Principal’s Report

An Immense Week Coming Up!
We’re always busy at Croydon Hills, but the coming week takes the cake!

- Tomorrow is the Junior House Cross Country and we’re looking forward to parents coming to cheer on our youngest students (Foundation & Junior) as they earn points for their Houses while keeping fit on the cross country course.

- Monday kicks off our Arts Culture Festival Week with our Biennial Art Show at 6.30pm. Again, we’re hoping for a big parent turnout to enjoy the wonderful art work our students create under the guidance of Claudia, who does a wonderful job running our Visual Arts program.

- On Wednesday the whole school will immerse itself in our Studies of Asia Program, with students participating in craft and performing arts activities and performances. It will be great to see students coming to school dressed in an Asian theme.

- Thursday sees “Music, Count Us In”, with all students joining others through the internet to sing together in an Australia-wide celebration of song.

- Thursday evening our senior students will be displaying their cinematic skills in the Senior Film Festival. Families are warmly invited to attend in the PAC – maybe we’ll even discover a future Oscar winner! There is a BBQ at 6.00pm for the families of the Senior School students.

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- The following Friday, 29/10, we encourage all students to walk to school for our official Walk To School Day. If you live some distance away, or your students are still young, why not drive to the beginning of Campaspe Drive and walk with them to the school gates? Pedestrian students will receive a special Golden Ticket, putting them in the running for some great prizes and it’s a fantastic way to promote fitness in our children.

Korean Visitors
My thanks to those families who have already responded to last week’s call to host our Korean visitors in February next year. With 46 students visiting us from our sister school in Yeosu, we are still in need of families to welcome two Korean children into their homes for three nights over the weekend of Feb 12-15. I cannot over-emphasise what a wonderful experience this has been in the past for our students, their families and their Korean guests. If you are considering sending your child as part of a CHPS study tour in their senior primary years, or even if you haven’t yet
considered this, please give some thought to offering your hospitality – it’s a winning experience for all involved!
The students need a temporary bed or mattress and we would expect that you would do the things your family would normally do on a weekend, so it is not too complicated. The students all learn English, so basic communication should be fine. We have found in the past that students find a way to communicate no matter what the language barriers. If you are able to assist with this wonderful opportunity, please put your details on the form found on this link.

Please register your interest at: http://tinyurl.com/koreaHS16  This link is also available on the home page of our website. If you have any questions please don’t hesitate to make contact with me.

We are planning to take a group of Senior Students on what will be the 7th Korean Study Tour in September of 2016 and we will be visiting our Sister School and home staying with their families, so I hope we can show them the hospitality we would expect for our students.

STUDIES OF ASIA DAY IS COMING!

On Wednesday 28th October, as part of a very exciting week at CHPS, we are having our Studies of Asia day. The day begins with a whole school parade in the stadium at 9:15. We hope that all students will get into the spirit of the day by dressing in an Asian inspired outfit for the parade. Parents are very welcome to come and watch the parade in the stadium.

After the parade students will be in their Circles groups for some craft activities. Each group will make a special carp kite which will be placed in our Asian Garden later in the year. The excitement will continue with the students attending two different performances before lunch.

After lunch, in class groups, the students will attend a whole school performance by the Taiko Drummers in the stadium. As you can see, it will be an action packed, fun filled day.

PARENTS CAN YOU PLEASE:

• Check Compass for details and payment.
• Help your child with an outfit for the Parade.

(if the outfit is precious, students may need to bring school uniform for the craft activity. They will be wearing their Art smocks.)

Trivia Night

A wonderful night was had by all who attended last Saturday’s CHAPS Trivia Night. Our thanks go to Natalie Wilson, whose tireless work both behind the scenes and behind the mic on the night ensured a hugely successful fundraiser and a fabulous social night for our school community. Further in this newsletter you will read Natalie’s thanks to her team and a list of the night’s sponsors, who will hopefully enjoy our reciprocal support in coming months.

Year 4 Camp

Earlier this week I spent a terrific half-day with our Year 4s at Camp Manyung in Mount Eliza. The weather gods smiled and the coastal camp provided some wonderful outdoor experiences and lifetime memories for the students who attended. Leigh Dixon and his Middle School team are to be commended for their great organisation and commitment to the children, both in the planning beforehand and during the camp itself.

Graeme Caudry - Principal

Sports News

Congratulations to Sam W who came 3rd in shot put and 3rd in long jump and Dylan M who came 1st in shot put and 5th in long jump. Dylan at this stage has qualified to compete at the State Championships. We are still hoping that Sam will be able to progress through based on his percentages. Our fingers are crossed for you Sam and we hope that you can join Dylan at the State Championships. We are proud of both of you.

Junior House Cross Country

We are looking forward to all the Foundation and Junior students running in the Junior House Cross Country competition on Friday morning. Thank you to the parents who have returned their helpers form. We are still looking for a few more parents to assist on the morning if possible. If you are able to help out or have already sent back your form, please meet me on the basketball court outside the shed at 8.45 am and I will give you a spot on the course to be able to supervise the children during their run. The Year 2 Boys will be running first, followed by the girls, then the Year 1s, then the Foundation children. It would be great to see many parents also come along to cheer on the children.

Division Softball Competition

The Division Softball competition are being played today on our school oval. Thank you to Mr McGaw who umpired. We wish the boys the best of luck. Results next week!

Noreen McMenaman - Sport / PE
Music News

Choir
Just a reminder that the choir will be performing at the Art Show next Monday the 26th of October at 7:15pm in the P.A.C. Don't forget to wear your full choir uniforms with navy pants, white shirts, red tie and black socks and shoes.

Junior Choir Notices were distributed today!!
I will see all interested students for a “try out” on Friday 29th in the P.A.C. at lunchtime. If your child is still interested in joining after that, all they need to do is return the notice to me and they're in!!

Music Count Us In. Thursday 29th October
All students will take part in this initiative whereby around 200,000 students from Australia and Australasia sing the same song at the same time on the same day. The song is “Gold”, the time is 12:30 and the day is Thursday 29th of October. The event is live streamed from 12 noon and you can tune in from wherever you are to watch and listen at this link:
http://event.5stream.com/6224

Kathryn Lane - Performing Arts

Art Corner

Congrats to Keeley (JR-MA), our latest Palette Award winner.

Monday is nearly here – Yep it’s the Art Show!
Monday 26th October is our Art Show and I am looking forward to showcasing your children's creative works!
The exhibition will be in the P.A.C. and begins at 6:30pm. There will be plenty of time to look around at all the artwork and the Choir will be performing at around 7:15pm.
On arrival you will receive a guide to the exhibition with a form on the back for students to fill out.
Once completed it can then placed into the draw box with names and prizes drawn after the choir performance.
The Mercedes Benz Dream Car Challenge which is being currently completed by 14 Junior students will also be on display, as too the Art Academy and the National Gallery of Victoria Local Landscapes Paintings.
The Art Show kicks off a great Arts/Culture Festival week so I hope to see you all there on Monday 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 Premiere Night.

Thank you
Claudia Michielin - Visual Arts Teacher
Senior School Film Festival

On Thursday 29th of October the Senior School will be holding our Film Festival night. This night is a celebration of the work the Senior School students have put into creating their own films. The film screening will take place at 7pm in the PAC with a BBQ for parents and students in the Senior School starting at 6pm. The Senior School students have placed a large amount of time and effort into their filming and this night will be a wonderful way to celebrate their efforts. We hope to see as many families and students involved as possible.

Senior School team

Canteen News

Please note frozen items ordered via a lunch order need to be collected from the canteen with a stamped lunch bag.

CUP DAY LUNCH – Wednesday 4th November
Order forms have been distributed today and are due back next Thursday 29/10 by 12pm. Alternatively, it can be ordered online via Flexischools. No late orders will be accepted.
No other lunch orders are available on this day.

MONDAY MEAL DEALS (only available via online ordering)
For the warmer months, the meal deals will be offered with an icypole which must be collected from the canteen with the stamped lunch bag.

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.

ROSTER
Friday 23rd October – Sue LeClercq, Anissa Silver, Sophie Turnham.
Tuesday 27th October – Beth Robertson, Kati Wilkins.
Wednesday 28th October – Liz Rollo.
Friday 30th October – Nicole Murphy, Jenny Trabucco.
Karen Cyster - Manager

Uniform News

Foundation 2016 Orders!
Orders have been put together and are ready for collection, with the exception of size 4 Polos in some later orders. These will be delivered shortly.

Year 6 Hoodie and Polo order forms for 2016 were sent home last week.
Samples are available for sizing for one more week – please ask your students to come to the office,
Please choose your Hoodie size carefully as there can be no exchange!
There are spare Order Forms at the office, or available on our website.
If you have any questions please contact me.

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 MessageBoard:

PARENTLINE AND BUILDING RESILIENCE
Have you checked out the Department website recently?
Here is a link to Parentline Victoria - http://www.education.vic.gov.au/about/contact/Pages/parentline.aspx?Redirect=1
Don't struggle alone...Parentline has professional counsellors who can help you get through those emotional times...when you would normally know what to do but not when you are tired and stressed and can't think clearly. They can help!
When on this page scroll down the left hand index and go to Building Resilience – at the bottom of this page there are some really good resources.

Competitiveness, Boys and Sports Anxiety

Telephone: 9725 1206 OSHC 9724 4514
Do you have a child that is starting to give up on things easily, not try things in fear of failure or put too much pressure on themselves to be the best?? This is a growing issue for boys in particular but there are ways you can support them. I am going to run a proactive program for Boys in Year 2-4 on strategies to overcome these issues. They will attend 2 x 2hour sessions with me during school and then there will be a parent only session on how to follow through with these strategies at home. The program is scheduled as followed:

Session 1 - Tuesday 27th October 9am – 11am
Session 2 - Thursday 5th November 9am – 11am
Parent Session – Monday 9th November 9am – 10.15am

This program is FREE and offered as part of my role in Student Welfare.

**Need to register by Friday 23rd October: sartori.mia.m@edumail.vic.gov.au**

Mia Sartori - Student Welfare Officer

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**CHAPS NEWS**

*Trivia Night*

A MASSIVE Thankyou goes out to all of the following sponsors who helped us out with donations for our recent trivia night. The night would not have been possible without their very generous contributions, and I ask you to take the time to look at who they are, and reciprocate that support where you can with your shopping and lifestyle choices! All up, they helped us raise $------ for our school which is extremely appreciated. Thankyou !! If you have any ideas / suggestions for how you'd like this money to be used, please come along to our next CHAPS meeting on 9th November (time TBC) to discuss. I’d also like to thank all of the attendees for making the effort to come, & get involved - I hope you enjoyed the night. And Sandra Hutton from Honeyeater cottage who helped us out last minute with a generous discount on our accommodation package ! Thanks Sandra . A Special shout out of thanks to the following people also:

Holly Unwin - my wingman, your correcting skills were awesome, and I really appreciate you helping me out with what turned out was a very big job - Thankyou !

Elise Jones (& Skyla & Kobey)- your tireless efforts on the night in helping me set up and co-ordinate the night were very much appreciated, and CHPS is so lucky to have you !

To Sue Brophy, Julie O’Connell, Sally Harley and Jacinta Parolo, a big Thankyou for stepping up and being so happy to help me out on the night and sell raffle tickets, and last but not least a big thanks to Suzanne Kilpatrick in the office for co-ordinating ticket sales for me !

Natalie Wilson
World Teachers’ Day
We will be celebrating World Teachers’ Day at CHPS on Thursday, October 29th.

Every day, Victorian teachers are making a difference educating and inspiring young people across our state.

World Teachers’ Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities.

Say “Thank You” to your teacher on Thursday, October 29th!

HEALTHY EATING TIPS FOR HEALTHY LEARNING

Get in quick or miss out!
One of the habits that is unhelpful for maintaining a healthy weight is eating fast. When you eat fast you lose track of how you are filling up. It takes approximately 20 minutes for your brain to talk to your stomach and say “I’m full”. You may have experienced this if you have been really hungry and eaten your meal quickly, possibly had seconds then after a little while realised you were too full.

If you tend to eat fast or encourage your children to eat fast this is not helpful for appetite control or understanding when you are full or filling up. If you put something on the table and then say “Get in quick or you will miss out” it teaches kids that you don’t have to think about whether you are hungry, it doesn’t allow them to feel when they are getting full and if it’s a “treat” there is no time to decide whether they even want it - just eat it fast or you won’t get another chance.

If you are providing a “treat” it is more helpful to allow your child to choose when they eat their serve – now or later. This way you teach children there is no rush to eat a ‘sometimes’ food and they don’t have to force it down when they may prefer to wait. If you are sitting down to a meal its important there is no rush or race for food and that everyone is given time to eat. Toddler tantrums are a separate issue- different rules apply to those little ones who make the meal last toooo long!

Cooking meals from home
When you cook meals from home the likelihood is they have fewer calories and more vegetables than if you ate out or got take away. A dietitian colleague compared a MasterChef recipe with McDonalds and a home cooked meat and vegetable meal- the MasterChef cauliflower soup had 4000kJ, the big Mac had 2000kJ and the meat and three veg had 1650kJ.

It’s easy to say that there is no time for cooking in our busy lives however the solution to that is planning. I suggest you set aside ten minutes on the weekend to organise what you will eat for the evening meals that week. Think about what you have on and make your meals easy or more time consuming depending on how much time you have to prepare and eat them. There is no problem cooking one meal and making enough to last two or even three meals- in fact if you are short of time it’s sensible.

When you cook at home you are also showing your kids that there is time and it’s important, the other benefit is that you can get them to help you and this way they also learn some cooking skills.

Lisa Renn, Accredited Practising Dietitian www.dietproofyourkids.com.au
THE JSC WELCOMES YOU TO THE

CHPS STUDENT CORNER

Student of the Week Awards
presented at last week’s assembly
FR – Bella, Scarlette, Kobey and Ollie
FW – Ruby
FO – Mae and Kade
JRT – Danika
JY – Noah and Ali
JMT – Nathan
JBB – Karl
JMA – Ky
JS – Rhys and Archie
JMC – Miller
JF – Tamika and Ozana
MK – Matteo and Holly T
MJU – Koby, Oscar and Sarah
MD – Thomas, Ethan and Jade
MT – Ciara
MW – Allira, Josh and Zac
SD – Caleb
SM – Kayla
SP – Lachy and Michael
SSO – Morgan and Portia

Congratulations!!

THIS WEEK’S CHALLENGE

A riddle to solve.... If I have it, I don’t share it. If I share it, I don’t have it. What is it?

LAST WEEK’S CHALLENGE – true or false

True - Crocodiles have no sweat glands so they use their mouths to release heat.

True - Bats are mammals

False - Mice live for up to 10 years

Well done Alexanadra JMA who answered all correctly!

Birthdays this week....

Monday 19th October
Chloe JRT, Tyler MK & Ben SD

Tuesday 20th
Will JMT

Yesterday
Zoe SSL

Today
Poppi FR & Charly MW

Tomorrow
Ollie FR & Zach MT

Sunday 25th October
Angus JY

Congratulations!!!!

Joke time!!

Q: Why did nose not want to go to school?
A: He was tired of getting picked on!

Q: What did the ground say to the earthquake?
A: You crack me up!

Q: What happened when the wheel was invented?
A: It caused a revolution!
YEAR 4 CAMP @ MANYUNG
STUDIES OF ASIA DAY

WEDNESDAY 28TH OCTOBER 2015

- Fashion Parade
- Takkio Drumming
- Chinese Lion Dancing
* Art Activities
* Bollywood Dancing
ARTS CULTURE FESTIVAL WEEK

26th till 29th October

26th October - ART SHOW, P.A.C 6:30-7:30p, Gold Coin, Prizes

28th October - STUDIES OF ASIA DAY - Art, Dance, Drums

29th October - MUSIC COUNT US IN
P.A.C 12:00pm

WOW!
What an amazing week lined up! Hope you can be there....

29th October - SENIOR FILM FESTIVAL, P.A.C
Croydon Hills Primary School Presents:

2015 Biennial Art Show

Date: Monday 26th October 2015
Time: 6:30pm
Venue: Performing Arts Centre
Gold Coin Entry

Telephone: 9725 1206  OSHC 9724 4514
Croydon Hills Primary School

FAMILY FUN FAIR

March 16th 2016

Our School’s Biggest and Most Entertaining Fundraising Event Is On Again.

The Planning for the 2016 Family Fun Fair has begun and we need as many volunteers as possible. It is a great opportunity to get involved in the school community, not to mention the kids love it!! We have rides for both the big kids and the little ones, an animal farm, pony rides, face painting, roving performers, kids craft corner, market stalls, hot food and so much more.

VOLUNTEERS NEEDED

Email us at chpsfete2015@gmail.com
Or sign up in the office

STALL HOLDERS WANTED

If you are interested in having a market stall for the Family Fun Fair please email us chpsfete2015@gmail.com
Site fee is $40, New Items Only

DONATIONS WANTED

We are currently seeking donations for our Raffle and Silent Auction. If you can help please email us
Lilydale West Primary School

Spring Fete

Saturday, October 24th
11am - 4pm
Bowen Rd, Lilydale

Roving Entertainment
Animal Farm
Cake Stall
Entertainment

Market Stalls
Popcorn
Second Hand Books
Fairy Floss

And much, much more...

Telephone: 9725 1206
OSH C 9724 4514

Grade 5 & 6 Disco

When: Friday 23rd October 2015

Where: Norwood Secondary College Hall
Byron Street, Ringwood North
For all BoomTEC enquiries, phone: Tinternvale Primary School 9720 1215

Time: 7.00pm – 9.30pm SHARP!!

Tickets: $10 Limited number of tickets available on the night

To avoid disappointment, pre-buy your tickets at:
Tinternvale Primary School - anytime during office hours.
Pre purchased ticket holders enter BoomTEC at 6.45pm No Queuing!

DJ playing Top 40 Hits

Snacks & Drinks 20c - $1.00
Glow Products $2.00 - $3.00

** Lots of Prizes to be Won **

BoomTEC is strictly supervised, all children MUST be signed in & picked up by an adult over 18 years of age.

Parents/Guardians must collect their children BY 9.30pm from inside the Hall. NO PASSOUTS will be given for ANY reason.

BoomTEC is an event managed by Tinternvale Primary School Council - 9720 1215

Croydon Junior Football Club Registration Day

All age groups welcome
Under 8—Under 17

Seeking Interest for
Girls Teams U12 & U16

Discount Amart Vouchers available to purchase

WHEN: Sunday 8th November
TIME: 10am—12 noon
WHERE: Baringeon Reserve
Bambra Street, Croydon

Meet the coaches!
Merchandise for Sale!
Prizes & Giveaways!
Sausage Sizzle!

For more Information on Season 2016 please contact Registrar
Simone: 0400 240 300
croydonjnr@efl.org.au

Telephone: 9725 1206 OSHC 9724 4514