Dear Parents and Carers, 

‘My Story – Our Story’

One of my favorite childhood memories was sitting in the backyard with my dad on warm summer evenings chatting about stories from the past. Arriving in Australia at the age of 14 years old, I loved learning about his family’s journey from Italy to Australia, and how they came to settle in a small country town in northern Victoria. Funnily enough my dad returned to visit his place of birth only two years ago! More than 50 years after they left! Hearing about his experience to Italy and reminiscing about his childhood in a Calabrian town called Oppido makes me wonder how difficult it must be for many millions of people and children that are forced to leave a place they call home to settle in a foreign land. It is an experience that I cannot comprehend!

However, my mum and dad’s experience and story is something that I love to share with my daughters as I believe it is an important part of who they are and who we are as Australians – what makes us special.

This is why I was so excited from the discussions that occurred in the Diversity and Multicultural Working Party recently. As mentioned in the newsletter last week, a key focus point from the meeting was to focus on what makes us the same – through our strengths and our stories. This is something that I shared with staff during the week, which included launching 2017 around the theme ‘My Story – Our Story’. There was overwhelmingly positive feedback from staff of the idea of preparing a unit of work in Term 1 2017 around the theme ‘My Story – Our Story’. There was overwhelmingly positive feedback from staff of the idea of preparing a unit of work in Term 1 2017 around the theme ‘My Story – Our Story’. There was overwhelmingly positive feedback from staff of the idea of preparing a unit of work in Term 1 2017 around the theme ‘My Story – Our Story’. 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If you are interested in joining the working party to enhance the connections of our diverse and multicultural community, our next meeting is scheduled for the 1st of September 2016 at 6:15pm. Please contact the office prior to the meeting.

Hope everyone had a great week.

Alex Artavilla
Acting Principal
School Council News

School council will be convening on Monday 22nd of August 2016 at 7:00pm.

Key discussion items for the meeting include:

- Continued discussion regarding ‘Community Membership’ vacancy on school council.
- Subcommittee reports (Finance, Facilities, Policy, Out of Hours School Care, HUB)

Please also note that the School Council Standing Orders and Code of Conduct have been finalised and are available on the school website.

Assistant Principal’s Report
Sandra McOrist

Help Please!

In order for us to maintain the school and grounds there are a number of jobs that we have to do. Most we employ tradespeople to complete, however there are one or two that we try to take on. A group of children and I sweep the paths on either side of the oval every few weeks, they willingly give up their break times.

One of the other jobs that is more difficult for the children to manage in break times is the raking of the soft fall under the play equipment. With children playing on the equipment the soft fall gets pushed to the extremities of the area, what we then have to do is rake it back.

If anyone would like to come and assist me with the task or come and do it out of school hours it would be much appreciated.

Thank you

Recumbent Bike

The training for recumbent bike is being held on the running track from 8:00am – 8:30am every morning and from 3:40pm – 4:20pm every afternoon. Parents please keep children clear from the running track when entering and leaving the school grounds.

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WILL YOUR CHILD/REN BE AT FLEMINGTON PS IN 2017?

If you know your child / children will not be returning to Flemington PS in 2017 or if they will be only here for a short time e.g. you could be moving in Term 1, please fill in below if you have not already informed the school.

CHILDREN NOT ATTENDING FLEMINGTON P.S. IN 2017

Name: ........................................................................................................ Year level in 2016: ........

Name: ........................................................................................................ Year level in 2016: ........

Name: ........................................................................................................ Year level in 2016: ........

Finishing date: ....................... New school (if known): ..............................................................

Signature of parent/guardian: ..................................................................................
Pupil of the Week  
Week beginning 15 August 2016

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep G</td>
<td>Iman S</td>
<td>Being caring and considerate towards her classmates during school time and in the playground.</td>
</tr>
<tr>
<td>Prep MC</td>
<td>Katia B</td>
<td>Playing nicely with the kinder kids and helping them. Well done Katia!</td>
</tr>
<tr>
<td>Prep W</td>
<td>Sienna C N</td>
<td>Being kind and caring to her new friends during our visit to Ascot Kindergarten.</td>
</tr>
<tr>
<td>1A</td>
<td>Mohamed I M</td>
<td>Making good choices on how to play safely in the playground.</td>
</tr>
<tr>
<td>1K</td>
<td>Oscar B</td>
<td>Returning to school with a positive attitude and readiness to learn. Welcome back!</td>
</tr>
<tr>
<td>1P</td>
<td>Cooper M</td>
<td>always using manners when participating in class discussions. Well done Cooper!</td>
</tr>
<tr>
<td>1R</td>
<td>Oscar F</td>
<td>always caring for people in our class and being a kind friend.</td>
</tr>
<tr>
<td>2I</td>
<td>Edward S</td>
<td>Helping to keep the classroom tidy and looking after his belongings.</td>
</tr>
<tr>
<td>2J</td>
<td>Bianca C</td>
<td>Helping to resolve conflict in the classroom.</td>
</tr>
<tr>
<td>2S</td>
<td>Carlos Y</td>
<td>Always being a good friend and speaking nicely to others.</td>
</tr>
<tr>
<td>3M</td>
<td>Siena S</td>
<td>Siena is always kind and shows collaborative learning skills when working in a group. Well done</td>
</tr>
<tr>
<td>34J</td>
<td>Lucy Wr</td>
<td>Supporting and encouraging other students in her research group.</td>
</tr>
<tr>
<td>34L</td>
<td>Naef A</td>
<td>Publishing his information report on Slides and including a video of him reading so the preps know what was written.</td>
</tr>
<tr>
<td>34M</td>
<td>Omar M</td>
<td>Helping others with their challenges in our ‘Book Grant’ numeracy project.</td>
</tr>
<tr>
<td>34T</td>
<td>Marwa S</td>
<td>Helping her friends when they have a problem.</td>
</tr>
<tr>
<td>45F</td>
<td>Cameron H</td>
<td>Working on your personal goals and developing your persistence and stamina with tricky or new skills. Well done Cameron!</td>
</tr>
<tr>
<td>5C</td>
<td>Anthony R</td>
<td>Taking care of younger students who have fallen over in the yard.</td>
</tr>
<tr>
<td>56V</td>
<td>Taycier I</td>
<td>Always lending a helping hand to her classmates and being an outgoing and positive student!</td>
</tr>
<tr>
<td></td>
<td>Jemima T</td>
<td>Always trying her best to help and be kind to everyone around her, including her teacher!</td>
</tr>
</tbody>
</table>

Dear Flemington Primary School,

During National Numeracy and Literacy Week we will be having a book fair! The dates are from August 29th to September 2nd after school from 3:30pm to 3:45pm. If you would like to help out during this event please contact Josh Velez at velez.josh.j@edumail.vic.gov.au. Thank you!

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

Scholastic Book Club

Issue 6 order forms that were sent home recently are due back to the office by Wednesday 24th August 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.

Music News

Vern O’Hara  E: ohara.vern.a@edumail.vic.gov.au

Australian Girls Choir assessment workshop

Next Wednesday August 24th, a representative from the Australian Girls’ Choir will be running an assessment workshop in the music room at 1.30 pm.

All girls in grades 1 to 6 are welcome to attend. I handed out an information flyer with a reply slip on the bottom in music lessons. If your daughter is interested in attending the information session, please complete the reply slip and return it to Mr O’Hara. If your daughter didn’t receive a flyer, you can collect one from the music room corridor.

Senior Choir

The State School Spectacular is approaching fast and the 20 Senior Choir students involved have been working hard to learn and memorize the songs. The SSS group rehearses on Mondays at lunchtime, however due to number of songs they have to memorize as well learning choreography; I have decided to cancel Senior Choir for the rest of this term so the SSS students can have 2 rehearsals on Monday and Thursday at lunchtime leading up to the performances on Saturday 10th September.

If you would like to attend one of the performances – matinee 1 pm or evening performances 6.30 pm, you can purchase tickets at ticketek.com.au or call 132849.

Senior Choir will re commence next term.
Science News
Nicola Dziadkiewicz

Science Week at FPS!

This week we acknowledged National Science Week, starting with a Science Expo on Monday. At the Science Expo some of the students who had entered the Science Talent Search showcased their project. All students and staff were invited to view the projects and ask questions of these budding scientists. It was a hugely popular event with many staff and students in attendance. Well done to the students who bravely articulated the thinking behind their ideas.

The theme for National Science Week was Drones, Droids and Robots. In science lessons, students in grades 1, 3, 4, 5 and 6 explored aspects about this exciting, diverse, innovative and fast-paced area of STEM (Science, Technology, Engineering and Mathematics).

If you would like to continue the conversation at home you might like to ask your child questions like:

- Drones, Droids and Robots - what's the difference?
- What makes a robot different from a regular computer?
- What can a robot do that a regular computer can't?
- Robots are considered autonomous. What implications do you think that might have in the future?

Website for further information http://www.nova.org.au/category/technology-future

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.

| Customer Service | 8.00am - 6.00pm Monday to Friday | 1300 105 343 |
| Website          | www.campaustralia.com.au |
Hello and welcome to another week of hub news

It’s time for ...

**HUB SOCIAL NIGHT - TICKETS NOW ON SALE!! SATURDAY 27 AUGUST 7pm.**

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. Any new families, this is a great way to get to know other families. Start organising a table of 8 to 10 friends in what should be a great night. We can also organise a table for you. BYO food and drinks.

**Special Wednesday Recess Canteen – Wednesday 24 August**

Coming up next Wednesday we are holding a recess canteen where we will be selling a range of treats including: jelly cups, honey joys, choc chip muffins plus icy poles and popcorn. Everything $1

**Father’s day stall – Friday 2 September**

In a couple of weeks it will be Father’s Day. The Father’s Day stall will be held on Friday 2 September from 9:00am to 11:00am. We are looking for helpers on the day and donations of baked goods. Any donations will be gratefully received.

Please email Monique (lucas-nolan@bigpond.com) if you are able to assist with baked treats or if you would be available to assist on the stall.

**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).

**Next Meeting**

Next meeting AGM 7 September at 7.30pm at The Laurel Hotel, 289 Mt Alexander Rd, Ascot Vale. Further details to follow. 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.

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**FPS Bicycle Recycle**

**– Bikes FREE to good home**

*We currently have a number of various sized boys and girls bikes available. If your son or daughter needs a bike please don’t hesitate to ask. Trade-ins of smaller bikes for bigger bikes welcomed.*

*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. You will find us at the "Bicycle Hospital" (next to the Science classroom) as per the dates/times above. Further bike donations to our program are always appreciated. We can also assist with repairing your broken bike.*

*We wish everyone a great mid-year school holiday. Happy cycling!*

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)

‘Bogan’ THEME
+ Encouraged but not compulsory!
No longer a has-bean!! By Pieta Cedaro APD

I can’t believe we are now well over half way through 2016 and I have yet to announce that it is the International Year of Pulses. Led by the United Nation’s Food and Agriculture Organization (FAO) the International Year of Pulses is intended to raise awareness of the numerous health, agricultural and environmental benefits that these little powerhouse of protein, fibre, antioxidants, vitamins and minerals contribute as part of the food chain. There are hundreds of varieties of legumes grown in the world today such as kidney, pinto, lima, borlotti, butter, cannellini or black beans (to name a few), lentils, peas and soy based foods. Why? Higher intakes of legumes have been shown to reduce the risk of heart disease, diabetes and some cancers, and most recently to assist in the attainment and maintenance of a healthy weight. As little as half a cup of cooked beans a day is all that is needed to reap significant benefits. However, as many Australians struggle to eat legumes regularly at all try to aim for at least ½ cup cooked legumes, 2 – 3 times each week as a starting point.

A true “superfood” pulses (legumes) are:

- low in saturated fat content
- high in protein
- mostly low GI so contain slowly digested carbs
- packed with vitamins and minerals such as High in B-group vitamins, folate, iron, calcium, phosphorous, zinc and magnesium
- high in fibre - in particular resistant starch- a starch fermented by colonic bacteria to short chain fatty acids which in turn imparts colonic health benefits
- rich in phytochemicals -non-nutritive bioactive compounds including antioxidants that are associated with disease protection benefits of legumes and our health too. Legumes are also sources of phytosterols, isoflavones, saponins, and alkaloids.

All over the world, in particular throughout the healthiest and poorest regions, legumes are consumed in significant amounts daily. Pinto, kidney and black beans in the stews, soups, spreads and rice dishes of the South Americas, lentils, broad beans and chick peas (and many other types) in the curries, breads, burgers/falafels, soups, stews, spreads, dips, salads, couscous, pasta and rice based dishes of India, Greece, Italy, the Middle East and many African countries. Not to mention the reliance on soy beans in Asian countries for products such as soy sauce, soy milk, tofu, fresh or dried soy beans and increasingly worldwide as the one complete plant based meat and dairy alternative -as soy contains adequate amounts of all the 9 essential amino acids. Unlike other so called “superfoods” of the moment e.g. Acai berry, chia seeds etc. legumes are much more economical and readily available too.

Here are some simple ideas for increasing legume or pulse intake:

- Add legumes such as chick peas, lentils, kidney beans, 4 bean mix your own soups, curries, stews e.g. chili con carne, rice, couscous or pasta recipes e.g. lasagna and bolognaise.
- Snack on oven roasted chickpeas or broad beans flavoured with Moroccan or Cajun spice mixes or try some boiled soy beans in pods (edamame) for a delicious snack
- Use four bean mixes, chick peas, lentils, kidney beans etc. as a salad base and add lots of vegetables and a little oil-and vinegar or lemon juice or minted yoghurt dressing
- Mash them up -use puree or mashed legumes such as cannellini or chick peas in mashed potato, sweet potato, cauliflower and pumpkin or on their own pureed with a little stock, low fat milk or ricotta in place of just traditional creamy potato mash
- Serve hummus (a low fat dip made from chickpeas) or refried beans with vegetable sticks or crackers or on bread in place of margarine or butter
- Small tins of baked beans, mexi-beans or some refried beans make a great snack, a delicious breakfast or light meal served on toast, corn tortillas, stuffed into a jacket potato or on a super yummy jaffle (toasted sandwich) with cheese!
- Legumes, like lentils, kidney beans, soy beans or chickpeas make a great base for patties or vegetarian burgers or falafels
- Try grilled tofu in salads and burgers or in place of meat in stir fries and curries
- Use legume based flour such as lupin or chick pea flours when baking cakes, biscuits, breads, pancakes or fritters to prepare higher fibre, higher protein, moist and lower glycemic index (slower digested) foods.

Be sure to increase your intake of legumes gradually as most are high in fibre so it can take time for the bowel to adjust to the increase, especially for little ones who require less fibre each day. Also be sure to drain all cooking liquid or canned liquid and rinse legumes well before using to reduce the residing starches that can lead to unwanted gas formation by our gut bacteria. https://www.facebook.com/thebalancedplateaustralia/
The pitfall of using other children as benchmarks

By Michael Grose

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child’s behaviour, academic progress or social skills with a sibling or your friend’s children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity. But it’s hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends’ kids and even themselves when they were in school.

The trick is to focus on your child’s improvement and effort and use your child’s results as the benchmark for his or her progress and development. “Your spelling is better today than it was a few months ago” is a better measure of progress than “Your spelling is the best in the class!”

As a parent you should take pride in your children’s performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn’t have too much personal stake in your children’s success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim “You are not your child” is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as “unconditional love”.

parentingideas.com.au

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