27th August 2015

<table>
<thead>
<tr>
<th>August</th>
<th>September</th>
</tr>
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<tbody>
<tr>
<td>Friday 28th</td>
<td>Casual Clothes Day – World Vision</td>
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<tr>
<td>Friday 28th</td>
<td>Scholastic Book Club due to school</td>
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<tr>
<td>Friday 28th</td>
<td>Last Day for Winter Warmers Pie Special Lunch orders: No Late Orders Accepted</td>
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<tr>
<td>Thursday 3rd</td>
<td>Father’s Day Stall</td>
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<tr>
<td>Friday 4th</td>
<td>Summer Sport – Years 5 and 6</td>
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<td>Friday 4th</td>
<td>Dads and Donuts – Preps 2.15pm</td>
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<tr>
<td>Wednesday 9th</td>
<td>Walk to the Post Box - Preps</td>
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<tr>
<td>Friday 11th</td>
<td>Rugby Gala Day – Years 5 and 6</td>
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<tr>
<td>Friday 11th</td>
<td>Grade 1/2 Billycart Incursion</td>
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<tr>
<td>Wednesday 16th</td>
<td>Traffic School Visit – Preps (approx. $30)</td>
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<tr>
<td>Friday 18th</td>
<td>Last day of Term 3 – 2.30pm dismissal</td>
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Colour My World Working Bee
What a treat it was on Monday to drive into the car park to see the orchard looking so colourful. I then walked through to the area between the BER and the 1/2 area to see the cubby painted a lovely sky blue. Thank you to Cathie Morcom for gaining support for the colour my world painting working bee. It was certainly a colourful facelift.

Thanks to Jayleigh, Shannen, Sami, Natalie, Caleb, Hayden, Amy and Sean De Young, Ashleigh and Jenny Caddaye for providing the man and girl power.

Book Week- Shine the Light on Reading
If anyone is passing through the atrium please take the opportunity to have a look at the “Books Light up Our World” Tree. Every student in the school has contributed to the display in celebration of Book Week. Each child has written on a light globe, the book that lights up their world. Thank you to Mrs Caddaye for ensuring all the students had an opportunity to contribute and for working her magic to make the tree light up.

Sleepy Time Tales
Last night the 1/2 students were invited to participate in this year’s Sleepy Time Tales event. Very excited students in their pyjamas onesies and slippers arrived at the school just before 6pm. They participated in the fantastic evening that had been prepared by Mrs Ross, Miss Portelli and Ms Harding. Thank you to our parents for supporting Sleepy Time Tales. Your child’s attendance showed that you too place value on stories and reading. Thank you to the staff for taking time out of their busy schedule to organise this event.

Fire Station Visit
Yesterday morning when I visited Mrs Kelly room I loved seeing the class doing a drama activity and putting into practice all the safety messages they had learned on Tuesday when they visited the fire station.
In Mrs Lewis’ grade the class were keen to show me the sentences they had written about the trip to the fire station.
Yesterday we went to the fire station and we got to squirt the hose. Summer
We went to the Sunbury Fire Station and heard the siren. We squirted the water out of the hose. Jayden
Yesterday fire fighters taught us how to be safe. Isabelle
We went to the Sunbury Fire Station. We squirted water and the fire fighters let us go on the fire truck. Xander
Yesterday we went to the Sunbury Fire Station. If there is a fire on your clothes we have to drop, stop, cover and roll. Jesse Carton

National Science Week – Having a Blast
It was a delight to see our science teacher, Donna Payton and students Georgia and Isa on the front page of the Leader newspaper this week showing the wider community how we celebrated Science Week at Sunbury Heights last week. The activities that Mrs Payton planned showcased all the great effort that she puts into planning science for students from prep to six each week.
Happy Campers Return

Yesterday our grade 6 students returned tired but happy from their three day camp to weekaway. The students enjoyed participating in many recreational activities that were aimed at team building and building each child’s resilience. A great deal of time goes into organising and planning a camp of such magnitude and I know you would want me to thank the staff on your behalf. Thanks Nicole Langmaid, Damian O’keefe, Donna Payton, Bev McIntyre and Cathie Morcom for providing this opportunity for our students. Thank you to Leanne Ratkowski for all the forward planning and organisation prior to the event taking place.

Tuning Into Teens

Even though the invitation has gone home personally to our grade 5 and 6 parents I am sure there are other parents in the school community who may have adolescents or may know people who have children approaching that very different development phase of “teenagehood”. If you would like to attend Tuning Into Teenagers please see flyer below.

In response to requests from parents thanks to Sharon Ramunno for organising this free event.

Tuning into Teens Information Session

This session helps parents understand adolescent changes and how to help and support their child as they experience this change.

This is a free 2 hour session

**Venue:** Sunbury Heights Primary School

**Date:** 8th September

**Time:** 6:00pm – 8:00pm

**Contact:** Sharon to register

9744-3377

Help us help your child become more resilient

This term we are focusing at assemblies and within the classroom and special programs ways we can develop resilience within our students. Children need to develop resilience to help them cope with and respond to challenging times in life. A key component of resilience is having an optimistic outlook, and maintaining a positive attitude to the situations we are faced with. This is sometimes not something that comes naturally to people, and certainly young children need help to shape an optimistic attitude. Even as adults, this can be a big ask!

So how can we help children to develop this optimism? Help your child develop these messages

**I AM**

- A person people can like and love
- Glad to do nice things for others and show my concern
- Respectful of myself and others
- Willing to be responsible for what I do
- Sure things will be all right

**I CAN**

- Talk to others about things that frighten me or bother me
- Find ways to solve problems that I face
- Control myself when I feel like doing something not right or dangerous
- Figure out when it is a good time to talk to someone or to take action
- Find someone to help me when I need it

**I HAVE**

- People I trust and who love me unconditionally
- People who set limits for me
- People who lead by example
- People who encourage me to be independent
- People who help me when I am sick, in danger or need to learn

These attributes all contribute to a person’s sense of resilience and are sources of strength that they can draw on in adverse times. There are some practical tools that parents can use to help encourage the attributes of resilience. They are called the HAPPY Principles. It’s important to be aware that the HAPPY Principles are NOT about being happy all the time. Children must be allowed to express a range of emotions, and anger, sadness and worry are just as legitimate emotions as happiness and joy.

The HAPPY Principles are:

**Have a go:** Break tasks and games into manageable pieces so children can succeed. Try to celebrate your child’s successes.

**Accept both success and loss:** Keep an eye on your helpful and unhelpful thinking as this may influence your child.

**Practice:** Allow your child to watch you practise and persevere at activities you enjoy. This will teach your child to do the same.

**Plan for the best outcome:** Encourage children to think situations over and choose outcomes that are enjoyable and build confidence.

**Getting to Yes:** Optimism and resilience arise from succeeding even after setback
### Pupil of the Week

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
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<tbody>
<tr>
<td>Prep K</td>
<td>Harry Bentley</td>
<td>For asking fantastic questions during the Fire Station visit.</td>
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<tr>
<td>1/2R</td>
<td>Jacqueline Vandenhurk-Trever</td>
<td>For being able to say the sounds in 3 letter words.</td>
</tr>
<tr>
<td>1/2P</td>
<td>Lizzy Faato</td>
<td>For writing in paragraphs.</td>
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<tr>
<td></td>
<td>R-Jay Bartlett</td>
<td>For 100% in handwriting.</td>
</tr>
<tr>
<td>1/2H</td>
<td>Prezli Verma</td>
<td>For speaking and writing in full sentences.</td>
</tr>
<tr>
<td>3/4K</td>
<td>Ricky Lesoa</td>
<td>For showing great curiosity in his learning.</td>
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<tr>
<td></td>
<td>Grace Shaw-Barton</td>
<td>For much improved learning habits at home and school.</td>
</tr>
<tr>
<td>3/4d</td>
<td>Conner Koopen</td>
<td>For making such an effort at his new school.</td>
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<tr>
<td>5P</td>
<td>Chloe Morgan</td>
<td>For giving detailed descriptions of her strategies used in Maths.</td>
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<tr>
<td></td>
<td>Lachlan Gilpin</td>
<td>For making thoughtful contributions to discussions and showing initiative.</td>
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<tr>
<td>5M</td>
<td>Priya Govender</td>
<td>For demonstrating a positive attitude every day and giving 100%.</td>
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<tr>
<td>P.E.</td>
<td>Prep K</td>
<td>For an outstanding PE session learning to play Tee-ball.</td>
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<tr>
<td>ART</td>
<td>Bridey Carew</td>
<td>For a magnificent effort with her artwork representing a historic character.</td>
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### Happy Birthday till 30th August

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<tbody>
<tr>
<td>Brodie Corcoran</td>
<td>Declan Russell</td>
<td>Brock Ireland</td>
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<td></td>
<td></td>
<td>Hunter Walton</td>
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Before and After school Program from as little as $3.00 per session. Our Complete Kids program is a great space for children to interact and build friendships with children of all ages, which assists with children’s confidence, identity & wellbeing. Please call 9740 2111 to make your enquiry.
FATHER’S DAY STALL

THURSDAY 3rd SEPTEMBER
A VARIETY OF GREAT GIFTS RANGING
FROM $1.00 - $6.00
GIFT BAGS AND RAFFLE TICKETS AVAILABLE

SEPTMBER 5 & 6
10am - 3pm
$5 PER PERSON
Children must be Supervised
Tickets at the door

1st Gisborne Scout Hall
Howey Street Gisborne

THURSDAY 3rd SEPTEMBER 6pm to 8pm
at our Sunbury warehouse

Enjoy a free night of entertainment and fun
Join us for a great night to celebrate fathers day including making a gift, lots of fun games & giveaways. Jumping castle, face painting & popcorn. Free BBQ, Get up close to some native Australian animals including pythons, lizards, birds & possums. Bookings essential 97440600

Bookings essential – for more information or to book speak to a team member in-store.

Join our Father’s Day Family Night

Bunnings warehouse
LOWEST PRICES AND BARGAINS AT THE BEGINNINGS...

Purchase online at www.sunbury downs.vic.edu.au
Or call 9744 7366

College Gymnasium
9th - 12th September 2015

A VARIETY OF GREAT GIFTS RANGING FROM $1.00 - $6.00
GIFT BAGS AND RAFFLE TICKETS AVAILABLE

Gisborne Brick Fest
an awesome event for fans of LEGO
Display - Construction - Fun

Through special arrangement with Origin Theatricals
Sunbury Downs College presents

FoTooLse

Stage rights by DEAN PITCHFORD and WALTER BOBBIE
Based on the Original Screenplay by Dean Pitchford
Music by TOM SHAW - Lyrics by DEAN PITCHFORD
Additional music by LUIZ CARVALHO, ANGELA NAGAS, RONNY LEE and IAN STEINMAN

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