DIARY DATES

FRI, 20 MAY
District Soccer

WED, 25 MAY
Prep Excursion Collingwood Farm

THUR, 26 MAY
Division Cross Country @ Brimbank

FRI, 27 MAY
Interschool Sport vs Ascot Vale @ Ormond Park

MON, 30 MAY
Music Viva
10.00am – Prep, Grade 1/2
12.00pm – Grades 3/4
2.30pm - Grades 5/6

TUE, 31 MAY
Grade 5 Excursion Collingwood Farm

FRI, 3 JUNE
Interschool Sport vs Avondale Heights @ Canning Reserve

SUN, 5 JUNE
Working Bee 9am to 12pm

MON, 6 JUNE
Ramadan Begins - Ramadan Karim

THUR, 9 JUNE
Regional Cross Country @ Brimbank

FRI, 10 JUNE
Interschool Sport vs MPW Blue @ Home

MON, 13 JUNE
Queen’s Birthday – No School

FRI, 17 JUNE
Interschool Sport vs Holy Rosary @ Home

TUE, 21 JUNE
Term 2 Chess last day

WED, 22 JUNE
Mid Year Instrumental Music Concert
BBQ at 5.00pm & Concert at 6.30pm
All ensembles to perform

FRI, 24 JUNE
Last Day Term 2 – Finish at 1.30

MON, 11 JULY
Curriculum Day – No School

TUE, 12 JULY
Start Term 3

WED, 13 JULY
AFL Clinic 11.30am to 1.30pm

THUR, 14 JULY
State Cross Country @ Brimbank

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BE YOUR BEST

Be Safe, Be Kind, Be Respectful, Be Ready To Learn

Acting Principal’s Report
Alex Artavilla

Dear Parents and Carers of Flemington Primary School,

Thanks again for the warm welcome during my first week at Flemington Primary School. Thanks also to all the parents and families that were able to visit their child’s classroom on Wednesday for Education Week. I had the chance to visit a number of classrooms and enjoyed answering many questions from the students.

For me, the success of any school community is based on the voices and opinions of the students. The students talk very highly of the school and teachers which is a credit to the dedication and passion of the whole school community. The staff and parents should also be congratulated for the way in which the students conduct themselves and how they have welcomed a new person like myself to the school. I even received a very nice compliment during one recess break while I was wandering around the yard by a Prep student who raced up to me and said how cool my hairstyle was! Now, for those that don’t know me, my hairstyle isn’t a choice and pretty much hit its peak when I was 16 years old. This Prep boy reminded me of when my daughter was in prep and told her teacher that she was too tired to do any work today because me and dad stayed up all night watching television! Now, of course this didn’t occur but I was a bit embarrassed when the teacher called my wife to ask when my daughter goes to bed at night.

During my first week, I also had the chance to observe teachers working together to moderate student writing samples. The discussions that occurred during this session highlighted the commitment of the teachers in working together for the benefit of the students.

Thanks again and please don’t hesitate to drop by and say hello!
**Pupil of the Week**  
*Week beginning 16 May 2016*

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep G</td>
<td>Bas M</td>
<td>Encouraging his friends to try their best during PMP and helping them with their skills when they need it.</td>
</tr>
<tr>
<td>Prep MC</td>
<td>Narayanan V</td>
<td>Producing a detailed procedure about brushing his teeth including spaces and full stops.</td>
</tr>
<tr>
<td>Prep W</td>
<td>Nasra D</td>
<td>Following the instructions the teacher gives and listening so well when sitting on the floor. Well done!</td>
</tr>
<tr>
<td>1A</td>
<td>Misk A</td>
<td>Participating actively and confidently during reading.</td>
</tr>
<tr>
<td>1K</td>
<td>Eliza L</td>
<td>Helping others without being asked. She is thoughtful and considerate of others.</td>
</tr>
<tr>
<td>1P</td>
<td>Liam L-A</td>
<td>Actively participating in class discussions, particularly during our ‘questioning’ reading sessions. Keep it up Liam!</td>
</tr>
<tr>
<td>1R</td>
<td>Angus H</td>
<td>Creating his own story book and sharing it with the class. Great work Angus!</td>
</tr>
<tr>
<td>2I</td>
<td>Mert T</td>
<td>Always showing enthusiasm towards his learning.</td>
</tr>
<tr>
<td>2J</td>
<td>Ace D</td>
<td>Showing outstanding effort in persuasive writing this week.</td>
</tr>
<tr>
<td>2S</td>
<td>Olive P</td>
<td>Making good choices for her learning and sharing her ideas.</td>
</tr>
<tr>
<td>3M</td>
<td>Ubah M</td>
<td>Showing full body listening, completing all her work and trying her best. Well Done!</td>
</tr>
<tr>
<td>34J</td>
<td>Nathan C</td>
<td>Listening to teachers, peers and respecting others ideas, opinions and beliefs.</td>
</tr>
<tr>
<td>34L</td>
<td>Leroy V</td>
<td>Listening to others during the Great 3/L Debate and being brave enough to get up and argue his ideas. Awesome work!</td>
</tr>
<tr>
<td>34M</td>
<td>Imogen H</td>
<td>Always completing activities to the best of her ability, seeking opportunities for self extension and helping others!!</td>
</tr>
<tr>
<td>34T</td>
<td>Kobe T</td>
<td>Confidently presenting his persuasive arguments in our class debate.</td>
</tr>
<tr>
<td>45F</td>
<td>Basila-Jane A-S</td>
<td>Always showing respect and care in your interactions with others, and for being a positive role model in all situations.</td>
</tr>
<tr>
<td>5C</td>
<td>Bailey N</td>
<td>His enthusiasm in the challenge to create a vault that will harvest plants.</td>
</tr>
<tr>
<td>56P</td>
<td>Amir I-M</td>
<td>Congratulations on being focused, participating in class and publishing your persuasive writing in your spare time!</td>
</tr>
<tr>
<td>56V</td>
<td>Jack S</td>
<td>Working hard on his learning goals and taking ownership over his learning. Well done Jack!</td>
</tr>
<tr>
<td>6T</td>
<td>Lainie A</td>
<td>Listening carefully to the opposing speaker’s arguments in debating and presenting strong rebuttals.</td>
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</tbody>
</table>

**Office News**  
*Office Hours, 8.30am – 4.00pm Monday to Friday*

**Rain Jackets**

As the weather is starting to get colder and wetter, we would like to remind parents that we have navy blue rain/wind jackets available for purchase through the uniform shop at a cost of $28.00 each, along with a few navy blue woolen scarves at a cost of $10.00 each. Please note that once we run out of scarves, we will not be placing any more orders.

**Scholastic Book Club**

Issue 4 order forms that were sent home recently are due back to the office by **Wednesday 1st June by 9.00am**

No late orders will be accepted

Please note, that orders sent before this date will now be sent to Scholastic as received (except cash which will be processed on the final day). The office will now process orders a couple times a week (for credit and cheque payments only) so the earlier the order, the earlier you will receive the book/s.

**OSHC Program**

Camp Australia manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.

Do not leave messages on the school answering machine.

<table>
<thead>
<tr>
<th>Customer Service</th>
<th>8.00am - 6.00pm</th>
<th>1300 105 343</th>
</tr>
</thead>
<tbody>
<tr>
<td>Website</td>
<td><a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a></td>
<td></td>
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</tbody>
</table>
**Assistant Principal’s Report**

**Sandra McOrist**

**Whole School Working Bee**
Sunday 5th June 9-12

Dear Flemington families, this will be our first Working Bee of 2016 and all families are welcome to attend. The school appreciates any assistance in the continued upkeep of our school grounds.

Most of our tasks involve giving the school and grounds a little extra attention. Of course, we are thrilled with any support and we always welcome skilled tradespeople who make themselves available.

Most jobs involve shovels, rakes, sponges and brooms. Gardening gloves and rubber gloves would be beneficial when completing tasks. Please bring along your own labelled tools.

Thank you
Sandra McOrist and team

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**School Council News**

**President: Justin Lucas** - lucas.justin.b@edumail.vic.gov.au

School Council will convene at 7 pm on Monday 23 May 2016 in the staffroom.

We will welcome our new Acting Principal, Alex, and consider business including:

- tabling of draft standing orders (for the conduct of Council business)
- approval of financial reports
- a motion to approve a proposed electronic funds management policy
- tabling of a discussion paper regarding review of the school’s e-learning policy

Council meetings are open to visitors, although parts of the meeting may be closed depending upon the subject matter.

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**Bikes**

You may have previously read in InTouch that we have had a number of bikes stolen over the last months. I have been in contact with the local police regarding the thefts and action that we might take to stop this. Due to the fact that we have low fences and no gates, it does limit us to what we can do other than purchase bike locks. After speaking to the police, I have since spoken to Bart (at our own Bike shed) and he has said that they have also looked into locks that are suitable for our students. They are GRIP PLUS COMBO CABLE LOCKS. Bart has suggested that if parents see himself or Peter at the Bike Shed they will be able to assist you.

Moonee Valley City Council is undertaking a mapping exercise to better understand and support community leadership initiatives in Moonee Valley. Community leadership initiatives may include skill building, mentoring and volunteering programs which:

- Develop skills and abilities in inspiring others
- Empower community members to become community advocates and mobilise communities
- Build knowledge and skills around the planning and delivery of community projects and activities

We have been identified as a local stakeholder, and our school is being asked to participate in this mapping exercise because we contribute to one or more of these areas. The findings of this short survey will help inform Council in the development of its Community Leadership Framework.

Please follow this link to our short survey to participate. If your organisation runs multiple programs/projects, you can choose to complete multiple surveys, or you identify at the end of the questionnaire that you would like to be contacted by a council officer to speak about your additional projects.

Please contact me using the details below if you would like more information about this mapping exercise or the proposed Community Leadership Framework.

**Lauren Holst**
Community Development Officer

[City of Moonee Valley](http://mvcc.vic.gov.au)

<table>
<thead>
<tr>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>(03) 8325 1865</td>
<td><a href="mailto:lholst@mvcc.vic.gov.au">lholst@mvcc.vic.gov.au</a></td>
<td>mvcc.vic.gov.au</td>
</tr>
</tbody>
</table>
Grade 3/4 Education Week Activities

For Education Week and the FPS Open Day, the 3/4 Team were involved in an afternoon of Deep Learning rotations based on our topic of ‘Food and Fibre Production’.

We were lucky enough to have an Environmental Scientist from Melbourne University, Christian, come and talk to us about farming and food miles. Pieta, one of our parents, shared her knowledge on food nutrition. There were also hands on activities including making solar ovens, orange juice and flour, just to name a few. Thank you to all of the parents, volunteers and teachers for their hard work. Here are a few responses from the students:

I liked the Solar Oven activity because we were making a solar oven and putting marshmallows, chocolate and cookies in there. Dave said we could try them at the end of lunch. We basically learnt how to not use electricity to cook something.
Abdullahi 3/4T

On Wednesday, we had a very interesting two hours doing rotations about our Deep Learning project. My personal favourite was discovering sugar in food. We figured out how much sugar is in a soft drink. The soft drink was Coke, and it has a massive amount of 12 teaspoons of sugar per 375ml. It was very interesting and we learnt a lot.
Claire 3/4T

Today we had a lesson about how much sugar is in our food by Pieta, who is a dietician. Did you know that there is 10-12 teaspoons of sugar in a can of soft drink? Weetbix has only quarter of a teaspoon of sugar. Did you know that if you drink every day for a year, you would consume 14 kg of sugar from the soft drink!
Noah 3M

On the 18th of May, the grade 3s and 4s had an excellent day! It was education week, so we rotated in different classrooms. Personally, I really enjoyed going to Ms Zoe’s classroom. In Ms Zoe’s classroom, our class were split into three small groups. The groups were discovering how much orange juice you can get in one orange and my group really enjoyed making the juice and finding out the percentage of juice the fruit contained.
Siena 3M

I thought the day was really fun and interesting because I got to learn a lot of new things. I really liked making the butter and the flour.
Mitchel 3/4LJ

I enjoyed the day because I learnt new things. It was amazing to find out the amount of sugar in different foods including Tiny Teddies. The activities were really fun!
Chris. K 3/4LJ

Yesterday we got to travel to different 3/4 classes to learn about different food and fibres. One of our activities was to learn about what food miles are. We had an Environmental Scientist from Melbourne University teaching us what food miles are. He gave out fruits and vegetables. Marley and I had an orange. We decided that it would have come from a hot and tropical area, which was Queensland. After learning tons of information, a food mile is how far food has to travel. We also learnt what food you should eat in different seasons so that we don't pollute the o-zone layer. Our class learnt about food, fibres and things that will help us with our Deep Learning projects.
Silas 3/4M

On Open Day, we made lots of orange juice, it was delightful. The oranges were absolutely fresh, Australian and juicy. They were 100% Aussie, you should try them. Who wouldn't want a pleasant cup of orange juice with an orange slice on top?
Hamad 3/4M
Hello and welcome to another week of hub news

**Term 2 Special Lunch**

We are in the process of organising a special lunch for **Thursday 9 June**. An order form will be distributed to your child in the next few days with further details. Keep an eye out!

**Recess Canteen**

We will be opening the canteen for recess on **Wednesday 1 June** where we will be selling freshly cooked popcorn and chocolate coated vanilla ice creams for $1.

**Friday Canteen**

This Friday after assembly we will be selling cinnamon donuts, popcorn and icy poles for $1. Any queries or suggestions contact Julie (Julie.lam1@optusnet.com.au).

**Next Meeting**

If you have any questions, suggestions or would like to be on the hub distribution list, please send an email to Julie at Julie.lam1@optusnet.com.au.

Next meeting, date to be confirmed.

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**FPS Bicycle Recycle**

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**Thank you for 200 Bikes!!**

Within the next week or so we will have achieved **200** bikes donated, fixed and re-gifted within our school community over the last 2½ years!!! This collective effort is with heartfelt thanks to so many generous bike donors, the time and effort from parents and students, and the support of your school. We also recognise the valuable financial support from the **Bendigo Bank Flemington Branch**, **Flemington Rotary Club**, **Reid Cycles**, **Flemington Cycles** and **Phat Milk Café**. Our achievement will be featured in **Moonee Valley Leader** over the next weeks so please take your time to review your local newspaper.

Thank you to Alex, Ellie, Hannah, Akram, Thomas and Luca for helping out over the last weeks. We’ll be fixing bikes again this Friday before/after school and assistance from parents and students to fix bikes will be a valued and fun use of your time. Your will find us at the “Bicycle Hospital” (next to the Science classroom) as per the dates/times above. Do you, your neighbours, friends or family have bicycles needing a new home? If so, please consider donating them to the school. If you would like a bike please don’t hesitate to contact us. We can also assist with repairing your broken bike.

Bart Sbeghen – 0418 231 686 | Peter Hormann - 0408 773 837, peter.hormann@bigpond.com
As a parent of a worrier, and also a natural born worrier myself, I’m a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn’t allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend’s birthday party she’d always have a back-up plan in case a parent wouldn’t arrive in time to take her home! ‘Being prepared for every contingency’ was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it. If you are the ‘It’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worries need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Eocb author of Everyday Sitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chanksy author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name

 Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers There’s a Hippopotamus on Our Roof by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

Put your worries in a jar

 Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

more on page 2
... How to move your child from worrier to warrior ...

**Limit talking time**
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

**Normalise rather than lionise their anxiety**
Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

**Worry about the things worth worrying about**
Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

**Give them the tools to relax**
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

It’s not that worriers can’t function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Grose
Community News

Mt. Alexander College Hall
First Session Free

When:
- U5’s – Thursday 4pm
- U8’s – Thursday 6pm
- U12’s - Thursday 6pm.

Where:
- Mt. Alexander College Hall, 165 – 179 Mt Alexander Rd
  Flemington.

Duration:
- 1 hour per session.

Cost:
- 16.50 Per session GST Inc.
- Uniform Fee = $80 GST Inc.

(One time fee providing Adidas Soccer Pro Academy Uniform of Socks, Shorts, and Top.)

Interested?
Small groups of around 10 players, spots are limited, be Quick!!!
Contact ex Soccero & Silcro Joe Sperli 0422 987 191 or on the details above to secure you spot.

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