NEWSLETTER
No. 18 – 18th June 2015

If you have information or ads for the newsletter, need to contact the school or want an email forwarded on to a teacher, please email it to northcote.ps@edumail.vic.gov.au

Important School Diary Dates for 2015

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Day</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>19</td>
<td>Fri</td>
<td>Reports sent home</td>
</tr>
<tr>
<td></td>
<td>24</td>
<td>Wed</td>
<td>Three Way Conferences – see pages 3-4</td>
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<tr>
<td></td>
<td>25</td>
<td>Thursday</td>
<td>Creative Melody Music Concert (see page 6)</td>
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</tbody>
</table>
|       | 26   | Fri     | Prep 2016 enrolments due  
                                         End of Term 2 – 2.30 p.m. |
| July  | 13   | Mon     | First day of Term 3 – 9.00 a.m. |
|       | 24   | Fri     | Grade 3-6 Swimming Commences (8 weeks) |
|       | 29   | Wed     | Pupil Free Day – No School for Children |
| Aug   | 7    | Fri     | NPS Annual Trivia Night! |
| Sept  | 1    | Tuesday | Pupil Free Day – No School for Children |
|       | 10   | Thur    | School Performance (details to come) |
|       | 11   | Fri     | Grade 3-6 Swimming finishes |
|       | 18   | Fri     | End of Term 3 – 2.30 p.m. |
| Oct   | 5    | Mon     | Start of Term 4 – 9.00 a.m. |
| Nov   | 2    | Mon     | Pupil Free Day – No School for Children |
|       | 3    | Tuesday | Melbourne Cup Day – Public Holiday |
| Dec   | 18   | Fri     | End of Term 4 – 1.30 p.m. |

PUPIL OF THE WEEK

(Assembly item by Grades 3/4)

00L - Lani A  
00LW - Zaki M  
00N - Ruby P  
12DN - Lily P  
12J - Lucas G  
12S - Jorja N  
12T - Connor H  
34D - Stella B  
34J - Asha S  
34K - Markus H  
34KL - Elvie N & Mackenzie B  
56C - Amy C  
56M - Deniro R  
56N - Marcus C  
56S - Jack S
Our 1/2 Writers reflect on the Cultural Performance - Opera Australia’s Hansel and Gretel

**Why did Opera Australia come to our school?** To perform Hansel & Gretel. *Silly! IT WAS VERY LOUD.* I thought it was very creative that they used their voices to make a story. I think everyone loved it! – Alannah

Sometimes, I couldn’t really understand what they were singing, but I could tell by their actions. My favourite part was when Gretel pushed the witch into the oven. Gretel’s real name was Rebecca. – Eva D

**Opera is a type of singing that is very, very loud.** There was no speaking. The music was a piano, and I play the piano. The music could be quiet or no music, and loud and intense. The sets were very important. If there was no sets there would be no background and no fun. – Jorja

They had 2 sets that can fold out so if they needed one set inside you could fold it out and there was a gingerbread house, or the inside of Hansel and Gretel’s house. – Austin

They had sets of wood that could fold out and fold in, with doors and one of the doors was an oven. The singing was very good – I enjoyed it a lot. – Edward

I was happy that they chose to play Hansel and Gretel because it is really good and funny. The way they told the story made me feel like I wasn’t there with everyone else. – Nonie

**Cross Country Regional level Competition**

On Wednesday, 17th June, 5 of our students competed in the Regional Cross Country event at Bundoora Park. It was a very cold day and our students were up against a much bigger field of competitors than they had in previous races.

The results were as follows:
Guy – 14th; Matteo – 20th; Xara – 40th; Audrey – 28th; Lexi – 31st.

An excellent effort from all participants especially Guy, who was only 4 seconds off making it through to the State level competition.

Matteo – ‘I felt great. The course felt shorter that the other races. I think that it was because I’ve been practising a lot.’
Xara – ‘It was harder than the other times because they changed the course. They made us do an extra bend. The ground was wet and I slipped over a couple of times.’

Congratulations in making it to this level and for trying your best, we are very proud of your achievement.

**Well done to all our students!**

As it nears the end of Term 2, or Semester 1, it is time to acknowledge the learning achievements of our students over this time. All students would have made progress relative to their learning goals and developmental levels. It is important to also acknowledge the effort they put in to each learning task and the outcomes they have reached, as you will see in the detailed reports coming home shortly.

All students have been busy reflecting on their learning and finalising their portfolios. They can’t wait to share their successes at the 3-way conferences and choose goals together for the rest of this year.

Celebrate their hard work with them, their efforts, their perseverance and strengths. With their teachers, support them to reflect on 4 important questions:

- Where am I at?
- How am I doing?
Where do I need to go next? (in order to improve my learning) and What will I need to do to get there?

This will be covered in more detail in the 3-way conference coming up next week.

Student Reports
Ross (Acting Assistant Principal) and I have finished reading all of the student reports and are very impressed with the all that children have achieved. Reading the student’s reports before they go home, gives me an opportunity to find out the learning growth of the students. I have particularly enjoyed reading the student’s reflections and evaluations. Many children specifically mentioned their enjoyment of the specialist areas of Arts; PE and Italian. I am sure you are looking forward to reading your child’s reports too and they will come home this Friday.

3 Way Conference Day - Access to the School for Parents
During the school day and after school hours, only the front school gate will remain open. This will assist the school to manage safety and security for our school community.

Last Day of Term, Friday 26th June – 2.30 p.m. Dismissal
Please don’t forget that the children are dismissed from their classrooms at 2.30 p.m. on Friday, the last day of term. Please remember to be at the school to pick the children up by 2.30 p.m. There is nothing worse for the children, if they are still waiting at the office for someone from their family to remember to come and get them, especially after everyone else has gone home for the holidays! Please be punctual when picking the children up on all days but particularly the last day of term.

Library Fund donations – still time before the end of the financial year
School Council would like to remind parents that there is still time in this financial year to make a donation to the Library Fund, and claim it on this year’s tax return. This will need to be done by Wednesday 24th June. The Library Fund is always an important fund to donate to but particularly since the library was vandalised in the last year. Books are still being replaced so your donations would be most welcome and gratefully appreciated. Donations can still be made next term. Thank you.

Warm regards, Kerrie

Semester 1 Reporting to Parents
Student report cards will go home with all students tomorrow. The student report cards provide parents with information about the learning progress of their child and outline key improvement areas. You will notice a change from last year where a student’s results were rated against an A to E scale. This year the scale has changed to: Well above the standard, Above the standard, At the standard expected, Below the standard expected, Well below the standard expected and Not assessed.
Ross Bennie
Acting Assistant Principal

3 Way Conferences - Wednesday 24 June 2015
WHEN? Three Way Conferences will be held for all students from 11.00 a.m. – 7.30 p.m. on Wednesday 24 June.
HOW LONG? Interviews will be of 15 minutes duration.
HOW DO I BOOK? For booking these conferences we will be using an internet-based booking system called Parent Teacher On-Line (PTO) – see website for link.
WHEN CAN I BOOK? Bookings opened on Wednesday 17 June at 10.00 a.m.

You will be able to book the interview times that suit you best from any internet-connected computer. A computer will be available at the school office, during school hours on Monday if you do not have internet access. Please access the system as follows:
Go to the school’s home page: www.northcoteps.vic.edu.au
Click the PTO icon as shown on the right...
Click “Obtain PIN/Password” and enter your email address. Your PIN will be emailed to you. The email you receive will include a link that can be clicked on to log straight into PTO, bypassing the login screen.

Bookings for Specialists
If you wish to see a specialist please contact them and book a time via their email. As the conferences are on a Wed, only Krissy and Lisa will be available. They will have appointment times from 3.30 – 5.30 p.m. on Wed 24th June. Rosa - appointments Mon 22nd and Tues 23rd until 4.15 p.m. and Julia, Monday 22nd until 4.00 p.m.

Lisa engelander.lisa.d@edumail.vic.gov.au
Rosa paladino.rosa.r@edumail.vic.gov.au
Julia busuttil.julia.r@edumail.vic.gov.au
Krissy king.kristina.k@edumail.vic.gov.au

ALTERNATIVE PROGRAM
Wednesday 24th June 2014  9.00 a.m. – 3.30 p.m.

Children are not required to be at school on Wednesday 24th June. Children only attend for their conference with teachers and parents to discuss their learning progress and report.

There are no regular classes operating during the day of the Three Way Conference as classroom teachers will be involved in conferences all day. An alternative program will operate for parents who are unable to make other care arrangements. Only students who are registered for the alternative program can attend, as we need to make staffing arrangements in advance. For example, your 3WC is scheduled for 12.00 p.m. and you have had your child with you until then. You bring your child to school for your conference and they leave with you – your child cannot stay on at school after that.

Please return or email to your child’s teacher by Monday 22nd June.

Ross Bennie
Acting Assistant Principal

My children will attend the alternative program on Wednesday 24th June

Child’s Name: ___________________________  Grade_____  Teacher ________________
Child’s Name: ___________________________  Grade_____  Teacher ________________
Child’s Name: ___________________________  Grade_____  Teacher ________________

School Council News
In spite of the dark and cold, School Council managed a 100% turn out last night to finalise the school budget, update lots of exciting projects and discuss plans and achievements. Those who keep up to date with our web site will recognise that detail on projects we are undertaking across the school has now been published and that new information and links are appearing all the time.

The Education and Community committees are planning a series of surveys to better understand parent and family satisfaction. The first will focus on student reports and feedback and will be coming out soon. The survey will be short and easy to complete, in an on-line format. Please take the opportunity to make your thoughts known.

School Council released for consultation, a draft policy establishing a range of supports for students and families facing financial hardship. It formalises many of the processes that currently exist within the school
as well as providing a range of ways for the school to support students to access more of the learning opportunities available.

Boscastle pies will soon be available through the Community Sub-Committee and plans are in place for the 2015 trivia night, which is likely to bigger and better even than last year.

School Council agreed to the following pupil free dates for the rest of the year. They are; Term 3; Wednesday 29/7/15, Tuesday 1/9/15 and Term 4; Monday 2/11/15. We were also given a brief overview of the valuable and exciting staff development activities supported by these days.

We now have over 100 Dollarmites in the school with high levels of engagement in the school banking program. Thanks to volunteers, Tracey Phegan and Sue Davidson who administer the program and Wade Montgomery who raised the idea and made it happen.

The contract for the extension of the NOOSHCHC house is being finalised. New heaters are being installed in the hall for the relocation period. It is exciting to get ready to break ground on this long awaited work which will improve the amenity of the program and increase the number of places available for our children.

Ian Taylor
School Council President

NPS Parent Register - Share your skills!
Throughout the year we have many events, activities and initiatives at our school that families can participate in to support your child’s education.

There are a huge array of skills and talents among our parent community that could be a great resource for our school. From time to time, we have need of specific skills but often don’t know who might be able to help.

Helping out could mean anything from talking to students about your special area of interest, assisting with a classroom activity or sharing your knowledge with staff. From craft to composting, physiology to flamenco, astronomy to acting...we’re interested in a whole range of skills.

The Northcote Primary School Skills Register helps us to identify different skills. You can register your skills and talents by clicking on the link below. Please take a few minutes to complete this form, especially if you are new to the school or did not do so last year. Don’t be modest about what you can do!

Your information will be kept confidential and will only be accessed by the teaching staff for planning purposes.

https://www.surveymonkey.com/s/NPSSkillsRegister

Lost
Elly has lost her beloved Smiggle pencil case from the 3/4K area. We believe it might have been taken from her locker. It is blue with round bumps all over it, and had a holographic silver ‘E’ keyring on the zip, which may or may not still be attached. The pencil case and keyring were birthday gifts, so Elly is understandably sad for them to have gone missing. If you find them could you please pop them into the office. Thank you.

GET Ready for Trivia Night!

Trivia noun
details, considerations, or pieces of information of little importance or value.

Put the date in your diary, Friday 7th August, and start your training for the NPS Trivia Night. The competition will be fierce to see which team knows the most about nothing in particular! Look out for more information in coming newsletters.
Boscastle Pie Drive coming in early Term 3 - Watch this space
The winter warmer that is the Boscastle Pie drive will be launched early Term 3. Ordering period will be for two weeks with pies delivered the following week. A tasty little fundraiser to be sure.

Thanks Fi Lang
Community Sub-Committee

THANK YOU to all the parents who have already emailed Stephanie. If you are interested, please send an email, as outlined below.

Hi Northcote PS Readers!
Our school has registered for the Victorian Premier’s Reading Challenge for 2015. The rules are really simple to join in:

Your mum or dad sends Stephanie an email that says My Child would LOVE to be in the Reading Challenge!
They need to include: Student Name Grade Level Teacher
Email: griffiths.stephanie.c@edumail.vic.gov.au

Stephanie will give you a form you can fill out to keep a record of all your books.

Stephanie will give you a password so that YOU can log in to the website and add all the books you have read. You have until 14 September 2015.

Over the next months you will need to read:

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Number of books you need to read</th>
<th>Number of Challenge Books you need to read</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep – Year 2</td>
<td>30 books</td>
<td>20 or more</td>
</tr>
<tr>
<td>Year 3 – Year 9</td>
<td>15 books</td>
<td>10 or more</td>
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(The Challenge books are mostly books that you will have at home, or find in our school library)
At Assembly in September all the excellent students who reached the challenge receive a certificate! Hooray!

So now, go and bug mum or dad to email Stephanie. Go on, do it now!

NPS END OF TERM CONCERT

THURSDAY 25TH JUNE
2.30 P.M.
IN THE HALL

Please join us for an afternoon of music with performances from Groups, Solos and Band.
15 healthy ways to manage emotions

Here are 15 healthy ways to manage your emotions that you can pass on to your children.

**1. Be a role model.**

Children are naturally influenced by the behavior of those around them. By expressing emotions in a healthy way, you teach them how to do the same.

**2. Take time to relax.**

Making time for relaxation, such as meditation or yoga, can help reduce stress and improve emotional regulation.

**3. Use positive affirmations.**

Affirmations are short, positive statements that can help change negative thought patterns. For example, saying to yourself, “I am capable” can boost confidence.

**4. Practice mindfulness.**

Mindfulness involves focusing on the present moment, which can help reduce stress and anxiety.

**5. Engage in physical activity.**

Physical activity can help release endorphins, which are chemicals that make you feel good.

**6. Seek support.**

Talking to a trusted friend or family member can help you process your emotions and feel less alone.

**7. Use humor.**

Humor can be a great stress reliever and can help you see things in a more positive light.

**8. Express gratitude.**

Listing things you’re grateful for can help shift your focus away from negative emotions.

**9. Use meditation.**

Meditation involves focusing on your breath and clearing your mind, which can help calm your mind and reduce stress.

**10. Practice deep breathing.**

Deep breathing can help lower blood pressure and reduce stress.

**11. Use positive self-talk.**

Being kind to yourself can help change negative thought patterns and reduce stress.

**12. Use physical touch.**

Hugs, kisses, or holding hands can help reduce stress and make you feel more connected.

**13. Use relaxation techniques.**

Techniques such as progressive muscle relaxation or visualization can help reduce stress and improve emotional regulation.

**14. Seek professional help.**

If you find that your emotions are overwhelming, seeking help from a professional can be beneficial.

**15. Practice mindfulness meditation.**

Mindfulness meditation involves focusing on the present moment, which can help reduce stress and anxiety.

More on page 2

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**GREAT FUN**

- Outdoor games and sports
- Arts & Crafts
- Educational activities
- Food & Cooking

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**Rewarding regular savers with amazing prizes.**

We’re bringing the exciting news that an Interplanetary Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 7 x $100 McDonald’s Gift Vouchers
- 12 x Asus X-52A Laptops
- 200 x $50 Woolworths Gift Vouchers

Help the Bullittens and the Space Portals for a chance to win the Pipe Portal. Students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of the incredible prizes. Students can visit planet-savings.com.au/interplanetary to double their chances of winning prizes. Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning.

Win books for your school library. We’re also giving schools participating in the School Banking program a chance to win 50 sets of children’s book packs for their school library, valued at $50.

For more information, visit combank.com.au/interplanetary
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June/July School Holidays Tennis Coaching - Mayors Park Tennis Centre - Clifton Hill
Clinic 1 - Dates: Monday, 29 June – Thursday, 2 July  Time: 9.00am – 12.00pm
Clinic 2 – Dates: Monday, 6 July – Thursday, 9 July  Time: 9.00am – 12.00pm
Refreshments and loads of fun are provided. Places are limited so please call 9482 5200 or email: jeffb@mayorsparktennis.net  Priority will be given to students attending all four days. Term tennis coaching is also available.

Basketball Clinics
June/July School Holidays
- Beginners, Experienced & Representative
- 29th June – 3rd July
- 7 years+
Beginner Programs
Saturdays commencing 18th July
Aussie Hoops 5 – 8 years at 9am & 1.30pm
Mini Ball 7 – 10 years at 10am & 12.30pm

Tuesdays commencing 14th July
Little Stars 3 & 4 year olds 4.30, 5.05 pm
All Star Hoops grades prep – 3 at 4.30pm
Mini Ball grades 3 – 6 at 5.30pm

Access for All Abilities
Saturdays commencing 18th July
11.15am – 12.30pm
For children 6 – 16 with special needs

For more information and to register go to www.collingwood.basketball.net.au
Enquiries: Megan Rouse 0417 106 490

BONUS: Mention this newsletter article and enjoy a free trial class in Term 3, no strings attached!

Host Families needed for South Korean students - Mount Alexander College, Flemington, is hosting some Year 7-9 students from South Korea between 17 July and 5 August. We are looking for host families for the students. The host family will provide accommodation and meals, and in return will be paid $270 per week per student. Students typically stay in pairs, but this can depend on the capacity of the host family and the available space in the homes. Some of the benefits in hosting will be making new friends, learning about South Korea and South Korean culture, increasing overall global awareness. Please contact Mount Alexander College (mount.alexander.712@edumail.vic.gov.au or 93761622) by 19 June if you are able to host one or two students.

“Winter Wind-Down – Why now is not the time to take a break from your child’s swimming lessons”

With the weather cooling down and the long days of summer done and dusted for another year, it can be tough to stay motivated on those chilly afternoons and wet evenings. But one thing you don’t want to ditch during the cold snap is your child’s swimming lessons. Swimming as regular exercises strengthens the immune system so children may be less likely to fall ill over the colder months. Having breaks over winter often results in children’s skills experiencing a plateau or even going backwards.

Just a single term without lessons can have an impact on the progression of skill development and vital water safety skills that every child needs – in fact, over 30% of drownings that occur in school aged children take place during autumn and winter. Continuity and constant exposure to aquatic environments are the best ways to ensure your child is prepared and safe in & around the water.

At Northcote Aquatic & Recreation Centre, we think winter is the perfect time to make the best of your YMCA Swimming Lessons membership – the pool is calm, the air temperature is pleasant and the water is heated and ready for you to enjoy! Membership benefits such as free recreational swimming and discounted holidays programs make YMCA Swimming Lessons the perfect choice for your child’s vital lifesaving water safety skills. Get started today by calling us on 9486 7200.

BONUS: Mention this newsletter article and enjoy a free trial class in Term 3, no strings attached!
Would you like a local Footbridge over Merri Creek?

Ask for Beavers Rd Bridge on the Darebin survey!
Darebin Council Traffic and Transport Survey

OR Google:
Darebin BUG (Bicycle User Group)
Takes 2 minutes.
•Kids safe going to school
•Backstreet access creek/Ceres
•Connect bike routes

Join:
The Merri Creek
Footbridge Group
Facebook

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Northcote
Northcote Town Hall
189 High Street, Northcote 3070
Monday 22 June 1.30 pm – 7.30 pm

To make an appointment call 13 14 95
Or visit donateblood.com.au

SECONDARY SCHOOL
THURSDAY 6 AUGUST
11.00am to 1.00pm

12-28 Sackville Street, Kew
www.preshil.vic.edu.au

To make an appointment call 13 14 95
or visit donateblood.com.au

PRESHIL
Urgent Support Needed:

Jika Jika Community Centre is working with an Asylum Seeker family tutoring English. The family has had all government financial support stopped and it is unclear how long it will take to have their payments reinstated.

The family needs:
• Nappies for a 6mth old baby boy
• Female personal hygiene items
• Non-perishable food items
• Cash for bills and rent.

Items can be dropped off at Jika Jika during office hours or left in the allocated box in the foyer for forwarding on to the family.

Jika Jika Community Centre is located on the Corner of Plant and Union Streets Northcote.

For inquiries please call Jenny Rayner at Jika on 9482 5100

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EXPERIENCE A NEW CULTURE
MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE at home
HOST FAMILY OPPORTUNITIES

In June-July 2015, students aged 14 – 19 years from over 25 countries will be arriving in Australia to study at local schools for 2-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new ‘son’ or ‘daughter’ from another land.

If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. http://studentexchange.org.au/host-a-student