In Touch e-Newsletter
Thursday, 1st September 2016
Volume 2016 Issue 27

Flemington Primary School, Mt Alexander Road, Flemington. 3031.
http://www.flemingtonps.vic.edu.au
Tel: 9376 7137
email flemington.ps@edumail.vic.gov.au

BE YOUR BEST
Be Safe, Be Kind, Be Respectful, Be Ready To Learn

Acting Principal's Report
Alex Artavilla

Key reminders

- **Father’s Day Stall.**
  Friday 2nd September from 9am -11am.
  All students will have the opportunity to purchase a great gift for Dad, Granddad or simply someone special!
  Gifts will be priced at $2, $5 and $10.
  Bring along some money on the day, as well as a bag to carry your gift home!
  - Prep to grade 2 Swimming forms are due
  - HUB AGM - Wednesday 7 September, 7.30pm at the Laurel Hotel
  - No school for students on Monday 31st October 2016
  - Join Tiqbiz! Currently we have 151 people!
  - Assembly held at 2.50pm on Friday

Dear Parents and Carers,

**Blast from the past…**

I have to say that I think ‘fads’ in my childhood days were much less complicating then the ‘fads’ of today! Pretty much the only ones that I remember that impacted on my life were footy cards and the Yo-Yo. Even these were very simple as the cards you collected were only related to the AFL and the Yo-Yo was pretty much a Coca-Cola brand. Nowadays, you could fill up a department store with not only the variety of ‘fads’ available to the children, but with the collection available within each ‘fad’! This includes every sporting code of collection cards and Yo-Yo’s that glow in the dark, make sounds and even sing Merry Christmas!

Even games that were played in the schoolyard in my days have now been adapted so that you need a 42 page manual to remember the rules! A basic game of down play had three rules in my day.

1. You can only use your hands
2. You must bounce the ball in your area first
3. The ball must bounce in the other persons square.

That’s it!

Asking how to play down play today and you need to give up 3 lunchtimes to understand the rules!
Even ‘thumb wrestling’ has changed! During my peak ‘thumb wrestling’ career, to start up a match you just needed to connect hands, go one-two-three and the wrestling commenced. Just over the weekend, one of my daughters asked for a thumb-wrestling match. Instead of a one-two-three, she took me through the ‘new’ way that children start a thumb wrestling competition! This included:

‘One-Two-Three-Four I declare a thumb war, Five-Six-Seven-Eight this will be a piece of cake’

My thumb was worn out by the time the game started!

I’m not sure what’s going on! Maybe it’s a city thing! But in the country we kept things simple.

Anyway, a current ‘fad’ that is taking the schoolyards by storm is the resurgence of the ‘Pokémon Cards’ thanks to ‘Pokémon Go!’ I’m not sure about anyone else but trying to understand ‘Pokémon Cards’ is probably the most difficult thing I have ever done in my life! Even to this day I have no idea how children use them to play games! But, to the children it all makes perfect sense and that’s all that matters!

Items such as ‘Pokémon Cards and Footy Cards’ cannot only be used really well by the students during lunch and recess, but they can also lead to some challenging moments. This is why we are currently reviewing both these items to ensure that there are no issues. It is important to note that the students should not bring any items to school that are valuable or that they do not want to lose.

One of the issues that have arisen regarding ‘Pokémon Cards’ and ‘Footy Cards’, is around the idea of ‘trading’. One of the students has made the suggestion that we invite two senior students to oversee any trades that occur to ensure that all trades are fair and to support the younger students. Currently students are not able to trade cards at school until we have a system in place. However, if you prefer for your child not to trade cards then please let us know.

We will monitor how things go before making any further decisions regarding students being able to bring items like ‘Pokémon Cards’ and ‘Footy Cards’ to school.

**Assistant Principal’s Report**

*Sandra McOrist*

Flemington Primary School is a participant in the SWPBS (School Wide Positive Behaviour Support ) Program, this includes our Values and the Behaviour Matrix. We have recently completed an audit with regard to the areas of play and spaces that may need greater teacher support during recess and lunchtime. As a result of this review, this week we began a new timetable where we have increased the number of teachers on yard duty for each session to 4. This has effectively divided up the middle area of the P-2 play equipment and the entire courtyard into 2 spaces. We will be monitoring this change over the next few weeks, ensuring a smooth transition. Increasing the number of teachers on duty at recess and lunchtime will provide greater monitoring and assistance for the students.

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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 29 August 2016

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep G</td>
<td>Boston R</td>
<td>For working cooperatively with his classmates during group and partner activities. You’re a superstar!</td>
</tr>
<tr>
<td>Prep MC</td>
<td>Hamish M</td>
<td>For listening carefully to his peers and asking great questions.</td>
</tr>
<tr>
<td>Prep W</td>
<td>Amin H</td>
<td>Having a positive attitude and a smile every morning beginning the school day. Well done!</td>
</tr>
<tr>
<td>1A</td>
<td>Lucille H</td>
<td>Using the learning from school and producing interesting projects at home.</td>
</tr>
<tr>
<td>1K</td>
<td>Thomas L</td>
<td>Sharing his knowledge and helping others when completing our maths project.</td>
</tr>
<tr>
<td>1P</td>
<td>Zahra N</td>
<td>Listening carefully to the tour guide and olympian speaking on our excursion to the MCG. Well done Zahra!</td>
</tr>
<tr>
<td>1R</td>
<td>Tasha H</td>
<td>Showing all of our school values during our excursion to the MCG. Tasha was kind and kept her classmates safe.</td>
</tr>
<tr>
<td>2I</td>
<td>Finn N</td>
<td>Walking around the National Sports Museum and carefully looking at displays, and listening to information.</td>
</tr>
<tr>
<td>2J</td>
<td>Ava Rose-M</td>
<td>Demonstrating all the school values and showing respect on 2J’s excursion to the MCG.</td>
</tr>
<tr>
<td>2S</td>
<td>Raph P</td>
<td>Listening and following instructions on our excursion to the MCG.</td>
</tr>
<tr>
<td>3M</td>
<td>Charlie S</td>
<td>Working collaboratively in her group to make a news report about the country Ivory Coast.</td>
</tr>
<tr>
<td>34J</td>
<td>Madeleine B</td>
<td>Listening and working together with her group to complete their news report.</td>
</tr>
<tr>
<td>34L</td>
<td>Mitchell M</td>
<td>Listening to teacher instructions.</td>
</tr>
<tr>
<td>34M</td>
<td>Yahya A</td>
<td>Co-operating and working together with his peers when learning about division strategies.</td>
</tr>
<tr>
<td>34T</td>
<td>Nura A</td>
<td>Always following instructions and using her manners.</td>
</tr>
<tr>
<td>45F</td>
<td>Finlay T</td>
<td>Always making others feel valued and included and being a role model for showing kindness and positivity in our class!</td>
</tr>
<tr>
<td>56P</td>
<td>Martin C</td>
<td>Showing incredible politeness and manners to his teacher and friends.</td>
</tr>
<tr>
<td>56V</td>
<td>Dejan G</td>
<td>Always being considerate and respectful to his fellow classmates and teacher!</td>
</tr>
<tr>
<td>6T</td>
<td>Stella V D</td>
<td>Always being considerate of others feelings.</td>
</tr>
<tr>
<td>PE</td>
<td>Amir M</td>
<td>Respectfully helping Mitch in PE.</td>
</tr>
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Office News
Office Hours, 8.30am – 4.00pm Monday to Friday

Tiqbiz launch
As previously advised, the school is using the Tiqbiz app to send out the school newsletter, general updates, classroom updates, reminders, events and much, much more!

The app is available on iPhone, iPad, iPod, Android Phone, Android Tablet and any other type of device or computer via a website version.

We kindly ask that you download Tiqbiz to one of these devices, register a free account then find our school and tick on the groups that apply to you.

You’ll receive all the information with a push notification – much like a text message directly to your device. Any last minute changes or reminders, we’ll be able to reach you to keep you completely informed and up-to-date. This will assist us in advice regarding camp times etc.

The app has some great features that will allow us to get information through easily and quickly, you’ll be reminded about important upcoming calendar dates, and everything we post can be translated into one over 100 languages!

We’ve programmed the app to show icons that link to all of the online tools we use, so anytime you need to access one of these tools, you can do it easily via the app by clicking the icon that you need.

You will also be able to submit student absence via the app now, authorised by your signature, electronically signed straight onto the screen with your finger!

We feel this fantastic community engagement tool is going to hugely improve our flow of communication and resources to you, so we very much hope you enjoy using it.

Please contact the office if you require any assistance downloading the app.

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>Website</th>
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<tr>
<td>8.00am - 6.00pm Monday to Friday</td>
<td><a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a></td>
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<tr>
<td>1300 105 343</td>
<td></td>
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**ART NEWS**

We have had a very productive time in the art room with students working hard on their portraiture units. Some of these fantastic works will be the basis for our portrait exhibition in term four. So mark it in your diaries:

**THE FLEMINGTON PORTRAIT EXHIBITION**

*Tuesday the 18th of October*

*4.30 – 7 pm*

Art Extension- Monday Lunchtime
Students are currently interpreting the works of Australian artist John Brack.
Art Club – Thursday Lunchtime
The grades P-2 are popping in and creating small scale art works.

**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.

**MAC Monthly Community Group Meeting**

**Dear Parents/Service Providers**

I hope you have all learnt valuable skills from last month’s session on Organising Students. It was great to see a large number of parents attending. Your attendance is very important to the school curriculum. Mount Alexander College is very pleased to update you about several important events and program information to help us shape the future of the school. Following are some of the topics that will be covered by staff from **10.30-11.15am**.

- Homework clubs
- Students support programs
- Reports
- Handouts/Newsletters

Ambreen from Australian Women Centre will be covering their topics as well from **11.15-12.00pm**

**When:** Tuesday 6th September 2016
**Time:** 10.30 – 12.00pm

**Where:** Mount Alexander College – The Resource Centre, please remember to report at the General Office.

Waalidinta qiima leh

**P.S.** Interpreters are booked in the following languages. Please ring the school if you need an interpreter other than these languages

- Arabic, Somali, Amharic/Tigrinya, Turkey, Persian

If you have any queries regarding the meeting please don’t hesitate to contact me or the reception on 9376 1622. I hope to see you all there.

Kind regards

Halima Malaakh

Community Engagement Officer
Hello and welcome to another week of hub news

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

The annual Father’s Day stall will be held tomorrow, Friday 2 September from 9:00am to 11:00am in the hall foyer. All students will have an opportunity to purchase something special. Gifts will be priced at $2, $5 and $10.

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.

**Bogan Bingo Social Night**

Thank you to everyone who came along on Saturday night to the Hubs annual social night – Bogan Bingo. I am sure everyone who was there will agree that it was a lot of fun! A big thanks to our organisers Lara, Ellen and Janine – you guys did a fabulous job and it was greatly appreciated!

**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 – AGM Wednesday 7 September**

We hope all families have received our invitation inviting you to consider being involved in the hub and to come along to our next meeting. We have included a copy on the next page in the newsletter.

We are looking to elect a new president/s and there are also a number of other vacancies to fill as some of our long serving hub members will be leaving the school at the end of the year.

Next meeting AGM 7 September 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 Lisa at lisamadden67@gmail.com or Julie at Julie.lam1@optusnet.com.au.

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**FPS Bicycle-Recycle – Volunteers please!**

It’s just 3 weeks until the end of term 3 and time to get your bicycles tuned-up for Spring. If you have a bike that needs fixing please visit the Bicycle Hospital (next to the FPS Science classroom) and we’ll work with you to get it back in good order. If you can spare some time, please join us to repair bikes for those in need. No experience necessary, just a willingness to get your hands dirty and have fun! If you would like a bike, please don’t hesitate to ask. Donations are always welcomed.

Bart Sbeghen – 0418 231 686 | Peter Hormann - 0408 773 837, peter.hormann@bigpond.com

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**Quote:** “Every time I see an adult on a bicycle I no longer despair for the future of the human race.”

- H.G. Wells
Hub (Flemington PS Parents’ Association) AGM
Wednesday 7 September, 7.30pm at the Laurel Hotel, 289 Mt Alexander Road, Ascot Vale.

As the year draws closer to its end, it’s time for the Hub to hold its AGM. Regardless of whether you have just joined the FPS community or you have been thinking of getting involved for a while, we would love you to join us at the AGM. The Hub provides a great opportunity for parents to be involved regardless of skills, experience or time commitments. Research also shows that children’s education is enhanced by parental involvement at school. We meet once a month for a meeting that goes for approximately one hour.

Roles we will be looking to fill will be President, Vice President and Secretary.

Whilst we are a fundraising committee, we are fairly unstructured in our approach and taking on these roles can easily be fitted into a working parent’s life.

President/s: This role can be completed by one or two people. Responsibilities include co-ordination of volunteers, planning the calendar of fundraising and community events for the year, running monthly or bi monthly meetings to report on progress, contribute to weekly newsletters to keep parent community informed and engage and liaise with council reps, teachers and parents as required.

On a fete year, assist to form a Fete subcommittee and with that committee co-ordinate a biennial fete (next fete 2018) with a team of parent volunteers.

Vice Presidents Role: This Role is a supporting role to the president and generally involves standing in when the president is unavailable.

Treasurer (filled): Ensuring that Hub can keep track of funds raised and that we are on track with fundraising goals, liaising with the council rep as required.

Secretary: Liaising with president/s to provide agendas, taking minutes at meetings and ensuring distribution to Hub members prior to next meeting. Ensuring hub list of contacts is kept up to date.

General committee member: If you would like to take on smaller projects then General committee is the place to be.

The Hub runs a static list of fundraisers through the year that require assistance.

- Summer Canteen- icy poles
- Winter canteen
- Mothers and Father’s Day stalls
- Christmas cake bake off
- Flemington Market Christmas cake stall
- And at least one major non fundraising social night...

Being a member of the Hub is fun and rewarding. If you are interested, but concerned about time commitments, even just nominating to be on our distribution list is a good start. This way you can keep in touch with what’s happening and volunteer when there are events that interest you.

If you would like to be involved but cannot attend the AGM, or you would like to find out further information, please contact us as below.

We look forward to seeing you on Wednesday 7 September 7.30pm start at the Laurel Hotel. An agenda will be available prior to the event, all welcome.

Lisa Madden  Hub President
Lisamadden67@gmail.com  0425 834 147

Julie Lam  Hub President
Julie.lam1@optusnet.com.au  0414 749 383
Are processed foods less healthy than unprocessed? Pieta Cedaro APD

We are constantly hearing that in order to eat healthy all processed foods must be minimised or even completely excluded from our daily diet - but is this really true? The answer if you ask many credentialed diet experts such as accredited practicing dietitians is NO.

Many processed foods are just as nutritious or in some cases even more nutritious than fresh foods depending on the way in which they are processed.

Frozen vegetables are an example of a great processed food. These are usually processed within hours of harvest to ensure minimal nutrient loss. Frozen vegetables also retain their vitamin and mineral content whereas many fresh vegetables are picked and transported to market, which can take days or even numerous weeks before they get to you let alone your dinner table. Remember that vitamins are gradually lost over time, no matter how carefully the vegetables are transported and stored. Having some frozen vegetables or fruit, such as berries, bananas and mango on hand not only means there is a fast option for busy weekdays but also can help to minimise waste of vegetables and fruit many people plan to consume fresh or cook but often end up throwing out.

Some processed foods, such as breads, milk and breakfast cereals, have vitamins and minerals added for extra nutrition, for example iron enriched breakfast cereals or extra calcium or Vitamin D in milk for bone health. As a result of this push for healthier products a whole new range of unique foods with added nutritional benefits also known as “functional foods” have been developed. These include low fat milks or spreads with plant sterols to reduce cholesterol absorption or yoghurt with added fibre or special bacteria. Wholegrain breakfast cereals, in particular Barley Max, containing products are another impressive example of functional foods, naturally developed by Australian scientists, that provides high levels of resistant starch (a healthy form of fibre) and antioxidants in a healthy wholegrain cereal form to better heart and bowel health and to assist in maintaining healthy blood sugar levels.

Processing foods also helps to ensure nutrients are more available to the body by improving their uptake. For example, removing phytic acid from grain foods by removing the bran helps to improve the absorption of iron from foods. Processing tomatoes into a tomato paste or pasta sauce also increases the amount of lycopene (an antioxidant) that is available to the body. Similarly cooking carrots helps to increase the uptake of Beta-carotene a form of Vitamin A that is also an essential vitamin and antioxidant.

As a general rule I still recommend that when choosing processed foods that consumers make sure the ingredient lists consist of predominantly whole foods and that the product is low in saturated fat, low in sugar (in its many forms), low in added salt and of course preservatives and “numbers”. Remember however that some salt and small amounts of sugar are also necessary for preservation and some additives and preservatives and also colours and flavours are healthy naturally occurring e.g. Ascorbic acid better known as Vitamin C. It is however important to remember that some functional foods, such as those that are sterol enriched or particularly high in fibre, may not be suitable for all age groups but designed for specific groups in the population and only for short term consumption to assist a specific disease state - so there is certainly not a one fits all approach as we all have individual needs.

However, the next time you hear that all processed food should be avoided just remember that all processed foods are not created equal and some may even be more nutritious then their “raw” precursors.

https://www.facebook.com/thebalancedplateaustralia/
Helping kids focus in the age of distraction

By Sarah Wayland

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 brain. Impacting the capacity to focus, to concentrate and to give attention to tasks.

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 finds that the evidence is clear in our own 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.
Community News

**For Sale**

ADA Karate Kit & Bag
Includes:
Pants/Top Size 0
Belts
Full padding (not used)
Instructional DVDs optional extra's
$50 ono!

Call Paul 0418 248 197

**FILLS - Family Inclusive Language Learning Support.**

Flemington Community Centre offers a free homework club where the whole family can attend. We have a huge team of volunteers to help with homework or work on new activities to help students improve literacy and numeracy skills.

Come along on a Wednesday from 3.45 – 5.15pm.
25 Mount Alexander Road or call 8325 1800 for more information.
ROYAL ASCOT TEAM
Saturday 17th September 2016
9am-12pm
Moonee Valley Athletics Track, Corio Street, Moonee Ponds

- Boys & Girls aged 5-15 of all abilities are welcome to join
- Registration fees: $135 per child, family discounts for 3 or more children
- Registrations now open online at www.lavc.com.au Select Essendon Centre then Royal Ascot
- New season starts Saturday 1st October

For more information Email: royalscott@lavc.com.au
Phone: 0410 538 808 - Swan
Website: www.elc.com.au

GIRLS U12 & U15 FOOTBALL INFORMATION EVENING
COME HAVE A KICK
BBQ, GAMES, AND PRIZES
2017 EARLY SIGNUP DISCOUNT AVAILABLE ON THE NIGHT
CONTACT: BRAD YOUNG - brad.young66@gmail.com
0407 196 808
FRIDAY 2ND SEPTEMBER 6PM
ORMAND PARK OVAL
MOONEE PONDS