Principal’s Report

It’s just over a fortnight until the School Fair, so we are hoping this lovely weather saves a nice day for Sunday March 20. There are many things happening and some a little differently to last year.

There is no raffle this year but we have the voucher offer from the “Giving is Living” campaign from Your Mates Pizza. We are hoping all families will buy at least one voucher, which gives them something back as well as supporting the school. Not only is there the value in the voucher but all entries go into the draw for the giant block of Cadbury chocolate (on display in the foyer).

The wristbands for unlimited rides are more expensive this year, but we have an additional 2 rides available and it is still great value for a full 5 hours of as many rides as you like on a range of exhilarating amusements. If you equate it to something like a visit to Luna Park for rides and entertainment, the cost is more than reasonable.

We still need helpers to assist on the day. If you can assist for a few hours on Sunday 20th please register, with contact details and times you have available, at chpsfete2015@gmail.com, or speak to Suzanne or Robyn at the office.

The Resilience Project

We are very proud to be offering The Resilience Project to our students throughout this year. Our students’ wellbeing is an important aspect of their personal development. We know that it is important to look after our physical health with diet and exercise, but it is becoming clear that we all need to be aware of our mental health also.

Hugh van Cuylenburg is the founder of this project and is an inspirational speaker who works with many organisations, including elite sporting clubs. Hugh and his team will be working with students in the coming weeks and will be holding a Parent Forum on Monday March 21st at 7pm in the Stadium.
We would encourage every family to be represented. You will find it an engaging and thought provoking night, providing insight into an issue that is important for all of us in our complex modern world.

If you only ever come to one parent forum.....it should be this one!!!

This video provides an overview:  
https://vimeo.com/77479008

Please put the date in your calendar and be sure not to miss this night. The following is a blurb from the Resilience Project website:

Hugh has been working in education for over 12 years. Starting out as a primary school teacher, he then moved into a position with Cricket Victoria as a development facilitator working with disengaged adolescents. The highlight of his teaching career, however, was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.

Inspired by this experience (and subsequent trips to Bangladesh and Sri Lanka) Hugh returned to Melbourne and commenced working on his own programs for schools. ‘The Resilience Project’ was born off the back of his post grad. studies into mental resilience. Hugh’s presentations emphasise the value of gratitude, empathy and mindfulness. Of note, Hugh has developed and facilitated programs for over 220 schools Australia wide. In 2015, the National Rugby League asked Hugh to design and implement a program for every single club in the competition to ensure the entire NRL community were emotionally engaged on the challenges of mental health. Hugh has also worked closely with Collingwood, Gold Coast Suns, Geelong, Essendon and Hawthorn in the AFL. He has also served as CEO of Step Back Think.

Assemblies
These are all in the Stadium now and will be starting shortly after the bell for the end of lunch at 2.40pm. Usually they are underway now by 2.45pm. Parents attending are asked to use the back doors to enter and to stay at the back of the students at all times.

Graeme Caudry - Principal

Voluntary Contribution Payments:  1st Instalment due now
Those who set up their Voluntary Contributions via Compass will have noticed that the first instalment ($65.00 per child) was debited on February 27th. If you wish to pay your Voluntary Contribution at the office, please do so now. Our thanks to all families who have paid this contribution, either in full or by instalments. The money that the school raises through this contribution provides essential student services, including the work of Mia, our Student Welfare Officer.

Rubbish free lunch day is Monday!
Please bring your food in containers, not wrappers to reduce rubbish going into landfill. The class with the best rubbish-free lunch score will win the globe for the week!
2015 Victorian Premiers’ Reading Challenge

The Victorian Premiers’ Reading Challenge is now open and CROYDON HILLS PRIMARY SCHOOL is excited to be participating.

The Challenge is open to all Victorian children from birth to 16 years in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by September 14.

Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

Children may be registered by completing the form in this newsletter and returning it to school.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll.

For more information about the Victorian Premiers’ Reading Challenge and to view the booklists, visit: www.education.vic.gov.au/prc

Sports News

Division Swimming Carnival

On Monday, the Maroondah, Manningham Division Swimming Carnival was held at the new Aquanation Swimming Pool. Congratulations to Holly K (SLK) who competed in the 10 yr Girls 50m Butterfly. Holly came third by only a whisker. Unfortunately only the first two placegetters go through to the Region level, however, it was a great effort by Holly.

Interschool Sport

Last Friday we played against Ringwood North in Interschool Sport.

Results:

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Your score</th>
<th>Opposition score</th>
<th>Winning school</th>
</tr>
</thead>
<tbody>
<tr>
<td>TENNIS</td>
<td>221</td>
<td>238</td>
<td>RNPS</td>
</tr>
<tr>
<td>BASKETBALL GIRLS</td>
<td>17</td>
<td>34</td>
<td>RNPS</td>
</tr>
<tr>
<td>BASEBALL OPEN</td>
<td>16</td>
<td>33</td>
<td>RNPS</td>
</tr>
<tr>
<td>CRICKET</td>
<td>53</td>
<td>68</td>
<td>RNPS</td>
</tr>
<tr>
<td>ROUNDERS GIRLS</td>
<td>15</td>
<td>21</td>
<td>RNPS</td>
</tr>
<tr>
<td>ROUNDERS OPEN</td>
<td>12</td>
<td>16</td>
<td>RNPS</td>
</tr>
<tr>
<td>TEEBAL GIRLS</td>
<td>22</td>
<td>9</td>
<td>CHPS</td>
</tr>
<tr>
<td>TEEBAL OPEN</td>
<td>17</td>
<td>11</td>
<td>CHPS</td>
</tr>
<tr>
<td>VOLLEYSTARS</td>
<td>1</td>
<td>2</td>
<td>RNPS</td>
</tr>
</tbody>
</table>

This week we will be playing against Warranwood.

Venues: CHPS – Cricket, TEEBAL Boys & Girls, Basketball Boys & Girls

Warranwood – ROUNDERS Boys & Girls, Hot Shots Tennis, Volleystars

Good luck everyone on another great round.

Hot Shots Tennis

It is that time of the year again for free T-Shirts from Tennis Australia. Tennis Australia has supplied us with all of our tennis racquets, nets, bags and low compression balls. As we are a registered school with Hot Shots, we are able to claim a free T-Shirt for each of our students. For every T-shirt we order, the school gets a rebate of $2 per child. We are always in need of much more equipment, so jump on Compass and consent to your child receiving another new t-shirt with a great funky design. The Foundation students will also receive a free tennis racquet. We are very lucky that Tennis Australia is so generous in
handing out all this free merchandise. I do request the consent from all parents before I can send this form in. The only information I need to pass on is the child’s name and date of birth, so the computer can match this to each child as they can only claim once each financial year.

Noreen McMenaman - Sport/ PE

Music News

CHHS – Croydon Hills Has Talent
We have had an overwhelming response for this event that will take place at 12:15 on the 20th of March at the School Fair. Many students have brought back their signed entry form and $5 per child to secure their place already!! The P.A.C. will be open on Wednesdays, Thursdays and Fridays for those students who have been practicing hard and have their item ready. Don’t forget to have your entries in by Wednesday the 9th of March at the latest. You can collect a form from me in the P.A.C.

Choir
A notice has gone home regarding your performance at the School Fair on Sunday 20th of March. Your performance will be at 12 noon on the main stage.

Rock Band
Here are our 2016 Rock Band members!! It’s a Superband really because there are 12 participants:

Cohen MKL - Drums
Jasmine MKL - Drums
Clara MKL - Keyboard
Madison MKU - Keyboard
Stephanie MKL - Keyboard
Dylan MKU - Guitar
Dylan SLK - Guitar
Chelsea MKU - Bass Guitar
Michael MBB - Guitar
Kathrine SLK - Vocals
Emily SDE - Vocals
Alicia SDS - Vocals

They are working hard practicing “Titanium”!!

Kathryn Lane - Performing Arts

Canteen News

HOT CROSS BUN DAY – Monday 21st March (only at recess)
To celebrate Easter, the canteen is offering a special morning tea of a freshly baked choc chip or fruit hot cross buns from Bakers Delight, with an Oak flavoured milk for $3.00. Half dozen packs are available to take home in both varieties for $7.00. Orders due back by Thursday 17th March.

MONDAYS – ONLINE ORDERS ONLY
Please note the canteen is open 5 days per week. ALL orders placed for Mondays must be done online via the Flexischools website, no manual orders will be accepted.

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

Mega Meal Deal - $5.50
Wedges with sour cream or tomato sauce, Oak Flavoured Milk and fruit juice

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

FLEXISCHOOLS ONLINE ORDERING
This service is available from Monday to Friday via the Flexischools website. Please Note – Sustainable Bags are NOT suitable for online ordering. A paper bag will be provided.

AFTERSCHOOL SALES
For the duration of Term 1, the canteen will be open for 15 minutes after school for sales of frozen items and drinks only.

FROZEN ITEMS
Any frozen items ordered on a lunch order need to be collected by the student with their stamped lunch bag at lunchtime.

ROSTER

Friday 4th March – Sharron Savage, Lea Biasuzzo, Lennie Pennicott
Tuesday 8th March – Lee Smart.
Friday 11th March – Kati Wilkins, Kylie Van Roosmalen.

Karen Cyster - Canteen Manager

Telephone: 9725 1206 OSHC 9724 4514
Uniform News
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

Mia’s Message Board:
The Science of Parenting in today’s world.
Parenting in today’s society…given the context in last week’s newsletter…what can we do to keep our sanity? Answer: Mindful Parenting
What is Mindfulness? Mindfulness is bringing awareness to the present moment with openness and without judgement. Mindfulness is proven to reduce stress and improve physical and mental health.
What is Mindful Parenting? Bringing moment to moment awareness to their interactions with their child. This style ‘cultivates an enhanced capacity for parenting calmly while engendering a warm and nurturing tone’. In contrast when parents are stressed they can become colder, more controlling, rejecting and reactive which has a negative impact on the child.
Follow this link to excellent documents from the Australian Childhood Foundation that can help you develop a Mindful approach to parenting. Mindful Parenting Booklet and Connected Parenting Booklet.
Link http://www.childhood.org.au/for-professionals/resources
Consider the following key points to kick-start your Mindful Parenting:
What are you role modelling? Children acquire their coping and social learning patterns from their caregivers.
Remove ‘should’ from your vocab when setting expectations as a parent, eg; “I should be able to do……” Don’t put unnecessary pressure on yourself or set too high expectations.
Write down the unhelpful reactions/patterns you have and want to change. Write down all your families’ strengths. All families have strengths. Focus on them and celebrate them.
Are you too busy as a family? Remember that all kids really need is YOU. They want quality time with their parents when there can be talks and incidental learning that supports their social/emotional wellbeing whilst having fun or down time.
How comfortable are you when your child displays negative emotions? All parents know how to provide love and support for their kids, but sometimes as parents, when we are feeling stressed or worried if our child displays that emotion, it can be very challenging. It can be hard to separate our own needs in our child’s time of need. Look after and support yourself. This will help you to role model healthy coping styles and stay calm when needed.
Info above from Academic journal "The Relationship between Child Stress, Child Mindfulness and Parent Mindfulness" by Lea Waters.
Mia Sartori - Student Welfare Officer

CHAPS News
Hi Parents,
Thank you to all our parents who gave up their time to volunteer at the Bunnings BBQ stall this weekend. CHAPS would like to thank the following people; Carolyn Brickwell, Nicola Fish, Bianca Palliaga, Trent Lyndon, Paul Worlley, Robert Campbell, Richie Stephen, Nikky Edwards, Les Tomada, Jon Wherrett, Mandi Pidgon, Amorina Priestley, Andrew Clarke, Geoff Harmer, Sharon Perry, Mandy Packett and Jo Naylor. An extra special thank you to Priscilla Tkatchenko, Elise Jones and Keddie Waller who coordinated and worked on the stall. The stall raised $1430 – something that would not have been possible without every one of our volunteers!
Our upcoming committee meeting is all about planning the year ahead. If you would like to help us plan our CHAPS-run activities and fundraisers for the year, then we will see you at our meeting at 7pm on the 7th of March in the Conference room.

Telephone: 9725 1206 OSHC 9724 4514
Feeling community minded? Why not sign up for CHAPS. Forms are available from the school office or by emailing CHAPS at chaps@croydonhps.vic.edu.au

Sally Harley – CHAPS Communication Co-ordinator - chaps@croydonhps.vic.edu.au

LOST
Flat gold bracelet, about 5mm wide, lost yesterday somewhere near the junior classrooms on the hill (JBJ / JJC). This is a treasured possession, with a ton of sentimental value. If the finder could return it to the office, the owner would be immensely grateful.

CHAPS Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 7th March @ 7pm</td>
<td>CHAPS Monthly Meeting in the Conference room. All parents invited.</td>
</tr>
<tr>
<td>Sunday 20th March</td>
<td>FAMILY FAIR &amp; FUN DAY, 11am – 4pm</td>
</tr>
</tbody>
</table>

Write4Fun Competition 2016

Entry is NOW OPEN in the 2016 Schools Writing Competition! Students all over Australia are invited to enter their poems OR short stories, and battle it out for the great cash prizes on offer.

If your child is interested in participating, please go to http://www.write4fun.net/competitions to view competition entry forms, rules and prizes.

There is no theme!! Entrants are encouraged to let their imaginations run wild and get their creative juices flowing to write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter - Kindergarten to Grade 12.

Entry is FREE and all entries must be in my Thursday 31st March 2016.

The Book
Poems and short stories entered into the competition will be considered for inclusion into our 2016 Write4fun anthology! Those selected will have the opportunity to purchase the edition at a discounted rate. 1st, 2nd and 3rd prizewinners will receive a complimentary copy of the book.

“We are very excited to be sponsoring this competition,” stated Julia Woods, Managing Editor for Write4Fun. “Reading and writing seem to be taking a back seat these days to computer games and evolving technology! Our hope is that competitions such as these inspire the students to be creative with words once more and have fun doing it!”
These students received a 'Student Award' at Friday's assembly – congratulations!

We will be having our end of term free dress day in 3 weeks.
A gold coin donation is usually requested but this term the money raised is going towards the Royal Children's Good Friday Appeal and will be sending home some envelopes for you if you would like to donate a little extra. Last year we raised $1287.40 and would love to better that this year.

We all know how important the RCH is and feel it is a valuable cause to contribute to and anything is appreciated. Money raised will represent the Croydon Hills students, staff and school community.

Birthdays this week...

Yesterday
Max MJT

Today
Gibson JJC & Emmerson MFP

Sunday 6th
Sapphire J JM, Lily MKU & Breeana SDE

Congratulations, hope all your wishes come true and you got some cool presents too!!

Did you know.........
A rat can survive longer without water than a camel

The giant squid has the largest eyes in the world

A dolphin sleeps with one eye open

A crocodile cannot stick its tongue out

The only bird that can fly backwards is the hummingbird

Well you do now!!
GTR
On the speed
the speed
of the
g
T
R
powered
by a hundred horses
the sound
like a mustang in the wild
a whinny like no other
The g-force is incredible
it will pin you to the seat
I feel
all my emotions
rushing through me

I smell
the fresh new car scent
polished leather
fumes
from the fuel
G
T
R
the car for me

— Dwayne Lester

Opossum Bay
Morning
the sound
of crashing waves
rumbling onto the hot sand,
that nice salty smell
of the beach
and a beautiful
sunrise —
nothing can beat that view.

Seagulls poking at us
cruising
hot grazzy, scrunchy ships.
Running
swimming
splashing
in the water
all
day
long.

The most glorious day
the most beautiful day
in the world.
Opossum
Tasmania.
— Sally Sepp

BOOKS
One should:
books
or
real-life?

Books -
FUN
reality -
NOT AGAIN!

Books
strengthen my creativity
make me learn faster
in reality

Reality
resides me for learning
so I can find meaning in the story
books

I feel for the characters
I can't stop
the adventures are
never ending

I pull myself away
out of the fantasy
but I'm a hero...
Annoy!!
I'm an adult...
Annoy!!
I have powers...
Don't!!

I want
I can't give up
fantasy or fiction
THAT
is the question
— John Fuge

The Little Things
I love the feeling
of leaping over a hurdle
the adrenaline coursing through my blood.
When I eat chocolate
the sweetness spreads
through my mouth
and warms my tummy.

I love the feeling
when I'm with my friends
the way they can light up my day
just by smiling.
And when I win -
the feeling of success
in my bones.

I love the feeling
of swimming
at the beach
salt water
stinking my skin
the sand
sticking to my body.
When I stick my head out
of a moving car
the wind hitting my face
my hair
carelessly whipping around.

It's these little things,
the small but important things,
that make me happy.
— Bella Saller
WHAT: Walking In Autistic Shoes with Donna Williams
WHEN: 7pm-8.30Marchpm, Thursday 17th 2016
WHERE: Park Orchards Community Centre, 572 Park Rd, Park Orchards
BOOKINGS: Programcoord@parkorchards.org.au or phone 9876 4381
COST: $10 (NOTE that books will also be available - cash only)

REGISTER NOW!

CROYDON HILLS AUSSKICK
for boys & girls aged 5 to 13 years

WHERE: 9am Saturday Mornings
STARTS: 16th April
WHERE: Upwey Park, behind McClean Square
contact: croydhillsausskick@gmail.com
more info: aflauskick.com.au
REGISTER ONLINE TODAY
AFLAUSKICK.COM.AU

PLAY BASEBALL THIS WINTER!

JUNIOR ‘COME & TRY’ AND REGISTRATION DAYS
Saturday 5th & 12th March 9:30am-11am
Both sessions will be followed by a Free Sausage Sizzle & Soft Drink
Ringwood Saints Baseball Club
Proclamation Park, Sylvia Grove, Ringwood
For more information contact: Jocey Lee Bright
0407 795 505 or joc.donn@gmail.com
or visit www.ringwoodsanites.com.au

Telephone: 9725 1206 OSHC 9724 4514

NORWOOD SECONDARY COLLEGE
Norwood Secondary College has a long tradition of academic excellence and is proud of its outstanding reputation for fostering personal development, happiness and future success for all students.

OPEN NIGHT 2016
WEDNESDAY 4 MAY
7PM TO 8.30PM

Parents and prospective students are warmly invited to attend our Open Night. Discover how your child and you can shine in the future bright spot at a Norwood Secondary College education.

JOIN US FOR A TOUR

Parents are encouraged to tour the College during March, April and May:
Please phone the General Office to arrange a booking.

The Australian Children’s Choir is currently auditioning!

NORWOOD SECONDARY COLLEGE
Byron Street Ringwood VIC 3134
Can parking is in the rear.
Please enter from Byron Street.
Telephone (03) 9860 6466
Email norwood@norwood.vic.edu.au

2016
You are invited to tour Billanook College and meet our staff and students.

School at Work Tour
Tuesday 9 February
Thursday 17 March
Friday 17 June
Wednesday 3 August
Tuesday 11 October
Tuesday 22 November
School at Work Tours commence at 9.30am RSVP essential

Saturday Morning College Tours
Saturday 27 February
(Tour & Scholarship Exam)
Saturday 7 May
Saturday 3 September
All Saturday morning tours, 10.00am (or a 10.30am start, DVSP Essential)

A co-educational school of the Uniting Church, Early Learning - VCE
197 Cardigan Road, Mooroolbark
Tel: 9725 5388 www.billanook.vic.edu.au
Welcome to the annual Victorian Premiers' Reading Challenge. Reading is an essential life skill for everyone and the Challenge encourages families to be actively involved in supporting children to read. The Challenge invites children and young people to read a set number of books and record their efforts online. It’s a great way to get them talking about reading with friends and family, and to push themselves to read as many books as they can. Join the Challenge today and discover new authors, get expert tips, book recommendations and more. Participation is free. To find out more about the Challenge and access the booklist visit: www.education.vic.gov.au/prc

Like us on Facebook to share tips, literary articles and recommended reads www.facebook.com/VicPRC

2016 Privacy and Consent Form (Schools and Early Childhood Settings)

By signing this document, you agree to the TERMS and CONDITIONS outlined below. These include consent for your child to participate in the Victorian Premiers’ Reading Challenge and for their name to appear on a certificate of completion and for their name to appear in the online honour roll. Please note that the child’s name only will appear on the certificate and online Honour Roll with no other identifying factors. Participating schools appear as a separate list.

Child’s name: ____________________________________________________________

School or early childhood service: CROYDON HILLS PRIMARY SCHOOL

Year level_________ Class( eg JMP) ___________ Yes ☐ No ☐ I consent to my child’s name appearing on the online Honour Roll

Certificate name (only if different from name above): _________________________________

Parent/guardian name (please print): ____________________________________________

Parent/guardian signature: ____________________________ Date: ___________________

TERMS AND CONDITIONS

Definitions: Department refers to the Victorian Department of Education and Training. Person refers to the child/adult listed below in the consent declaration.

1) Privacy Protection
   The Department takes its privacy obligations seriously and any personal information collected or used by the Department will be handled in accordance with the Privacy and Data Protection Act 2014 (Vic). This law sets out what we must do when the Department collects, uses, handles and destroys personal information. Personal information includes personal details such as an individual’s name and school that could be used to identify an individual.

2) Collection, use, disclosure and storage of personal information
   If you provide your consent your school or early childhood setting will collect and disclose your child’s first and last name, and the name of the early childhood setting or school to the Department. The Department will then:
   • Use the information to register your child and to generate an online account (through which school age children can record the books that they read);
   • Publish your child’s name and year level on its online Honour Roll located at: www.education.vic.gov.au/prc at the completion of the Challenge with no other identifying factors such as school name.
   • Give the name of your child to Findbury Green Pty Ltd ABN 52 007 743 151 who will then disclose to a 3rd party for the purpose of printing Certificates of Achievement.

3) Accuracy, access to information and withdrawal of consent
   The Department will endeavour to ensure that any personal information held about your child is up to date and accurate. You can access, correct and withdraw personal information held by the Department by written request in accordance with the Department’s Information Privacy Policy located at: http://www.education.vic.gov.au/Pages/privacypolicy.aspx

Consent may be withdrawn at any time by writing to the Department’s Privacy Unit on: privacy.enquiries@edumail.vic.gov.au.

If you have any questions about this form, or if you need more information, please contact the PRC Challenge Coordinator at the Department readingchallenge@edumail.vic.gov.au or (03) 9637 3624.

This original has been printed in black and white on recycled paper to reduce cost and environmental impact.