Acting Principal’s Report

Intercultural Capability

Intercultural Capability is an important part of the Australian Curriculum. At Croydon Hills Primary School this is a very strong program and we lead the way in developing programs and activities that promote intercultural understanding and capabilities in our students. By the end of Year 6, teachers need to assess the students’ ability to:

“demonstrate an understanding how beliefs and practices can be influenced by culture and explain how intercultural experiences can influence beliefs and behaviours”

&

“identify the barriers to and means of reaching understandings within and between culturally diverse groups and the ways in which effective engagement with those groups is promoted or inhibited”

Our links to schools overseas through Skype and Blogs, visits of students from South Korea to our school and opportunities of our students to go to South Korea provide our students with wonderful opportunities to develop their intercultural capabilities.

Intercultural interactions have become a part of everyday life in our increasingly multicultural and globalised world. Developing intercultural knowledge, skills and understandings is an essential part of living with others in the diverse world of the twenty-first century. Intercultural capability
enables students to learn to value their own cultures, languages and beliefs, and those of others. Students learn about diverse cultures in ways that recognise commonalities and differences, create connections with others and cultivate mutual respect. The Intercultural Capability Curriculum assists young people to become responsible local and global citizens, equipped for living and working together in an interconnected world.

At Croydon Hills PS we are developing students who are active and informed citizens, with an appreciation of Australia’s social, cultural, linguistic and religious diversity, and the ability to relate to and communicate across cultures at local, regional and global levels.

**Cybersafety/eSmart**

eSmart is a guiding framework for schools to implement a whole-school culture and behaviour change relevant to the smart, safe and responsible use of digital technologies. eSmart helps teachers, students and the whole school community embrace the benefits of technology and reduce exposure to cyberspace risks such as cyber bullying, identity theft, online predators and inappropriate images and content.

Croydon Hills PS is an official eSmart school. Since we first registered with the program, we have introduced many new policies and activities to improve the way our school manages cybersafety, bullying and cyberbullying.

We encourage everyone in the school community to continue to uphold and promote eSmart behaviours, at school and at home. We ask that parents are vigilant at home in monitoring what their children are doing online. Recently we have had concerns with students being allowed to access games and apps that have recommended age limits well above 12 years of age. This often exposes students to very inappropriate materials, including advertisements that pop up.

I would encourage all parents to check out the Parent Guidelines for Online Safety, issued by the Office of the Children’s eSmart Commissioner. It contains a range of sensible and easy-to-implement strategies for keeping children safe as they negotiate today’s online world.

**Carol Wyatt - Acting Principal**

**Sports News**

**Division & Region Athletics**

Congratulations to all the children who competed at the Division Athletics Carnival last week. CHPS had 11 children attend this event.

Bella S – 11yr Girls Hurdles – 1st
Damon S – 11 yr Boys Long Jump - 3rd
Jack G – 12 yr Boys Discus – 3rd
Jasmine D – 10 yr Girls Discus – 3rd
11 yr Girls Relay Team - Bella S, Ella B, Stella S, Karishma M – 1st.
Ella S – 11 yr Triple Jump
Nick H – 11 yr Boys Shotput
Marie M – 12 yr Girls 100m
Chloe M – 12 yr Girls Hurdles

Congratulations to Bella S and the Girls 11 yr Relay team for winning their events as they are now competing at the Eastern Region Athletics Carnival today. Good luck girls, have a great day.

**Foundation & Junior House Cross Country**

Next Tuesday, 18th October, we are running the Foundation and Junior House Cross Country event. Many of these children have been practising their running at lunchtimes with Mr Purcell and Miss Yallop. Thank you very much to these teachers, who have given up their Tuesday lunchtimes last term and this term when the weather was fine. We will be commencing with the Year 2 boys first and finishing with the Foundation Girls. The Year 1 & 2 children will be running 1.5kms and the Foundation children will be running 1km.

All the children have run these distances before, plus some, during their Huff N Puff sessions in PE. Thank you to all the parents who have so far volunteered to stand on a corner to supervise this race and make sure that the children stay safe. We cannot run these events at school without the assistance of adult helpers other than staff. We really do appreciate you being able to help out. If you haven’t filled in the form on Compass and returned it to school, please just drop me an email to let me know you

Telephone: 9725 1206 OSHC 9724 4514
can help. Could I please see those who are assisting on Tuesday morning outside the sports shed on the basketball court and I will give you a map and show you which corner we would like you to help out on. Thank you so much.

Noreen McMenaman - Sport / PE

Music News

Ukulele/iPad/Steel Drum Band: This will commence at lunchtime today. Students who would like to join the band are encouraged to come along every Thursday lunchtime.

Junior Rockers Concert – Wednesday 23rd November: The school rock band and students who have been learning instruments with Junior Rockers throughout 2016 will be performing at 6 p.m. in the P.A.C. Everyone is welcome.

Music Count Us In: 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 “Let It Play”, the time is 12:30 and the day is Thursday 3rd of November. The event is live-streamed from 12 noon and you can tune in from wherever you are to watch and listen. Here is the song:

https://www.youtube.com/watch?v=FMJqxt_kxbo

https://www.youtube.com/watch?v=1zr5zghEGvU

Choir: This ensemble will continue to rehearse on Monday lunchtimes and Thursdays at 8 a.m. It is important that children remain committed right up to our very last rehearsal and performance, which will be the Carols on the Bank concert on Tuesday the 14th of December. There will also be a “break up” performance/movie day after that for all of those students who have been committed to the choir for the whole year.

Victorian State Schools Spectacular: A number of our senior choir children were involved in this event and it will be broadcast on Channel 7 on Saturday 3 December at 7pm.

Kathryn Lane - Performing Arts

Canteen News

CUP DAY LUNCH – Wednesday 2nd November

Yummy Chicken & Bubbles lunch, consisting of ¼ Chicken, Hash Brown, Corn Cob & Flavoured Mineral Water for $7.00. Order forms have been distributed or alternatively, orders can be placed online via the Flexischools website. All orders close at 3pm on Wednesday 26/10. No Late Orders. No Other Lunch Orders available on the day.

MONDAY ORDERS

All lunch orders must be placed online on Mondays via the Flexischools website. A basic lunch of a cheese sandwich will supplied for any manual orders sent in.

WHAT’S NEW?

Finding Dory Ice Cream - $2.00 _ Bubblegum & Vanilla Ice Cream, free from artificial flavours.

Mega Choc Chip Cookie – 80c

Mega White Choc Chip Cookie – 80c

Oak Caramel Flavoured Milk (UHT) - $1.50

CLEARANCE

Banana Paddle Pops and Tropical Paddle pop with real Yoghurt $1.00!!!!! While stocks last.

WARM MILOS

Warm Milos will NOT be available in Term.4.

MONDAY MEAL DEALS (only available via online ordering)

Mini Meal Deal - $4.00

Small Cheesy mite Scroll from Bakers Delight, Oak Flavoured Milk and Anzac cookie.

Mega Meal Deal - $5.50

Telephone: 9725 1206 OSHC 9724 4514
Telephone: 9725 1206  OSHC 9724 4514

Wedges with sour cream or tomato sauce, Oak Flavoured Milk and Anzac Cookie.

ROSTER
Friday 14th October – Kylie Van Roosmalen, Kati Wilkins.
Friday 21st October – Joanne Duo, Rachelle McNamara.
Karen Cyster - Canteen Manager

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 Messageboard:

‘Mental Health is not a dirty word’ - Prince William 11/10/16

The Prince shares my sentiments, today being World Mental Health Day. That is why I am putting this is the newsletter again...it is important!
‘Mental Health’ should be referred to in the same way we discuss Physical Health, yet you don’t hear people saying ‘they have Physical Health issues’ in the same way we use the term ‘Mental Health Issues’. Whether someone is suffering Physical or Mental Health issues they should be equally empathized with, yet there is still a stigma attached to those struggling mentally. Let’s change it so everyone gets the help they need. One way we can do this is to talk more about being Mentally Healthy. Just as we need to eat well and exercise for a healthy body we need to feed and exercise our brains! Just as we make time to exercise we can say to kids, ‘now let’s do our brain exercises!’, or ‘have you done your brain exercises for the day?’ ‘Now we have fed our body, now we need to feed our brain’. Brain exercises such as Mindfulness, Flow Activities, and Practising Positive Thinking and Gratitude grow the Prefrontal Cortex, which is vital for resilience and good mental health.
Below are some great brain exercises. Have you done anything for your mental health today?
Mia Sartori - Student Welfare Officer

10 EXERCISES FOR YOUR PREFRONTAL CORTEX
www.heartmindonline.org

1. Put on your rose coloured glasses.
Create a positive future story; optimism is associated with rising levels of dopamine which engages the brain.

2. Follow a sleep routine.
At the end of the day, choose a pleasant activity that brings your body to a peaceful end. Getting adequate sleep is connected with memory function.

3. Deny the drama.
Avoid getting caught up in gossip, what ifs and theoretical reactions (other people’s too). Drama fires up the amygdala that gets the prefrontal cortex off its game.

4. Move your body.
With sports, dance, mental arts, yoga, or other active pursuits.

5. Find ways to express your gratitude.
Gratitude activities increase positive emotions which then activates the prefrontal cortex.

6. Offer and receive physical contact.
Give and take hugs to literally soothe the brain with calming inhibitory peptidies.

7. Create mnemonics and cartoons to help remember.
These skills call on the prefrontal cortex and Executive Functions to access working memory. By integrating jokes, riddles and puns you can also learn to think flexibly by shifting between different meanings and associations of words.

8. Play!
Make-belief play, in particular strengthens Executive Functions.

The social and mental activity required sends blood rushing to the prefrontal cortex.

10. Learn to juggle.
Learning any new and engaging activity fires off neurons in a positive way. Other activities that require focus and practice such as dancing, circus arts, music, theatre and sports are predicted to significantly strengthen Executive Function.
CHAPS NEWS

The Chirnside Park School Rewards Program only has one week left. We are currently 8th on the leader board. The top 3 performing schools all take home a share in the $10,000 prize pool. Shoppers are also eligible to win weekly prizes. All you need to do to participate is shop at Chirnside Park and keep your receipt. Once you get home just log on to www.chirnsidepark.com.au to register and load your receipts.

BONUS POINTS!
Monday & Tuesday each week: Shop at Coles, Woolworths, Aldi, Kmart or Target from 3pm for DOUBLE POINTS!
Thursday & Friday each week: Shop in centre from 6pm for TRIPLE POINTS!
Sunday: Shop at any Fresh Food retailer (Bakers Delight, Chirnside Park Fruit & Vegetable Market, Rainbow Meats, Deliworld, Chirnside Seafood and Poultry & Game) for DOUBLE POINTS!

Save the date for our CHAPS Social Night to be held on Monday the 7th of November at 7.30pm!

<table>
<thead>
<tr>
<th>CHAPS Calendar of Events</th>
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<tr>
<td>Monday 7th November @ 7.30pm</td>
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<td>TBA</td>
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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
SPRING HAS SPRUNG!
We have been harvesting vegetables from The Farm, which are available to purchase at the office. Beautiful cabbages and leeks this week! Make our lovely office ladies an offer before it all runs out! Also, don’t forget that fresh eggs are available to purchase at the office.

FOUND IN CROYDON HILLS

Large red parrot, who is obviously someone’s pride and joy!

If you, or someone you know, are looking for your much-loved pet, please call 0414 406 817 or let us know at the office.
Holiday Birthdays
We hope these students had a wonderful day too!

Monday 19th September
Elizabeth FTC, Freya JKS, Sienna MPB, Charlize MJT & Nathan SLD
Tuesday 20th
Charlotte JJS, Abtin MAH & Ruby MKL
Wednesday 21st
Will FKK, Charley JBJ, Tom JSY, Addison MRT & Daisy MRT
Thursday 22nd
Jaime MFP & Holly SKF
Friday 23rd
Blake FDR, Sharlotte FJO, Tobie JJM & Ashley MFP
Saturday 24th
Emily FJO & Mason JMP
Sunday 25th
Bradley JBJ & Aleisha JJS
Monday 26th
Tamika MPB
Tuesday 27th
Scarlett JJM, Sherize JJS & Ian MPB
Wednesday 28th
Ethan SLD
Thursday 29th
Charlotte SKF & Harlan SDE
Friday 30th
Ben G MJT
Saturday 1st October
Jess MJT, Josh H MKU, Jacob SLK
Sunday 2nd
Cianna MFP & Alex MPB

Last week....
Monday 3rd
Emily FSH & Luke SDS
Tuesday 4th
Jason SKF
Wednesday 5th
Hunter JMP, Shannon JBJ, Abi JLS, Georgia SDE & Grace SLK

This week....
Monday 10th
Hamish JKS
Tuesday 11th
Isabelle FKK, Mia JKS & Lily SDS

Yesterday
Lizzie FTC, Grace FTC & Ella SDS
Today
Liam JMP & Grace SLK

Friday 7th
Emily MPB
Saturday 8th
Cassidy JJS & Brock MRT
Sunday 9th
Samuel FSH & Skyla SKF

Saturday 15th
Chloe FGR, Hank FSH, Chantelle JJS & Madison MKU
Sunday 16th
Mia JSY & Luc JLS

‘Dad’ JoKe TiMe!

From Mr Moreland –
Mountains aren’t funny, they are hill areas!

From Nic SKF –
What’s a frogs favourite drink?
Croaker cola!!
Year 4 Camp at Camp Manyung

On the 3rd of October our Year 4 students began their three day adventure at Camp Manyung.

Despite the rain the students all had a wonderful time. They enjoyed activities such as archery, rock pooling, the giant swing, an initiative course, UHF radio team building, the tree rolling course, a disco and the amazing race. A very big thank you to Paul Brock, Felicity Puckey, Dale McInerney, Deb Karanzoulis, Julie Wiggins, Matt Armour, Kylie Van Roosmalen, Nick Mitchell, Marc Kelly, Rosa Tomada and Georgia O’Connor for giving up your precious time to create such a worthwhile and enjoyable experience for our students. Thank you to our Middle school teachers for visiting camp and to our year 4 students for making our time away such an absolute pleasure.
Celebrating Children’s Week

Magical Wyreena

Saturday 22 October 2016, 12noon to 3pm

Be entertained by Wizard Sim Solo Bim and Elf Zagi.
Live music, craft activities and face painting.
Children are welcome to come dressed in their own magical costume.
BYO picnic or The Conservatory Cafe will be open for lunch, coffees and cakes.
For families and children up to 10yrs.

Telephone: 9725 1206
OSH 9724 4514

Junior Rockers runs instrumental music lessons right here at school.
To find out all about our music lessons, head to our website. From there you can check which instruments are available at your school, get up to date pricing and apply for lessons online.

www.juniorrockers.com
Rather chat in person? We’d love to speak to you.
Call us on 1300 GO ROCK (1300 467 625)

Find out how CHAPS helps to keep our school super!

You’ve invited to join the 2016 CHAPS committee in a friendly meet & greet information night. The school needs new leaders to help make 2017 a friendly and engaging year. So why not enjoy some refreshments and find out what becoming a CHAPS committee member. Commitment is not a prerequisite for a friendly face with fresh ideas to make our school a better place. To be held on Thursday 10 November.

From 7.30pm in the Staff Room
Monday, November 7th, 2016
Drinks and nibbles provided.

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, teamwork and sportsmanship whilst promoting friendships which last a lifetime.

FREE classes in Term 4
Tuesday 4.30pm - 5.30pm - 8th, 15th & 22nd November
Saturday 9th November - 10.30am-1.00pm
Tinies 3-7yo Subies 8-10yo
Enquiries welcome for older age groups
Bedford Park Scout Hall Ringwood
Come along & try!!!

Maroondah for more information, email us
info@maroondahcal.asn.au
www.maroondahcal.asn.au

YERING STATION FARMER’S MARKET
HARVEST FESTIVAL
SUNDAY 16TH OCTOBER
FREE FACE PAINTING
COOKING DEMOS & JUMPING CASTLE
LIVE MUSIC

YARRA GLEN
SUNDAY 16TH OCTOBER
9.00AM-5.00PM

Yarra Valley Regional Food Group
Discover a taste of Yarra Delight

Telephone: 9725 1206  OSHC 9724 4514
**Wonga Park Scout Group**

**Come and try our Joey Scout Mob**

**3 sessions free**

- **Date:** Thursday's
- **Place:** Wonga Park Scout Hall
  (Corner Parker and Dwyers Rd, Wonga Park)
- **Time:** 5.45pm to 6.45pm

Wonga Park Scout Group
Joey Scout Mob now meets on a Thursday night’s.

**Information:**
Julie D’Amore
Ph: 0472 522 927

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**CROYDON NORTH KINDERGARTEN**

**60TH BIRTHDAY**

Come along and join the celebrations!

**OCT 22**

SAUSAGE SIZZLE $2
90 BONNIE VIEW ROAD
Croydon North

RSVP Essential
croydonnorthkinder.vic.edu.au/rsvp

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**EARLY BIRD 2017 JUNIOR REGO DAY**

**BOYS AND GIRLS**

**SATURDAY 12TH NOV**

**KANGA AND PINKS RESERVE**

11AM TO 2PM

**KILSYTH FOOTBALL CLUB**

- **President:** Danny Lamb
- **Vice President:** Quentin van Veen

**www.kilsythfootballclub.com.au**

**KARATE**

**BECOME A KARATE KID!**

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

**FIRST LESSON FREE**

- **Mob:** 0404 846 166
- **Email:** kancho@sckarate.com.au
- **Web:** sckarate.com.au