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.

SPECIAL ACKNOWLEDGEMENT TO OUR PFA FOR THEIR TIRELESS EFFORTS
Not a week goes by when we are not indebted to the efforts of our PFA and the time a small band of parents devote to our school as volunteers. Over the last few weeks they have:

- Run the much anticipated disco for our students which was a great success
- Kindly sold icy poles to our students each week now the warmer weather is upon us
- Currently ordering delicious mangos that I know many families loved buying last year
- Commenced preparation for the Christmas baking classes
- Organised a tasty lunch for teachers on World Teachers’ Day. Thank you to everyone who contributed so generously. We were all very chuffed to be so appreciated.

Their fundraising efforts greatly assist our school but their support for building our community spirit is also priceless. Thanks to a great team 😊

GRADE 2 SLEEPOVER
Thanks to Mrs Knight for organising last week’s Grade 2 Sleepover and to all staff who attended the evening. 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 and excited. They were all very enthusiastic about sharing a fun night with 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 dinner 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!
GRADES AND STAFF FOR 2016
The majority of families have returned their intentions for 2016; we have an expected 2016 enrolment of approximately 570 students. We will run 23 classes, one more than this year. We will have 4 prep grades, 3 grade ones, 3 grade twos, 3 grade threes, 4 grade fours, 3 grade fives and 3 grade sixes. Additional teachers and Education Support Officers will again be part of each team at varying time fractions depending on class structures.
As happens each year, we will say a fond farewell to some of our staff and warmly welcome new members to our school. It is with some sadness that I inform the community that Mrs Thompson has decided to retire after many wonderful years at Carnegie. She will be very much missed but I know you will join me in wishing her all the best. She is looking forward to enjoying more leisure pursuits and time with her family. Miss Belinda Cupples has been granted leave for 2016 to pursue other endeavours. Mrs Sam Nicolaides and Mrs Pippa Ross’s current contracts are concluding but we anticipate they may still be familiar faces as replacement teachers throughout 2016.
We will be welcoming back Miss Lipson, Miss English and Ms Oh as full time teachers and Mrs Budic and Ms Dowsett in part time roles.
Further details will be shared with families prior to the end of term. Children will know their 2016 class before we finish up for the holidays.

END OF YEAR FAMILY PICNIC
Our PFA is planning a special end of year picnic on Tuesday 15th December. We invite everyone to bring a picnic tea around 5pm with a short concert to follow. Full details of the evening will be sent home shortly but please pop this date in your calendar as the end of the year is a busy time for all of us.

PREP ORIENTATION PROGRAM
Our Prep Orientation Programs for our 2016 preps has commenced. We will be welcoming approximately 83 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.

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 needed.
- 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 eg 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 they 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 they will be with 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 – Happiness is not a state of mind but a manner of travelling.
Linda Jones & Michael McCarthy
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

‘You’re okay. I’m here and I won’t be going anywhere.’

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us. When children are calm, explore different approaches to empower them to better manage their anxiousness. You might say: “I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“You brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness, you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.
LOST PROPERTY - GLASSES & JACKETS
We have 5 pairs of glasses which have been handed in over the past couple of weeks. If you think you are missing a pair, please come to the office. There are also about 12 unnamed good quality school bomber jackets in Linda’s office. If you are missing one please come and check if one belongs to you.

SCHOOL UMBRELLAS
We have a limited number of CPS umbrellas we are selling off for $15 each. They are very good quality and a handy fold up size which fit in your bag. If you would like one you may purchase it from the office.

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

Mrs Minniece
Nia G 2B
Mutt Dog
Hands – On Science Experiments
Where I Live

PFA News

NEXT PFA MEETING
Our next meeting is this coming Monday 9th November 7.30pm in the staffroom.

ICY POLE FRIDAYS
Just a reminder that every Friday throughout Term 4 is Icy pole day. So don’t forget to bring $1 if you would like an icy pole at lunchtime. Thank you to all the grade 6 students who have helped hand out the icy poles over the last few weeks.

KIDS DISCO THANK YOUS
Thank you to all the parents who helped at the disco the other week. The kids had a ball dancing and singing away. A HUGE thank you also to Mr Playsted who once again did an awesome job as our DJ. You can check out some photos form the night in the newsletter.

CHRISTMAS BAKING SESSIONS
Selina is once again be running our Christmas baking classes over the next couple of weeks in preparation for our Christmas Cake/Gingerbread House stall we will be holding at the Carnegie Main St Fair on November 28th. We ask for a gold coin donation for those attending.

Wednesday 4th Nov 7.30pm – cake baking – TONIGHT!!
Tuesday 10th November 7.30pm - gingerbread houses
Tuesday 17th November 7.30pm – cake decorating

Leesa Needham Ph: 0408 556 669
leesa.n@optusnet.com.au
This term we painted the Veggie Patch with lots of fruit, flowers, garden tools and nature.—Gisele.

We were really creative with our designs. We had a lot of fun painting.—Alexis

We wanted to make the Veggie Garden a better place so everyone can enjoy it.—Keeley

Here is a photo of me painting a flower. We painted our designs on paper and copied them onto the Veggie garden.—Matilda.

The main idea was to let everyone enjoy the paintings in the garden.—Nefeli

I really enjoyed painting the garden and I think everyone enjoyed it.—Isabella

We really enjoyed painting the Veggie Patch with a range of different colours.—Harshitha

We used the paintings to depict how amazing the Veggie Patch is.—Jude

Here is a picture of me painting cherries on the garden with my friends.—Lily

It was fun because you could paint a picture that you designed.—Darcy S-H

It was fun because we got to use different colours.—Tali E
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:

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After School Care News

We’ve recently had some parents enquire about the January Holiday Program in 2016. The program in January for Carnegie Primary School, will commence Monday the 11th until Thursday 28th of January (the day before students commence school for the new year). The program will be available mid-November.

For parents who require care, the week prior to the 11th of January, the company will be providing care from Monday the 4th of January at a neighbouring school. Details will be provided shortly.

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

PLAYBALL BASKETBALL TEAM TRAINING @ GESAC
WEDNESDAY TERM 1 2016 YEARS 1-4

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

REGISTER FOR TERM 1 2016  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
3 February - 23 March (8 weeks)  Year 3&4 Teams compete Fridays.

TERM COST  Approx $85 per child  Based on team of 8. Team Invoice $660.

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

Star Wars Heroes, Face Painting, Video Game Comp, Sports, Warrior Obstacle Course, Massages, Craft Stalls, Online Silent Auction, Dunking Booth, Real Coffee, Show Bags, Rides, Haunted House, Fire Engine, Delicious Food and Drink, Live Performances.
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