
<td>Reflecting on his learning and confirming knowledge gained by readily joining in class discussions.</td>
</tr>
<tr>
<td>2N</td>
<td>Alara S</td>
<td>Showing confidence and persistence during swimming lessons. Keep trying hard Alara!</td>
</tr>
<tr>
<td>2T</td>
<td>Saynab H</td>
<td>Always being kind and showing compassion for others. Well done Saynab!</td>
</tr>
<tr>
<td>3L</td>
<td>Rishika G</td>
<td>Working hard to create an island using grid reference, a legend and compass points. Well done Rishika!</td>
</tr>
<tr>
<td>3P</td>
<td>Samira J</td>
<td>Working consistently during reading sessions to achieve her best!</td>
</tr>
<tr>
<td>3/4D</td>
<td>Benjamin L</td>
<td>Always listening and responding respectfully to his peers.</td>
</tr>
<tr>
<td>4M</td>
<td>Alarice K</td>
<td>Making sensible decisions about who she works with to maximise her focus.</td>
</tr>
<tr>
<td>4V</td>
<td>Angus C</td>
<td>Coming in to term 2 with a positive and ready to learn attitude. Also, by displaying strong concentration during independent tasks.</td>
</tr>
<tr>
<td>Noah S</td>
<td></td>
<td>Constantly extending his learning with all his homework tasks.</td>
</tr>
<tr>
<td>5C</td>
<td>Maddy M</td>
<td>Displaying all the school values especially being kind. Maddy always is gentle and caring to her class member. Keep it up Maddy.</td>
</tr>
<tr>
<td>5/6A</td>
<td>Samira A</td>
<td>Accepting feedback and daring to participate in our discussion about cyber safety. Keep sharing Samira!</td>
</tr>
<tr>
<td>5/6F</td>
<td>Skyla M-R</td>
<td>For always being a kind, caring and responsible member of the class.</td>
</tr>
<tr>
<td>5/6K</td>
<td>Amelie P-D</td>
<td>Planning an excellent discussion piece for writing and reflecting on ways she can improve it.</td>
</tr>
<tr>
<td>56T</td>
<td>Luc D</td>
<td>Actively participating in class and small group discussions.</td>
</tr>
</tbody>
</table>

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**Office News**

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

**2015 Parent Opinion Survey**

All surveys are to be returned to the office by next Thursday 13th August.

**Woolworths Earn and Learn Program**

The program runs from 15th July to 8th Sept. When you do your shop you will receive one sticker for every $10 spent.

When you receive a sticker place it on the card (available from the supermarket) 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. All completed cards must be sent to the office no later than close of business on Friday 11th September. Enjoy collecting.

**School Photos – Tuesday 11th August**

School Photo envelopes went out earlier this week and need to be returned to the office by Friday, 7th August. Should you require any extra envelopes or a family photo envelope please collect these from the office.

**OSHC News**

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</th>
<th>1300 105 343</th>
</tr>
</thead>
<tbody>
<tr>
<td>Website</td>
<td><a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a></td>
<td></td>
</tr>
</tbody>
</table>
Assistant Principal’s Report
Sandra McOrist

Just a reminder that it is not safe for parents to park behind teachers cars while waiting for the bell to go at the end of the day. Earlier in the week I spoke to a number of parents about this, one of the cars was actually empty.
Your child’s safety is paramount to us.

Disabled parking bays- we have a number of parents and grandparents who have disabled stickers on their cars and do require these spaces. Please ensure that if you have a disabled sticker it is clearly visible on your windscreen.

Enhancing Online Safety for Children Act

A new office of the Children’s eSafety Commissioner has been enacted, which will handle complaints from children regarding Cyber bullying. The scheme commenced on the 1st of July and will work with social media services to remove inoffensive material. Children and parents will be able to notify directly rather than coming through the school. I will be providing contact details and resources as soon as they become available, but initially contact can be made through www.esafety.gov.au.

Nominate your Teacher or Principal for the 2015 National Excellence in Teaching Award
The ASG National Excellence in Teaching Awards (NEiTA) is inviting parents and students to nominate an inspirational teacher, educator or principal. We are fortunate to have a great selection of professionals to choose from. To acknowledge their commitment and dedication to Flemington Primary School, you can nominate a staff member today on the following website: www.asg.com.au/nominate
Nominations close on 31 July 2015.

How screen time affects rest
When children don’t get enough sleep, they can become tired and moody, and run the risk of developing a host of physical and behavioural problems.
With more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest. “The main effect of overusing media devices is that it can decrease the total amount of sleep kids get,” says Dr Sarah Loughran, sleep researcher at the University of Wollongong.
She says excess screen time can hamper sleep in three main ways:
- **Timing** - the use of electronic media can lead to delays in children’s bedtimes, resulting in less time being available for sleep.
- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body’s natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child’s screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep!
- **Set a ‘bed time’ for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.
- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.
- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.
- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their ‘virtual’ and real lives.
- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

http://www.positiveparentingsolutions.com/parenting/screentime-before-bedtime-one-simple-tweak-for-better-behaved-kids
**Curriculum News**

Students in Grades 5/6 have been working on the essential question “What does it take to be a Model Citizen?” As part of this, they have travelled into the City of Melbourne and participated in an activity with The Big Issue. As well as visiting Parliament House, students explored the city observing people in need.

**SRC News**

*Alex Taylor*

**‘Show Your Colours Day’**.

On the last day of Term staff and students are encouraged to wear their favourite team colours. This will be tying in with the AFL Grandfinal. It might be your favourite football, soccer or cricket team. Be proud and show your ‘True Colours’. We will collect a gold coin donation for a chosen charity.

Keep your ears open for more information on this event later in the term!

**Separation Tree Update**

As reported last term, Tikki S wrote to the Botanic Gardens and was given a seedling from the Separation Tree. Our seedling was planted last week with the help of gardener Amanda. It is now safely surrounded by a tree guard and when the weather warms, will begin to grow into an amazing River Red Gum.

Thanks Tikki.

*At lunch on a wet day timetable Tikki, Amanda and Miss Michelle went outside to plant an Eucalyptus Camaldulensis (River Red Gum). An Eucalyptus Camaldulensis is a special kind of tree that can live to about 1,000 years old. This exact tree is a direct descendant of the Separation tree. The separation tree was planted to celebrate the news that Victoria was to become a separate colony from New South Wales. It was planted in the Botanical Gardens. The separation tree suffered two vandalism attacks in 2010 and 2013. Unfortunately it has died now. We have planted the tree near the long jump on the oval. By Tikki S.*
Summer School 2016
11 - 16 January

Do something you love this summer!
Orchestral, String, Band, Jazz, Conducting and Administration Programs

No audition required
Apply now mym.org.au or 03 9376 8988
 LAST CHANCE FOR TICKETS NOW ON SALE! SOCIAL NIGHT (SATURDAY 15 AUGUST)
There’s still a couple of tables available but be quick as tickets are selling fast. For those who have reserved tickets please pay at the office asap. Any new families this is a great way to get to know other families. We can organise a table for you. Tickets can be purchased at the office for $25. BYO food and drinks. Arrive at 7pm for a 7.30pm start of trivia followed by the band Acoustic Soda (and dancing!) photo booth and a ‘fashion disasters’ theme.
Tickets now sale don’t miss out!

Canteen - Friday Treats $1
Back this week we will be selling cinnamon donuts for $1, along with jellies, popcorn and icy poles. Keep your eye out in the newsletter each week for new and different items we will be selling this term. Coming up we have African Samosa’s, honey joys and lamingtons.
If you have any suggestions for this term please contact Julie Lam (julie.lam1@optusnet.com.au) or call on 0414 749 383.

Music News
FPS Mid-year Music Concert 2015 – DVD-video For Sale
By Peter Hormann
DVD production was finished earlier this month and everyone who placed an order should now have received them. For those that missed out, there are DVD videos available for $12.00 at the school office.
The digital video recording of all the performances includes photos of the evening taken by Philip Smith. All proceeds less some minor costs will go to the FPS music program.
Dear Friends and Music Lovers,

Thought we should give you early notice of our next concert on Friday evening September 11th given we have the outstanding cello soloist Zoe Knighton from the Flinders Quartet playing Tchaikovsky Variations on a Rococo Theme, Op 33. Its a concert not to be missed. You can book now at –

http://www.trybooking.com/IFUA

You should also be aware that this year the orchestra celebrates its 25th birthday from its foundation in 1990 and eleven years since it became an auxiliary of the Royal Children’s Hospital. Since 2014, we have been supporting RCH Gatehouse which in late 2014 was able to use donations from The Melbourne Sinfonia to purchase much-needed technology to help traumatised children. An iPad, biofeedback hardware and software packages are now being used to teach the children calming and self-regulation strategies. Five sensory toy boxes have also been purchased for use in Gatehouse consulting rooms. Another donation was made in early 2015 which will further assist Gatehouse patients.

We look forward to seeing you on Friday evening September 11th at the James Tatoulis Auditorium.

KUMON MOONEEPONDS EDUCATION CENTRE
60, Maribyrnong Road, Mooneeponds - 3039
Instructor: Rajeev Kalia
tel: (03) 9333 8629 / 0409221929

SCIENCE SPECTACULAR

Enjoy a night of family fun and science magic performed by Year 7 SEAL students.
- Interactive science show
- Refreshments
- Free entry

Please RSVP by calling 9376 1622.
CERAMIC STUDIO OPEN DAY
15-16 AUGUST 2015

GORDON HICKMOTT HAS BEEN TEACHING CERAMICS FOR OVER 25 YEARS AND HAS RUN A STUDIO FROM 6 BRIXTON STREET FLEMINGTON. JOIN GORDON ON AUGUST 15-16 AS PART OF AUSTRALIAN CERAMICS OPEN STUDIOS AND SEE A WORKING POTTERY STUDIO IN ACTION. CLASSES ARE ALSO AVAILABLE FROM HIS STUDIO AND CATER FOR ALL LEVELS OF EXPERIENCE.

0405 044 155 BRIXTONSTREETPOTTERY@GMAIL.COM

SAFE FROM HARM

Safe from Harm provides free legal advice and support to anyone living on the Flemington and Ascot Vale housing estates who needs help with matters related to family violence.

CONTACTS
Moonee Valley Legal Service
Wingate Community Centre
134 Wingate Avenue
ASCOT VALE VIC 3032
Ph: (03) 9376 7929
Web: www.mvls.org.au

Flemington & Kensington
Community Legal Centre
23 Beller Street
KENSINGTON VIC 3031
Ph: (03) 9376 4305

www.safefromharm.org.au

TALK & TOUR DATES – Term 3
Each Friday Morning of the school term at 9.30am
July: 24th & 31st
August: 7th, 14th & 21st
September: 4th & 11th
Excellent results, excellent transport links
and expert staff in the education of girls

Please register by contacting our Community Development Manager
Ms Jamie McCauley on 9376 0411 or register online at www.styple.vic.edu.au

31 Curran Street, North Melbourne
www.styple.vic.edu.au

Trailblazing...
Perfecting the Art of Learning