NEWSLETTER
No. 25 – 25 August 2016

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

Aug
Fri  26  District Athletics Carnival – Selected Children from Yrs 3-6
(Make up day for Monday rain out)
Tue 30  MFB Fire Education – Preps
Wed 31  Last Cake Stall Day – 3.15 to 3.45 p.m.

Sep
Mon  5  Grades 3/4 Swimming begins
Sat 10  State School Spectacular Performance
Fri 16  Last Day of Term 3 – 2.30 p.m. finish

Oct
Mon  3  First Day of Term 4 – 9.00 a.m. start
Wed-Fri 5-7  Grades 1/2 Camp
Mon 17  Curriculum Day – No Students required at school

Pupil of the Week
(Assembly item by 3/4)

00J - Tom P
00L - Kai M
00W - George AB
12B - Charlie W
12NH - Bridget S
12K - Ripley G
12N - Reuben T

34H - Jason M
34J - Ned FP
34K - Dean P
34L - Alice F
56E - Josh C
56N - Mihir D
56S - Daniel O’N
Greetings ...

Student Achievement

Our Annual Children’s book character parade for ‘BOOK WEEK 2016’

Each year, across Australia, The Children’s Book Council of Australia brings children and books together celebrating Children’s Book Week. During this time Schools, Authors, Illustrators and children celebrate Australian Children's Literature.

At our school, we held our Annual Book Parade and read along morning on Monday morning in place of our usual assembly and wasn’t it fun! We had a special guest to MC, Banjo Patterson, who looked remarkably (and sounded) like they were related to our Italian teacher, Elena!

1/2B did some writing afterwards about the Book Parade, enjoy the extracts. Children's writing and expression always brings a smile to my face.

On Monday we had the book parade. It was an awesome day. My favourite costume as a teacher was Linda’s costume because it was a really funny costume. I dressed up as Violet Makeral. I was wearing a pinafore with leggings underneath it. I was also wearing a spotty jumper underneath it. I really loved my costume! Everyone went up and said what they had dressed up as. Some people didn’t dress up but it doesn’t matter. I really loved the book parade.

Hildy

I dressed up as Dorothy. There were a lot of good costumes. I love book parades because it is good to see everyone’s good costumes. Teachers dressed up too. We had book parade in the hall because it was raining outside. I think everyone loves book parade.

Nelly

At book week I dressed up as Tom Gates. My mum helped me spray my hair black. My costume had: t-shirt, black hair. William dressed up as a Karate kid because he does karate. Stephanie’s costume was the funniest one. I had a great time!!!!!!! That’s all folks!!!!!!!

Max

I dressed up as Audrey of the Outback. I had a swag, it didn’t have anything in it except a few plastic bags. I had orange and yellowish hair that my mum made out of wool that we made. I really loved it and I know what I am going to dress up as next year.

Harper

I dressed up as Kitty. We had to say about the character that we were. Most of all, I did not buy my costume, my Grandma made it and I made my cat ears. Well, they were home made which is I made it. And the teachers got to dress up too which is fun!!!!!!!

Melina
I dressed up as Billy B Bran. We have seen a lot of costumes. Lots of people dressed up as Harry Potter. There was like !!!!14!!! There were 4 people dressed up as Billy B Bran.

Tahlia

On the big day, students and teachers dressed up as characters from all sorts of books. Not all dressed up though. We had the parade in the Hall. We usually have it on the turf but it was raining. I dressed up as EJ12 because I love her stories. I used black pants, a black top, a black headband and an extendable torch.

Freya

A great morning was had by all as you can see. Thank you parents, staff and students getting into the spirit of having fun and celebrating our favourite book characters and for staying on for the read along morning.

Having a hoot at our annual Trivia Night!

A fun and fantastic evening was had by all last Saturday night for our annual Northcote Primary School, Trivia Night! Ivan, our new host, kept us going at a cracking pace, no time for arguing the toss! There was a great mix of questions and hilarious activities on the night, there was something for everyone to answer, or participate in to win extra points for their teams! Who knew you could get a biscuit to move down your face and into your mouth, without hands?

There was keen competition between teams as scores went up and down. It was such a lot of fun and a great night.

Thanks again for all those parents, friends and staff who attended and made the night so enjoyable. (See next page)

Thank you to the Community sub-committee (Convenor – Pauline S and our volunteer bar staff, Susan and Miles Callaghan) for all the organising.

For all the time and effort everyone put into it, at last count, we raised around $6,000. Fantastic effort.

Warm Regards,
Kerrie

CAKES FOR THE CAKELESS

The 2016 cake stall will be holding its last cake sale this Tuesday 30th August. We will open at 3:15 and will be closing at 3:45.

All money raised by the cake stall will be donated to the charity Save The Children.

We will gratefully accept all baked goods. Donations that can be delivered to the office on Tuesday. (To prevent allergy risk all ingredients must be clearly labelled*).

The maximum price for the stall is $5 and the minimum is 50c.

*Anything without clear labelling will be given back to the donor.
Child Safe Standards

The Victorian Government is committed to the safety and wellbeing of all children and young people.

As part of the Victorian Government’s commitment to implementing the recommendations of the Betrayal of Trust report, there is a new regulatory landscape surrounding child safety, underpinned by new Child Safe Standards.

The Child Safe Standards are compulsory minimum standards for all Victorian schools, to ensure they are well prepared to protect children from abuse and neglect.

Most schools have many of these things in place to protect the health, safety and wellbeing of their students.

At Northcote Primary School there is a zero tolerance approach to child abuse. To support this approach the school is reviewing existing policies and procedures to ensure that they meet The Child Safe Standards.

In addition to this Northcote Primary School has developed a Child Safe Policy along with procedures and strategies that reflect the following standards. These will be discussed at the next Education Sub-Committee meeting.

- **Standard 1**  Strategies to Embed an Organisational Culture of Child Safety, Including Through Effective Leadership Arrangements.
- **Standard 2**  A Child Safe Policy
- **Standard 3**  Child Safe Code of Conduct
- **Standard 4**  Screening, Supervision & Training Practices that Reduce the Risk of Child Abuse by New and Existing Personnel
- **Standard 5**  Processes for Responding & Reporting Suspected Child Abuse
- **Standard 6**  Strategies to Identify and Reduce or Remove Child Abuse
- **Standard 7**  Strategies to Promote the Participation & Empowerment of Children

Further information about The Child Safe Standards is available at:

Trivia Night was a whopping success with great fun and games. Thanks to everyone who supported the efforts to run it especially to Miles & Susan (Liam gr4 & Drue Prep) who ran the bar and to Shorty (Jesse gr4 & Casey Prep) who set up all the audio visual equipment. Huge thanks also to all our sponsors and to the Surridge & Mackey families for their prize donations. Lastly, thanks for the huge clean up efforts taken on by everyone who chipped in at the end of the evening.

Our next social event will be on Friday, 21st October: Dancing with the Latin Stars. Those of you at Trivia Night would have seen a preview of what to expect. So, save the date, find some dancing shoes and watch this space for more information coming soon!!
1/2 Reptile Encounters Incursion
On Tuesday the 23rd of August the 1/2s had an incursion with the company Reptile Encounters. There were lots of animals that came out and they were lovely, some were scary and some were dangerous. All of the students were given the opportunity to hold and touch the animals. Most of us were pretty brave! The animals we saw were: crocodile, a python, a large snake called “Tiny”, turtle, green tree frog, stick insect, stumpy tail lizard. Josh, our presenter, was really nice. He asked us to make some predictions about the animals and how they might feel and told us lots of interesting facts about each of his pets. Each of the animals felt different and were different species. We enjoyed the incursion but it was a little scary. We were all very excited. Thanks Reptile Encounters!!
~ Students from 1/2 Brooke
Saturday 10 September: Hisense Arena: Shows at 1pm and 6:30pm.
Buy 10 tickets and get one adult ticket free (for group bookings please call 1300 364 001)
Visit www.ticketek.com.au or phone Ticketek on 132 849

For more information go to the Spectacular Facebook and website page:

Community News

Girls' Night Out
Thornbury High School
7pm, Thursday
8th September 2016
Visit us at www.thornburyhs.vic.edu.au to see what a great year we have had so far in 2016

THE WOMEN'S MURAL DOCUMENTATION PROJECT

Tell us your stories, share your images get involved!

The Women's Mural Documentation Project is a collaborative community arts project researching the history of the mural "From Bomboniere to Barbed Wire" painted by Megan Evans and Eve Glenn located in Smith Street, Fitzroy. We are seeking stories and other ephemera and offerings, such as photos and anecdotes from community members about the creation of the mural in 1986 and its 30 year history including ongoing interventions by the public since the defacement of the mural in early 2016.

Were you or someone you know at the infamous street party to launch the Women's Mural in Hodgkinson Street and Smith Street, Clifton Hill, on Saturday 5th April, 1986? Did you photograph the mural while the artists were painting it? Or did you take a photo in front of the mural at some stage over its 30 year history?
Are you a friend of one of the women depicted? Did you work at the Gas and Fuel depot behind the mural? Or do you just want to tell us what the mural means to you?
Whatever your involvement with the mural and no matter how small your contribution is we want to hear it! We’d love the community to help us complete the picture by sharing ideas, recollections, photos etc.

For any queries or contributions, please contact Danielle Hakim and Sally Northfield (Convenors of the Women’s Art Register) at: thewomensmuralproject@gmail.com
We can’t wait to hear from you – and please tell your friends and neighbours about the project!
thewomensmuraldocproject.com.au

The Women's Mural Documentation Project is proudly supported by the City of Yarra
Helping kids focus in the age of distraction
Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains, impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with difficult tasks when they have a world of entertainment at their disposal?

Dr Danie1 Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s beliefs is that kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.

But the new normal for young people continually interrupts their focus with distractions.

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our homes and in classrooms ‘we now have young people who are experts at flitting’ from one device to another and she refuses to take a defeatist approach because without refocusing those ‘flitters to focusers’ who risk the next generations creative or scientific masterminds we risk losing children who are able to “sit still and agonise over a task long enough to see it through to its marvellous end”.

Tips for helping kids maintain focus and attention

1. Build your child’s focus
As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: “It’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.”

2. Remember it’s all about the journey
Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flittering’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus
Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards. Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.

Sarah Wayland

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au

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Edinburgh Cricket Club

Cricket is for Girls

Come and Try Days for Girls
All ages, all skill levels welcome!

Do you like having fun? Do you want to keep fit? Are you looking to make new friends? Then why not give cricket a go! Edinburgh Cricket Club has female teams covering all ages from juniors (9-16) to seniors (no age limit). Coaching and all equipment is provided.

Where: Brunswick St Oval, North Fitzroy
When: Sunday August 28 and Sunday September 11
Time: ages 8-16 9am-10am
ages 16+ 10am-12noon

Ivanhoe Aquatic Centre

September 2016

Floating Inflatable Fun
Ivanhoe Aquatic & Fitness Centre
Monday, Tuesday & Friday
1-3pm

Learn to Swim Intensives
5 day intensive
Monday 19th Sept – Friday 23rd Sept
Monday 26th – Friday 30th Sept
Cost $74.25
Concession $66.05
Includes pool entry
Bookings essential on 9408 7111

Children’s activities
Prep to grade 5
Cost $17.50 (bookings essential)
Activities subject to change or cancellation with 24 hours notice.

Father’s Day Family Night

FREE

Join us for a great night of fun!

- Make a gift for dad
- D.I.Y. workshops
- Light refreshments
- Free gift wrapping

Thursday 1st September
6.00 to 8.00 p.m.
Bookings essential
City of Darebin Intercultural

English Beginners Class & Intermediate Class - Tuesday 6 & 13 September – 1-2pm & 3-4.30pm
Jade Room, Ground Floor, Darebin Intercultural Centre
Peter's classes are held during the school term.
RSVP by phoning 8470 8440 or via email to intercultural@darebin.vic.gov.au
Cost: FREE

Drop-in Pronunciation Tutorials - Fridays 2 & 9 September - 11am to 2pm
Amber Room, First Floor, Darebin Intercultural Centre
For people who speak English as a second language. Come and fine-tune your pronunciation of the English language at the last two weekly drop-in classes as Meg and her volunteers finish up their second 8 week program. Gain access to useful, good quality resources and the relevant expertise in pronunciation. Get practical support to improve your language skills in a safe, constructive environment.
RSVP by phoning 8470 8440 or via email to intercultural@darebin.vic.gov.au
Cost: FREE

Computer Workshop - Tuesday 13 September - 10.30am to 12pm
Opal Room, Ground Floor, Darebin Intercultural Centre
Targeted at mature-age users, Leigh's program includes a review of computer basics and some tips on organising your computer, setting it up for your particular needs, and using common internet and digital media software. Participants will need to bring in their own fully charged, Windows laptop to these sessions. Maximum 6 people per session.
RSVP by phoning 8470 8440 or via email to intercultural@darebin.vic.gov.au
Cost: FREE

Timor-Leste Cultural Night - Thursday 22 September - 12pm to 2pm
Pearl Room, First Floor, Darebin Intercultural Centre
Come along for some fun at this Timor-Leste cultural night facilitated by Friends of Baucau. Learn about Timor-Leste's fascinating history and culture, listen to music, dance and enjoy some delicious Timorese food!
RSVP by phoning 8470 8440 or via email to intercultural@darebin.vic.gov.au
Cost: FREE with light meal provided

Origami and Card Making, International Day of Peace - Thursday 15 September - 10.30am to 12pm
Jade Room, Ground Floor, Darebin Intercultural Centre
Come along and have a bite to eat before we put our creative skills to work with card making and origami! Origami is the art of paper folding, often associated with Japanese culture. The goal is to transform a flat sheet of square paper into a finished sculpture through folding and sculpting techniques. As International Day of Peace is coming up soon, we'll try our best to make some symbols of peace!
RSVP by phoning 8470 8440 or via email to intercultural@darebin.vic.gov.au
Cost: FREE with light meal provided

Village Games - Thursday 29 September - 12pm to 3.30pm
Pearl Room, First Floor, Darebin Intercultural Centre
Come and have a bite to eat, meet some people and play some games including scrabble, mah-jong and cards.
RSVP by phoning 8470 8440 or via email to intercultural@darebin.vic.gov.au
Cost: FREE with light meal provided

Span Community House 64 Clyde St Thornbury
The Humble Dumpling
This hands on dumpling workshop is with Angie Chong, a 4th generation traditional Asian dumpling maker. Bringing people and food together around a shared table - including an introduction to ingredients and the culture and history of dumplings. You’ll be making dough by hand, filling, dipping sauces, construction, steaming and then eating! Limited places available so give us a call on 9480 1364 or visit www.spanhouse.org to book your spot in this very popular workshop.

When: Saturday 3 September, 1 to 5pm
Where: Span Community House 64 Clyde St Thornbury
Cost: $89 or Concession $81.
Did you know that Span is a Pokemon Go Gym Level 5?
Come on in and battle the gym at 64 Clyde street Thornbury!

Bright Sparks Creative Workshops
Holiday Program - September 2016

Bright Sparks is a creative arts program designed to help children learn about themselves and develop a sense of inner strength, promoting confidence, resilience and general wellbeing.

Children create artwork that is meaningful to them through a variety of creative media such as: painting, drawing, clay and recycled art materials.

Sessions are run by an Art Therapist and are beneficial for all children from Prep to Grade 3. Individual Art Therapy sessions are also available.

10.30am - 2.30pm September 27, 28 & 29
$160 / $140 (concession) for a 3 day course or $60 per session.
Jika Jika Community Centre, Northcote.

Bookings essential by Friday, September 23.
Contact Naomi on 0421 914 220 or email: naomi@brightsparks.id.au

Naomi Williams (M. A. Arts Therapy) is a Creative Arts Therapist with 11 years experience facilitating creative workshops, individual art therapy sessions and resilience programs for children.