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.

WELLBEING & SELF CARE
Social and emotional wellbeing are priorities for us at CPS along with the high academic standards. A few weeks ago, Liz Harley, our Wellbeing Leader, along with the school’s wellbeing team, led a staff professional learning session focussing on Self Care. The session was more from an adult perspective but the lessons are ones we should be considering personally but also modelling for our families.
Self-care is not self-pampering or self-indulgence. It is what we should do to balance the stressors and demands of our life in a way that benefits our emotional, physical and mental health.
As the team reminded us, self-care begins with awareness. Knowing your warning signs and understanding what works and what doesn’t work for us all is essential in building a self-care plan. Below is a snapshot of what was shared and I think we could all take something from this to ensure we are caring for ourselves and obviously being the best we can be for family and friends.

Aim :-
- Regulate how you think about things
- Using your body & senses
- Engage in spirituality
- Use friends/family or creative/recreational activities as outlets
- Putting into words the painful details and intense feelings you experience

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Psychological</th>
<th>Spiritual</th>
<th>Workplace</th>
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</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>Give yourself affirmations/praise</td>
<td>Notice your inner experience</td>
<td>Connect with nature</td>
<td>Identify tasks that are rewarding</td>
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<tr>
<td>Eat regularly, healthy</td>
<td>Share feelings about an experience with a friend</td>
<td>Counselling</td>
<td>Listen to a guided meditation</td>
<td>Take time to chat with co-workers</td>
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<tr>
<td>Stretch and move to music</td>
<td>Stay in contact with people important to you</td>
<td>Make time for self-reflection</td>
<td>Pray</td>
<td>seek regular feedback/ supervision/consultation</td>
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<td>Get a massage</td>
<td>Re-read a favourite book</td>
<td>Be curious</td>
<td>Be open to not knowing</td>
<td>Negotiate for your needs</td>
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<tr>
<td>Practise deep breathing</td>
<td>Allow yourself to cry</td>
<td>Say “no” to extra responsibilities at times</td>
<td>Contribute to a cause you believe in</td>
<td>Take a break during the work day</td>
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GRADE 2 SLEEPOVER
Thanks to the staff who attended the Year 2 Sleepover on Thursday 27th October.
Thanks also to the staff who arrived early on Friday morning to assist with breakfast and supervision. I joined the students in the early evening and it was wonderful to see all our Year 2 students so happy, excited and enthusiastic to share a fun night with all of their friends. We hold this event annually in preparation for our Year 3 camping program. This time away from their home encourages independence and confidence in the students. They shared, dined together, played a number of games inside and out, prepared for bed and then snuggled down for a video before dropping off to sleep. There were many early risers the next morning and I’m sure there were lots of early nights on Friday!

THANKS YET AGAIN TO OUR WONDERFUL PFA
A very sincere thank you to those PFA families who provided a scrumptious spread for staff on World Teachers’ Day. There were so many delicious treats for staff to tuck into over the day. Your thoughtfulness and kindness was much appreciated. I greatly value the efforts of my staff each and every day but it was rather nice to take a little extra time to recognise the efforts of our teachers and the positive impact they have as individuals and collectively on the lives of the beautiful children we work with at CPS.

SENSATIONAL SPORTING ACHIEVEMENTS
Congratulations to our two stars of Athletics who recently competed at the Victorian State Championships. Kevin Healy finished first in the Discus and 2nd in Shot Put. Haddi El Shorbagy finished 3rd in Shot Put (his National event) and 6th in Discus. Both boys will be heading to National Championships in Sydney within the next month.

PREP ORIENTATION PROGRAM
The first of our four Orientation Programs for our 2017 preps occurred last Thursday afternoon. At this stage we will be welcoming 80 new preps to our school next year. Some are brothers and sisters of children currently at Carnegie Primary while other families will be joining our wonderful community for the first time. Thanks to the large number of senior students who enthusiastically assisted with the planned activities. What excellent advocates for our school they were! Leadership opportunities such as this are a pivotal part of our school culture. Our students were organised and undertook this responsibility diligently, showing kindness and consideration to our new preps.

GRADES FOR 2017
The majority of families have returned their intentions for 2017; we have an expected 2017 enrolment of approximately 575 students. We will be running 23 classes. We will have 4 prep grades, 3 grade ones, 3 grade twos, 3 grade threes, 3 grade fours, 4 grades fives and 3 grade sixes. Additional teachers and Education Support Officers will again be in all teams at varying time fraction depending on class structures. Like at the end of all years, over recent times, we have said a fond farewell to some of our staff and warmly welcomed new members to our team. Full staffing structures aren’t yet finalised but I do wish to inform the school community that Mr Alex Playsted and Ms Belinda Cupples have been granted LWOP for 2017 and will be pursuing other endeavours. Miss Eliza Browne has chosen not to be considered for contract renewal and as such is leaving CPS. Eliza is returning to live and teach closer to family and friends in the country. We greatly value these staff and they will be hugely missed from our community but we obviously wish them all the very best in their respective endeavours. Further details will be shared with families prior to the end of term. Children will know their 2017 class before we finish up for the holidays.

PREMIERS’ READING CHALLENGE
This year we again chose to participate in the annual Victorian Premiers’ Reading Challenge. 87 CPS students who chose to participate in this challenge recently received a certificate to acknowledge their fine efforts. I know our students enjoyed reading and /or sharing a wide range of novels, picture story books, poems and non-fiction pieces. Congratulations to all those students who participated. I’m sure many hours of enjoyment were had as collectively thousands of pages were read. Well done all.😊
SCHOOLMATE APP
The Department of Education has developed a new SchoolMate app to assist parents knowing more about what their child is learning at school from Prep to Year 10 and tips on what you can do at home. This app can be downloaded free at www.education.vic.gov.au/schoolmate

PARENTWORKS
I have been made aware of a free online program for parents that may be of particular interest to dads. It has been recently launched for Australian parents of children from 2 to 16 years. It is part of a research project on fathers, which is proudly funded by the Movember Foundation. If you are interested in further information about the program, you can go to parentworks.org.au

STRANGER DANGER
As adults we need to spend a little time talking to our children about ‘Stranger Danger’ and as they become older, safety when out on their own. Some points you may like to consider:
- Most people are good. This means most strangers are good.
- A stranger is just someone your child doesn’t know and can look like anybody.
- If a child is old enough to be out on their own without an adult to ask, it is safer to be where there are other people close by to get help if I need it.
- Remind children to not give personal information to a stranger or to someone who makes them feel uncomfortable.
- When walking/travelling on their own children need to follow the expectations of their family e.g. walking home from school with specific friends along a specific route
- It is OK to get help from strangers if an emergency is happening and there is no one close by that I know.
- A child’s job is to check first with their parents or the adult in charge before they go anywhere with anyone. Children need to tell a person where they’re going, who will be with them and what they will be doing.

Children should know their family’s safety rules for answering the door, being on the phone, etc

WORDS OF WISDOM – Respect is earned, Honesty is appreciated, Trust is gained, and Loyalty is returned.
Linda Jones & Michael McCarthy

OUR KIDS SHOULD EARN THE RIGHT
The talk-back caller’s earning the right story is a fabulous lesson for all parents and teachers. If we want to raise a generation to appreciate what they have, then we shouldn’t give children or young people everything on a platter. In an era of small families, child pester power and relative affluence it’s tempting to simply give kids what they want.
“Dad, can I have a…?”
“Sure!”
The Rolling Stones were right four decades ago when they sang, “You can’t always get what you want!” Those words form a great child-rearing lesson. That is, just because you can provide something for your kids, doesn’t mean that you do. They need to earn the right to have something by saving, working for or simply waiting until they are old enough to appreciate it.
Similarly, kids don’t automatically have a right to greater freedoms such as going out at night; those rights need to be earned by proving they are trustworthy.
Also, kids who think they are entitled to use a part of the house such as a living room without cleaning up mess are acting with a false sense of entitlement. In fact, there are no entitlements, only rights. And rights are earned by being responsible.

PARENTING IDEAS BY MICHAEL GROSE – EARNING THE RIGHT
Earning the right and not assuming a sense of entitlement is a life lesson parents, teachers and coaches must instil in children.
On talk-back radio recently I heard a caller tell a timely story about how as a child she was lucky enough to receive riding lessons from a renowned horse expert.
He had one condition. She had to earn the right to be taught to ride a horse. That meant she had to muck out the stables; brush and feed the horse; look after the gear and do everything else required to look after a horse. Only when she’d proved herself could she earn the right to ride a horse under his tutelage.
This caller said this powerful lesson shaped her entire life. It taught that there were no entitlements in life; to work hard and value her achievements. She never took anything for granted.
Contrast this with the extraordinary sense of entitlement of Australian tennis players Nick Kyrgios and Bernard Tomic who routinely treat the public, players and the game that serves them well, with utter disdain. Their attitude of entitlement is mind-boggling, not to say embarrassing to reasonable-minded, hard-working people.
Parenting ideas cont….

A child has a right to use the living room but they also have a responsibility to clean up rather than leave it a pigsty. A night banished to their room is a reminder that spending time in the living room is not an entitlement. It’s a right that comes with conditions.

Earning the right! A simple phrase with so much complexity.

I suspect it’s a phrase that neither Nick Kyrgios or Bernard Tomic heard much when they were growing up. Maybe their parents thought their prodigious talents excused them from having conditions placed upon them. If so, they did them no favours as good manners, gratitude and graciousness appear to be lacking in their social repertoires.

It usually takes a parent, teacher or coach to remind kids that they have to earn the right to have things, to do things and ultimately to be respected. That’s a lesson that stays for life.

STUDENT ACHIEVEMENT AWARDS
Assembly Date - 31/10/16

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<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Message</th>
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<tbody>
<tr>
<td>Emily C</td>
<td>PA</td>
<td>For being a wonderful member of Prep A. You are always so helpful, cheerful and such a responsible role model to all our Preps. Keep it up, Champ!</td>
</tr>
<tr>
<td>Oliver S</td>
<td>Prep B</td>
<td>For being an amazing, caring and hard working member of Prep B.</td>
</tr>
<tr>
<td>Chloe T</td>
<td>1C</td>
<td>For your outstanding attitude to your learning in Year 1. You are a brilliant star!</td>
</tr>
<tr>
<td>Julian F</td>
<td>1B</td>
<td>For your persistence and growth in your learning, especially with writing.</td>
</tr>
<tr>
<td>Nikunj S</td>
<td>2A</td>
<td>For always putting in a huge effort in everything you do. We love seeing you try so hard in all your learning tasks.</td>
</tr>
<tr>
<td>Caspar D-F</td>
<td>2C</td>
<td>For being a superstar at the Year 2 sleepover. You were fabulous.</td>
</tr>
<tr>
<td>Andrew P</td>
<td>4B</td>
<td>For making a fantastic effort to stay focussed in class and to support his classmates.</td>
</tr>
<tr>
<td>James G</td>
<td>4D</td>
<td>For working so enthusiastically and co-operatively on your anthem. You incorporated so many great themes and icons and had an excellent rhythm and rhyme! Well done.</td>
</tr>
<tr>
<td>Max K</td>
<td>5B</td>
<td>For both entertaining and informing our class in your roles in our Earn and Learn Community. You’ve been proactive and enthusiastic. Thanks!</td>
</tr>
<tr>
<td>Penny M</td>
<td>6C</td>
<td>For being a reliable and conscientious member of our Year 6 family.</td>
</tr>
</tbody>
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Diwali Celebrations at Carnegie Primary School

Over the past few weeks some year levels have been celebrating the Indian festival of lights. The students have learnt the story of Diwali and participated in a variety of activities. A lovely group of parents and students have spent weeks practising traditional Indian dances to share with their grades. The students have had a wonderful time dancing and trying delicious Indian food. Thanks to all those parents who have generously given up their time to help the students at CPS celebrate Diwali.
Attention: Year 2 Parents

All current Year 2 parents / carers are invited to view the Grade 3 & 4 learning spaces on Monday December 5th (straight after assembly).
This will be a great opportunity to view the teaching and learning spaces in readiness for 2017.
Mrs Laing and Mrs Grimm will meet all interested parents in the staff room straight after assembly.
We look forward to seeing you on the 5th of December 😊

CHRISTMAS BAKING
We are in the middle of our Christmas baking classes with the Gingerbread House lesson taking place tonight in the staffroom. These are in preparation for the stall at the Carnegie Main St Fair on Saturday November 26th.
Tuesday 10th November 7.30pm – gingerbread houses
Tuesday 17th November 7.30pm – cake decorating

LAST POPCORN THURSDAY
This Thursday is the last day to pick up a packet of popcorn at recess. We will be then selling any left over packets on Friday afterschool.

WALKATHON TOTAL
Thank you to everyone for returning their sponsorship forms from the Walkathon. We raised a total of $6,195.90 which is just amazing! 25% of that will be donated to the State School Relief Fund.

KIDS’ DISCO – THIS SATURDAY
We are putting on the final touches to the disco for Saturday. We will be needing some parent volunteers for the school disco for the signing in, BBQ and inside the hall.
If you are able to help please let Leesa know (contact details below).
Prep-Year 2: 5-6.30pm
Years 3-6: 7-8.30pm

FETE HELP STILL NEEDED
In the last newsletter I put a call out to find some volunteers for our Fete committee and I’ve only had one person come forward to take on the Marketing role (thanks Kristen Howell!) So please consider putting your hand up for any of the managing roles remaining below which we need to finalise as soon as possible so we can get organised for March 18th.
Managers are still required for:
Equipment (tables, marquees, hired equipment etc)
Food
Stage/Entertainment
These people will meet with the Fete committee in the next few weeks to get further preparations underway. If you are interested in helping in any of the roles or would like further information, please contact Leesa Needham (details below.)

Leesa Needham
PFA President
leesa.n@optusnet.com.au ph: 0408 556 669
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:
Before School Care
Permanent Booking: $12.50
Casual Booking: $15.00

After School
Permanent Booking: $15
Casual Booking: $18

Vacation Care: $50

After School Care News:
YLV will be offering care for the period before Christmas at Glenhuntly PS.
This will be from Wednesday 21st - Friday 23rd Dec. If you need care for these days please contact Farah (co-ordinator at Glenhuntly) on 0403 212 829

January Holiday Program 2017
The week commencing
Mon 9th - Friday 13th Jan, the program will run from Glenhuntly Primary School
To book for this week please call Farah on 0403 212 829

The week commencing
Mon 16th Jan until the students go back to school, the program will run from Carnegie Primary School
For these weeks you can book online or through the service on 0402043810

OSHC TEAM
ALLSTARS MARTIAL ARTS ACADEMY

FREE UNIFORM

Karate / Kickboxing / Boxing / Self Defence
School Holiday Programs
FREE TRIAL CLASS 9579 0800

Virginia Park, North Drive
10/232-236 East Boundary Rd, East Bentleigh 3165
Web www.allstarsdefence.com.au
Email info@allstars.net.au

PLAYBALL BASKETBALL
TRAINING @ GESAC TERM 1 2017
WEDNESDAY YEARS 1-4

BASKETBALL TRAINING  Playball is now taking registrations from current PREP to Year 3 Boys & Girls to commence training in Term 1 at GESAC, Bentleigh East. 40 minute weekly Training by Playball Coaches prepares children for Friday competition from Term 2. Rings lowered to 8.5ft for Year 1&2’s

REGISTER FOR TERM 1 2017  Register a training team at www.playballbasketball.com under ‘Registration’ Tab. Teams guaranteed commencement. Individual children can register online.

TERM 1 TIMES & DATES  YEARS 1-2  WEDNESDAY 4:00-6:15PM
1 Feb - 29 March (9 weeks)  YEARS 3-4  FRIDAY 4:15-6:15pm @ GESAC

TERM COST  Approx $95 per child  Based on team of 8. (Team Invoice $760)

COACHES WORKSHOP  By Melbourne Junior Tigers  Sunday in Term 2.

CONTACT  PH: 9585 6123 info@playballbasketball.com

Playball: An affiliated association of Basketball Victoria

PLAYBALL BASKETBALL 9585-6123