



## DIARY DATES

### AUGUST

Friday 2<sup>nd</sup> – Prep Brickworks Incursion

Tuesday 6<sup>th</sup> – German Poetry Comp.

Tuesday 13<sup>th</sup> – Prep Science Incursion

Wed 14<sup>th</sup> – G1/2 Legoland Exc. &  
Prep visit to Coco's ELC

Thurs 15<sup>th</sup> – Prep visit to Coco's ELC

Friday 16<sup>th</sup> – G5 Aladdin Production Exc

Wed 21<sup>st</sup> – Prep Teddy Bear Hospital

**TUESDAYS ARE NUDE FOOD DAYS**

**WEDNESDAY IS SCHOOL BANKING**  
**DAY**

## DUE BY DATES:

### AUGUST

Friday 2<sup>nd</sup> – G1/2 Legoland exc.

**COPIES OF ALL NEWSLETTERS, FORMS  
AND NOTICES ARE AVAILABLE ON  
OUR SCHOOL WEBSITE.**

## Principal's Report

### 100 Days of Prep

Our Preps are celebrating 100 days of school this week, and on behalf of everyone I want to say a huge congratulations to them and their teachers. On Tuesday I spent time in the prep classrooms, and I'm amazed by their development and learning. The way they follow their class routines is outstanding and it's a real credit to their teachers, Miss Renwick and Miss Tapper. Our Preps were happily telling me all about the letters and sounds they make (Phonics), and are working on the patter 'igh' as in night. It's hard to believe that 100 days has already passed by, but here we are in Term 3 already. I hope all of our Preps enjoy their celebration evening with their parents.



### Level Newsletters – Coming Soon

All families should receive class newsletters over the next week or so, which provide a lot of detail regarding the learning program for our students in Term 3. These newsletters are prepared to a very high standard, and our teaching staff put in a lot of effort to ensure they are highly informative. I would encourage families to read over this important communication so they keep up with what our students will be learning all across the term. We provide this information with the aim of helping parents to support their child at school, and enhancing the partnership each parent forms with their child's teacher. The class newsletters are now distributed digitally via email and/or Flexibuzz.

### Parent Opinion Survey

The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents at each school. It is designed to assist our school in gaining an understanding of parents' perception of school climate, student engagement and relationships with our parent community. Our school will use the survey results to help inform and direct future school planning and improvement strategies. The survey is being conducted **online by ORIMA Research Pty Ltd** and only takes **15 minutes** to complete. The survey can be accessed via desktop computer, laptop, tablet or mobile at any convenient time within the fieldwork period until **Sunday 26th August**. Approximately 30 per cent of parents have been invited to participate in this year's survey. All responses to the survey are anonymous. An email was distributed to a random sample of 94 families last Friday inviting them to participate in this year's survey. We thank you in advance for taking the time to provide us with your feedback.

### German Poetry Competition

On Tuesday 6<sup>th</sup> August we will once again be hosting the German Poetry competition at Amsleigh Park PS. We are looking forward to being visited by lots of surrounding schools where German is also taught. Our student's skills will also be on display, so the best of luck to our many entrants. I want to say sincere thanks to Frau Salles, our German Teacher and Frau Vivien, our language assistant in 2019, for their hard work in organising this competition on behalf of the German Language Teachers Network.

## The Device Dilemma – Managing Screen time for Families

Reading a great article in the Age last Sunday, 'The device Dilemma', I was reminded about the issues around screen time and device addiction. (The Age, The Device Dilemma, Helen Pitt pp. 14) As a parent myself I can see the challenge this is causing families, with both parents and kids both using smart phones, tablets and computers as an integral part of daily life.

The article focuses on 12-year-old Grace, who describes her use of technology. In her own words she says that 'the longer she stays on her devices the harder it is to get off' and that 'sometimes she gets angry with her parents when they tell her to get off'. She also talks about her worries about being bored and having nothing to do. Sound familiar? Well rest assured you are not alone if this describes some of your own experiences with kids and screens.

Clinical Psychologist, Dr Danielle Epstein, has recently written a book on the topic and has also contributed to recent debates about mobile phone use in schools. She describes the term 'screen addiction' as the inability in adults/children to resist looking at their phones or devices, describing how these people often do not enjoy spending time with others as much as those people who are not addicted. She also talks about the importance of being able to calm ourselves without devices, and that this needs to be modelled to children by adults at home. Her advice is to have a conversation with children about 'screen time' limits that all members of the family agree to. Importantly, she does not demonise the use of phones or devices, pointing out that not all phone use is bad, and that when the use and access to devices is limited then it's easier to build routines. The important thing is to agree on some limits and stick to them.

(Please note this comment is included for community awareness, and we hope you find it interesting, thought provoking and helpful.)

## Cold and Flu Season

This time of year always brings the dreaded 'colds and flu' season with it, so this week we are reminding students about some strategies you can use to minimise the chance of catching these kinds of viruses. Health authorities such as 'Vic Health' make it clear that a lot of viruses are transmitted by hand/touch, and so this is a good place to work on with students. At Monday's assembly we introduced the 'Soapy Heroes' who remind us all about the importance of washing hands correctly, especially after using the toilet. We have placed posters in and around our toilets to remind students about this. It would be great if all families revisit this with children, as sometimes habits can change, and attention to important details are forgotten. I remember reading about a study done some years ago where the incidence of illness was reduced by 40% through careful hand washing alone, so it's well worth while. Thanks in advance for your support.

## No Alcohol at School Events Involving Children

Our School Council has decided to follow the lead of many other schools by making whole school community events, where children are present, as 'alcohol free'. This decision is not an easy one and we are aware that some parents may not be happy with this. However, as a school we must consider the messages we are sending to children, and be a role model for them in this regard. Events, such as the recent Trivia Night or comedy nights, are child free, and therefore there is no change at these times. We hope for community support in this important decision, we are only really talking about a couple of whole school community events, such as Carol's Night and Bush dance Night, and believe that it should not make them any less enjoyable than before.

## Uniform Shop Coordinator

You may have heard me mention in the past that our wonderful uniform shop coordinator, Mrs Jo Devlin, will not be able to do this role beyond 2019. Since then we have had some members of our community come forward to help, which is fantastic, but to this date we still don't have a coordinator. It's vital that we have one person who is willing to be the coordinator. Their important role will be to keep an eye on stock levels, and ensure that we continue to maintain enough items so that most items are available as needed. The person would also make sure that a roster is organised to keep the shop open at least twice a week. Running a uniform shop on-site has so many advantages for our school community. It means we keep the cost of uniforms down (a lot cheaper than going to the commercial uniform shops), it's very convenient as it's located on our school campus and we can quickly fill orders as needs arise. However, this is not sustainable if there is no-one willing to be the coordinator. We are very much hoping we won't have to follow other schools who have had to outsource this to commercial business. Please contact us if you think you can help. The role can also be shared by 2 people as well.

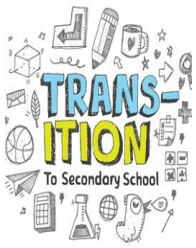
*Michael Cormick*

Principal

**Year 6-7 Transition**



## Bec's Bulletin...



A reminder to parents of Year 6 students about the next step in the Year 6-7 Transition process. On Wednesday 7<sup>th</sup> August, all Year 6 parents will receive a letter from Amsleigh Park with an offer of Year 7 placement at a secondary school for their child. After this time, further information will be sent to you directly from the secondary school that has offered your child placement. Please look out for this information and ensure you follow the instructions of the secondary school to accept your child's place and complete their enrolment. Please feel free to contact me with any queries regarding transition, however be aware that we are unable to disclose year 7 placements until the day the letters are sent home, as per the state wide transition policy.

### School Production

The Grade 6 cast began afterschool rehearsals today with great excitement; and are already looking forward to our 2019 school production on **Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> September** at Salesian College. Please pop these dates in your diary.



Thank you to the many families who have already returned the 'production parent helper' notice to school. As I mentioned at assembly, the whole school event just wouldn't be possible without the school community getting behind it and helping out in so many ways. It is greatly appreciated!

### Thank you parents!

A huge thank you to the group of parents who cleaned up the yard behind the Thelma Bailey Centre around the cricket nets last weekend. As you know, the area had been a part of the building compound for some time, and was in need of some TLC! Thanks to Gary Ryan and Jason Craig for organising the crew, Anthony Bull for taking away all of the garden waste; and of course all of the parent helpers! The area looks fantastic and it is so greatly appreciated when parents get together and help out. Community support like this ensures the continual improvement of the school. Check out our parents hard at work and have a look at how great the area looks now:



### Healthy School Environment

Linking in to our focus on the Soapy Heroes, we would like to remind families not to send children to school with heavy colds and sore tummies. These viruses can be transmitted very quickly across children and before we know it, we have a little epidemic on our hands. Students often feel miserable, and this also affects their learning. What we have found is that giving kids a chance to get well, and then returning to school after they have beaten the bug works best. In the case where a child may have been sick (vomiting) overnight, these children should not return until at least 24 hours has passed without reoccurrence. We appreciate your support in maintaining a healthy school.



**Healthy Schools**

### Fish Tank – HELP!

Many of our students fondly remember the fish tank that used to sit just nearby the office area, and would stop to look at the fish. However, during the building works the tank was put away for safe keeping. Recently, some of our students asked if we could get it going again, and we have decided that it sounds like a great idea. However, we need some expertise in making this happen. We have the tank, and we also have the pump, but we need to know how it all works. If anyone can help us please let us know. The tank will be housed permanently in the Junior Learning Centre in the main Learning Street.



## APPS UNIFORM SHOP

Located in the Thelma Baily Learning & Sports Centre

### OPENING HOURS - TERM 2 2019

**MONDAY:** Afternoons 3:00pm - 3:45pm

**WEDNESDAY:** Mornings 8:45am - 9:30am

A copy of the approved uniform list is available at the Uniform Shop, the General Office and on our website [www.amsleigh.vic.edu.au](http://www.amsleigh.vic.edu.au)

For any other queries, or to source second hand items, please visit the Uniform Shop during the above opening hours.

Thank you to the families who donate second hand uniforms to the school. It is greatly appreciated and enables us to supply good quality items for sale at reduced prices.

Jo Devlin  
Uniform Shop Co-Ordinator

## WINTER ITEMS

<u>ITEMS</u>	<u>SIZES</u>	<u>PRICE</u>
Rain Coats	4-6, 8-10, 12-14, S-M (16-18)	\$34.00 each
Winter Tights	4-6, 7-9, 10-12	\$ 7.00 pair
Beanies	Child or Adult sizes	\$ 5.00 each
Gloves	Small or Medium	\$ 5.00 pair
Scarves	One size fits all	\$ 5.00 each



**Commonwealth**Bank

## Student Banking

### Every Wednesday

**Remember to place your deposit book  
into the classroom banking satchel**

### DEAR PARENT

NumberWorks'nWords can help your child reach greater heights with our expert after-school Maths and English tuition.

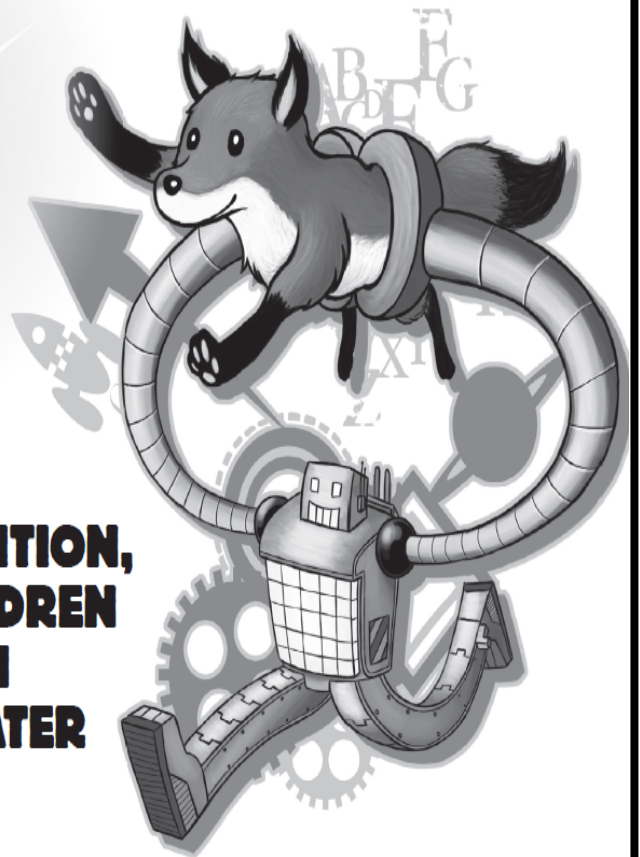
From Prep to Year 10, no matter whether they're struggling to keep up, or bursting to race ahead, NumberWorks'nWords promises to give your child's education – and confidence – a real boost.

Over the past 30 years, NumberWorks'nWords has achieved amazing results with thousands of children just like yours, by:

- tailoring lessons according to your child's individual needs
- setting achievable goals and keeping you updated on your child's progress
- engaging your child with technology and resources developed by our own qualified experts
- using specialist, trained tutors who teach to the Australian Curriculum.

Right now NumberWorks'nWords is offering **FREE ASSESSMENTS** in Maths and English. These assessments provide a great opportunity for you to discover how your child is doing, collaborate on a plan to help them achieve their potential, and to see for yourself how effective – and enjoyable – NumberWorks'nWords specialist Maths tuition and English tuition really is.

**WITH OUR  
EXPERT TUITION,  
YOUR CHILDREN  
CAN REACH  
EVEN GREATER  
HEIGHTS.**



**Call today to book your free assessment,  
or to discuss any concerns you may have  
about your child's progress.**

PH 9574 9964

Kind regards,  
**Rachael Mathews**

1st Floor, 191 Coleman Parade, Glen Waverley

**NumberWorks'nWords**

**Specialist Maths tuition  
and English tuition**

**[numberworksnwords.com/au](http://numberworksnwords.com/au)**





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**CALI FUN**

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ACTING - APPARATUS  
GAMES - TEAMWORK - FUN

THURSDAYS, 4.30-6PM  
AMSLEIGH PARK PRIMARY  
\$15 PER CLASS  
AIMED AT GRADES 1, 2 & 3

CONTACT DANIELLE ON 0423 373 303 OR EMAIL [RUTTENDS@GMAIL.COM](mailto:ruttends@gmail.com)





**CONNECTING**  
WITH YOUR PRETEEN **8-12 YEARS**

Tuesday 10 September 2019  
6.30pm - 8pm  
Clayton Community Centre, 9-15 Cooke St, Clayton

**TOPICS INCLUDE:**  
Brain development  
Navigate the preteen years  
Communication and connection  
Understand your preteen's behaviours  
Explore ways to be a more effective and supportive parent

**Monash Family Services**  
FREE workshop, bookings essential  
**To book a place contact:**  
Rebecca Giles on 9518 3571 or  
[Rebecca.Giles@monash.vic.gov.au](mailto:Rebecca.Giles@monash.vic.gov.au)





MONASH  
University

## Are you and your child both struggling with anxiety?

If you're a parent with a child aged 7-12 years, and you both experience anxiety, we would like to **invite you to participate** in a study treating emotional disorders with cognitive behavioural therapy.

**What you can expect:** If you and your child are appropriate candidates for this study, you will both receive a no-cost comprehensive diagnostic assessment of anxiety and related symptoms by provisional psychologists at Monash University's FEAR Clinic. Following this, if both you and your child are assessed as having an anxiety disorder, you will be invited to participate in a low-cost treatment program of cognitive behaviour therapy (CBT).

The CBT treatment involves participation in 10 one-hour therapy sessions conducted at the Monash University FEAR Clinic. Parents and children will typically be treated separately, however, some treatment components will involve children and parents taking part in activities together. Throughout the CBT program, participants will also be required to complete questionnaires related to their symptoms, and to engage in between-session activities designed to consolidate knowledge and skills introduced during treatment sessions. Following treatment, a further assessment will be conducted to determine symptom and diagnostic change.

Monash University Human Ethics Committee research study approval number: 9781.

### For further information or to register your interest, please contact:

Dr Peter Norton, Ph.D.  
Clinical Psychologist  
Professor, Monash School of Psychological Sciences  
[Peter.Norton@monash.edu](mailto:Peter.Norton@monash.edu)  
Phone: 03 9905 1709

Co-Investigator  
Dr Katherine Lawrence  
Clinical Psychologist  
Phone: 03 9902 4480

#### Student Researchers:

Ms Chloe Salvaris, [Chloe.Salvaris@monash.edu](mailto:Chloe.Salvaris@monash.edu)  
Doctor of (Clinical) Psychology Candidate, Provisional Psychologist

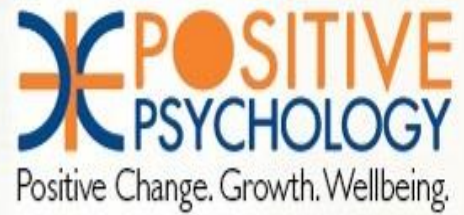
Ms Samantha Galea, [Samantha.Galea@monash.edu](mailto:Samantha.Galea@monash.edu)  
Doctor of (Clinical) Psychology Candidate, Provisional Psychologist

Online registration of interest:  
<https://goo.gl/forms/F7Rqh2W38B9XMREh1>

FEAR (Fear, Emotions, and Anxiety Research) Clinic:  
Building 1, 270 Ferntree Gully Rd., Notting Hill, 3168  
Phone: 03 9902 4480  
Web: [med.monash.edu.au/psych/fear/](http://med.monash.edu.au/psych/fear/)

Find us on f





Helping our kids  
deal with life's challenges.



[www.positivepsychology.net.au](http://www.positivepsychology.net.au)