

If you need to *contact the school or want an email forwarded on to a teacher*, please email it to [northcote.ps@edumail.vic.gov.au](mailto:northcote.ps@edumail.vic.gov.au)

## Important School Diary Dates - 2017

Sep	18	Mon	Gr 3/4 Swimming Program Week 2
	22	Fri	End Term 3 – <b>2.30 p.m. finish</b>
Oct	9	Mon	Term 4 starts – 9.00 a.m.
	16-17	Mon-Tues	Gr 1/2 S & T camp
	17-18	Tues-Wed	Gr 1/2 B, G & N/K camp
	18	Wed	Community Sub-Committee Meeting
	23	Mon	Education Sub-Committee Meeting
	24	Tue	Out of School Hours Committee Meeting – 2.30 p.m. - Staffroom <i>(Please let the school know if you would like to attend)</i>
			Environmental Sub-committee Meeting – 7.00 p.m. – Staffroom
	25	Wed	Cultural Excursion to Art Centre – Grades 3-6**
Nov	26	Thu	Whole School performance – more news to come
	31	Tue	Whole School Photos and Grade 6 Graduation Photo
	7	Tue	Melbourne Cup Holiday – No School for Students
	15	Wed	Community Sub-Committee Meeting
	20	Mon	Education Sub-Committee Meeting
Dec	21	Tue	Italian Day!!!! Out of School Hours Committee Meeting – 2.30 p.m. - Staffroom <i>(Please let the school know if you would like to attend)</i>
			Environmental Sub-Committee Meeting – 7.00 p.m. Staffroom
	22	Fri	Last day of School – <b>1.30 p.m. finish</b>

\*\*This excursion is covered by the Cultural Performance Levy. Those who have **not yet** paid will be sent a reminder envelope. Permission to attend will be via Compass.

## Pupil of the Week

(Assembly by Grades 5/6)

ooJ Lucy	Isla H	12B Brooke	Eva S	34H Jennifer	George R	56E Emma	Makari S
ooL Linda	Sam H	12G Stephanie	Freya S	34J Janelle	Tommy V	56N Nicole	Kai S
ooW Laura	Oscar C	12NK Niki/Katie	Finn S-H	34K Kate	Ava S	56P Penny	Guy F
		12S Sharif	Lulu P	34L Leah	Amelie M	56S Steven	Lotte B
		12T Natasha	Hine H			56T Tracy	Matthew R

## Greetings ...

### Student Achievement

#### District Athletics

On Monday 11<sup>th</sup> September 42 students represented our school at the Collingwood Harriers Athletics Track to compete against other schools in our area. Our students demonstrated their athletic skills in all events and again we have some outstanding students going on to the next level to represent our school at the Nillumbik - Darebin Division Championships. All of our students demonstrated excellent co-operative and sporting spirit on the day, cheering and encouraging each other to do their best in the events.

I know our students are proud to represent our school at these events and always try their hardest. Thank you to all the teachers, Jon, Penny, Emma, and parents who prepared students for the events, and for attending and co-ordinating events throughout the day, it is wonderful that our students enjoy the support at these competitions.

Emma and the students have written about the day and the results further into the newsletter.

#### Reinstatement works at the school

You will notice from today that the temporary fence line around the hall building has changed. This is to accommodate an area where the building contractors will store equipment, machinery and scaffolding. Scaffolding will be erected on Thursday and Friday this week with work to be started on the hall roof on Saturday or early next week. These works will be done in stages with the roof area over 1/2 Sh & N to be completed first. The scope of the work each day will be communicated to myself via the project manager and if necessary classes will be moved if the noise is too distracting for students.

If you have any concerns about the works at any time, please don't hesitate to contact the school or myself.

## Ross Bennie

### Acting Principal

#### District Athletics

Monday 11<sup>th</sup> September was no ordinary school day for 42 talented NPS students. These athletes rode a wave of excitement (actually, a bus) to the Collingwood Harriers Athletics Track to compete in our District Athletics competition. Congratulations to all students who competed and showed fantastic sportspersonship, trying their best, having fun and cheering for each other despite the disagreeable weather. Some reflections of the day:

I was gripping 3 kg of slippery metal. I regretted wearing only a tee shirt and not my hoodie as the rain was dripping over me and freezing me to death. I still enjoyed doing shotput despite the drizzling rain. The way I think of it, it is like thrusting a weight into a gravel pit. I do wish I made it to Division but I am still pleased with myself. It was the last primary District athletics I will ever go to. I think I made a great motivational cheerleader. *By Kate Jackson, Gr 6*

I stood, poised and ready to receive the baton. My legs shook furiously. The second runner called my name. I jogged along the track as the slippery metal object slid into my palm. I was off! We were in 5<sup>th</sup> place. As I sprinted around the bend, I seemed to relax, my nerves gone. I was up to 80 metres now as our last runner grew closer and closer. I slapped the baton, probably too hard, into his hand. As I watched him run down the final straight, and overtake a runner, I felt a stitch on my left side. I guess I got myself exhausted for nothing... only the top two relay teams go through out of 7. However, it was a very enjoyable day (despite not winning). *By Connor Hastings Gr 6*

*SWOOSH!* The discus comes straight out of my hand passing my opponent's throw, whizzing through the air. I thought it would be a great throw, much better than my other throws, because I practiced the

day before. I have taken my three throws, and the only thing to do now is... Wait. It was painful because you did not know whether the other throwers would beat you or not. Finally, the last kid comes up to the circle, wearing his baggy shorts and blue jumper, he throws just passing another kid, and another, and another, and another, nearly pushing past mine. The judge calls out his throw, 19.98 m, just missing my throw of 20.38 m. I have done it! I am going to Division for at least one of my events and it is even better that I came 1<sup>st</sup>.

I walk over to the shot put with confidence, hoping I can score another 1<sup>st</sup> place. They call out the names. Then call up the first kid. He gets two practice throws and then it is the real three throws. I do not know how he went but I think he did all right. I automatically think of him as an enemy. Then they call up me. I have my first two practice throws- not wasting my energy, and tricking my opponents. Then it is the real throws. I score 7.99 m. Then, I WAIT. Finally, the last kid comes up, scoring less than I do. Then they announce the scores. I came 1<sup>st</sup> again! YES, two first places! It was worth nearly destroying my arm. *By Jack Moston, Gr 5*

How much my legs and feet hurt after running the 100 m and 200 m sprints, 100 m relay and stepping in for Olivia A in the 800 m! However, all together, it was crazy fun! I did not get into Division for anything but I do not mind because after all, I tried my best and that is all I can do. There were many noises, like the whistle being blown at the start of the race, people whizzing by and the people screaming to keep on going. I must say it was AWESOME! *By Julia Rossi-Hunt, Gr 5*

District Athletics day was the most exciting and nerve-wracking day of the year. Everyone who went brought a good vibe to the event and cheered each other on. When I was running my 200 m race, all I could focus my eyes on was all my friends screaming for me to keep going. Even if I did not make Division in any events, it was still a successful day for me because I made finals on the day for both my events. I wish my best for those going to Division. *By James Wickett, Gr 6*

We were all nervous and excited to do something we love but we knew not all of us would qualify. Some of us had to wait and wait for their events... but not me! I was doing triple jump, which was one of the first events. All my jumps were over five meters, which was very lucky because I felt so nervous I would fail. BUT... I CAME SECOND! Which means I got in to division. My last event was at 2:00 p.m., which meant I had to wait a long time. Sadly, I fell over and badly injured my knee before my event, but I was still ready to run. My eyes were on the track, I was off and running, one lap, then two. That was such a fun day! *By Minke Cook, Gr 6*

It was a great day. We had *whizzers* and *wooshers*, I did some looooooong triple jumps myself. First, the instructor called out our names and then we were on the track, two practise jumps and then the real thing. I was second up and I felt confident, I lined up and waited for the official to rake the sand, GO! I run and HOP, STEP and JUMP. It feels good to finish the first real jump, but I know that I have to do it another two times. I look at my result- 7.83 m, not bad, but I can do better. After we all finished our two practice jumps and three real jumps, the official announces the results "Louie, first place, George, second place and Peter, third place" *WOOHOO!* I am through to Division! That was not all I did though, I also raced in the 80 m hurdles and 4x100m relay and came 4<sup>th</sup> in both. I was so happy to be part of it, and can't wait for Division. *By George Teague, Gr 5*

Good luck to these 11 children who were placed 1<sup>st</sup> or 2<sup>nd</sup> in their events and will be progressing to Division Athletics:

Eliza Burge (discus, 100 m relay)

Minke Cook (triple jump)

Lailah Ibrahim-Hickey (100 m relay)

Audrey Howarth (100 m relay)

Ned van der Hoeven (800 m)

Guy Fricke (80 m hurdles and 800 m)

Claire Larkin (long jump, 100 m and 100 m relay)

Jack Moston (shot put, discus)

Finbar Kennedy (800 m + 100 m)

George Teague (triple jump)

Ridley O'Donnell (high jump and long jump)

## **Fete Poster Competition**

It is time for a new fete poster and our School Council would like to invite all current students of Northcote Primary School to create a new poster to showcase what an amazing day we are offering and to invite the whole community to join us.

**When:** The competition opens 14<sup>th</sup> September and closes 13<sup>th</sup> October, allowing students to complete their poster over the holidays.

**What:** Create your own poster using the provided template. Colour in, draw or paint. Please do not use glue or any raised objects (e.g. glitter, confetti, stickers, etc.). The theme is “I Love NPS fete” which is in support of the “I Love NPS” campaign for restoring our school. We would love to see colourful drawings of your favourite activities from the fete, what you think is the most important, what is the most memorable, or what you love about our school.

The winning posters will be scanned into a computer and artwork created which will be used for our main billboards, posters and other fete advertisements. So please try and make your drawing as clear as possible and inviting for the public to see!

**Entering:** Collect a copy of the poster template from your teacher (one per student). Return to the office or your teacher (with your name on the back) before the cut-off date.

**\*\*All poster entries must be submitted to school no later than 3:30 p.m. on Friday, 13<sup>th</sup> October.\*\***

**Winners:** The school council Community Sub-Committee will choose one winner from each class who will be short-listed for the whole school community to see. The winning entries will be posted in the hall entrance for a period of four days from October 16<sup>th</sup>-19<sup>th</sup>. We invite all students, teachers, families and friends to submit their vote for their favourite poster. The final decision will be taken from the collated votes and subsequently submitted for the school council’s approval. The winner will be announced at assembly on Monday 23<sup>rd</sup> October and all winning class poster creators will receive a free ride wristband for the 2018 NPS Fete. Details will also be included in the NPS Newsletter.

### **Terms**

1. Open to all current NPS students. This contest is not part of the school curriculum.
2. Students are to complete their poster with minimal parent or family assistance, and it is assumed that it is the true work of the student.
3. By entering in the competition students and their family agree to the student's first name and year level to be included in the NPS newsletter and their artwork to be shared on community posters and billboards and the NPS website and social media pages.
4. The final decision on the poster will be made by the NPS Community Sub-Committee.
5. The final poster used for the fete advertisement materials may be a compilation of multiple posters, to be determined by the Community Sub-Committee.

## Italian Update

Ciao a tutti! (Hello everyone!)

Wow a productive term for Italian! All classes have worked extremely well, full of enthusiasm and energy! I am so proud of the high quality work that is being produced and students are also proud of their achievements as well!

For students who have entered the National SBS Language competition, you and your family will be notified shortly with the results.

Just a quick reminder for those students who have decided to enter the following optional language competition:

- Multimedia for Year 5/6 only - please ensure that you have a completed 5 minute video on a USB by next Tuesday at the latest. This competition closes NEXT TUESDAY - no extension.

### Italian Day will be on Tuesday 21<sup>st</sup> November

Stay tuned for more information first week back of Term 4 regarding a call for parent helpers for this special day including cooking activities and a 'special lunch' order form! The 'special lunch' order will include some pizza slices and a gelato. Please note that the 'special lunch' orders will close the last week of October - no later.

If you have any queries regarding the Italian Program, please feel free to contact me at the school or drop in directly after school for a chat or to make an appointment. I encourage you to read the school newsletter and discuss what you have read with your child/ren to stimulate conversation about what is being taught at school.

Until next term, buone vacanze, take care and grazie mille for your continuing support,  
Signorina Rosa - Italian Teacher Years 3-6 and Language Co-ordinator (Mon/Tue)

## What is epidemic thunderstorm asthma?

Grass pollen season brings a seasonal increase in asthma and hay fever. It also brings the chance of thunderstorm asthma.

Epidemic thunderstorm asthma is thought to be triggered by a unique combination of high pollen levels and a certain type of thunderstorm, causing a large number of people to develop asthma symptoms over a short period of time.

Grass pollen grains get swept up in the wind and carried for long distances; some can burst open and release tiny particles that are concentrated in the wind gusts that come just before a thunderstorm. These particles are small enough to be breathed deep into the lungs and can trigger asthma symptoms, making it difficult to breathe.

This can become very severe, very quickly and many people may require medical help at the same time. This can place a lot of pressure on health services.

Epidemic thunderstorm asthma events are uncommon and don't occur every year. In south-east Australia they can happen during grass pollen season from October through December.

Thunderstorm asthma can affect those with [asthma](#) or [hay fever](#) – especially people who experience wheezing or coughing with their hay fever. That's why it's important for people with asthma or hay fever to know about thunderstorm asthma and what they can do to help protect themselves during grass pollen season.

It is important to understand that there are a large range of triggers that can set off a person's asthma symptoms. These will vary from person to person and can include:

- changes in weather and temperature

- colds and other respiratory tract infections
- allergens from house dust mites, moulds, animals and pollen
- exercise
- cigarette and bush fire smoke
- irritating chemicals.

The symptoms and treatment of asthma from all these triggers is essentially the same.

The important things to remember about epidemic thunderstorm asthma events are:

- they are uncommon and are not the cause for seasonal increases in asthma symptoms seen every year
- they can affect many people all at the same time
- they can affect:
  - people with asthma
  - people with undiagnosed asthma (that is, people who have asthma symptoms but have not yet been diagnosed with asthma)
  - those who have had asthma in the past
  - people with hay fever who may or may not have asthma
  - people with hay fever in south-eastern Australia are likely to be allergic to grass pollen, and are therefore at increased risk of thunderstorm asthma.



### Lost

In the sandpit a couple of weeks ago, Lilly lost her beanie-boo. It is grey with pink and black spots and being dreadfully missed by her owner. If found or you know of its whereabouts, please return it to the office. Thank you.



## OSH Club

OSH Club holiday program brochures are available outside the school office.

### Advertisements

The Dept. of Education (DE&T) 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 (DE&T) or this school for the accuracy of information contained in advertisements or claims made by them.

## Golden Gear Robotics STEAM Laboratory

### Spring School Holiday Program

Coding, Robotics & Electronic Crafts

Lego Mindstorms robotics dance & Sumo challenge & Lego Edison robotics 2 day Interactive digital game design. Classes fill fast so book now if you don't want to miss out!

Mon 2 Oct - Fri 6 Oct 9.30am-3.30pm Westgarth Primary School, Clarke St

Bookings/ info <http://www.goldengearrobotics.com.au/>

[www.facebook.com/goldengearrobotics](http://www.facebook.com/goldengearrobotics)

or call Kerry on 0418 330 324

Creative workshops for children

25th September  
8-12 year old 9.30 - 2.00 pm

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FALCONS

# Family Fun Day

on Sunday September 17th  
11am - 3pm

come along & show support to our local Rainbow Families & LGBTIQ community



Are you aged 5 to 15 and want to run, jump & throw?

Collingwood Little Athletics Track & Field season is starting soon!

2017-2018 season commences **Saturday 14 October @ 8.30am**

To register go to: [www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)

Come along and have fun at our centre at

**George Knott Athletics Track, Heidelberg Road, Clifton Hill**

Email enquiries to: [collingwood@lavic.com.au](mailto:collingwood@lavic.com.au)

Hi all from the Blue Light Police Disco

Here is our latest Blue Light magazine, have a read and check out all the great things Blue Light and police are doing around the state. The link for the eMag, please feel free to have a read and share around.

<http://www.cwaustral.com.au/emag/1707/11524-4522-35895267/>

9.30am-3pm | All levels | Boys and girls | 6-12 years | Multiple awards/prizes | Innovative program | Fundamental development

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8<sup>TH</sup> September 2017

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Call 0406 488 313

Email [admin@hoopsmart.com.au](mailto:admin@hoopsmart.com.au)

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