Principal’s Report

I am pleased students have settled quickly back into what promises to be an exciting term ahead.

We have been busy over the holidays with Facilities enhancements

- Painting in the Middle School classrooms and common area
- Covered Way to the new Junior Classroom block
- A Shade Shelter area over the stage area on the main oval
- New Cricket pitch on the main oval thanks to the support of the South Warrandyte Cricket Club

It is a very busy term ahead with many activities and 3 camps coming up in the next 5 weeks. We also have a whole school Studies of Asia Day on Wednesday October 28th. And what promises to be a stunning Art Show on Monday October 26th.

Trivia Night

The CHAPS Trivia Night is coming up in a little over a week. This is always a wonderful social night and a major school fundraiser. We encourage all parents to please come along and share a fun night with other adults in your community. We would love to have good numbers to make it a great night for all involved. You can book in as a single, couple or more. You don’t need to have a full table – we’ll put you with other parents in your child’s year level. It’s a great way to get to know others in your school community. Details for tickets are in CHAPS News, following in this Newsletter.

Graeme Caudry - Principal
**Sports News**

**Division Athletics**

Congratulations to the students who are competing at the Division Athletics Competition today.

12 year Girls Relay Team – Angela, Isabella, Jennifer and Sarah.

Sarah R – 1500 m
Bella S – Hurdles & 100M
Sam W & Dylan M – Shot Put & Long Jump

Good luck to all the students and well done on qualifying for this day.

**Junior House Cross Country**

The Junior House Cross Country is going to be run on Friday 23rd October commencing at 9.00am. Thank you to some of the Junior teachers who are organising some training sessions at lunchtimes. All classes now have a copy of the Cross Country course, which is the same as last year. There will be a line marked on the day so that children can follow this, as well as some Senior students showing them the way. Let’s hope they don’t beat the Senior kids!! I will be sending home a note to parents to assist on this morning, as we need helpers with supervision. If you are able to attend the morning and help us out, please return this form to the classroom teacher. All children will receive a participation ribbon, all children will also be allocated points depending on where they come. There is now a Junior House Cross Country Trophy, which is on display with the Senior Cross Country Trophy near the office. The top 10 children will also receive a certificate

**Fitness Testing**

It is that time of year again when the children from Years 3 – 6 will be tested for fitness through some activities, one of them being the famous Beep Test which many of the sporting clubs also administer. The activities involved in the testing will be done during their PE lessons over the next few weeks. Year 6 students will receive a print-out of their results at the end of the year.

**Music News**

**Choir**

Just a reminder that rehearsals started again this week and will continue throughout term 4. The next big gig for the choir will be Monday the 26th of October in the P.A.C. for the Art Show. The Art Show will commence at 6:30 and run until 7:30. Choir members will need to meet me in the P.A.C. at 7:15 and be wearing their full choir uniform.

We will be starting our Christmas concert practices early in November. Watch this space.

**Junior Christmas Choir**

Rehearsals for those interested in joining the Junior Christmas Choir start from the beginning of November. They will take place in the P.A.C. every Friday during lunchtime. Notices will be distributed to interested students during music classes next week.

**Junior Rockers Concert Wednesday 14th of October 6 p.m. in the P.A.C.**

The Rock Band and Junior Rockers students will be performing next Wednesday from 6 p.m. in the P.A.C. Parents of performers have been emailed if they are involved in this concert. All are welcome to come and watch and listen to the concert.

*Noreen McMenaman - Sport / PE*
One of the biggest events in the calendar this term is our Biennial Art Show and I am so looking forward to showcasing your children’s creative works!

The Art Show will be on Monday 26th October starting at 6:30pm, artwork will be exhibited in the PAC and will have an Asian flavor to it. It also marks the beginning of an exciting week of art and culture at Croydon Hills Primary School.

Gold coin donation upon entry with the proceeds going towards our Artist in Schools Grant application for 2017.

So please mark this date in your calendar and I hope to see you all there on the night.

Monday 26th October – Art Show 6:30pm
Wednesday 28th October – Whole School Study of Asia Day
Thursday 27th October – Music Count us In
Thursday 27th October – Senior Film Premier Night.

Art Academies have started again, with Seniors on Tuesdays and Middles on Wednesday lunchtime.

In regards to the Junior Art Academy, this term I will be helping with the Junior Mercedes Benz Dream Car Challenge for the next 4 weeks. After completion of the competition I will be opening up the art room for Junior Art Academy again.

Thank you
Claudia Michielin - Visual Arts Teacher

Canteen News

Bake Sale – Tuesday 13th October
An assortment of baked goodies will be available for one day only. No pre-ordering. Prices range from 50c to $2.00.

MONDAY MEAL DEALS (only available via online ordering)
- Mini Meal Deal - $4.00
  Small Cheesymite Scroll from Bakers Delight, Oak Flavoured Milk and fruit juice icypole tube.
- Mega Meal Deal - $5.50
  Wedges with sour cream or tomato sauce, Oak Flavoured Milk and fruit juice icypole tube.

Please note – some items may be substituted due to unavailability.

ROSTER
- Friday 9th October - Justine Wratten, Kylie Van Roosmalen
- Tuesday 13th October – Lee Smart.
- Wednesday 14th October - Rachelle Robertson.
- Friday 16th October – Rachelle McNamara, Joanne Duo.

Karen Cyster - Manager

BAKE SALE

Tuesday 13th October, 2015
An assortment of baked goodies will be available for one day only.
Prices ranging from 50c to $2.00.
Uniform News

Uniform Shop Opening Hours;
Monday 8.30am to 10am
Thursday 2.30pm to 4pm

Orders can be placed any day through FlexiSchools.com.au. Your order will be processed during normal opening hours and delivered home via your child’s classroom.
Order Forms can also be left at the office.
Orders and enquiries can be made by phoning the Uniform Shop during our opening hours.
All orders will be sent to your child’s classroom, unless otherwise specified.

Anissa Silver - Manager

Mia’s Message Board:

Term 4 can be really busy and the kids get tired, look after yourself through this time so you can get to Christmas with energy left to enjoy it! Tuning into Kids is a great program to help you to learn how to manage your feelings and influence your children’s behaviour, see flyer below. Don’t forget all the great things that you are doing as a parent! Every family has strengths! Focus on them and use them to your advantage and restore calm in the home. The article below may help you do this.

Strength-based Parenting and the Impact on Children’s Stress Levels

from www.youcandoitparents.com.au

A registered psychologist and researcher conducted a community sample of Australian upper primary school-aged children (aged 10-12) with participants recruited through a stress-management workshop run for children. The study examined the role of parents in helping children to overcome and reduce their stress. The study focused on positive, everyday stress and adopted a positive psychology approach to the research inquiry. In particular, the study examined the role of SBP on stress levels in children. The current results suggest that parents may play a role in assisting their children to cope with everyday, minor stress by parenting in ways that assist children to understand their own strengths and engage in strength-based coping.

Key messages:

- When parents adopt a strength-based approach, they seek to deliberately identify and cultivate positive states, positive processes and positive qualities in their children. In other words, parents are building up their children’s resources.
- Although toxic stress has debilitating effects on the well-being of children, not all stress is damaging.
- Positive stress has the potential to help children learn, grow and adapt if it is successfully managed.
- Children are more likely to use their strengths to effectively cope with minor stress in their life if they have parents who adopt a strength-based approach to parenting.

Things you can do:

- Parent authoritatively – encouragement, warmth, boundaries, limits, consequences.
- Encourage independence in your kids. They’re never too young to be responsible for small things.
- Role model resilience and other strengths, such as persistence, commitment, organisation, getting along.
- Allow kids to suffer consequences and learn from them.
- Teach kids stress management strategies and calming techniques – deep breathing, thinking of happy times, talking to a friend.
- Have fun with brainstorming and alternative ways to solve problems.
- Help build your child’s confidence and self esteem.
- Accept your kids for who they are, make time for them and accommodate their interests.
- Believe in your kids and let them know you do.

Source: The Relationship between Strength-Based Parenting with Children’s Stress Levels and Strength-Based Coping Approaches. Lea Waters. Psychology, 2015, 6, 689-699
http://dx.doi.org/10.4236/psych.2015.66067

Also, check out this program from Connections

Mia Sartori - Student Welfare Officer
Hi Fellow Parents
Welcome back to Term 4!!! This one is a busy one and I’m sure it will go fast!!
Our first CHAPS hosted event is the fabulous Trivia Night which is coming up next Saturday 17th October. If you haven’t got your tickets, grab them now. Don’t worry if you don’t have a table, we have many parents who don’t, so we’ll join you up together. Nat (our host) did a fabulous job last year so it will be a great night this year! There’ll be a Silent Auction and Raffle on the night and Memorabilia Magic are coming with some fabulous items for auction!

Walkathon
If you’ve already returned your booklets and money, thank you!!! If you haven’t, please get this in by Friday 9th October. Next week we will be submitting the prize order which will arrive early November. If you miss this date, your child may have to wait till later in the term for their prizes.
If you’re unsure about what to do read on…
1. Complete the front cover of the sponsorship book, making sure you sign the consent section.
2. Complete the back page of the book by nominating a prize according to the amount raised and recording the total funds raised including cash and online donations (if applicable).
   We recommend your child chooses one prize, however they can select two provided the total of the two prizes does not exceed the amount raised. For example, if they raised $100 they can choose two prizes from the $40-$49 category. If your child selects a prize above their eligible category, they will not receive it and instead will be allocated a prize that corresponds to their total.
3. Return the form and money raised to the school by Friday 9th October so prizes can be ordered and delivered by mid Term 4.

Any questions, email us at CHAPS at chaps@croydonhps.vic.edu.au

CHPS Trivia Night – Saturday 17th October
Start getting your tables together! Tickets are on sale Now! Flyers have been sent home with all the details. We’ll also be running a raffle & silent auction on the night, so if you, or someone you know, would like to donate goods or a service for the raffle/silent auction it would be MUCH appreciated! Please call Natalie on 0402 145599 or email eilatan28@hotmail.com.

CHAPS Calendar of Events - Term 3 - 2015

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Walkathon Money due back</td>
<td>Friday 9th October</td>
<td></td>
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<tr>
<td>CHPS Trivia night – Get your tickets now!</td>
<td>Saturday 17th October</td>
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<tr>
<td>CHAPS Monthly Meeting - Conference room – All Parents are invited.</td>
<td>Monday 9th November @ 9am</td>
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<tr>
<td>Scouts Christmas Trees order forms coming home soon</td>
<td>December</td>
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Have you got a great idea for a fundraiser or social event? Perhaps you’ve got something you’d like to raise with other parents? Please drop us a line at chaps@croydonhps.vic.edu.au
Elise Jones - CHAPS Vice President

DON’T FORGET THE TRIVIA NIGHT!!
SATURDAY, OCTOBER 17TH
GREAT FUN, GREAT COMPANY, A GREAT WAY TO FUNDRAISE FOR OUR CHILDREN
WE’D LOVE TO SEE YOU THERE!!
**Holiday Birthdays....**

Monday 21st September  
Charley FO, Tom PB, Addison JRT & Daisy MK

Tuesday 22nd  
Jaime MD & Holly SSO

Wednesday 23rd  
Ruby FW, Tobie JF & Ashley JRT

Thursday 24th  
Mason JJ

Friday 25th  
Aleisha JPB & Bradley JRT

Saturday 26th  
Tamika JF

Sunday 27th  
Scarlett FH, Sherize JMT, Ian JBB & Dylan SP

Monday 28th  
Ethan SSO & Tyler SD

Tuesday 29th  
Charlotte MT & Harlan SD

Wednesday 30th  
Ben JY & James SM

Thursday 1st October  
Jessie JBB, Joshua JMT & Jacob MT

Friday 2nd  
Alex JBB, Cianna JMA & Sandor ML

Saturday 3rd  
Luke SSO

Sunday 4th  
Jason SSL

Congratulations!!!!

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**THIS WEEK'S CHALLENGE**

Welcome back to Term 4, hope the holidays were relaxing. An easy one to start with.

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**Birthdays this week....**

Monday 5th October  
Hunter FH, Abi JMC & Shannon JMC, Georgia SD & Grace SP

Yesterday  
Emily ML & Lizzie SM

Today  
Cassidy JPB & Brock ML

Tomorrow  
Skyla ML

Saturday 10th  
Hamish JJ

Sunday 11th  
Mia FR & Lily MK

Congratulations!!!!

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**Joke time!!!**

From Thomas MT

Did you hear about the boy who stole some rhubarb?

*He was put into custardy!!!*

Did you hear about the girl who had to do a project on trains?

*She had to keep track of everything!!*

Thank you to everyone for their gold coin donation last term for footy day. We raised nearly $500 which will go towards Zoo Victoria’s adopt a wildlife program. More details to come on what we are supporting!!
**Bulk Billing Dental Care**  
KIDS & TEENS 2-17 years. NO GAP.

Now available at My Body Dental

$1000 of FREE dental care  
Family tax benefit eligibility applies.

Contact us for details or visit us online.  
We also serve helping women and men for General, Cosmetic, and Emergency Dental care.

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- Beginners to Black Belt  
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**CALL US NOW**  
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**Kubaboro Kindergarten**  
would like to invite you to  

A Kathy Walker Parenting Presentation  
"Parenting tips and Consequences"  
(For parents with pre-schoolers and primary school aged children)

**Date:** Thursday 22nd October 2015  
**Time:** 7:15 – 8:45pm  
**Venue:** Kalinda Primary School Library  
(39 – 49 Kalinda Road, Ringwood)  
**Cost:** $5 per head payable at the door  
**RSVP:** Friday 16th October  
**Booking essential as seats are limited. Please email kubaboro.vicepresident@gmail.com**

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**CALISTHENICS**

Do you want to try an exciting sport that incorporates elements of dance, gymnastics, ballet, singing and acting?  
Calisthenics is a sport for everyone! It combines the best aspects of sport and the performing arts and can be enjoyed by all ages and abilities. Primarily a team sport, calisthenics teaches its participants about commitment, confidence, team work and sportsmanship whilst promoting friendships which last a lifetime.

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**Free classes during Term 4**  
Tuesdays 4.30pm - 5.30pm  
13th October - 17th November (5 classes)

Enquiries 3-7yo Subies 8-10yo  
Bedford Park Scout Hall Ringwood

Phone Kelly on 0433 038 770 to register your place.
**CROYDON NORTH CRICKET CLUB INC**
**JUNIOR CRICKET CLUB**

Would you like to play Cricket this season?
The Croydon Knights still has places for boys and girls of all abilities in our under 10s, under 12s, under 14s teams.

We also run Milo In2 Cricket - 12 sessions - $75
Starting on Friday 29th of Nov.

We are a small, friendly, family orientated club.
Every player will get a go on game day.

Our coaches work really hard on teaching our young players excellent skills in batting, bowling and fielding. Training is at Bangwee Reserve North Croydon.

The season is about to start - Why don't you come down and have a go?

Contact:
Peter Manascalin 0419 220 532 or pm@cdnorthva.net.au
Katrina Hartley 0483 686 332 or skapp@globalx.com.au

*Sportmanship Above All Else.*

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**KARATE**

**BECOME A KARATE KID!**

- Self Defence
- Fitness
- Discipline
- Confidence
- Control
- Co-ordination
- Fun

**FIRST LESSON FREE**

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Email: kancho@sckarate.com.au
Web: sckarate.com.au

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**Maroondah Magic Basketball Club**

**‘GIRLS MINIBALL’**

Make friends with other girls!

**MAGiC**

**WANTED! GIRLS FOR MINIBALL TEAMS - SUMMER SEASON!**

We currently have places available in our girls miniball teams for our summer season (term 4 and 1) for girls aged under 7 who are interested in playing Miniball. Miniball is a great introduction to basketball where children have fun and are also taught the rules of the game.

Maroondah Magic is one of the largest clubs in the Kilsyth Mountain District Basketball Association. We have excellent volunteer coaches who all have a current Working With Children Check.

Free drink bottle and basketball for every new Miniball player!

To find out more about ‘Girls Miniball’

**Contact:**
Jess Chalmers
Girls Miniball Coordinator
0401 248 820

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**Organic Fruit & Veggie Co-op**

Hi all! I’m looking for people to join a wholesale organic fruit and veggie co-op. I purchase it all at wholesale price and in bulk so it’s very cheap. No dividing or sorting required, that’s all done. Simply pick up your share fortnightly on a Monday in Croydon Hills - just near McAdam Square.

It’s an easy affordable way to eat fresh delicious chemical-free fruit and veg!

If interested please give me a call
Natalie – 0406179430
(Spots are limited)