Principal’s Report

Emotional Safety

I recently read a report by Dr Pam Schiller regarding the neuroscience research associated with children’s emotional safety and learning. Schiller said, “Brain research tells us that we can’t learn when we don’t feel secure or safe. When someone is threatened, worried or concerned, the human brain focuses all of its attention on addressing that concern. This means that when children are dealing with other issues, their ability to learn decreases.”

At school children will face some challenges when dealing with school work and their relationships with their peers and teachers however on the whole, school is a very safe place to be. I would ask all parents to consider their child’s emotional safety beyond the school gate. In my experience children who come to school calm and relatively ‘problem free’ generally continue that way at school. Those children are better able to deal with the day to day challenges of school work and their teachers and peers. Having no baggage enables children to get on with the learning opportunities of school.

We can’t make a child’s life perfect and learning to overcome challenges is an important part of growing up, however for some children I worry that the challenges outside of school that we ask them to put aside when they walk in the school gate are simply too great and this significantly impacts on their learning.

Let’s set our children up for success.

School Production

The grade 5/6 Production titled ‘Game On’ has been scheduled for October 14 and 15. The Performing Arts Centre is currently undergoing work on the stage lighting and it is possible that once again we will need to reschedule the production.

Having seen some of the rehearsals I’m very proud that the production has been written by our students.

School Council

A reminder for our school councillors that we have a meeting on Thursday (tomorrow) commencing 5pm.

End of Term Dismissal

Children will be dismissed at 1.00pm this Friday following our end of term assembly.

I wish all children a safe and happy two week break from school and look forward to a busy and productive term four which will commence on Monday October 5.

Chris Joustra,
Principal
**STUDENT AWARDS THIS WEEK**

**STUDENTS OF THE WEEK**

- **PD** Ben C
- **PG** Mia R
- **PW** Lachlan B
- **1C** Archer K
- **1E** Jai
- **1M** Thomas B
- **2/3A** Hayden W
- **2/3D** Stephni H
- **2/3J** Lachlan R
- **2/3L** Samuel McC
- **2/3M** Inidanna S
- **4A** Jemima B
- **4G** Mikayla B C
- **5/6H** Hailey S
- **5/6S** Storm K
- **5/6V** Caitlin B

**ENVIRONMENTAL AWARD**  
Lachlan D, PG

**AWARD — Getting Along**  
Jorja K, 2/3L

**IT'S NOT OK TO BE AWAY**

**ATTENDANCE AWARDS**

Student Kyle D, 4A  
Receives $5.00  
Canteen Lunch Voucher.

**CLASS 1E**

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**TIPS FOR BUSY STUDENTS**

Parents and Teachers.
- Accept the fact that parents will never run out of advice.
- Parents don’t bring their children into this world to make them feel miserable.
- Parents usually say no because they love you not because they hate you.
- Being a parent is not an easy job.

**TIPS FOR BUSY PARENTS**

- Make a point of ending each day with your child in a peaceful way.
- When your child tells the truth for something done wrong, first acknowledge your appreciation of hearing the truth, then, if necessary, follow through with the consequence.
- Avoid gender stereotyping – teach all your children to do all chores.
- Take advantage of the opportunities when your child wants your company – these opportunities fade with time.
The Value of the Fortnight is: **PATIENCE**

**HATS reminder**

Morwell Park  
‘Sun Smart’ hats are **compulsory in Term 4.**  
Hats are available from LOWES at MidValley

**LOST PROPERTY**

There are a number of items in lost property located outside Mr Joustra’s office.  
Items not collected by end of term will be added to our second hand clothing for resale.  
**PLEASE MAKE SURE ALL CLOTHING IS LABELLED WITH YOUR CHILD’S NAME**

**OUT OF UNIFORM DAY**

**Friday 18th September**  
**Dress in your favourite sports uniform for a gold coin donation.**  
All money raised will go to Hayat, our Ethiopian sponsor child. Thank you.

**NEXUS ARTS PRESENTS**

**WE LOVE ROCK N ROLL**

Tuesday 27th October, $6.00 per child in the Gym at school. Please use a separate form for each child.  
**Grade 4-6**  
11.30am.  
**Prep-3**  
1.30pm.  
Form and money due back by Friday 23rd October.  
**CSEF credit is only for each child (cannot be shared across the family).**

**SCHOOL PHOTOS**

Photos were given out to children today  
If you have any queries please contact Leading Image on 1300 084 586.  
**GROUP PHOTOS:** On photo day a traditional style group photo was taken of Junior School Council members. This photo is on display in the foyer and is available to order at $10.00 each.  
Cheque made payable to “Leading Image School Photos” is required with your order by Monday 20th October.  
Parents can use their unique online order code to have access to the special group their child was involved in to order directly.

**Dry Creek Bed**

A very big thank you to those parents and their children who assisted with the planting and mulching of our Dry Creek Bed.  
The area is looking great and with the area fenced off, should enable the plants to quickly become established, especially now those inquisitive chooks of ours are prevented from entering the area!!!  
Again, many thanks to our volunteers and a special mention to John, our gardener who not only assisted on the day but concreted the table and seats into place.  
Mr. Johnson.
GRADE 4, 5, & 6 COOKING.

During this term, students from grades 4, 5 and 6 have been involved in a Cooking Program where the aim has been to expose the students to the whole process of shopping for, preparing and eating food and tidying up. All activities are very ‘hands on’ and students were encouraged to work out any problems that arose between themselves.

The first part of the activity involved a visit to Coles Mid Valley. The students were given a tour of the store (the freezer visit was very popular!) followed by a Q and A session in the staff room (along with some cakes and flavoured milk). Following this the children shopped for the ingredients for the meals they were to prepare.

On returning to school the students split up into two groups: one cooked a main meal and another cooked a dessert. The menu was changed every few weeks. The meals were designed to give the children access to food they may not have encountered before. Often they would say, “I don’t like this or that” and end up eating a whole lot of it. All meals turned out well and were thoroughly enjoyed.

The most interesting part of the whole exercise was the amount of students who thought they were ‘getting out of school’, when in actual fact they covered a huge part of the curriculum; maths, reading, science, geography and even psychology. Cooking is a great vehicle for learning; it encourages social interaction and is something that you may want to consider doing with your child whenever the opportunity presents itself.

Yay! Cooking! It was the other half of classes turn to cook. First we needed to go to Coles and get some ingredients, for the Pineapple upside down cake, our dessert, yum and our main, Risotto. We hopped into the mini bus and drove over to Coles at Mid Valley.

At Coles we were given a tour by Lee, we got to go into the freezer at the back of the store where the deliveries came in. At the back of the store we got to see the new Kit Kat bars. We also got free food such as, strawberry and chocolate, big M’s, mini cupcakes, coconut macaroons, lamington and vanilla logs, they were all really delicious. Then we brought our ingredients for the pineapple upside down cake and risotto.

Back at school we started cooking, I was in the dessert group mm...yummy.

In my group we made, the caramel, put the pineapple on top and made the cake. Now all we had to do was wait... for it to cook. While we were waiting our main, risotto, was nearly finished, so we got to try it. It was nice, yummy and filling.

When we all finished our risotto we had dessert upside down pineapple cake mmm... yummy. It was like cake with pineapple inside, it was sweet and yummy. I enjoyed cooking that much that I want to do it again. By Olivia
We want to ignite some fun and creativity into your school holidays!!

St Paul's has created a fun filled and interesting holiday program for you to enjoy. Open to all children aged 6-12 years. Each session has been designed and delivered by experienced teachers and professionals.

**Tuesday 29 September**

9.00 am – 12.00 noon
Robots - $35
Children will build and program robots with moveable parts, utilising LEGO “Mindstorms” robotics. Age 8 - 12

9.00 am – 12.00 noon
Mini Master Chefs - $35
A cooking extravaganza, as children learn new tricks and recipes that will tempt the taste buds. Age 6 - 12

1.00 pm – 4.00 pm
Lights Camera Action - $30
Ever wanted to be a director or find out what it takes to make a movie with special effects? During this workshop children will be working in small groups to make their own move, from writing the script to production! They will be able to take their movie home at the end of the session. Age 5 - 12

**Wednesday 30 September**

9.00 am – 12.00 noon
Learn to Play Guitar - $30
Children are encouraged to release their inner rock star or acoustic crooner. They will learn how to string and tune a guitar, play some simple chords and learn at least one song to serenade mum and dad with. Age 6 - 12

9.00 am – 12.00 noon
Woodwork $35
Children will build, create and decorate a pencil box to keep. Age 6 - 12

1.00 pm – 4.00 pm
Indiana Jones for the Day - $30
Children will sift through layers of mystery (and fun) on an archaeological dig to piece together ideas on past civilizations and discover what it’s like to be an archaeologist. Age 6 - 12

1.00 pm – 4.00 pm
Netball - $30
An energetic afternoon developing ball skills. Children will enjoy team building activities whilst learning defence and attacking skills. Age 7 - 12

**Thursday 1 October**

9.00 am – 12.00 noon
Crazy Craft - $35
In this creative workshop children will design cards, wrapping paper and their own embellishments. Age 6 - 12

1.00 pm – 4.00 pm
Mad Scientists - $35
Children will be amazed as they experiment and concoct some fabulous potions that include elephant toothpaste, lava lamps and more. Age 6 - 12

1.00 pm – 4.00 pm
Musical Theatre - $30
Sing, dance and act in this fun and energetic workshop that has been designed for children who love to perform. Age 6 - 12

So come on, let’s SPARK up these holidays!!

Children will need to bring their own snacks and drinking water. Those staying all day will also need to bring lunch. No nuts or nut products please.

Please meet in the Library, St Paul’s Anglican Grammar School, 46 Cross’s Road, Traralgon.

Bookings will open 7 September 2015 - http://www.trybooking.com/8QNK
WALKTOBER
Health & P.E Week
5th – 11th October (first week back)

Each student will indicate on sheet in their classroom if they walked to and/or from school. (Riding bikes or scooters is the same as walking)

Activities for the week:

Monday: Nude Food Week – No wrappers in lunchboxes.
Lunchtime games – JSC

Tuesday: Nude Food Week – No wrappers in lunchboxes.
Preps / Gr 1 Fruit / Vegie platters at recess.

Wednesday: Healthy Lunch Day – Students to make their own healthy lunch, everything will be supplied.
Nude Food Week – No wrappers in lunch box

Games afternoon –
Preps /1’s Basketball courts rotating
2/3/4’s Netball courts rotating
5/6’s oval

Thursday: 2/3 Fruit / Vegie platters at recess.
Nude Food Week – No wrappers in lunch box

Friday: 4,5,6 Fruit / Vegie platters at recess.
Nude Food Week – No wrappers in lunch box.
Lunchtime games – JSC