Dear Parents and Carers,

Bicycle Bee Saturday 6th of August 12 to 2pm

Coming into the school halfway during the year means that I am still getting my head around the amount of extra things that happen across the school! One of these events, which is scheduled for this weekend, is the ‘Bicycle-Recycle’ Bicycle Bee. Yes, you’ve heard of the ‘Working Bee’, well this is the ‘Bicycle Bee’. On Saturday this weekend the Bicycle-Recycle team will be opening up the ‘Bicycle Hospital’ from 12pm to 2pm to help everyone get set for the warmer weather! It is a great excuse to get the bikes out of the shed, where they have been resting over the winter, and go for a family ride to have minor repairs. If your bike doesn’t feel quite right or makes more noise than a tram travelling down Mt Alexander road, then head to the ‘Bicycle Hospital’ for a checkup! For those that have never heard of the ‘Bicycle Hospital’ it is located on the grounds of the school next to the Science room. Be bike ready for spring and summer and head over to the Bicycle Bee this Saturday! For those that are bike ready please come along and help out with getting others safely back on their wheels! More information about this event is available in the newsletter. Big thank you to the ‘Bicycle Recycle’ team for all the work they do in helping out the students with their bikes!

‘Bogan Bingo’ social event night Saturday 27th of August 7pm

There is also the up and coming parent, teacher and friends of FPS social event ‘Bogan Bingo’. I had the chance to experience a ‘Bogan Bingo’ night at my daughters’ school recently which turned out to be such a fun night of bingo and 80s rock anthems! I still find myself belting out Toto’s Africa in the car on my way to work!

I also wanted to take the opportunity to thank the ‘Hub’ team who do an amazing job volunteering a lot of their time and energy to raise extra funds for the school. During the short time that I have been at Flemington Primary School the group of parents and staff that make up this team highlight how an effective association should operate. This is a credit to the group of members and volunteers that are always willing to help out. The group is always looking for new members and volunteers. If you are keen to help out please see the ‘Hub News’ section of the newsletter for contact details.

If you love your 80s rock anthem music or just love to have fun, get your table together for the ‘Bogan Bingo’ night on Saturday 27th of August!

Hope everyone had a great week.
School Council news

The School Council Policy Sub Committee will be meeting on Tuesday 8am to commence reviewing the following school policies. This includes:

- Issues resolution policy – which is in draft form on the school website.
- Sponsoring policy
- Student Engagement and Inclusion policy – feedback currently being sorted from staff
- Policies related to ‘Child Safety Standards’ – will be made available to the community in the coming weeks

Parents are more than welcome to join the sub-committee which will be meeting in Alex’s office on Tuesday 9th of August at 8am. Contact the school office if you are interested.

If you have any feedback on any policy please email the school at: flemington.ps@edumail.vic.gov.au

Thank you to the parents that have shared feedback. Please also note that we will be reviewing the Homework policy during Term 3. We will also be seeking parent feedback.

Information regarding the ‘Child Safety Standards’: 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. Schools Council have a role in working with Principals to ensure that Child Safe Standard policies and practices as per DET guidelines are implemented.

The Facilities sub-committee will also be meeting on the 9th of August in Sandra’s office at 8am. Please contact the office if you are interested in joining this team.

The FPS Science program is seeking donations:

<table>
<thead>
<tr>
<th>Newspapers</th>
<th>Plastic containers</th>
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<tbody>
<tr>
<td>(e.g. used, and cleaned, takeaway containers)</td>
<td>Please deliver to the science room on Mondays, Tuesdays or Wednesdays</td>
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</table>
### Pupil of the Week
**Week beginning 1 August 2016**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep G</td>
<td>Nicholas T</td>
<td>For setting a good example for Prep G of how to be safe &amp; responsible during our excursion to the Flemington Library.</td>
</tr>
<tr>
<td>Prep MC</td>
<td>Mason C</td>
<td>Walking safely and sharing his knowledge about street signs during our community walk to the Flemington Library.</td>
</tr>
<tr>
<td>Prep W</td>
<td>Dulcie B</td>
<td>Trying her best to follow classroom rules by using an indoor voice and sitting safely on the floor. Well done!</td>
</tr>
<tr>
<td>1A</td>
<td>Thomas A</td>
<td>Using icy pole sticks and unifix safely while measuring items around the room.</td>
</tr>
<tr>
<td>1K</td>
<td>Rahma S</td>
<td>Making safe choices in the classroom and reminding others to be safe as well. Great job Rahma!</td>
</tr>
<tr>
<td>1P</td>
<td>Sid R</td>
<td>Always sitting and standing safely in line when waiting.</td>
</tr>
<tr>
<td>1R</td>
<td>Eylul K</td>
<td>Always using our classroom equipment safely and correctly. Well done Eylul!</td>
</tr>
<tr>
<td>2I</td>
<td>Will B</td>
<td>Safely moving around the classroom during shared activities with 2S.</td>
</tr>
<tr>
<td>2J</td>
<td>Abdullahi M</td>
<td>Being a great role model by moving carefully and considerately around the classroom.</td>
</tr>
<tr>
<td>2S</td>
<td>Hugo Cruz</td>
<td>Moving safely when walking to specialist classes.</td>
</tr>
<tr>
<td>3M</td>
<td>Aley P</td>
<td>Walking safely around the classroom, on the stairs and looking out for others around her. Well Done!</td>
</tr>
<tr>
<td>34J</td>
<td>Brandon H</td>
<td>Being a great line leader, by ensuirng students walk down the stairs.</td>
</tr>
<tr>
<td>34L</td>
<td>Herman H</td>
<td>Always using whole body listening when taking part in modelled sessions.</td>
</tr>
<tr>
<td>34M</td>
<td>Remy K</td>
<td>Driving his own learning with a personal treasure mapping activity.</td>
</tr>
<tr>
<td>34T</td>
<td>Rayan M</td>
<td>Always walking up and down the stairs in a safe manner. Well done!</td>
</tr>
<tr>
<td>45F</td>
<td>Holly N</td>
<td>Showing great digital citizenship and safe practices in online environments. You are a great role model for this, Holly!</td>
</tr>
<tr>
<td>5C</td>
<td>Maisa S</td>
<td>Knowing how to work safely with film and production.</td>
</tr>
<tr>
<td>56P</td>
<td>Max C</td>
<td>Always being ready and prepared for learning, helping others and being a pleasure to teach.</td>
</tr>
<tr>
<td>56V</td>
<td>Wyatt B</td>
<td>Being a leader in our classroom community. Always lending a helping hand and displaying a positive attitude.</td>
</tr>
<tr>
<td>6T</td>
<td>Marcus D</td>
<td>Thinking carefully about his actions and representing the school proudly at the regional netball competition.</td>
</tr>
</tbody>
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### Office News
**Office Hours, 8.30am – 4.00pm Monday to Friday**

#### School Photos – Tuesday 9th August
School Photo envelopes went out earlier this term and need to be returned to the office by tomorrow, Friday, 5 August. Should you require any extra envelopes or a family photo envelope please collect these from the office.

#### Uniform Price Increase
*Regrettably we have had to increase the price of our winter rain jackets to $30.00. This price increase is effective immediately.*

#### Music Tops
Attention parents, our Music tops have finally arrived and are on sale for $32.00, an increase of $2.00. Please visit the office if you would like to purchase one and be ready for the End of year Instrumental Music Concert.

#### 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>
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<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>
Prep community walk!

“On Tuesday we went to Flemington Library to find out about the community and to borrow books. On the way we saw a police station and we saw a police officer. He let one person put on the siren”
Sienna Prep Mc.

“My favourite part of the walk was when we got to the Flemington Library and Ms Mairin read us a funny story”
Boston Prep G.

“I was very proud to accompany the Preps around our neighborhood. They were very respectful of others around them and conducted themselves in such a safe manner. I also loved seeing our neighborhood through their eyes and I noticed things I would have previously taken for granted”
Sue (Luca’s mother, Prep G)
Eating for Peak Performance by Pieta Cedaro APD

Never is there a better time to teach our kids about the importance of healthy living as in an Olympic year. Our kids (and us big kids too) can see firsthand how fuelling the human body the right way and moving daily can help them achieve some amazing and often what can seem unattainable physical feats. So as many of us are about become glued to our couches for the next few weeks to cheer our athletes to Olympic Glory why not use these Olympians as healthy role models to motivate our kids to live healthier and fuel their bodies the right way.

So here are a few Go for Gold diet tips to fuel your little champion:

1. Don’t skip breakfast. Like athletes kids should never start out on an empty tank. Breakfast is crucial for energising our minds and body for the big day ahead after a night of fasting. Go a low fat fruit smoothie, wholegrain toast or English muffin and eggs, fruit salad and low fat Greek style yoghurt or a bowl of warming porridge topped with banana or berries and low fat milk or calcium rich soy.

2. Drink right. Staying hydrated each day is crucial for our mental and physical function. Be sure to stick to low fat milk or calcium rich soy milk or water. Soft drinks, cordials and sports or energy drinks have no role in the diet of any child as they contribute no benefit to our health and just add extra sugar, energy and acids and are detrimental to bone and teeth health. Remember too that cola drinks, iced coffee and energy drinks can contain large amounts of caffeine that are not suitable for children and can be very dangerous in terms of many health issues. Stick to water flavoured with a little squeeze of lemon or lime juice, plain milk or fruit smoothies or try watered down unsweetened juice on special occasions or pureed fruit mocktails. Try a special bottle with a superhero or favourite sports team to encourage the habit. Fluids are also crucial to prevent children being constipated, which is one of the most common childhood dietary concerns.

3. Up the Fruit & Vegetables. If you are playing battle of the broccoli each night try motivating your little ones to eat their super foods by explaining that fruit and vegetables make them stronger, faster and fitter and will stop them getting sick. Often this is more of a motivator than anything else.

4. Pump up the Iron. Adequate iron is essential for brain function, adequate growth, staying alert and happy, concentration, healthy immune system and simply having energy to complete daily tasks. Again, low iron stores or iron deficiency is very common in children of all ages who often reject meat for a variety of reasons or consume too much dairy as this can reduce iron absorbed. Choose extra lean meat (less fat means more iron) or iron rich foods such as oysters, marinara and mussels 2-3 times a week, iron enriched breakfast cereals, and make sure you eat iron rich foods with vitamin C rich foods to help your body absorb more iron. If you are vegetarian then you will need to work harder to be sure to get adequate iron from eggs, iron rich legumes such as lentils and also iron fortified cereals as this form of iron is not well absorbed. Be sure to see an accredited practising dietitian or GP if you are concerned.

5. Quality carbohydrates. Make sure children have a variety of slowly digested unrefined carbohydrates such as those in wholegrain bread and cereals such as oats, barley and wholemeal pasta, legumes such as lentils and chick peas, fruit such as oranges, berries, apples, pears, sweet corn, sweet potatoes and low fat dairy and calcium rich soy milk. If children are involved in consistent exercise such as swimming or sports such as soccer or hockey where they are running for longer than an hour then it is especially important to refuel them with carb rich goodies within 30 minutes of them exercising. Remember our bodies prefer carbs over protein and fats as fuel- so try to include these foods at every meal/snack.

6. Snack smart. Small regular meals (approximately 3 hours apart) keep blood sugar levels stable and will prevent the mid-afternoon energy slump. Forget sugary and fatty options and keep to lean protein and quality carbohydrate rich combos like fruit and Greek yoghurt, cheese or hummus on wholegrain crackers, handful of nuts, a few Weet-bix with milk or some ricotta or 100% nut butter on wholegrain fruit toast.

7. Keep it simple. Just like athletes kids are easily distracted during the day and tired at the end of a busy day so making sure food options are easy to eat on the run and easy to digest means food is more likely to be eaten. Meat or fish and vegetables, pasta with lean meat, legume or fish and vegetable rich sauces, frittatas, healthy chicken or fish salad rich burgers and healthy fried rice with vegetables, boiled egg, prawns or lean chicken pieces are examples of simple but healthy options.

8. Rest and recover. Every champion will tell you how important recovery and sleep are to optimal performance and the same goes for children. Healthy routine around sleep means your child can make better decisions and optimise concentration as well as mood. Lack of sleep also leads little ones to often skip breakfast and choose high-fat, high-sugar nutrient poor food choices to keep them from feeling so tired. Ensure your child is getting ideally 11 hours sleep each night and has a regular bedtime routine. Of particular importance is to avoid using electronic devices (TV, laptop, Phones) at least an hour before bed as these make it harder for children to wind down into sleep mode.

Remember the idea is to make every mouthful count so skip the processed nutrient poor unnecessary foods and stick to whole foods and there is no way your little one will not be a winner in sport and health!! Go Aussie Go!

Stay tuned for some Aussie Olympic inspired treat ideas and recipes in next week’s newsletter.

https://www.facebook.com/thebalancedplateaustralia/
Hello and welcome to another week of hub news

**TICKETS NOW ON SALE !! SATURDAY 27 AUGUST**

It’s time for **Bogan Bingo**!

This fun filled night will be half game-show and half party, and we expect to see some awesome hairstyles, outfits and air guitar skills on display!

Tickets are $25 and are on sale at the office now. Pop the date in your diary and start organising friends to join in as it should be a great night.

**Friday Canteen**

This Friday we will be selling lamingtons for $1.

If you have any suggestions of items you would like to see available, or you would like to be involved, please contact Julie ([Julie.lam1@optusnet.com.au](mailto:Julie.lam1@optusnet.com.au)).

**Next Meeting**

Next meeting 10 August at 7.30pm at The Laurel Hotel, 289 Mt Alexander Rd, Ascot Vale. All Welcome.

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](mailto:Julie.lam1@optusnet.com.au)

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**Bicycle Bee**

-- FPS Bicycle-Recycle

**FINAL REMINDER**

**This Saturday, Aug. 6th**

12pm to 2pm

*How is your bike going? Does it have flat tyres; need some oil or other repairs?*

If so, come along to our **BICYCLE working BEE** this Saturday and we can help everyone young and old get your bikes back in order. Bike donations, trade-ups and giving of bikes to those in need will also be possible. Repairs requiring new parts will be at cost. No skills or tools necessary just bring your bikes, kids and a bee-friendly attitude.

Your will find us at the **“Bicycle Hospital”** (next to the FPS Science classroom). As per usual we will be fixing bikes again this Friday before/after school. We hope you can join us.

**Arrive early for our sausage Bike-bee-que fund raiser (halal sausages) – bring some gold coins!**

Bart Sbeghen – 0418 231 686 | Peter Hormann - 0408 773 837, peter.hormann@bigpond.com
2014 SOCIAL NIGHT
SATURDAY 27 AUGUST | 7PM

BOGAN BINGO
feat DJ till late
TICKETS: $25 each
Tickets available at the office
Book your table of 8-10 people
(or single tix available)

ON SALE MONDAY

'Bogan' THEME
* Encouraged but not compulsory!
Children often bend the truth to suit themselves. They sometimes tell fibs to escape punishment or avoid being caught when misbehaviour occurs.

Some kids fantasise about their exploits to make themselves appear bigger, more daring or more exciting than they really are. These children often think that they are not much good and so invent a few tales to make themselves seem more interesting. Of course, some children fantasise purely because it is fun to stretch the truth a little. It is more fun to run away from ‘a ferocious man-eating tiger’ than be scared of the next-door neighbour’s mogge.

As a rule of thumb, step back and try to identify the purpose of a child’s untruths. This indicates to parents how they should deal with the behaviour.

Escaping negative consequences
Eight-year-old Pamela spills a container of milk on the kitchen floor. She panicked, replaced the empty container in the refrigerator and went off to her bedroom to read. When her mother saw the mess she asked Pamela if she knew what had happened. The child denied any knowledge of it. “What milk do you mean, Mum?” said Pamela, with an innocent look on her face. Her mother, knowing immediately that her daughter was responsible, asked her to help to clean up the mess. Avoiding a scene, she made sure that her daughter didn’t escape the consequence of cleaning up the mess that she had made.

A matter of trust
Thirteen-year-old Britta was refused permission to visit an older friend after school, as her mother thought the friend unsuitable company for her daughter. Resenting her mother’s interference Britta frequently visited her older friend. When her mother asked her where she was going after school she would lie and tell her that she was visiting a friend that her mother approved of. Eventually her mother found out through an acquaintance that Britta had been lying to her about her visits. She confronted her daughter with the truth. Her mother dealt with the matter of the illicit visits. She was not permitted to go out after school for two weeks. This was an appropriate consequence that matched the misbehaviour. She dealt with the matter of lying separately; pointing out that it was difficult to trust her daughter when she didn’t tell the truth.

Fantasising
Some children continually exaggerate to make everything appear bigger or better than in real life. In this way they appear more exciting or interesting than they think they are. This is a sign of discouragement. It is best to go along with these children’s tales, although you should let them know that you are aware of the truth without busting their bubble.

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.
... When kids bend the truth ...

It is fine to exaggerate, but they should never be too far away from reality. Persistent fantasiers often need plenty of encouragement. Let them know that they are OK as they are. Fantasising and telling tall tales may be fun but they don’t need to fantasise to build themselves up. Younger children in the family often tell whoppers in an effort to make themselves seem important in the eyes of older siblings.

Imaginary friends
Some children will use imaginary friends to avoid doing things they don’t want to do. Mr. Bear says I don’t have to go bed.” If it only happens once in a while then it’s a bit of fun. It can become wearing if it’s a continuous avoidance strategy. If that’s the case, try the direct approach. ‘Mr. Bear could be right. But I’m your mum and I know it’s bedtime. Mr. Bear can join you if he likes.’

Don’t overreact
Be careful not to overreact when children tell lies. It is better to recognise the child’s goal and act in a way that prevents the behaviour from achieving its purpose. There is little point moralising about the evils of lying. Children know that they should be good; they don’t need to be reminded all the time. Children will continue behaviours that serve a purpose, regardless of whether the actions are morally good or bad. It is more useful to ensure that lying doesn’t achieve its goal and to encourage children at every conceivable occasion.

Michael Grose
Community News

HIP HOP CLASSES @ Flemington Primary

School Hall

First Class Free!!!

Tuesdays

4:30 – 5:20pm

$12.00 per class

Contact Anna to book a position on 0413 995 034

Flemington Community Centre

Pottery Class

Pottery

Let experienced potter Pegs Marriott introduce you to the wonderful world of clay. Learn the art of hand building, wheel turning and glazing in this intensive 6 week course.

Wednesday

10 August to 14 September

6.00pm – 8.30pm

Full fee: $375
Early bird: $320
Concession: $285
Cost includes materials.

Flemington Community Centre

25 Mt. Seaview Rd

Flemington 3031

For more information contact the Centre on 8335 1000 or Flemington@mvcc.vic.gov.au

In Touch e-Newsletter