2015 CALENDAR DATES

OCTOBER

Mon 12th  Christmas Fair Meeting  
Tue 13th  Gr 5/6 Regional Track & Field Champs  
Wed 14th  Parents Association Meeting - 2.30pm  
Thur 15th  Geelong Show Art Exhibit'n (Thu-Sun)  
Fri 16th  International Dress Day - for Melaku  
Mon 19th  School Council 7.00pm  
Tue 20th  Gr 5/6 P4P Parent Info session 7pm  
Wed 21st  Geelong Cup Public Holiday  
Thu 22nd  Gr 2 Rube Goldberg presentation  
Tue 27th  Gr 5/6 Kanga Cricket - T20 Blast  
Wed 28th  Gr 4 P4P Girls & Mums session 4pm  
Thu 29th  Gr 2 Count Us In - Costa Hall  
Fri 30th  World Teachers Day

NOVEMBER

Mon 2nd  Gr 5/6 O & S - Bio Cats excursion  
Fri 6th  Gr Prep - Donegan's Farm  
Mon 9th  Life Ed Gr P-4  
Thur 12th  Prep '16 Transition session #1 2.30pm  
Fri 13th  Student Progress Reports home  
Mon 16th  School Council 7pm  
Thur 19th  Prep '16 Transition session #2 2.30pm  
Mon 23rd  St Johns First Aid Gr 5/6  
Tue 24th  Prep '16 Transition #3 5.30pm  
Fri 27th  50th Anniversary Christmas Fair  
Mon 30th  Prep 2016 Information Night 7.30pm

DECEMBER

Fri 4th  Prep '16 Transition #4 2.30pm  
Tue 8th  Prep 2016 Family BBQ 6.00pm  
Fri 11th  Student Progress Reports home  
Mon 14th  Gr 6 Graduation  
Tue 15th  Gr 6 Day Out  
Thur 17th  Last day students - 3.30pm dismissal

NOTES HOME THIS WEEK

• Term 4 Class Newsletters  
• Bank Books

WELCOME BACK TO TERM 4

Welcome back to the last term for 2015. We hope everyone had an enjoyable and restful break. Our teachers are all refreshed and keen to maximise the next 11 weeks with students. We welcome back Mr Scade after his surgery and Mrs Rippon after her European leave. We also congratulate her on becoming a grandmother again with young Charlotte’s safe arrival.

Miss Leah Trotsky steps in to Prep M for this week while Mrs McArthur is on leave. We also welcome back Deakin 4th Year students for their final experience round for the year.

Term 4 is also the last term of primary school for our Grade 6 students and a time for them to consolidate their skills in preparation for secondary college. It is rewarding for teachers to see their growth, readiness to accept challenges and the positive leadership they display. Their final year with us will culminate with a graduation ceremony for Gr 6 families in December.

2016 CLASS ORGANISATION

We have had a couple of families indicate they are leaving our school at the end of the year due to relocation. We really appreciate knowing this information now so if there are any other families relocating for 2016, please contact the office and let us know. Thank you. This information will help with the make up of classes for next year.

Enrolments for 2016 (307) at this point are similar to last year so it is very important we get final numbers as soon as possible. We have 43 Preps for 2016 which is perfect for our configuration of 2 classes. If there are any families who have not enrolled a sibling, we ask you give this your immediate attention.

Classes for 2016 will be finalised after teachers have completed their individual student reports. Parents will again have opportunity to have input into our arrangements for 2016 and we will let you know through the newsletter when this will be. Plans and organisation for next year will continue during November.
The 'You Can Do It!' Focus for this term is **RESILIENCE**

Resilience means being able to stop yourself from getting extremely angry, down or worried when something “bad” happens. It means being able to calm down and feel better when you get overly upset, and bounce back from adversity. Emotional Resilience also means being able to control your behaviour when you are upset.

**Examples of Emotional Resilience**

- Not getting overly upset from mistakes in your work or when you have not been as successful as you would like to be.
- Not getting overly frustrated and angry with yourself when you do not understand something.
- Not getting down when your friends seem to understand their schoolwork and do better on tests than you.
- Avoiding getting extremely worried before an important test or event in which you have to perform in public.
- Avoiding excessive worry concerning your popularity with peers.
- Not getting overly angry when peers are mean to you.
- Remaining calm and in control when an adult treats you unfairly or disrespectfully.
- Not getting too down when being teased or ignored by friends.
- Stopping yourself from getting extremely worked up when you want to stand up and say “No” to someone who is putting pressure on you to do the wrong thing.
- Staying in control when your parents say “No” and the parents of your friends seem to be saying “Yes.”

**Negative Habits of the Mind to Eliminate to Help Build Emotional Resilience**

- Self-Downing - thinking that you are useless or a total failure when you have been rejected or have not achieved a good result - (replace with Accepting Myself).
- Needing to Be Perfect - thinking that you have to be successful or perfect in everything important that you do and that it’s horrible when you are not (replace with Taking Risks).
- Needing Approval - thinking that you need people (peers, parents, teachers) to approve of what you do and that when they do not, it’s the worst thing in the world (replace with Being Independent).
- I Can’t Do It - thinking that when you have not been successful at something important, you are no good at anything and that you never will be (replace with I Can Do It).
- I Can’t Be Bothered - thinking that life should always be fun and exciting and that you can’t stand it when things are frustrating or boring (replace with Working Tough).
- Being Intolerant of Others - thinking that people should always treat you fairly, considerately and the way you want and when they do not, they are rotten people and you have a right to get back at them (replace with Being Tolerant of Others).
‘MINDFULNESS’ – helping students become more mindful

Introduction
Part of our aim as educators is to build happier, healthier and more compassionate young people. In this way our belief is they will better maximize their abilities both educationally and emotionally. Mindfulness is a meditation program designed to assist children (and adults) when dealing with the pressure, stress and challenges of life. It is a proactive tool to enhance mental health and wellbeing to arm students with the skills to better manage stress and build resilience and encourage participants to feel calm, clear and content.

When someone is ‘mindful’ they-
* Focus on the present
* Try not to think about anything that went on in the past or that might be coming up in the future – it’s about the ‘now’
* Purposefully concentrate on what’s happening around them
* Trying not to be too judgemental or labeling things as good or bad

We spend a lot of time thinking over stuff that has happened in the past, or worrying about things that may happen in the future, that often we actually forget to appreciate or enjoy the moment. Mindfulness is a way of bringing us back to experience life as it happens.

Mindfulness helps –
* Clear the head
* Makes you more aware of yourself, your body and your environment
* Slow down your thoughts
* Slow down the nervous system
* Helps you relax
* Helps you to concentrate
* Helps you cope with stress

Our teachers and students have been trying some mindfulness activities over last term and we have received some very positive feedback about its effects. We have been using the ‘Smiling Minds’ program which caters for the needs of children of all ages. The Australian program is free and available online. For more information go to smilingminds.com.au.
Talk to your kids about mindfulness and the activities they have had so far. You may find something in it for you in coping with your busy lifestyle. If you have any questions please contact your class teacher.
In the second week of term, Fyans Park Student Representative Council will commence the annual Legacy Week sales. All proceeds will go towards the Geelong Legacy Club Inc. This is a volunteer organisation dedicated to assisting the widows and children of deceased ex-service personnel. The items that will be sold are red badges sold at $2, pink and blue ‘camo’ coloured wristbands sold at $2 and pens sold at $3. All items have limited stock with there being 36 wristbands, 4 pens and 25 badges. We really appreciate your help and support, as do the Geelong Legacy Club Inc. If you have any enquiries please talk to Miss Judd or any of the SRC leaders.

Thank you for your continued support.
Ned, Sara, Coco and Miss Judd

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Congratulation to the Fyans Park Sharks on a great Basketball Season. They finished Top of the Ladder and were undefeated for Season 2015. Well done to Ted, Max, Oska, Coco, Adrian, Alastair and Harry!

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GROUND FORCE

It has been noted that the area behind the Grade 3/4 Department is turning into a bit of a weed farm.

If anyone is able to give some time to help fix this problem, it would be greatly appreciated. Even if it’s only 15 minutes! Tuesday morning from 9am.

Thanks in advance.
Kirsty Ayerbe

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PARENTS ASSOCIATION MEETING

Wednesday 14th October
2.30pm
Everyone welcome!

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JUNIOR TENNIS LESSONS – TERM 4, 2015

Tony Brushfield, a qualified Tennis Coaches Association of Victoria member, offers coaching sessions at school for groups of four children every Tuesday Lunchtime. This term’s lessons commence next Tuesday 13th October and will be $70 for 7 weeks.

Please return the below application form to the school Office or contact Tony on 5244 0040 or 0408 524 898 for further information. The children will be advised of their lesson time at the tennis court at 1.45 pm on Tuesday 13th October 2015. As numbers are strictly limited, acceptance will be based on order of replies received.

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Please forward this section to school with a cheque for $70 payable to Tony Brushfield by Tuesday 13th October.

Name: ___________________________ Phone No.: ___________________ Grade: _______ Age: ______

Please enrol my child in Junior Tennis Coaching. The appropriate remittance is included with this application.
ROLL UP ROLL UP!
ITS APRON TIME AGAIN...
AND THIS YEAR THEY ARE OUR BEST YET

COTTON ...................... $25.00
BLACK WITH WHITE LOGO
WHITE WITH GREEN LOGO

LINEN ........................ $30.00
OATMEAL WITH WHITE LOGO
BROWN WITH WHITE LOGO

DENIM .......................... $35.00
BLUE WITH WHITE LOGO

TEA TOWELS AVAILABLE TOO... $15.00
WHITE WITH GREEN PRINT

LOGO OPTIONS ARE
FYANS PARK SCHOOL LOGO
ARTWORK OF CHILDREN'S FACES

APRONS CAN BE ORDERED AT THE OFFICE, FORM AVAILABLE ONLINE AT fyansparkps.vic.edu.au OR ON SKOOLBAG APP

samples available at office
INTERNATIONAL DAY
2015

On Friday the 16th October the Fyans Park SRC will be running an International Dress Up Day. We are raising money for our sponsor child Melaku. The International Day aim is to be able to raise awareness of our surrounding cultures and countries in hope to reunite them as one. Children may come dressed in the colours of a countries flag or may dress up in something relating to that country. To come dressed up it is required that all children bring a gold coin donation. All shoes worn must be enclosed and students must have a sunsmart hat for recess and lunch play. If you choose not to participate can you please wear your School Uniform. We hope you support Melaku by dressing up for Fyans Parks International Day. Thank you for your continuous donations and support.

Ned, Sara and Coco

Friday 27th November 4 - 8pm

There’s only 8 weeks till the Christmas Fair, so save the date. The rides are booked, preserves cooked, crafts created and great sponsors have pledged their support. There’s still a lot to do to get ready for this great night and we are hoping you can get involved, any way you can. Later this term a show bag will come home with all the information you need. Keep an eye on the newsletter for our weekly round-up and LIKE us on Facebook for up-to-date information.

SILENT AUCTION – Can you help?

We are seeking donations for the Silent Auction. Do you have something to donate? Can you ask a friend or local business to donate? Great Silent Auction items include gift vouchers, original artwork, tools, kitchen appliances, games, sporting equipment and memorabilia, toys, pet supplies, clothing, jewellery and beauty supplies. Basically anything you would like to bid for is the way to go.

If you need an official letter to approach a business, please see Jan in the office and she can organise this for you. The next committee meeting is Monday 12th October at 7pm. Please come along.
Bendigo Bank have contacted us with a fantastic offer for our families and our school. The program is called ‘Switch to Save’ and offers FREE replacement of the existing halogen down lights in your homes or businesses to LED. Not only will they be replaced and fitted for FREE but our school will receive a $1 for every down light installed!

As the students and especially the ‘Green Team’ have been learning, LED lights use far less power (around 7 times less) and last around 48 000 more hours than the halogen globes!

By getting involved in this program you could also help us raise money for the school while getting new, efficient, cost saving LED globes fitted in your home or business.

To register, please fill out the form to the right (or available from the office) and place in the ‘Switch to Save’ registration box located at the office. You will then receive a call from the Energy Makeovers company who can answer any of your questions about the program and installation. Any other questions about the program please feel free to come and see me.

Jason Calnin

Quick Reference Guide.

1. Do you have existing halogen downlights (show sample if unsure)?

2. Are they connected to transformers? (Individually installed into the roof cavity)

3. Are any of the downlights dimmable? (If yes, advise there is a cost to disconnect - Energy makeovers will discuss)

4. How many globes do you have to exchange? If you have 8 globes or less, Energy Makeovers will charge $29.95 Electrician call out fee.

For more information:
Environment & Sustainability Intranet page
Program details: Retail Sales Lead or Josh Pell (Environment & Sustainability)

For more information:
bendigobank.com.au/switchtosave

How do I register?

Please complete the details below and return to your local Bendigo Bank branch or your participating school.

First Name
Surname
Phone
Email
Suburb
Postcode

Business / Household

How many globes do you need exchanged?

Please note:
• This registration will be submitted to Energy Makeovers – their customer care staff will contact you to organise a time and date for installation.
• Drop into your local branch or visit www.bendigobank.com.au/switchtosave for more information and to read the terms and conditions.
Welcome to Term 4!

Hi Families,

We hope you all had an enjoyable and safe holiday. This term in O.S.H.C is “No Hat, No Play”. Children will be encouraged also to put sunscreen on before going outside, we will be following the sun smart policy, “Seek, Slip, Slop, Slap” Seek shelter, Slip on a shirt, Slop on sunscreen and Slap on a hat!!

Our tCAF activities this term will be all about becoming Global Citizens, as I learn more about this program I will let you know.

This term will be busy with the Christmas Fair, Grade 6 Graduation, Prep transition, The Royal Geelong Show and the all important Christmas activities. This year I am hoping to make snow globes with the children in BSC and ASC. Keep an eye on this space in future editions and I’ll let you know when I will be starting this activity with the children.

We endeavour to ensure that all your child's medical and contact details are kept up to date as possible, to help us with this task we ask you to come and see us if there is any changes in your or your child’s details. We want to make sure we can contact you if there is an emergency and ensuring that your details are correct is the best way to do this.

We encourage you all to enrol your child/ren with us in case of emergencies that are beyond your control and to ensure that we have access to your child’s details if needed. To enrol your child/ren go to www.campaustralia.com.au.

We have vacancies every morning and afternoon in O.S.H.C. don’t hesitate to book your child/ren in today!

Cheers & Keep Smiling

Jodie, Reena & Dawn