Principal’s Report

Wow, what a busy week it has been! What an amazing range of experiences our children are exposed to.

On Monday we had the A team from Collingwood, including their Captain and Vice Captain, to talk with all our senior students about leadership. Not just for designated leaders, but for everyone. Though Collingwood are not on the list of teams I, personally love, they were outstanding in the way they engaged with the students and the messages they got across. We have a shared experience of working with the Resilience Project and it was great to hear Scott Pendlebury say that working with Hugh had been one of the best things he has done in footy. Thanks to the club for making this experience available for our students.

Tuesday night we had the Parent Forum on Numeracy with Rob Vingerhoets. Again it was very well attended, with 100 parents experiencing Rob’s unique style and passion for engaging everyone in Maths and making it real. Thanks to Liam Sommers and the Numeracy Team for organizing the night. I know from the feedback that parents found it informative and fun.

Our Junior Students had a wonderful excursion to the historic Wandin North homestead, Mont de Lancy this week, where they explored the olden days. It is surprising that it didn’t seem completely unfamiliar to me, looking at the photos.

Our Better Buddies Program, which links our...
new Foundation Students with students in the Middle School, had a Teddy Bears’ Picnic on Monday afternoon, which was great fun.

Our School Captains attended the local Rotary ANZAC Day Service in Ringwood on Wednesday and our Student Leaders will be the guests of Legacy, at the Shrine Service on Friday. This is an important annual commemoration. For those who missed our Parent Information Night with Hugh van Cuylenburg from The Resilience Project, but heard what a great evening it was, Warranwood PS has him speaking to their parents and they are happy to have any of our parents also attend. Mia, our Student Welfare Officer who also works at Warranwood, will be there on the night. It is next Tuesday 26th April at 7.30pm. There is no need to book.

A reminder that there is no assembly tomorrow (Friday) and that Tuesday is a Curriculum Day.

The Staff will be spending half the day on Tuesday working with an expert on analysing student assessment data. Philip Holmes-Smith wrote a program called SPA which is used by most primary schools to store and analyse results. In the afternoon we are reviewing our progress towards achieving our goals in our 4-year Strategic Plan.

Parking

Parking around the school precinct is always a challenge, but for the safety of students and to ensure it is orderly, we need everyone to follow the road rules and be patient. We all have busy lives, but rushing or parking across someone’s driveway or in a no standing area is not acceptable. The local council have bylaws officers who come by from time to time and often in unmarked cars. When people don’t follow the road rules it also makes it hard for our neighbors, who are entitled to have free access to their homes at any time. Please be considerate and follow the road rules and school guidelines, which are in place for the safety of everyone in the community.

Graeme Caudry - Principal

Music News

Stagestruck Tuesday May 24th at 7 pm

Our annual concert will be held in the PAC on the 24th of May. Students who learn an instrument, dance, sing, act or have a particular talent that they would like to showcase are strongly encouraged to be involved in this concert. Notices for registration will go out next week and rehearsals will also commence on Wednesday, Thursday and Friday lunchtimes in the PAC from next week.

Open Night Tuesday 17th May

The choir will be performing at closing of “Open Night” at 7:30 in the PAC.

Kathryn Lane - Performing Arts

Canteen News

SUPER SUNDAE DAY

A BIG thankyou to the following parents that helped serve hundreds of Sundaes – Sue LeClercq, Sophie Turnham, Joanne Duo, Narelle Collins, Deanne Scagnetti & Sharron Savage.

MONDAY MEAL DEALS (only available via online ordering)

Mini Meal Deal - $4.00

Small Cheesymite Scroll from Bakers Delight, Oak Flavoured Milk and 2 homemade cookies

Mega Meal Deal - $5.50

Wedges with sour cream or tomato sauce, Oak Flavoured Milk and 2 homemade cookies.

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

ROSTER

Tuesday 26th April – Curriculum Day
Friday 29th April – Jenny Trabucco, Elise Woollard, Nicole Murphy.

Karen Cyster - Canteen Manager

Uniform News

2016 Uniform Shop Opening Hours:
Monday 8.30am to 10am
Thursday 2.30pm to 4pm

Telephone: 9725 1206  OSHC 9724 4514
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

School Banking Reminder
Due to the Anzac Day/Curriculum Day long weekend on the 25th and the 26th of April, please remember to bring your bank book deposits this Friday the 22nd of April.

Happy Banking!
Prue & Natalie – Banking Co-ordinators

Mia’s MessageBoard:

Diaphragmatic Breathing (Belly Breathing)
This week in Foundation I taught all the students how to do Belly Breathing. See below the importance of this breathing for Physical and Emotional Health. The students learnt to breathe in slowly through their nose and push the air down to the bottom of their lungs so their belly rises, then breathe out slowly through their mouth and their belly flattens out. This breathing is key to self-regulation.

Expansive and Efficient Breathing
Breathing is a natural expansion and contraction within your body. Babies automatically breathe with their diaphragm. By breathing with your diaphragm, your lungs expand and expel waste more efficiently. Diaphragmatic breathing slows your breath, relaxes your nervous system, detoxifies your organs, aids circulation and digestion, improves your immune system, reduces high blood pressure, builds stamina and heightens your sense of well-being. Whenever you feel stress, check to see how you're breathing. Anytime you focus on your breath, you become more aware, focused and relaxed, which helps you function better overall.

Chest Breathing
Emotional or physical stress can cause your breath to become shallow. Shallow breathing is also known as chest breathing, which limits the efficiency of your lungs. Chest breathing tenses your muscles, speeds up your heart rate, weakens your diaphragm and cuts you off from your emotions. Your body receives less oxygen and uses up more energy. The result is an overstimulated sympathetic nervous system, which can adversely affect your physical and mental health. By becoming aware of your breath, you can teach yourself diaphragmatic breathing so that eventually you are doing it automatically.

Mia Sartori – Student Welfare Officer

CHAPS NEWS

Our minor fundraiser for Term 2 is selling Entertainment Books. Books will be delivered to the office shortly. You can also purchase your digital or hardcopy version by visiting the website www.entbook.com.au/181e872. If you are yet to try out the digital version, it's a handy way to carry around your Entertainment Book without the extra weight.
We are looking for volunteers to help us run the Mother's Day Stall. If you are able to spare some time on Wednesday May 4th from 9am until recess, pop Elise an email at chaps@croydonhps.vic.edu.au.

CHAPS Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 2nd May @ 7pm</td>
<td>CHAPS Monthly Meeting in the Conference room. All parents invited.</td>
</tr>
<tr>
<td>Wednesday 4th May</td>
<td>Mother's Day Stall. Volunteers needed!</td>
</tr>
<tr>
<td>Wednesday 1st June</td>
<td>Cadbury Chocolate Drive. Our second biggest fundraiser for the year.</td>
</tr>
</tbody>
</table>
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

**CHPS STUDENT CORNER**

These students received a ‘Student Award’ at Friday’s assembly – congratulations!

FSH – Tyler & Ellie
FDR – Alex, Lily & Sarah
FTC – Kenuli & Cooper
FJO – Darcy & Anshruta
FKK – Blake & Scarlett
FGR – Logan
JJS – Eden
JSY – Minh & Harry
JBJ – Spencer
JJM – Josh & Charlie
JKS – Travis
JJC – Lily & Lily
JLS – Payton & Xavier
JMP – Hunter
MKU – Ruby & Josh
MJT – Asha
MKL – Joseph, Alex & Ruby
MPB – Sarah & Alex
MRT – Rhea & Brock
MBB – Cara & Alice
MFP – Jacob & Ella
MAH – Ryan & Isabella
SDE – Brett
SLK – Claire & Mia
SLD – Lilly & Mariam
SKF – Michael & Chloe

**THIS WEEK’S CHALLENGE**

Write the answer to the challenge, with your name and class and place it in the box outside the office by Tuesday morning.

![](triangle.png)

**Birthdays this week....**

Tuesday 19th
Nathan FTC & Jade MBB

Today
Ethan FDR

Tomorrow
Samuel JMP, Mark MKU & Jack SLD

Saturday 23rd
Ella FDR, Levi FJO, Ryan MAH, Liam MAH, Ben MJT & Toby SKF

Sunday 24th
Elle JJC

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

Did you know that....

Loud, fast music makes termites chew faster.

A mammal’s blood is red, an insect’s blood is yellow and a lobster’s blood is blue.

A blue whale’s tongue weighs more than an elephant.

Well you do now!!
On Monday 18th April the Foundation students had a teddy bears’ picnic with their buddies! After the picnic, the Middle School students taught their buddies how to skip and sing the song “Teddy Bear, Teddy Bear”.
The feeling
when I get thrown
in the air
Awesome!

The back hand springs
feel like
I'm springing
off a trampoline

For that second
or two,
before the bases
catch me,
I'm weightless
free
exhilaration
overwhelms me

I can't get enough —
tumbling
walkovers, handsprings
round-offs, tucks
over
and over
and
over
again

welcome to repetition

Everyone's watching
I feel like
a model

Oh yeah,
the eyelashes
are fake.

- Sophie Miller

Stitch
Family is spelt
S-T-I-T-C-H
that's my whole world
without it nothing
is complete
ever since that word
sprang in my mind
I have never felt the same

"Put him down" she says
NO
Wheelchair
is the right answer
Stitch nods
his hind legs are killing him
every second
every day

He's like
a patrol dog
the way he barks —
when Cooper's out
he just keeps
barking
until someone
goes to find Cooper

Stitch is my world

Jade Synhur

TEMPORARY BLISS
That moment
when I unravel the
wrapper
and find
brown gold

I put it slowly
delicately
on my tongue
my mouth closes
over,
the chocolate
starts melting,
melting away
until...

there's nothing left
but the taste,
lingering,
on
my
tongue.

-Ela Anik-
This is a beach in Indonesia
- not the one you’d see in a tourist brochure.

Your purchase of a stainless steel water bottle will provide another for a school child in Bali and help to remove plastic bottles and cups from waterways and beaches.

- is a global social enterprise that pairs participating schools with a school in Indonesia

aims to prevent plastic waste entering streams and waterways and turning a tropical paradise into the picture above

has stopped over 71,000 plastic cups polluting the environment in Bali since 2014

Join the program now. Purchase a drink bottle for $20 and Bottle for Botol will provide an identical botol for a child in Bali, along with a special educational program to promote environmental awareness.

CHILD'S NAME: ______________________________________________________ CLASS: ____________

COLOUR CHOICE: (Please tick as appropriate)

Payment Method: CASH / CREDIT / CHEQUE
Card Number: ______________________ ______________________
Expiry Date: ______/______
CVN: _______ _______ _______ 
Amount

Telephone: 9725 1206  OSHC 9724 4514
Curriculum day

April 26th 2016

An action packed incursion day with Bubble Sportz

Hours of operation 7:30 - 6:00
Cost $55 each day
Before CCB and CCR

There will be a choice of four or more of the following activities depending on booking numbers

- Obstacle Course
- Wipeout
- Gladiator
- Bungee Run
- Cliff Jump
- Pirate Ship
- Big Slide
- Castle slide combo
- Obstacle racer
- Slide combination

Bring your own lunch, snacks, drink bottles & hats
Community Open Day

Maroondah SES

Sat 30 April 2016 - 10:00am to 2.00pm
26 Lincoln Road, Croydon

Come along to the Maroondah SES Unit Open Day and see what we do to help our local community.

Demonstrations from 10.30am by our volunteer crews in:
- Creating a Z pulley system
- Constructing a roof top safety system
- Crime scene preservation
- Sandbagging & pumping
- Communications
  community education display
  & Sausage sizzle

Come have a tea or coffee and chat with some of your local SES members.

Telephone: 9725 1206  OSHC 9724 4514

KARATE

BECOME A KARATE KID!

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

Mob: 0404 846 166
Email: kanche@sckarate.com.au
Web: sckarate.com.au

Telephone: 9725 1206  OSHC 9724 4514

Wonga Park Scout Group

Join the adventure

Joey Scouts: 6 – 8 years old
Meet: Thursday 5.45pm – 6.45pm

Cub Scouts: 7.5 – 11 year olds.
Meet: Tuesday 7-8.30pm

Scouts: 11 – 15 years old.
Meet: Thursday 7-9.00pm

Venue: Cir Yarra and Dawes Road, Wonga Park 3115
Enquiries/Registrations: Julie D’Amore
Ph: 9842 5227
gl.wongapark1st@vicscouts.asn.au

CROYDON NORTH KINDERGARTEN

Open Day!

Saturday 30th April 10am - 12pm
For enrolments visit: www.mika.org.au
Croydon North Kindergarten 90 Bonnie View Road, Croydon North VIC 3136

Kindergarten tour
Meet the teachers
Craft activities
Showbags
plus lots more!!
INFORMATION NIGHT
THURSDAY 28 APRIL 2016
from 6.00pm
MOOROOLBARK CAMPUS
(16 Reay Road, Mooroolbark, 3138)
Melway Ref: 61 G1
Come and join us for a night of fun and information.
Campus tours are currently available on Mondays at 2:00pm and Fridays 9:15am.
Please call 9639 8800 to arrange an appointment.
We look forward to meeting you.

MUSIC LESSONS
Enjoy learning Piano
Flute
Clarinet
Saxophone
Music Theory
with an experienced, qualified music teacher.
Carol Thompson B.Mus.Ed / A.Mus.A.
9723 4435 / 0421 751 941

GET FIT | PLAY INDOOR SPORT
@ Action Indoor Sports
Ringwood
actionsportsringwood.com.au 9879 4777
Beach Volleyball
Play everyone’s favourite summer game all year round @ Action Sports Ringwood
BRAND NEW TUESDAY COMPETITION!
Pairs & 4’s available across all days of the week! For social and competitive.

NETBALL
The original mixed sport...Netball!
LADIES & MIXED 7 & 5 a side camps available Sunday, Tuesday and Wednesday
Call now for more info on any of our sports!

SOCCER
The world game, indoors and out of the weather @ Action Indoor Sports Ringwood!
BRAND NEW TUESDAY NIGHT SOCCER COMP!
for MENS and OPEN teams
Enter your team in any sport today!

FAMILIES ARE ENCOURAGED TO VOTE
NOMINATIONS CLOSE MAY 6TH

School Crossings Victoria Inc.

Is your Lollipop person the sweetest?
Nominate your Lollipop person for the 2015/2016 School Crossing Supervisor of the year award.
Pick up a nomination form online at www.schoolcrossingsvictoria.com.au.
Your support of this program will help ensure your School Crossing Supervisor is shown the appreciation they deserve for their commitment to the ongoing safety of our children.

0416 201269
So Sue Thing
Massage Therapy

Mother’s Day
Gift Voucher’s
Pamper mum this Mother’s Day with a
Full Body Massage Treatment of her choice including Foot Spa
Remedial - Therapeutic - Pregnancy
Only $70 Save $10
Available Today