DIARY DATES

Friday 22nd July
Assembly in hall 9am

Saturday 23rd July
80s Trivia Night-St Anthony’s Hall 7pm

Mon 25th– Wed 27th July
Grade 4 Camp

Wed 27th– Fri 29th July
Grade 3 Camp

Monday 1st August
Parent Coffee and Chat in staffroom 9am
PFA Meeting in staffroom at 7.30pm

Wednesday 3rd August
Parent/Teacher/Student Meetings

Friday 5th August
Assembly in hall 9am

Monday 8th – Friday 19th August
School Swimming Program

Wednesday 24th August
Gr 3-6 House Athletics

Friday 26th August
Curriculum Day

Second Hand Uniform Shop Hours

Thursday 21st July – 9.00am
Thursday 4th August – 9.00am
Tuesday 16th August – 3.30pm
Tuesday 6th September – 9.00am

PRINCIPAL’S REPORT

GROWING WITH THE COMMUNITY
Welcoming, Engaging and Achieving

Our mission is to inspire the self belief and motivation in students that will enable them to achieve and grow.

THANKS SO MUCH
I would like to acknowledge the efforts of our PFA volunteers and particularly Wendy McMillan (Aidan and Keeley’s mum) and Kerin Von Stiegler (Addison and Charlie’s mum) for their efforts running the very well received BBQ stall on the day of the federal election. It was a very successful stall and once again the monies raised will support our school and students. None of this is possible without the kindness and generosity of the families who volunteered their time to prepare, man the stall and tidy up at the end of the day.

TEACHERS COMMITMENT TO GROW AND LEARNING TOGETHER.

The commitment of my staff to grow and learn together professionally is an attribute I am most proud of. Throughout each year staff our commit many hours of school and personal time to ongoing professional learning, some on their individual goals and priorities, but many more devoted to our school focus of ensuring teaching and learning is personalised to the needs of our students as 21st century learners.

Next week our team leaders again spend time with Lyn Watts, an Educational Consultant, who has worked closely with us for a number of years. She is well regarded in Victoria but also shares best practice from an international perspective. Priorities for us remain focusing on effective use of purposeful assessment, collaborative learning techniques and working together to more closely match the needs, aspirations and interests of students so they become better learners, broadening the range of skills and strategies that students can use to become independent learners. Time will be spent this semester auditing our curriculum in preparation for implementation of the revised Victorian Curriculum in 2017.
PARENTS, TEACHERS AND STUDENTS WORKING TOGETHER
In the last week of term, parents received a half year report on their child’s/children’s progress following the departmental guidelines. This report provided a snapshot in time of your child’s achievements as well as what the school and you the parent can do to support your child’s future learning. Reporting to parents is a very important part of our program and your child’s education. It is an opportunity to discuss your child’s strengths and work together with the teacher on areas of concern. Taking an active interest in your child’s education is a great step in ensuring your child’s success at school. We look forward to seeing as many parents as possible at our parent teacher interviews to be held on Wednesday 4th August. All families should have received a notice in relation to this last week. Spare copies are available at the office should they be needed.

COFFEE & CHAT INVITE
We promote an ‘Open Door’ approach at CPS but as term 3 commences Michael and I thought it may be nice to offer a ‘Coffee and Chat’ opportunity to parents on Monday 1st August. After our morning assembly, we invite interested parents to the staffroom for a cuppa and a chat. At this time we are available to answer general questions, further discuss our school programs and practices, our goals and priorities and our hopes for the future.

MORE LOVELY NEWS TO SHARE
Our grade 3 teacher, Amy Travers has recently shared the lovely news that she and her partner, Chris, are expecting their first child in December. I am sure you will join me in congratulating Amy and Chris on this lovely news and we eagerly await the new addition to their family.
Prep teacher, Alicia Parker, has also just announced her engagement to her partner, Dane. We wish them much happiness together now and in the future.

SPENDING AROUND THE SCHOOL
Significant monies are allocated to curriculum programs and classroom resources as well as ongoing maintenance and improvement to our facilities is also of importance. Recently we have:-
- Installed a new set of double gates and concrete crossover at the Kokaribb Rd corner of our school
- Upgraded three of our interactive whiteboard projectors over the holiday break and purchased 28 new touch screen laptops for use in our computer room
- Repainted all the external timber doors on our 1/2 Learning Centre
- Replaced the air conditioners in Miss Browne’s and Mr Chisholm’s classroom
- Undertaken some enhancement of our Japanese Garden area to provide a quieter play area
- With the support of the PFA purchased 5 new keyboards to complement our Music program, organised for the purchase of new dictionaries and thesauruses, literacy games and book club sets for our junior school

PARENT OPINION SURVEY
Yesterday a number of families will have received the Department of Education annual Parent Opinion Survey to complete. This is a computer generated confidential survey carried out each year as part of our Annual Reporting process. It is useful for School Council and teachers when working together to continually improve the programs and services we offer our families. It is a random survey. For those families who receive a survey, we appreciate you taking the time to complete this. If you have any question please see Michael or myself.
**PARENT / STUDENT/ TEACHER MEETINGS**
These meetings will be taking place on Wednesday August 3rd. Online bookings for your meetings will go live TONIGHT at 6pm.

**FUTURE DATES FOR YOUR DIARY**

**PARENT FORUM ON HEALTH & NUTRITION**
I have organised for a parent forum focusing on children’s health and nutrition run by Life Education for Thursday 25th August from 7-8pm. More information will be sent home a little closer to the date.

**2016 Prep Orientation Sessions**
Thursday, 3rd November – 2.30 till 3.30pm
Thursday, 10th November – 2.30 till 3.30 pm
Thursday, 17th November – 11.45 till 1.15pm
Thursday 24th November – 11.45 till 1.15pm

The Prep Orientation program is for our 2017 prep children who have been enrolled and are definitely coming to Carnegie next year.

At these sessions the children will visit our prep rooms and participate in special activities as well as meet new prep friends. Information sessions are also offered to parents at these times. Further details will be available closer to the dates.

**Term Dates for 2017**

**Term 1**
Preps – Thursday 2nd February to Friday 31st March
Year 1 to 6 students – begin on Wednesday 1st February

**Term 2**
Tuesday, 18th April to Friday, 30th June

**Term 3**
Monday, 17th July to Friday, 22nd September

**Term 4**
Monday, 9th October to Friday 22nd December

Prep students don’t attend school on Wednesdays until Wednesday, 15th March 2017.

**WORDS OF WISDOM** – Whenever you are sincerely pleased you are nourished 😊
Linda Jones & Michael McCarthy

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**BIRTHDAY BOOK CLUB**
Thank you for these great books and many happy birthday wishes from all at Carnegie Primary School.

<table>
<thead>
<tr>
<th>NAME</th>
<th>CLASS</th>
<th>DONATED BOOKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lucas K</td>
<td>2C</td>
<td>“The All New Captain Underpants Extra-Crunchy Book of Fun”</td>
</tr>
<tr>
<td>Martin K</td>
<td>2B</td>
<td>“Glenn Maxwell”</td>
</tr>
<tr>
<td>Maya B</td>
<td>Prep C</td>
<td>“Ruby Red Shoes”</td>
</tr>
<tr>
<td>Adam S</td>
<td>2B</td>
<td>“Ranger in Danger”</td>
</tr>
<tr>
<td>Nathan G</td>
<td>Prep B</td>
<td>“Around the World”</td>
</tr>
<tr>
<td>Jessica B</td>
<td>1B</td>
<td>“A Billie B Mystery” Collection</td>
</tr>
<tr>
<td>Angus B</td>
<td>1A</td>
<td>“The 13-Storey Treehouse”</td>
</tr>
</tbody>
</table>
| Charlotte B | 3C  | “Gangsta Granny”
|           |       | “Demon Dentist”
|           |       | “Ratburger”                                       |
FIVE WAYS TO KNOW IF YOU ARE OVER-PARENTING
By Michael Grose – Parent Educator

Here’s 5 tips to find a more balanced approach to over-parenting or helicopter parenting and encourage children to become independent young people.

It’s a quirk of twenty-first century parenting that we need an objective measure to assess our parenting. Past generations were satisfied with more subjective measures such as whether their kids were happy; whether they got good marks at school; whether they were employable; and whether or not if they stayed out of trouble (read gaol in extreme cases)! It’s safe to say the parenting waters were far clearer in the past than they appear to be now. But the parenting industry has come a long way in a short time so we now have stringent indicators that let us know what parenting track we maybe on. And that, for many people, would appear to be the over-parenting track.

You know you are over-parenting if:

1. You take on all, or nearly all, of a child’s problems.

Kids are good at handballing their problems to their parents. They’ll bring disputes with siblings for you to sort; expect you to take forgotten school lunches to school and pester you to organise their after-school lives. Mums and dads that over-parent invariably end up sorting out all their children’s problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

Point to remember: Leave some problems for kids to solve

2. You regularly do for a child the things he or she can reasonably do for themselves.

It’s an irony of modern life that the busier parents get the more we tend to do for kids. In the race to get things done we dress young children; prepare children’s snacks and accompany them on trips outside the house even when they are old enough to do these activities themselves. Mums and dads that over-parent invariably end up sorting out all their children’s problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

Point to remember: Never do regularly for a child the things they can do for themselves.

3. You take on too many of your child’s responsibilities

Let’s see how you go with these questions!

“Who’s responsible for getting your child up each morning? Who’s responsible for packing lunches and bags? Who is responsible for cleaning away children’s toys?” If you answered “My children, of course”, then congratulations; you shifted responsibility to where it rightfully lies with kids. If not, then you guessed it. It may be time for a parenting reassessment.

Point to remember: If you want a child to be responsible then give responsibility to him.

4. You know too much about your child’s life

Being an attentive parent of a small family invariably means that you know in minute detail every quirk and vagary of your child’s life. “He didn’t eat all his breakfast this morning. Hmm! That’s not good.” “She seems a bit grumpy after school. What’s wrong?” “They left their jumper at home. I’d better take it to them.” Kids benefit from having some emotional and physical space from their parents. It gives them chances to rely on their own resourcefulness and develop the skills needed to get by on their own.

Point to remember: A little bit of benign neglect can benefit children’s development.

5. You parent the individual and not the gang

If you are constantly trying to make sure life is smooth for each child then you are probably parenting the individual, rather than for the good of the whole family! I’m not talking about ‘playing favourites’, but having an intense focus on meeting each individual’s wants can often be at the expense of family life in general. For instance, you allow a child to go on a sleepover rather than attend the birthday of a sibling. Parenting the gang means that children need to fit into the patterns of family life and don’t always get what they want.

Point to remember: Raise your small family with a big family mindset.

Most of the research indicates the authoritative approach as ‘parenting best practice’. Authoritative parenting is a mix of firmness and warmth; discipline and nurturance; high expectations and relationship building. It’s an approach that sits... surprise, surprise... somewhere between over-parenting and under-parenting. Yep, as always a balanced approach to parenting, as to most things in life, seems to be the best way to go. Who would’ve thought it!
### Student Achievements

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tanvi R</td>
<td>Prep A</td>
<td>For adapting to school life so well and for your shining smile every day. We love having you be part of prep at Carnegie.</td>
</tr>
<tr>
<td>Holly M</td>
<td>Prep C</td>
<td>For her positive attitude to all her learning and amazing achievement in her reading and writing.</td>
</tr>
<tr>
<td>Isabella M</td>
<td>1A</td>
<td>For her excellent approach to all aspects of school life. You are incredible.</td>
</tr>
<tr>
<td>Cade D</td>
<td>2A</td>
<td>For a very imaginative and well written story. Super work, Cade!</td>
</tr>
<tr>
<td>Zoe N</td>
<td>2B</td>
<td>For writing a beautiful descriptive beginning to your story. Well done!</td>
</tr>
<tr>
<td>Disha N</td>
<td>3A</td>
<td>Your positive attitude and focussed approach to all curriculum areas.</td>
</tr>
<tr>
<td>Leia H</td>
<td>4D</td>
<td>For being so persistent when writing her book review. It was fabulous! Well done Leia!</td>
</tr>
<tr>
<td>Harvey E</td>
<td>4A</td>
<td>For your excellent word choices in all writing tasks. You wow us with your words!</td>
</tr>
</tbody>
</table>
Mindfulness at Carnegie Primary School

Last Wednesday we facilitated a Mindfulness workshop with Dr Richard Chambers in the hall for parents and staff. It was a huge success with plenty of positive feedback and reflections from all participants. Richard spoke about the science behind Mindfulness and the benefits of daily practice. As a school, we felt proud to be already implementing many of the strategies and tools that were discussed on the evening, so we wanted to share some of them with you.

As a brief introduction, Smiling Mind is modern meditation for young people. It is a unique, Australian web and App-based program, designed by renowned psychologists to help bring balance to young lives. It is a not-for-profit initiative based on a process that provides a sense of calm, clarity and contentment.

We have chosen to implement the Smiling Mind Education Program as it complements learning and wellbeing:

• As a preemptive and proactive tool to enhance mental health and wellbeing
• To arm participants with the skills to better manage stress and resilience
• To improve attention and focus
• To increase empathy and awareness of negative emotional states
• To encourage participants to feel calm, clear and content
• To improve academic and learning outcomes via improved focus

Smiling Mind has a unique vision to see Mindfulness Meditation on the Australian Curriculum by 2020, which Carnegie Primary School is proud to support.

For more information on Smiling Mind and their range of Mindfulness Meditation programs, please visit their website: [www.smilingmind.com.au](http://www.smilingmind.com.au)

We strongly recommend downloading the FREE App or creating your own account via the website to support your child’s mindfulness practice at home. Smiling Mind can be used to increase focus and attention before study, to calm the mind before bed, or any time in-between!

We want to take this opportunity to thank Leah Stange, grade 6, for recognizing the importance of mindfulness practiced in our school and for seeing an opportunity to develop this more. Knowing that her mum, Jenny, had strong ties to Dr Chambers and the Mindfulness movement at Monash University, she initiated a chain of emails and phone calls that ended with us being able to run the workshop, free of charge, and building strong connections with experts that will go on to support our wellbeing program for many years to come. Thank you so very much, Leah and Jenny for your support and enthusiasm and your drive to see Mindfulness embedded in our curriculum.

Liz Harley, Sue McGregor, Larissa Kennedy, Eliza Browne, Desiree Oh, Anna Remfry and Alicia Parker.
(Carnegie’s Wellbeing and Engagement Team 2016
Helpful Hints for Smiling Minds at Home

The Smiling Minds website provides a list of tips that you can use when practising Mindfulness meditation with your kids. They are as follows:

1. Don’t force or insist your kids do anything they don’t want to do.

2. Meditation is a highly personal experience. Try to minimize talking, commenting or analyzing about how well or not well the meditation is going stick to the actual experience.

3. As parents, we sometimes want our children to be something other than they are. Even with the best intentions, we sometimes try to change or “fix” them. When we recognize our true intentions, we can begin to choose a mindful path and help them. Remember, it is more important to live mindfully and be a present and responsive parent than getting our kids to meditate.

4. If you are encouraging or helping your child with the exercises, make sure that you are doing them too. It can be confusing for your child if you’re focusing on something different while asking them to give their full attention to the exercise.

5. Be as consistent as possible. If your child(ren) engage in the experience, try choosing a fixed time each day for practice, or try to integrate a mindful exercise into an everyday activity: like brushing teeth. You can bring mindfulness into a daily routine activity quite easily by asking your child to focus only on the act of brushing their teeth when that is what they’re doing. They can bring their attention to the sensations of the toothbrush on their gums and teeth, the way their tongue feels and even the thoughts going through their mind as they are brushing. To make this exercise easier, brush your teeth with the non-dominant hand.

6. Remember that kids mature at different rates. We have divided the Smiling Mind program into four streams, including three streams for younger people, with the intention of catering to different developmental needs and capacities. Experiment with some of the exercises and observe how your children respond to them. If they pick the exercises up quite easily, feel free to try one of the other programs. Be mindful not to push your children beyond their comfort level. Learning to be mindful is not a competition, and should in fact be quite the opposite. As Jon Kabat-Zinn put it so nicely, “in meditation practice, the best way to get somewhere is to let go of trying to get anywhere at all.” (Wherever You Go There You Are, pg. 16)

7. Be patient and remember that learning comes with practice.

8. Be creative: there are an unlimited number of events that you can incorporate mindfulness into, such as driving to school, walking down the street, doing groceries, doing homework, playing an instrument, brushing your hair, taking a bath, etc. In fact, in his book Child’s Mind, Christopher Wallace lists 100 things you and your child can do mindfully.

9. Start the day with a few big breaths. A really simple way to bring mindfulness into your life is to start the day by taking a few big breaths together as a family. If that doesn’t suit your schedule, do it at the door before leaving the house, or as soon as you’re sitting in the car together.

10. Smile and stay positive!
ELECTION DAY BBQ - THANK YOU

Thank you so much to all the parents who volunteered at the Election day BBQ on the holidays. I hear we had the “A team” working the BBQ in the morning like seasoned professionals! So thank you to; Al Rowlands, Stew Howell, Areyh Seligmann, Steve Grimwade, Penny Callaghan, Sylvana Kerin, Olivia & Gary Munro, Larissa Cassamento, Karen Wynter, Simone Belli, Helen and Andrew Gearon, Phil Peverell, Scott Smith, Jamie Hammond, Glenn Boyes, Jess Carmick and Sharon Spragg.

A special thank you to all our student helpers; Addison Hammond, Charlotte Boyes, Elizabeth and Sarah Wynter and James and Olivia Gearon. A massive thank you to Kerin Von Steigler and Wendy McMillan who coordinated the day – you are both magnificent!!

Apologies if I’ve forgotten to mention anyone, but it was a fantastic success with us raising over $2,000 just on the BBQ alone! It’s fantastic when we have so many volunteers supporting the PFA and the school.

TRIVIA NIGHT – LAST CHANCE TO BOOK!

The Trivia Night is THIS SATURDAY July 23rd!

Grab your friends and family and come along and support the school at what is sure to be a really fun night!

If you’re still thinking about it - think no more - just book!!

Book your tickets and tables here… www.trybooking.com/LROC

Or if you would like to pay cash, there are forms at the office.

The sandwich board will be out in the school yard for the next few days for people to write down their table preferences.

We ask that people please book by Thursday so we can finalise the table seating.

Thank you!

Leesa Needham
PFA President
Ph: 0408 556 669
leesa.n@optusnet.com.au
CARNegie PRIMARY SCHOOL

80s TRIVIA NIGHT

BACK TO THE FUTURE (BUT IT’S REALLY THE PAST)

When: SATURDAY JULY 23rd 7PM  Trivia starts: 7.30PM

Where: ST ANTHONY’S PARISH HALL
cnr Grange and Neerim Roads, Carnegie

Cost: $25  BYO: Drinks and nibbles and cash

PRIZES FOR BEST DRESSED. RAFFLES. BRING YOUR BUBBLE GUM JEANS, TAFFETA AND LEG WARMERS FOR A NIGHT OF FUN!

BOOK HERE: www.trybooking.com/LROC
Youth Leadership Victoria
Carnegie Primary School OSHC

Opening Hours:
Before School Care 7am-8.45am
After School Care 3.30pm-6.30pm
Vacation Care 7am-6pm

Contact Information:
For bookings ring Vicky (co-ordinator) on 0402 043 810
Account queries or change of bookings please call
Rachel: on 0499 777 601 or email: accounts@ylv.com

A copy of the enrolment and booking form can be downloaded through our website on www.ylv.com.au

Prices for the Program:

<table>
<thead>
<tr>
<th>Service</th>
<th>Before School Care</th>
<th>After School Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permanent Booking</td>
<td>$12.50</td>
<td>$15</td>
</tr>
<tr>
<td>Casual Booking</td>
<td>$15.00</td>
<td>$18</td>
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Vacation Care: $50

After School Care News:

Welcome back to a new term. If any families need to update their contact details, please advise the service.

The program would also love the donation of any recycled materials. The children love to use these items in their art projects/activities.

OSHC TEAM
COMMUNITY NOTICE BOARD
CARNEGIE PRIMARY SCHOOL DOES NOT ENDORSE THE PRODUCT OR SERVICES OR ANY ADVERTISEMENTS, PAID OR UNPAID, PRINTED IN THIS NEWSLETTER

“AUSTRALIA’S NO.1 COACHING COLLEGE”
JAMES AN COLLEGE
PRIMARY & SECONDARY / VCE / SCHOLARSHIP / SELECTIVE SPECIALISTS

From Year 1 to Year 12 Classes are available on Saturday and Weekday afternoon.

HURRY!!
FOR ANY NEW STUDENTS WHO ENROL BEFORE
30 JULY 2016

PLEASE MAKE SURE TO BRING THIS VOUCHER WITH YOU!

$50 DISCOUNT

“2017 Scholarships & 2017 Selective School Trial Tests”
OPEN for current Year 5,6,7 & 8 students

★★ FREE ASSESSMENT TEST AVAILABLE FOR ALL NEW STUDENTS ★★

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26 Bundeera Road, Caulfield South

*Experience* your singing voice as a fun instrument

*Train* and build your voice

*Gain* aural awareness and musicianship

*Keep* your voice healthy

*Sing* your favourite songs and learn new ones

*Explore* different styles of singing

*Learn* to sing simple harmony

*Experiment with* singing with a microphone

*Get* performance experience

*Take home* your own practice CD/USB with exercises and backing tracks

Please contact

Julia Nafisi

*Bühnenreifeprüfung, Oper, [Vienna], GradDipEd, MMus, PhD*

M: 0414 812 089

E: julianafisi@optusnet.com.au

W: www.julianafisi.com
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swimschoolaustralia.com.au

we teach kids to swim & survive
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CALL 0425 732 142
Join Drama Time at Carnegie Primary!

An exciting and rewarding drama program for primary school children!
Grade 3 - Grade 6 Mondays 1:45pm - 2:30pm in the Hall
Grade 1 - 2 Fridays 1:45pm - 2:30pm in the Hall

To enrol visit www.dramatime.com.au and click enrolments or phone 9525 9977

Only $11.50 per class!
Enrolments open throughout the term.

"Eden loves her Drama class. She always comes home on Tuesdays with great stories from the session."
Parent
St. Finbar's PS Brighton

"Thank you so much for having Saskia. She talks about Drama Time constantly and just loves it. I love hearing about the wonderfully creative things she does in that class."
Parent
Carnegie PS

"Enrique's confidence has increased enormously over the last few years thanks to Drama Time."
Parent
Brighton Beach PS