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 RECOGNITION OF OUR EDUCATION SUPPORT OFFICERS
Last week was ES Recognition Week and it reminds us of the special and very supportive work that our Education Support Officers do each and every day in so many ways. At CPS our ES Officers are our office staff as well as our teacher/integration staff. On behalf of the whole school community I would like to sincerely thank them for their commitment and dedication to the students, staff and parents of Carnegie Primary School.

UPDATING OUR SCHOOL’S POLICIES
Staff and School Council recently developed an Attendance Policy in line with recently updated DET guidelines. This was ratified at our last school council meeting and has now been placed on our website. If you would like a paper copy please call into the office.

CURRICULUM DAY - NO SCHOOL
The next Curriculum Day approved by School Council is Friday, 31st August 2018. Staff will be focusing on numeracy and literacy teaching and learning. Ongoing sharing of professional learning is a high priority for staff at CPS. No students are required at school on this day. Our before and after

DIARY DATES

Wednesday 22nd August
School Council Meeting 7.30pm

Tuesday 28th August
Year 4 Excursion-Pollywoodside
Fathers Day Stall

Wednesday 29th August
Year 3-6 Athletics day

Friday 31st August
Curriculum Day- no school

Thursday 6th September
Book Week Celebration

Monday 10th September
PFA Movie night at The Classic Cinema

Thursday 20th September
Year 2 Sleepover

SECOND HAND UNIFORM STALL DATES
Friday 24th August  3.15pm-3.45pm
Tuesday 28th August  8.45am-9.15am

VIP/Special Guests Activities
Save the Date

On Monday 3rd September, we would like to invite our ‘special friends’ and VIP guests to come to school and share some nifty numeracy activities.

&

On Friday 7th September, we would like to invite our ‘special friends’ and VIP guests to come to school and share some lovely literacy activities.

Activities will be occurring in all classrooms from 9am – 9.45am on both mornings.

Please pop these times into your diary.

Book Week celebrations will also be happening on Thursday 6th. More details to follow.
school program will be operating, but bookings are essential.

CHILD SAFETY POLICIES AND PRACTICES
In September 2016, the Government released new minimum Child Safety Standards which aim to create safe cultures and environments in organisations that work with children. We, along with other schools developed policies, protocols and programs to achieve compliance in this area. I remind all families that our Child Safe policy, Child Safety Code of Conduct and Wellbeing Policy are on our website. Paper copies are available from the office.

In line with the above guidelines, Working With Children Checks require stronger oversight for visitors and volunteers in schools. As a result, any parent or carer who wishes to attend an excursion and supervise a group of students (e.g. visiting the zoo, museum, Scienceworks etc) will need to provide the school with a Volunteer Working With Children Check. Obviously the primary duty of care always falls to our teachers but on such occasions, parents may be the primary carer for a period of time at an excursion. Such checks aren’t required for parents who attend sessions such as Book bags or the Parent Helpers program as activities such as this are exempt under the guidelines. If you have any questions or need assistance, please see Linda or Karen.

CAPITAL WORKS UPDATE
We are counting down the days till the fences are removed and we are granted occupancy of our wonderful new gym and arts facility. Each day we see numerous workers undertaking the finishing touches. Over the next fortnight the flooring will be completed including the internal sports court polishing and line marking. Much time is also being devoted to external concreting and landscaping.

If all goes to plan our visual arts, performing arts, sport/PE and Before and After Care facilities will commence moving into their new homes in the first week of September. Our prep team will be relocating into our existing art room and multipurpose room so work can progress on commencing the significant refurbishment of our existing prep building.

AN AMAZING VISITOR TO CPS
On Thursday 16th, August our students were fortunate to be addressed by Josh Richards, Mars One candidate. Josh is a physicist/engineer/Mars One astronaut candidate who is a passionate and highly-visible ambassador for Science, Technology, Engineering, Arts and Math (STEAM) education. He used skills developed as a stand-up comedian, when he spoke to our students about space science: space engineering, growing food on Mars and discussions on what a life on Mars could look like. This gave the students an insight into the physics of planetary travel but also the career choices that can be made in the sciences. We were fortunate enough to receive a Science Week grant to allow this to take place for our years 2 – 6 students. Those students who were at swimming during this time will have the opportunity to view the recording. We would like to particularly thank Alicia Sometimes, Arlo and Jasper’s mum for her support organising this terrific incursion.

A WONDERFUL COMMUNITY SPIRIT – PLEASE SEND YOUR SUPPORT
Over recent months a wonderful group of local residents have been working tirelessly to transform the laneway that runs between Graceburn Avenue and Koornang Road. For those of you who use this laneway when walking to or from school I know you will be as impressed as I am with this transformation. The area is greatly enhanced but I also believe so much safer for those using this laneway.

This project has now been accepted to the voting stage of ‘Pick my Project’, a State Government funding opportunity. In this application they are requesting lighting, safety mirrors and resources to complete the art gallery. Let’s show our support for these wonderful volunteers. Voting has opened and closes on 17 September. Please follow the link below.

https://pickmyproject.vic.gov.au

• Register with individual email address and phone number (each can only be used once to stop vote stacking)
• Drop in a pin on the map on the laneway, or near by.
• Vote for us, the Carnegie Community Garden
• You must cast 2 other votes, and it is to our advantage that you choose two projects as far away from ours as possible, and not partnered with GE Council. All 3 votes carry the same weight.

WORDS OF WISDOM – Always do your best. What you plant now, you will harvest later®

Linda Jones and Karen Bentata-Grimm
Anxiety disorders are currently taking a heavy toll on Australian children and young people. It’s been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year. Anxiety is not restricted to secondary schools either, with children as young as four now presenting with symptoms of anxiety, manifested in headaches, tantrums and refusal to go to school. Anecdotal evidence suggests that there is still a stigma attached to anxiety as people still seem to associate it with weakness and don’t understand the difference between normal feelings of stress and crippling anxiety.

Anxiety is normal
Anxiety is the body’s response to fear, real or perceived. It’s our body’s way of protecting us when we’re in danger. It’s completely normal to feel anxious from time to time. A child might feel anxious about speaking in front of their class or a teen might feel anxious about an exam. Those anxious feelings can act as a motivator to do more revision or be better prepared. With ‘normal’ anxiety, when the stressful event has passed, the anxious feelings pass too.

Parents are well positioned to provide kids with the tools and skills to regulate their anxiousness. Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

1. Breathing to calm down the anxiety
When it comes to calming down anxiety, the brain ‘listens’ to the body. Kids and teens can show their brain they’re safe using deep, slow breathing. This type of breathing helps bring the brain down from high alert and signals the nervous system to begin to return to normal. Encouraging kids to practise deep breathing in between times of high anxiety is essential. By practising, they’re preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

2. Mindfulness to bring kids into the present
Generally kids become anxious about future events such as giving a talk, starting secondary school or going into an unfamiliar situations. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a great tool to bring kids into the present and relieve them of their feelings of anxiousness.

3. Exercise to dissipate anxiety
Exercise plays a huge role in anxiety management, yet children’s lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of ‘feel-good’ neurotransmitters.

4. Thought-noticing to shift thinking
Thought-noticing is a wonderful skill set that helps kids to better manage their mental health. When kids tune into their thinking, they can immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is – a thought which comes and goes, and not a fact. Breathing, mindfulness, exercise and thought-noticing are best taught and practised when kids are not under stress. They are most effective when they become an entrenched part of kids’ lifestyles rather than an activity to be called upon from time to time.
BOOK WEEK CELEBRATION

Our whole-school, whole-day Book Week Celebration will be held on Thursday, September 6th. The theme for book week is “Find Your Treasure!”

There will be Golden Tickets to be found!!

We would like you all to come to school dressed as a character from a book, or as an author or illustrator. There is no need for families to buy or hire costumes - you can make a mask or find something to wear at home. Please let your teachers know if you are having difficulties creating a costume or if you need some help with an idea.

We have 3 amazing Australian authors joining us on the day to speak with students.

*Preps, Year 1s and Year 2s will share time with Judy Horacek – an author and the illustrator of Mem Fox’s “Where is the Green Sheep”.

*Year 3 and 4 students will enjoy hearing about how George Ivanoff creates his amazing adventure stories.

*Year 5s and 6s will love their time with author Felice Arena!

Hot chocolates for everyone (if you’d like one, bring a mug) – thanks to our fabulous PFA!

We’ll be sharing our favourite books during Buddy Reading sessions! There’ll be artistic activities to add excitement and adventure!

What you need to bring to school on September 6th:

* Yourself in a costume!
* A gold coin or note donation (proceeds will go to The Indigenous Literacy Foundation)
* A sturdy mug for a hot chocolate (if you’d like one)
* A favourite book to share with a buddy

If you have a copy of a book written by your visiting author/illustrator, bring it along. They may have time to sign it for you!

Start planning your costume for Thursday, September 6 and look forward to a day of fun!
JAPANESE APPS

Some parents have enquired about maintaining some exposure to Japanese outside the Japanese classroom. The following are some sites, apps and ideas to keep things rolling:

- **Youtube** / Doraemon cartoon episodes either with English subtitles or without:
  (Eng. subs):  [https://www.youtube.com/channel/UCVQIb9NRP59OPBlIKI8XXw](https://www.youtube.com/channel/UCVQIb9NRP59OPBlIKI8XXw)
  (No English):  [https://www.youtube.com/watch?v=lGtvpBdiKzE&list=PLqNomgyN8Vu7ZDPEIvE2054gkuHHU31Kv](https://www.youtube.com/watch?v=lGtvpBdiKzE&list=PLqNomgyN8Vu7ZDPEIvE2054gkuHHU31Kv)

- **Kidsweb Japan** site
  [https://web-japan.org/kidsweb/](https://web-japan.org/kidsweb/)
  Cultural topics in English + virtual reality interactive games

- **Languagesonline Japanese** site (also an ipad app)

**Apps**

- Kanamoji
- L’escapadou Japanese Writing Wizard
- Dijipiji Hiragana Bubbles
- Learn Japanese Easily
- LinguPingin Japanese
Year 2 History Discovery Learning

Year 2s have been very busy exploring aspects of community history over the last few weeks. Our investigation began at Como House, looking at household technology from over 100 years ago. We also toured the house and grounds learning about the life of the Armytage family and their servants. Highlights of the day were solving a garden mystery and playing old fashioned games such as egg and spoon races. Following this, parents and relatives shared artefacts from the past in our Year 2 Historical Expo. There were many interesting items on display, illustrating to students some of the many changes that there have been in technology and our community over time.

Students then participated in taste tester sessions to choose their own area of investigation. Ms Oh ran an old fashioned shop, Miss Hallmark’s group learnt about trains of the past, Mr Pollard shared how local houses have changed over time and Mrs Knight’s classroom was transformed into an olden day class.

Baby boys were only allowed to wear dresses. Girls had an ‘every day’ dress and a ‘best dress’. Most of their clothes were white.

It was hard to wash clothes in the olden days!

‘I held some drinks on the tray very carefully so I did not spill them’

The toilets were outside so at night time you would have to use a chamber pot!
They played with wooden toys as electricity wasn’t invented’ Bass 2A

Everyone had a certain spot to sit at the table.

I liked taking part in the ballroom dancing and helping the servants scrubbing the clothes’ – Tran 2B

‘I found it interesting seeing the huge house. I enjoyed completing the mystery in the garden’ – Sophie 2C
Hi, It’s Lloyd here, the 2018 Numeracy Captain. Congratulations to Leo Brown from 1B who successfully answered our junior problem-solving challenge. The answer was 18cm long. I would also like to congratulate Oliver McCurdy from 5C on winning the senior challenge.

This week’s focus is:

**GLORIA**

**GUESS AND CHECK**

By taking an educated guess Gloria is using prior knowledge and known facts to support her.

**Junior (Years Prep to 3):  The animals**

A farmer has some ducks and some horses. Altogether the ducks and horses have 40 legs and 14 heads. How many ducks and horses are there on the farm?

**Senior (Years 4 to 6):**

Jamie went out to her grandfather’s farm. Her grandfather had pigs and chickens on his farm. She noticed that there was a total of 38 heads and 100 feet among them. How many pigs were on the farm?

Put your name, grade and answer on a piece of paper and place it in the ‘calculator’ box in the office foyer by Wednesday 29th August.
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 call 0402 043 810
Account queries or change of bookings please 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

Parents, we are in the process of updating your child’s enrolment form in order to meet with department regulations. Thank you for your co-operation and patience throughout this important process that the service is undertaking at the moment.

Also, don’t forget that we have a scheduled Curriculum Day on Friday 31st of August.

You can book your child in for this day, by either contacting the service on: 0402 043 810 OR by email at: carnegie@ylv.com.au

OSHC TEAM
FATHERS DAY STALL
Next Tuesday 28th August we will be running our Fathers’ Day stall where students can purchase a gift for Dad between $2-$6. The Year 4s are on excursion that day so they will visit the stall first thing in the morning before they leave.

MOVIE NIGHT– Monday 10th September
We have booked The Classic Cinema to see the new Australian film, ‘The Merger’. It’s a comedy about a country football team trying to avoid merging with their rivals by engaging the local refugee population to play AFL. We have had to change the date of our movie night due to the release date of the movie being pushed back. So it will now be held on Monday 10th September.

RELAY FOR LIFE– CPS TEAM
We have registered a team for this year’s Cancer Council’s Murrumbeena Relay for Life which will be held at Duncan McKinnon on October 21st/22nd. We would love to have as many people join us as possible; teachers, parents and students! You can register via;
Our team is called the Carnegie Wanderers. We will send out more information in the coming weeks but for now, you can read more about the Murrumbeena Relay for Life on the next page.

PFA DIARY DATES TERMS 3 & 4
Fathers Day Stall – Tuesday 28th August
Parent Movie Night– Monday 10th September at
The Classic Cinema in Elsternwick
Walkathon & Crazy Hair Day- Friday 14th September
PFA Meeting- 17th September
Relay for Life– October 20/21st
School Disco – Saturday 10th November

MOVIE NIGHT
WHEN: Monday 10th September 2018
TIME: around 6.30-7pm start (TBC)
WHERE: The Classic Cinema, Elsternwick
Save the date at the moment. Booking details will follow shortly.

Leesa Needham
PFA President
Ph: 0408 556 669  E: leesa.n@optusnet.com.au
Take part in Cancer Council’s Murrumbeena Relay For Life 2018

You’re invited to take part in Murrumbeena Relay For Life to be held at Duncan MacKinnon Reserve Athletics Track, Murrumbeena, from midday Saturday 20 – midday Sunday 21 October 2018.

What is Relay For Life?

Relay For Life is a fun and moving, overnight community experience, which brings together teams who camp overnight and walk relay-style throughout the event to symbolise the cancer fight and raise vital funds for Cancer Council Victoria’s research, prevention and support programs.

Teams enjoy live entertainment, activities, and special ceremonies throughout the duration of the event. Each Relay commences with a special Survivors and Carers Lap to celebrate cancer Survivors and their Carers. A Candlelight Ceremony held at dusk is a chance to reflect and honour loved ones lost to cancer and to celebrate loved ones surviving.

Relay For Life began in 1985 in the USA and is now the world’s biggest fundraising event for cancer research. Relay For Life came to Australia in 1999 and is now held in over 200 communities around the country each year.

About Murrumbeena Relay For Life

Relay For Life’s inaugural event for Australia was held in Murrumbeena in 1999 and has since raised more than $1.7 million to help the 742 people diagnosed with cancer in Glen Eira City every year. In 2017, the Murrumbeena community came together to raise over $70,000.

Why support Relay For Life?

Every year, over 31,000 Victorians are diagnosed with cancer. Since 1937, Cancer Council Victoria has worked as an independent, not-for-profit organisation to reduce the impact of all cancers on all people.

The key to the success of Relay For Life is in the strength of the community. Many local families, businesses, schools and community groups find that Relay For Life brings their family, employees, students or members together, creating stronger relationships and boosting morale.

We would love to invite you to support the Murrumbeena Relay for Life being held at Duncan MacKinnon Athletics Track over the weekend of 20-21 October 2018. You and your school may like to consider entering a team for this 20th Anniversary event.

Visit http://fundraising.cancer.org.au/murrumbeena for further information and to register a team right now. If you have any question, please don’t hesitate to contact murrumbeena@relayforlife.org.au or 1300 65 65 85.

In the meantime, you can help us by liking and sharing our Facebook page www.facebook.com/murrumbeenaRFL/ on your own social media.

Yours sincerely,
Murrumbeena Relay For Life Volunteer Organising Committee.

Remember it can be books that you have read in class, with your parents or were read to you.

If you’re in Prep – Year 2, you’ll need to read a total of 30 books, with at least 20 from the Challenge list.

If you’re in Year 3 – 6, you’ll need to read a total of 15 books, with at least 10 from the Challenge list.

Make sure you record all your books before 7 September 2018.
GCM ABACUS METHOD

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An amazing program is now available to interested parents with children from Aged 5 to 12 where students can learn mental and manual arithmetic with abacus. This is a “Whole Brain Development” program with a proven concept that can improve arithmetic skills and also enhances the mental abilities like concentration, observation, visualization, imagination and memory.

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ASC PARTNER PROGRAMS

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- New sports, new programs, new areas.

NOW OPEN
GO TO ASC CAMP/BOOKINGS TO BOOK SPRING CAMPS OR FIND INFORMATION

ASC 3-DAY CAMPS

AFL
24, 25 & 26 September
VIC: AFL Camp, Ballarat
25, 26 & 27 September
VC: AFL Camp, Brighton
Basketball
24, 25 & 26 September
VIC: Basketball Camp, Bendigo
25, 26 & 27 September
VIC: Basketball Camp, Bendigo
1, 2 & 3 October
VIC: Basketball Camp, Geelong
3 & 4 October
VIC: Basketball Camp, Kow

Cricket
24, 25 & 26 September
VIC: Cricket Camp, Ballarat
2, 3 & 4 October
VIC: Cricket Camp, Bendigo
3 & 4 October
VIC: Cricket Camp, Footscray

Hockey
3, 4 & 5 October
VIC: Hockey Camp, Hamilton

Netball
24, 25 & 26 September
VIC: Netball Camp, Ballarat
25, 26 & 27 September
VIC: Netball Camp, Bendigo
1, 2 & 3 October
VIC: Netball Camp, Geelong

Soccer
24, 25 & 26 September
VIC: Soccer Camp, Ballarat
2, 3 & 4 October
VIC: Soccer Camp, Bendigo

Tennis
24, 25 & 26 September
VIC: Tennis Camp, Ballarat

ASC PARTNER PROGRAMS

ASC has teamed up with some amazing and reputable partners to offer a wider variety of sports in your area. Discount and pricing for these programs differ depending on the program, please visit our website for all the details and choices.

Futsal
24, 25 & 26 September
VIC: Futsal G8 Futsal Program, Brunswick #1
1, 2 & 3 October
VIC: Futsal G8 Futsal Program, Frankston #2

Golf
24, 25 & 26 September
VIC: Albert Park Driving Range, Golf Program, Albert Park #1
24, 25 & 26 September
VIC: Golf Program, Shepparton #1
1 & 2 October
VIC: Albert Park Driving Range, Golf Program, Albert Park #2

Rock Climbing
24 & 25 September
VIC: Up Unlimited Rock Climbing Program, Richmond #1

Sailing
2, 3 & 4 October
VIC: Sailing Program, The Royal Yacht Club of Victoria, Williamstown

Climbing
24, 25, 26 & 27 September
VIC: World Tennis Australia, Tennis Program, Brighton East #1
1, 2 & 3 October
VIC: Up Unlimited Rock Climbing Program, Richmond #2

NOW OPEN
GO TO ASC CAMP/BOOKINGS TO BOOK SPRING CAMPS OR FIND INFORMATION

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