END OF TERM!!
2.30pm dismissal

LOST PROPERTY
There are 3 big bins FULL of lost property.
Lots of lovely cardigans, hoodies, jumpers, jackets, hats, scarves, lunch boxes and water bottles – even a Tigers top, (perhaps cast off in disappointment?)

This is your last chance to check before the holidays and the items are sent to charity. The bins are located at the hall entrance.

IMPORTANT SCHOOL DIARY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 19 Sept</td>
<td>Last day of Term 3 – 2.30 pm dismissal</td>
</tr>
<tr>
<td>Mon 6 Oct</td>
<td>First day of Term 4</td>
</tr>
<tr>
<td>Fri 10 Oct</td>
<td>Prep-2 Swimming each Fri to 28 Nov</td>
</tr>
<tr>
<td>Mon 20–22 Oct</td>
<td>Grade 1/2 Camp</td>
</tr>
<tr>
<td>Mon 3 Nov</td>
<td>Pupil Free Day – No School for Children</td>
</tr>
<tr>
<td>Tues 4 Nov</td>
<td>Melbourne Cup Day holiday</td>
</tr>
<tr>
<td>Fri 19 December</td>
<td>Last day of Term 4</td>
</tr>
</tbody>
</table>
**Slapped Cheek**

A case of “Slapped Cheek” has been reported at school.

The symptoms begin like a common cold and as they improve, a rash appears on the face or arms. Children are contagious at the cold stage of the virus, not when the rash appears. The following link will take you to the website for more information:


If you are unable to access this link, paper copies of the Fact Sheet are available from the school office.

If you think that your child may have Slapped Cheek, please inform your child’s teacher and/or the school office, as the condition may be of harm to women during pregnancy.

---

**Greetings from the Principal...**

**Student Achievement - Spectacular performance!**

More than 3000 students from 130 schools across Victoria wowed the audience last Saturday at Hisense Arena during two amazing shows that explored the theme of ‘Dare to Dream’ in a series of dazzling song and mass dance routines. Over 6000 costumes featuring 700m of velvet, 10,000 buttons and 800 cowboy hats were used in staging the show.

Our students were involved in the mass choir and sung across 4 days, with 2 days rehearsal and 2 shows on the final day on Saturday. I went along to the matinee show on Saturday afternoon with Niki S (1/2DNT teacher) to watch and was completely blown over by the talent of all student performances. It was a wonderful opportunity for our students to be part of something so spectacular with professional conductors, arrangers, choreographers, lighting and sound.

**Thank you Lisa (Arts teacher)**

Lisa initiated our involvement in the State Schools Spectacular and auditioned a group of children from the year 5/6 area. The students had to commit to recess and lunchtime rehearsals led by Lisa. Many, many hours at school and then finally at the Hisense Arena. Thank you also to Claire (5/6 teacher) who also attended all day and night on Saturday, to support the students and Lisa. (See Lisa’s article).

To check out the amazing photos from the event see the Facebook page: “State Schools Spectacular”.

---

**BABY NEWS!!**

Congratulations to Brooke (prep teacher) and Jason on the arrival of “Sebastian” on Saturday 13 September.

---

**Term 4 reminder: Sun and UV Protection - No hat, No Play!**

With summer approaching, schools encourage healthy environments by monitoring ultraviolet (UV) alerts. School sun-safe practices are made in consultation with students, staff and parents.

UV radiation varies in intensity across the year and normally is highest during school hours. From September until April, or when the Ultra Violet (UV) level reaches 3, it is important to use a combination of sun protection measures to minimise the risk of skin and eye damage, and skin cancer.
The SunSmart UV Alert app is a useful tool that can be used to know when to protect against UV radiation and when sun protection is needed. The free app is available at: www.sunsmart.com.au/tool/interactive-tools/free-sunsmart-app

**Broad brimmed hats**

Broad brimmed school hats (Sunsmart endorsed) can be purchased from the office in Term 4, at $8.50 each. Please help us by bringing the correct change as we don't often carry cash change.

Reminder: all children must wear a Sunsmart hat for term 4.

**Planning for 2015**

I am currently in the process of finalising enrolment numbers for 2015 and with that information, how many classes and teachers we will need for the 2015 teaching and learning programs at our school.

**Moving out and leaving the school?**

If you are moving location and considering leaving our school, could you please contact the office to let us know as soon as possible? It is vital that we have accurate student numbers to cater for adequate staffing and programs for the 2015 year and more importantly, to secure your child’s school placement for the following year.

If you are aware of any families who are yet to enrol their child at school, could you please encourage them to make contact with us as soon as possible otherwise they may miss out on a place at our school in 2015. In the coming newsletters, I will show you all the student numbers we have for 2015 and invite you to give us your feedback on class/learning area organisation for 2015.

Wishing you all a safe and enjoyable term holiday and see you in Term 4!

---

**VICTORIAN STATE SCHOOLS SPECTACULAR**

After two terms of rehearsals twice weekly at school, and four full days off campus, 20 students from grades 3, 4, 5 and 6, along with Claire Sherwell and I, performed as part of the massed choir in two performances of The Victorian State Schools Spectacular at Hisense Arena. It was a phenomenal experience for all of us as we listened to stunning soloists, a magnificent orchestra, and watched talented dancers and acrobats. All of these, like us, came from a large variety of state schools - both secondary and primary. We should be proud to be part of a school system that can produce such a professional and extraordinary show.
I would like to say a huge thank you to:

- All our students for their dedication and enthusiasm along the way, and their focus over three very long days in a row. You rock!!!!!!!!!
- Alec and Katie for demonstrating strong leadership qualities throughout the process and setting a great example for the younger students.
- Claire Sherwell and student teacher Kate for their assistance and company over the rehearsal period.
- Alicia’s dad, Adam Chant, who was the saviour of sick children, misbehaving internet tickets, and our security on all trips into and out of the city.
- The parents for trusting me with the children out of school hours and taking all my myriad text messages with good humour.

### Student reactions to their experience...

On Saturday 13 September, 20 students from grades 6, 5, 4 and 3 went to Hisense Arena to participate in Victoria’s biggest show, The Victorian State schools Spectacular. To give you an idea how awesome the show was; take the very best soloists from the last 30 years of X-Factor, multiply their quality by 10, add 30 bazillion tons of special effects and lighting equipment, not to mention a giant stage in the middle of it all. Then there’s the Massed Choir, which NPS proudly took part in among 1,300 students and the massed dancers, all 1,400 of them. All this adds up to a show that was pretty ‘spectacular’! We partook in two 3 hour-long shows. It was an amazing experience and we highly recommend everyone goes to see the next one!  

Katie and Alec

Twenty students from grades 3-6 participated in the Massed Choir for the VSSS. We learnt 16 songs and 6 dances. We had 4 full day rehearsals including two at Melbourne Town Hall and a 12 hour performance day. We enjoyed learning the dance moves to all the songs, especially, ‘Don’t Stop Me Now.’ We also loved singing ‘Revolting’ from Matilda because we got to sing it ‘horribly’!

We would like to acknowledge Claire (5/6 teacher), Kate (3/4 student teacher), Joanna (Sophie’s mum), Adam (Alicia’s dad - thank you Adam) and of course, Lisa !!!! Thankyou Lisa for all the time and effort you put into it all. We hope you enjoy the TV screening of the VSSS on Channel 7 at 3pm on Sunday, October the 19th!

Rosa, Alicia, Junaid and all VSSS participants.
A quick note from the Art Room

In term 4 all students in prep-2 are going to be doing some construction and we need lots of plastic bottles, margarine and butter containers and any other small plastic tubs. Can you all start collecting as many as you can and send them along to school at the beginning of next term? The more the merrier!

Cheers, Lisa

Italian Update: Ciao a Tutti! (Hello Everyone!)

THE DANTE ALIGHIERI SOCIETY COMPETITION RESULTS:

On the eve of Friday 12 September at The University of Melbourne, George (Prep), Sabrina and Hannah (Year 5) were presented with their trophy, certificate and book prize for the state wide Dante Alighieri Poster competition for 2014.

Our students ably represented Northcote Primary School as they walked down to receive their award and have their photo taken for the Italian newspaper, ‘Il Globo’. Both the students, their families and I were very proud of their achievement as the students beamed with excitement as they held their beautiful trophy. This is the first time that our school has received 3 state wide winners!

Congratulazione again to George (1st Placing), Sabrina (second placing) and Hannah (third Placing) and ben fatto (Well done). Thank you to the three families who attended this special evening to support our students.

Congratulations again also to the following students who have received recognition for their achievements. These students received their certificate during Monday morning’s school assembly.

Finalists: Dean and Bianca (Prep) and Tas (Year 2).
High Distinction: Jonathan (Year 2), Adam C (Year 3) and Sophie V (Year 4).
Honourable Mention: Lexi, Max M, Bailey and Georgia (Year 4).
Merit Certificate: Charlie and Eliza T (Year 1), Alexander M and Emma B (Year 2), Dane and Kate (Year 3), Ella O, Mica, Molly, Georgia, Holly, Iris and Beda (Year 4) and Lucia (Year 6).

Until next term, buone vacanze (happy holidays) and grazie for your continuing support.

Saluti (cheers),
Signorina Rosa - Italian Teacher and Coordinator (Mon/Tue)
Being a great dad

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers.

There’s no doubt that fathering has changed in recent years. Gone is the distant dad of the 1960’s and 70’s who saw his main job as keeping a roof over his family’s head and bread on the table. An occasional game in the backyard and dishing out the heavy discipline that mums couldn’t deal with was the extent of his involvement with his kids.

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers. Sadly, many men still don’t enjoy a close relationship with their fathers, but they are determined to change things with their own kids.

Here are seven ideas to help you form close relationships with your kids, and maximise your effectiveness as a parent and a partner:

1. Find something in common with your kids

Dads need something in common with their children. They relate better when they have a shared interest or shared passion with their kids. Many men relate to their kids while being active, and teach many important lessons through games and play. But if sport is not your bag, find something else that you and your kids have in common. A common interest is a great help for fathers who live apart from their kids who are looking to maximise the time they have with them.

2. Spend time with your sons

A dad can do little wrong in the eyes of a young boy. From around the age of five years a boy thinks his dad is like superman. Ironically, he may give his mum a hard time at this stage. Dads need to spend as much time with their sons in these impressionable years as possible. They just need to be careful not to push their sons too hard or turn every game into a lesson. That’s when boys turn off their dads.

3. Don’t whimp out on discipline

Dads are traditionally the kings of play, but they can go missing when it comes to discipline. They get their kids excited in a game before going to bed, then expect their partner to settle them down. It helps if both parents can take their share of managing children’s behaviour.

4. Treat your daughters well

There are strong links between close fathering and the healthy development of girls. Dads teach their daughters strong lessons about how they should be treated by males. So dads need to treat their daughters respectfully so they learn to expect this treatment in their future relationships with men.

5. Say good bye Superman, hello Clarke Kent

Adolescent boys are programmed to challenge their fathers. It’s part of the growing up process. Australian author John Marsden refers to this phenomenon as the ‘old ram, young ram syndrome.’ He’s right. It’s a type of rite of passage that plays out in many Australian homes. Verbal jostling matches are a popular father-son game where boys take great delight in proving their fathers are fallible. A dad at this stage needs a sense of humour as well as a willingness to stand back and allow other mentors in to his son’s life.

6. Support your partner

Fathers may play an integral part in the lives of their children but they also have a profound effect on the quality of mothering that children receive. There is little doubt that a woman who can share the emotional and financial burdens of child-rearing with a supportive partner is more likely to be a loving, affirming mother. Supportive fathering is one of the keys to better mothering.

7. Change as your child changes

Kids grow up at the speed of light and change before you know it. They’re kids one day and teenagers the next. They can catch many fathers unaware. The most effective dads are those who change their parenting to suit the needs of their kids at each stage of development, rather than stubbornly hold to outmoded ideas of how they think their kids should be.

Those fathers who are a little apprehensive or lack sufficient confidence should become involved in as many aspects of parenting as they can. The best way to learn about parenting is by doing it. Children are a terrific resource for fathers - men can learn about children from children themselves. By being alert, watchful and learning to listen to their children, fathers can learn all they need to know about parenting.
How to help your children successfully face challenges

Q&A with ‘Building Resilience’ creator Associate Professor Helen Cahill, Deputy Director Youth Research Centre, Graduate School of Education, University of Melbourne

**Why is it important to be resilient?**

It’s important to be resilient so that you can build a capacity to cope and to persist when faced with challenge. Persistence is the key to learning. If children don’t understand something and quickly give up, they will learn less effectively, so persistence and resilience are key.

**What can parents do at home to help children be resilient?**

The number one thing is to be a role model, and then to share with their children the techniques they use to help them face a challenge. Parents can talk to their children about techniques they use to cheer themselves up or to calm down. For example, it can be something as simple as helping a child to make a plan when they are feeling overwhelmed. Or it can be talking with them about counting to 10 when they are angry with their siblings.

**What does a resilient student look like in primary school?**

A student who is able to identify when they can successfully problem-solve and when they can successfully identify the need to seek help. A child in the playground may be disagreeing with a friend about what to play together and they problem-solve by deciding to take turns playing different games. Help-seeking is about asking a teacher, parent or an older child to assist them when they are unsure.

**What does a resilient student look like in secondary school?**

In secondary school, students should be identifying those critical moments when they should be sharing certain information with their friends or parents to help them face a challenge.

**How can secondary-school aged friends help each other to be more resilient?**

Teenagers are more likely to turn to their friends for support and it’s important for friends to provide each other with a positive space to discuss problems. Instead of just sounding-off to each other, they can use open-ended problem-solving skills to help them have conversations where they do not feel judged.

When they engage in this kind of interaction, teenagers are in a better position to think about all the possibilities and to choose what’s right to do for them. It’s important for teenagers to know that asking for help is a strength, not a weakness. It is an act of courage to speak up and ask for help.

**If I’m a parent and I don’t think my child copes very well with challenges and change, what should I do?**

You can provide positive experiences for your child, something as easy as involving them in conversations between you and your friends and neighbours, or encouraging them to participate in group activities such as sport to build connectedness with society. It’s important to remind children of times they succeeded at something. For example, a time they used courage or were patient. This encourages a child to build on prior, similar successes.

**What is the school’s role in building resilience among children?**

The school has a number of key roles to play, and the first is about providing a positive environment where students feel safe. Then there is the more explicit curriculum, where teachers teach problem-solving, communication, help-seeking skills and emotional literacy. Then there is the teacher’s role in modelling resilience and problem solving skills themselves.

**What is the best advice anyone ever gave you about being resilient?**

Rather than being explicitly stated, it was more role modelled. In my family, it was very much ‘have a go of it.’ That was a very strong family message.
House sitting - We will be looking for a house to sit or rent while ours is renovated. Family of four plus one dog, from March - August 2015. If you are going away and want a responsible family to care for you house and garden then please call Carrie on 0427 095 593.

Advertisements

The Dept. of Education (DEECD) does not endorse the products & services of any private advertiser or notice contained in this newsletter. No responsibility is accepted by the Dept. of Education (DEECD) or this school for the accuracy of information contained in advertisements or claims made by them.

Take Home A Big Brother Or Big Sister

Give your children the wonderful opportunity to have an international big brother or big sister by volunteering to host one of our exceptional international students arriving in Australia in February 2015 for their 3, 5, or 10 month programs.

Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and USA will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange.

You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

MYM Summer School 2015

Do something you love this summer! Join more than 600 young musicians this January at the 2015 Melbourne Youth Music Summer School.

Musicians at any level between ages 6-30 can take part in our Orchestral, String, Band, Jazz, Conducting and Administration programs. No audition is required and applications close on 26 September so apply now at mym.org.au Get ready for a week of rehearsals, workshops, concerts and fun!
How to Talk so Kids will Listen and Listen so Kids will Talk

A six week program for parents and carers of children aged 2 - 12
Based on the well known parenting book by Adele Faber & Elaine Mazlish

Do you want to learn more about how to:
- Encourage cooperation and responsibility in your children?
- Help your children manage their feelings?
- Strengthen your children’s self-esteem?
- Discipline without smacking?

Tuesdays, 14 October - 25 November
9.30 cuppa, for a 9.45am start - 11.45am
100 Drummond Street
CARLTON

$60 single, $90 couple or family rate
Concession available with a Health Care Card

BOOKINGS ESSENTIAL
(03) 9663 6733 or email enquiries@ds.org.au

Parenting Children who Worry Too Much

Does anxiety stop your child enjoying life?

Come along to find out more about anxiety and strategies to help your child to worry less.

Thursday
27 November & 4 December, 2014
6.30pm - 8.30pm
drummond street services
100 Drummond Street
CARLTON
FREE

BOOKINGS ESSENTIAL
Phone: (03) 9663 6733 or email: enquiries@ds.org.au

Parenting Teenagers
sensible advice, discussion and assistance

This four week group will help build skills and give you insights into:
- staying connected and maintaining a supportive relationship with your teenager;
- communicating in effective ways,
- encouraging independence and negotiating boundaries,
- managing current issues and concerns including social media and technology.

Tuesdays
11 November - 2 December, 2014
6.30 to 8.30pm
drummond street services
100 Drummond Street
CARLTON
Cost: $40 single, $60 couple
Concession available with a Health Care Card

BOOKINGS ESSENTIAL
Phone: (03) 9663 6733 or email: enquiries@ds.org.au
Steam Trains for Kids 2014

Fun + extra fun for the Kids
Sat/Sun: October 4/5
All Malton Station

www.yvr.com.au

Train Funday for the Kids

Friday 26th September 5pm

REGISTRATIONS CLOSE:

Join us for a day of fun and games!

LUNCH
Bring a basket ball, a light and dark singlet. Drink Bottle A
Cost: $30 per person for the day
Where: New High School (1200 Burke Rd, Lower Hutt)

5:00pm - 3:00pm
Players

Domestic and current under 12 Dragons

Monday 29th September

based skills, ready for U14s and the new domestic season.

Training skills camp focusing on developing and refining both individual and team

All trains depart shortly after the game and open up the platform to participate in the upcoming

Camberwell Dragons invite all affiliated club members to participate in the upcoming