Principal’s Report

Camps
It seems so quiet around the school this week with our Year 5s and 6s participating in their camps at Coonawarra and Canberra. They are both having a great time at these very different locations. I would like to thank the staff and parent helpers who give up their time to be on duty 24/7 for the week. There is also an enormous amount of preparation which occurs prior to the camp to ensure it runs smoothly. I know it means a lot to the staff and parents when this extra effort is acknowledged by parents. The photos filtering back show such a diverse range of activities the students are experiencing. There are lots of images from the campers on the school Facebook page.

Pedal Car Challenge
Online voting is still open for the most popular Pedal Car so if you haven’t taken the time to vote, please do so before 6pm Sunday. It could be another $3,000 if we are the winner.

To vote for us, go to: http://www.silverstarpedalcar.com.au/vote/

Defibrillator
Thanks to the efforts of CHAPS
Telephone: 9725 1206  OSHC 9724 4514

**Telephone**

**Korean Homestay**

Thanks so much to the parents who have put their names down to host a Korean student or 2 next February we are getting close to being accommodate our expected 46 students. If you intend to assist but forgot to fill in the form its not too late. Please use this link: [http://tinyurl.com/koreaHS16](http://tinyurl.com/koreaHS16)

**Large Vehicles close to driveways**

We have been contacted by one of our neighbours indicating that larger cars (4wd’s & vans) are often parking so close to driveways that even if their cars can physically get through the gap, they cannot see traffic which might be coming when they are backing out of their driveways. They would appreciate if you could leave enough space so they have vision to safely leave their properties.

**Chicken Pox**

We seem to be experiencing a bit of a welter in the Middle School at the moment, with seven cases reported over the last couple of weeks. Early symptoms include mild fever, irritability and tiredness and the incubation period is anywhere from 10 to 21 days. Spots can appear like pimples or mosquito bites, which blister and eventually scab. Children are infectious to others from 2 days before a rash appears and should be kept home from school until the last of the blisters has completely dried up. Expectant mothers should consult their doctor if they have been exposed.

**Graeme Caudry - Principal**

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**Free Dress Day – Tomorrow, Friday November 13th**

This year we have 4 students who have Type 1 Diabetes and as a school we are learning more about it.

**Saturday 14th November is World Diabetes Day and Croydon Hills PS is going to have a Free Dress Day TOMORROW, Friday 13th.**

Money raised from the gold coin donations will go to the JDRF (Juvenile Diabetes Research Foundation)

Jelly babies are often used as a quick source of sugar so we are encouraging you to dress in your favourite jelly baby colour!

**Dale McInerney - Assistant Principal**

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**Canteen News**

**Pizza and Slushy Day – Tuesday 1st December**

Order forms have been distributed today and are due back by Thursday 26/11. Senior classes away on camp will receive their forms next week. Orders can be placed via the Flexischools website.

**WHAT’S NEW?**

**Paddle Pop Tropical** with real yoghurt $1.80

**Afterschool Sales** are available from 3.30 – 3.45. Subject to weather conditions.

**ROSTER**

**Friday 13th November** – Justine Wratten, Kylie Van Roosmalen.
**Tuesday 17th November** – Michelle Miles.
**Wednesday 18th November** – Deanne Scagnetti
**Friday 20th November** – Rachelle McNamara, Joanne Duo.

**Karen Cyster - Manager**

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**Uniform News**

**Foundation 2016 Orders**

All foundation orders placed for 2016 have been put together and are available for collection during normal Uniform Shop opening hours or during Transition Hours.

**Year 6 Hoodies & Polos**
Hoodie and Year 6 polo orders have been received and collated, the size order has been placed with the supplier. Year 6 Polo's will be available in approximately 4 weeks time, Year 6 Hoodie's will be available in the first term of 2016.

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

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**Mia’s Message Board:**

**Separation Anxiety**

This is a beautiful picture story book for all young children who find it hard to be away from their parents. If you have a young child (years 4-8) that are having separation anxiety or difficulty with change I highly recommend it be a regular read in your family.

**Playology** – Play based therapy for Junior Primary aged children. This program supports children to increase their social skills and sense of self. See flyer at right and contact them directly for further info.

Mia Sartori - Student Welfare Officer

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**CHAPS NEWS**

Hi Fellow Parents

To those of you who came along to our school Trivia Night a couple of weeks ago, thanks so much for your support and participation in what was fabulous night! Huge thanks must go to our fantastic host for the evening, Natalie Wilson. Nat pulled together the whole night and it sure was a quality night with lots of laughs, games and auctions to win! All up we raised just over $4,000 which is a great effort!

**Morning Tea for parents of our 2016 Foundation kids**

Last week we welcomed next year’s Foundation kids for their first transition session while their parents attended an information session. Thanks must go to Sue Le Clercq for pulling together a great morning tea and to Sandra who jumped into help Sue serve tea and coffee to our new foundation parents.

**Christmas Tree Fundraiser**

If you love the look and smell of a live Christmas tree, why not consider purchasing one to support our school via the 1st Croydon Hills Scout Group. Trees are only $60 and the school makes $10 from every tree sold. You get to choose your tree on a pickup date/time to suit on the 5th, 6th, 12th or 13th of December. Flyers have been distributed and are also available from the office. Orders must be submitted by Friday, 13th November.

**Christmas Raffle**

Telephone: 9725 1206  OSHC 9724 4514
Volunteers needed

CHAPS have been asked to support the following events and as such we are seeking volunteers to assist. If you can spare an hour or so to help out, please drop us a line chaps@croydonhps.vic.edu.au.

1. Friday, 4th Dec @ 11.30am-1.30pm – Prep Info Tea & Coffee – 3 volunteers
2. Tuesday, 24th Nov @ 10.45am – 11.45am – Teacher Thankyou Morning Tea – 3 volunteers
3. Wednesday, 16th Dec @ 8:15am to 10am and 2.45pm to 5:30pm – Book Collection Day – 5-6 volunteers
4. Thursday, 28th Jan @ 8:15am to 10am and 2.45pm to 5:30pm – Book Collection Day – 5-6 volunteers

Walkathon

Walkathon prizes have been distributed to the kids this week. If there are any questions/issues, please don’t hesitate to contact Elise on 0400 951046 or email chaps@croydonhps.vic.edu.au. For those who handed in their sponsorship forms and money after October 9th, your prize orders will be submitted this week and we should receive them before the end of November.

CHAPS AGM

Our 2015 AGM will be held on Monday 7th December @ 7pm in the Staffroom. Join us to reflect on the great things we have achieved in 2015 for our fabulous school and to elect our new committee for 2016. An AGM notice has been sent home with your youngest student today, detailing the Committee positions we are looking to fill for 2016. Please have a look and let me know if there is a position that interests you or if you’d like some more information about any of the positions.

This year, as in previous years, we have had a fabulous committee who have supported our school at official school events as well as with many fundraising projects. Some committee members are continuing on and some are taking a step back so we need your help to keep this great group of parents going. There is a wide range of roles available and the time commitments for each do vary so if you want to know more about the roles on offer, please don’t hesitate to contact me.

Elise Jones 0400 951046
CHAPS Vice President

HEALTHY EATING TIPS FOR HEALTHY LEARNING

MANAGING HUNGER

When I’m asked about portion size the answer is different for everyone- adult or child. The main indicator of whether you have eaten too little or too much is how you are feeling a couple of hours later.

If you have eaten an adequate amount of food you should be feeling hungry a couple of hours later, if you are still full you have eaten too much and if you are super hungry you may not have eaten enough the meal before.

Children have smaller stomachs so this guideline is important for them.

Regular meals and snacks are useful ways for managing hunger for children and for many adults. If your child is eating a snack at recess and not eating their lunch they will be very hungry after school and tend to over eat at this time. The problem is they will tend not to be hungry at dinner time so may miss out on the healthier options offered at dinner as they have eaten too much of the snacky type foods offered at afternoon tea and then getting hungry later in the evening, in time for some more snacks!

Encouraging your child to eat regular meals and snacks including lunch at school will help to manage hunger levels.

NUTRITION AND LEARNING:

Your brain is made up of sixty percent fat and needs good fats to help it function well and create new pathways when you learn new things. Good fats are found in nuts, avocado, olive oil, canola oil and other vegetable and nut oils, fish and other seafood. While these foods may not be practical for the lunch box at school it’s important they are included in the diet at other times.

Less healthy saturated fats can actually slow brain function and make learning more difficult and in the long term add to memory decline and increase risk of Alzheimer’s disease so this message is important for parents too. Saturated fats are found in biscuits, cakes; take away foods, chips, pastries and fatty meats.

Eating breakfast has shown to improve concentration and eating a healthy diet consisting of fruit and vegetables, high fibre cereals, legumes, nuts, milk, fish, lean meat and regular meals have been linked with better academic performance.

Lisa Renn, Accredited Practising Dietitian www.bodywarfare.com.au

Telephone: 9725 1206 OSHC 9724 4514
Student of the Week Awards presented at last week’s assembly

FO – Angus & Charlie
FW – Erin
FR – Poppi
FH - Scarlett
JY – Mia and Thomas
JS – Marli
JMC - Isaac
MK – Kailey and Mia
ML - Sandor
MW – Riley and Cody

Congratulations!!

LAST WEEK’S CHALLENGE
Was to try and work out how many days you have been alive for! Hope you had fun working it out.

THIS WEEK’S CHALLENGE
Now that you are in the swing of it, try and work out how many days, hours or minutes left in 2015 from midnight tonight.

Birthdays this week....
Tuesday 10th November
Finn SD in Canberra

Wednesday 11th
Archie JS

Today
Ozana JF, Emily SSL at Coonawarra & Kaelem SSO in Canberra

Saturday 14th
Travis JPB and Brae MK

Sunday 15th
Amy ML, Caiden MT and Bethany SD back home!

Congratulations!!!!

FREE DRESS tomorrow
To support our 4 students across the school who have Type 1 Diabetes, we are having a free dress day tomorrow.

Money raised from the gold coin donations will go towards the JDRF (Juvenile Diabetes Research Foundation)

Wishing all the Senior students and teachers a safe trip back tomorrow

Joke time!!
Q: What do you call a blind dinosaur?
A: a doyouthinkhesaurus

Thanks from Mrs Mangan at Year 5 Camp
Silver Star Motors Pedal Car Challenge.

Over the past 6 weeks, 13 Junior students have been meeting most lunchtimes to design and create Croydon Hills’ entry for the Silver Star Motors Mercedes Benz Pedal Car Challenge.

Students worked as a team to bring our car through from the initial idea of ‘Cheetah into Peacock’ to the final design of the ‘Cheelock’. Each of the students were incredibly committed and all worked very hard to ensure our Cheelock was ready for the presentation on the 30th of October.

On the 4th of November each of the students made their way to the Doncaster Silver Star Motors to find out the winners of the Creativity and Design award. The students were very excited to find out we had won this award and $3000 for the school!

Our Cheelock is currently on display at the Silver Star Motors showroom in Doncaster for the ‘People’s Choice’ awards. You can vote for us in store at the showroom or online at: http://www.silverstarpedalcar.com.au/vote/

Voting closes this Sunday so please get on and support our school this week!

The CHPS Junior design team present:

THE CHEELOCK.
Free Sausage Sizzle or BYO Picnic Tea!

Discover your inner Wild Thing!

Join us for an evening of fun and flora, with free activities for the whole family to reconnect with nature.

Plus, we will be screening ‘Project Wild Thing’ – the film that sparked a worldwide movement to get kids (and their families) outdoors and lead nature-rich lives.

Friday 20 November
6pm to 10pm
Ringwood Lake Park Soundshell
Maroondah Highway, Ringwood