### Key reminders

- **Prep to grade 2 Swimming forms are due**
- **Join Tiqbiz! Currently we have 153 people!**
- **Last day of Term 3 is tomorrow. School finishes at 1:30pm**
- **Assembly tomorrow will be at 1:00pm**
- **Students return to school for the start of Term 4 on Monday, 3rd of October. Reminder that this is no longer a curriculum day.**
- **Reports being sent home today**

Dear Parents/Carers,

Thank you once again to everyone for your support throughout Term 3! It has been a very busy 10 weeks with so many more things planned right through until the end of the year!

Congratulations to the students that took part in the 2016 State Schools Spectacular! Thank you to Vern O’hara and Christine Mizis. I took my youngest daughter to the 1:00pm session on Saturday and we both loved it! I have to say that the final song which was a tribute to David Bowie was my favourite. Since Saturday I think I’ve played ‘Life on Mars’ about 52,000 times. My daughter is also a big David Bowie fan thanks to her favourite movie of all time ‘Labyrinth’. Yes, my youngest daughter has a very unique taste in movies. I think her top three movies are:

- ‘Labyrinth’
- ‘Never ending Story’
- ‘Fairyland’ (which we picked up for $1 at some market)

The more unusual the story line the more impressed she is with the show. They also need to have real people as she has no interest in watching cartoons. I think when I was growing up shows like ‘Labyrinth’ and ‘The Never ending Story’ gave me nightmares until I was 15 years old. I’m just not too fond of weird looking puppets!

**Welcome back Marcella and Grace**

Next term we welcome back Marcella Prentice as she returns from a serious knee injury. Thank you so much to Desuree VandenDam who has been working with the students from 5/6P while Marcella has been on leave.

We also welcome back Grace Mittas as she returns from her long service leave adventure. Thank you to Valerie Dykes who has been working with SC while Grace has been away.

### Planning for 2017

As mentioned previously preparations for 2017 have already commenced. It is exciting for the school to know that the process for the selection of a new Principal has commenced.

The staff will also be busy next term bringing together all the work that has occurred over the past 15 weeks in relation to enhancing student achievement, engagement and wellbeing.

A key part of these discussions has been around raising the expectations regarding all students demonstrating the values of the school. This includes proactive actions and strategies, as well as developing clear and agreed processes when things go wrong in the yard or classroom. This information will be documented in the Student Engagement and Inclusion policy. The final draft of this document has gone to staff for final consultation before being shared with the school community and school council subcommittee. A lot of the details from the document have already been implemented, continually reviewed and refined. More information that has been occurring will be shared throughout term4.
Developing classes for 2017
Another key part of Term 4 is the development of classes for 2017. We’ve had a lot of discussions about this as a staff in terms of clarifying processes and timelines. Preparing classes is a complex and challenging task as it is important to consider the following:
- Friendship groups
- Balance of academic levels
- Balance of social diversity

When preparing classes it was agreed by all staff that our goal is to give all students the opportunity to work with lots of different people. As in the real world we work with people we like, people we have difficulty getting along with and people that have varying personalities. As in the real world we need to learn to work with all types of people. This is the message we want to give to students/children. However, we also understand that it is important for students to have people they know and work well with in the classroom.

All requests made by parents will be considered, however it is important that we trust the decisions made by the teachers in the best interest of the students so that classes are organised as mentioned above.

If parents are interested in making a request, it is important that it is in writing and passed on to myself or Sandra.

To ensure that all parent requests are able to be considered, please note the following:
- Please only request 1 or 2 friends for your child (trying to accommodate large numbers of friendship requests is too difficult). It is important to note that the students will be asked to select 2 or 3 friends that they would like to be with next year – the goal is to have at least 2 or 3 friends placed together. When placing students with friends, the teachers will make final decision about how well the students work and learn together in the classroom.
- If a request is made for a teacher, it is important to note that friend request may not be able to be accommodated. It is also important to note that the role teachers will have in 2017 will not be confirmed until late in Term 4. We also hope that parents see all teachers as equal.
- In terms of making a request for students not to be placed with another student, this is a decision made between a parent and their child’s current teacher. Reasons for this may include: challenges students have working together, dynamics between two students.

Students will be informed of their 2017 class in the final two weeks of Term 4 (this is due to any unexpected changes that may occur).

Please note that if you have made requests in previous years to please share this with your current child’s teacher.

Week 1 Term 4
Reminder that during the first week of Term 4, teachers will be released to work with their team for one full day to finalise learning plans for the term on the following days.
- Monday – Grade 3/4 Team, Tuesday – Grade 5/6 Team, Wednesday – Grade 1 Team, Thursday – Grade 2 Team and Friday – Prep Team.

Mount Alexander College invitation
Included in the newsletter this week is an invitation for parents to attend an award winning film ‘Most Likely to Succeed’ to be screened at MAC on Tuesday 25th October at 7pm. This film supports the new vision of teaching and learning at Mount Alexander College. If you are interested in attending please contact the college as bookings are essential.

Reminder notes for the diary or fridge calendar!
Term 4 2016
- **First day of Term 4** is Monday 3rd of October.
- **Planning Week** – from the 3rd to the 7th of October teams will be released for one full day to work together to prepare learning experiences for the students for Term One. Teachers will be released to attend these planning days using casual relief teachers or using staff internally.
- **Year 3/4 Camp** will be held from the 5th to the 7th of October
- **The Prep to 2 swimming program** will occur between Monday 10th October (2nd week back) until Friday 21st October.
- **Flemington Primary School Portrait Exhibition** is scheduled for Tuesday 18th October from 4:30pm until 7pm. This is a showcase of the student’s Artwork. Art teacher Karen Leopold has also recently showcased selected Artwork from various students that is currently on display inside the entrance of the main building.
- **Final ‘Curriculum Day’ of the year is Monday 31st of October.** Students do not come to school on this day.
- ‘**Mount Alexander College Parent Information session/Question and Answer forum’** Wednesday 26th of October 6:30pm. Note was sent home this week.
- **Year 5/6 camp to Canberra** is from the 7th of November to the 11th of November

2017 dates:
- First day of school for students in Years 1- 6 in 2017 is Wednesday 1st of February.
- First day of school for students in Prep in 2017 is Thursday 2nd of February

Hope everyone is able to have a break over the school holidays! See everyone in two weeks!
Assistant Principal’s Report
Sandra McOrist

Trying out the new basketball ring!
Some of our grade 5 students tried out the new basketball ring that was installed yesterday. They can’t wait to play a game. It is great to see the number of children who have been asking when the rings would be reinstated.
I am hoping that the second one will be ready for the 1st day of term 4.

It is holiday time and we welcome families to use the school throughout the break. I would like to remind families that the school playgrounds are recommended for specific age groups, Prep-2 are in front of the portables and 3-6 are in the Amphi.

If you are in the school and are concerned about anything at all please ring the local police on 9371 6100.

Music News
Vern O’Hara

2016 State School Spectacular

Between the 8th and 9th of September a group of grade 4-6 students went with Mr O’Hara and Ms Mizis to Hisense Arena to rehearse for the Victorian State School Spectacular. They were two very long and tiresome 8 hour practices but it was all worth it for the performance on the 10th. With a matinee and an evening performance, it was a great day on Saturday. If anyone who is wondering what the Victorian State School Spectacular is, it is a concert where over 200 schools participate in it. This year there were over 3000 students that were included, this consists of all the mass dancers, the mass choir, all the principal dancers, principal vocalists and all the orchestra and backing singers.

Quote: Shaid
"It was awesome to see everything put together, the dancers, the singers and the orchestra was amazing."

Quote: Lucas
"I liked when we got to watch all the acts that we hadn't seen yet, they were really good. I loved the soloists Keenan and Imogen."

Quote: Stella
"I loved seeing the dances they were really cool and I also loved the orchestra because they sounded really well together."

Quote: Mitch
"The gleaming lights in the arena captivated your eyes. And the dancers were so in sync. I also thought that the giant catbot was cool."

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.
Community News

DAN DONNELLY TENNIS COACHING PROGRAMS  
Royal Park T.C. (cnr Park St & The Avenue, Parkville/Brunswick)

SCHOOL HOLIDAY TENNIS CLINIC
Sept. 19 - 22 Mon - Thurs (1st week of school holidays)

Dear Parents, there is a tennis clinic available in the first week of the school holidays. The third school term finishes Friday Sept 16. This tennis clinic is a fun, physical holiday activity, suitable for all ages and playing standards. Book early to reserve your child’s place.

Two formats available:
9am - 12.30pm (4 days) $190 or 9am - 3pm (4 days) $230
Please note, no fees are payable until the Monday September 19.
8.30 am drop-off available.
All enquiries/bookings call 0408 991 700.

Coaching Programs Available - 4th Term 2016
• Pee Wee Tennis 5 - 7 year olds
  Free trial lesson for Free Wee, Saturday October 8th - 9.30am
  Monday October 10th - 4pm, Thursday October 13th - 4.20pm
• Junior Coaching 8 - 16 year olds
• Adult Coaching

All enquiries/bookings call 0408 991 700

Regards
Dan Donnelly, Club Coach Royal Park T.C.
www.dandonnellytennis.com

Creative Learning Centre
Create, Connect, Learn, Enjoy

Creative Ballet & Contemporary Dance
Teacher: Robyn Richardson
A dynamic dance space where students develop both dance technique and creativity

Pre-school children: Explore ballet skills through creative dance.
School age students: Develop strength, flexibility, alignment and musicality in classical ballet and contemporary dance.

All classes enjoy improvising and interacting with others in a supportive and friendly environment.

from preschool to teens

TAKING ENROLMENTS NOW

www.creativelc.com.au
9 Moore St, Moonee Ponds 9375 7239

With footy finals fever taking hold this spring school holidays, send your kids to our Active Melbourne Sports Clinics to release some of their pent up energy. They can run themselves ragged in our cricket, netball, soccer, AFL clinics and our water fun days in the pool. Visit the website (http://www.kensington.vic.gov.au) for more Information and to grab an enrolment form or ring the Centre to book on 9376 1633.

Our term 4 swimming lessons start during week 2 of the holidays, on Monday 26th September. To ensure you can book your child onto a suitable class, please visit the website or contact the centre to find out about free trials and assessments. We’d hate for you to miss out on a place in the swim school during this busy period!

Summer = Cricket

Registration Day
Sunday 2nd October, 10am. JJ Holland Park
or register online
kenjuniors.vic.cricket.com.au

Boys & Girls Ages 5–17yrs
More Information
Richard 0408 308 984
MOST LIKELY TO SUCCEED
OUR SCHOOL SYSTEM WAS DESIGNED IN 1893

You are invited to a free screening brought to you by Mount Alexander College & MyEdApp.

Directed by acclaimed documentarian Greg Whiteley, “Most Likely to Succeed” examines the history of education, revealing the growing shortcomings of our school model in today’s innovative world.

Screening at Mount Alexander College
7pm
25 October 2016

This event is free and open to the public. Most Likely to Succeed is an official selection of

bookings essential
https://www.trybooking.com/MZMM

For more information about the film, go to www.mostlikelytosucceed.org

FPS Bicycle-Recycle
– Volunteers please!

Thank you to all those that helped out last week. Tomorrow / Friday is your last chance to have your bike fixed at the Bicycle Hospital (next to the FPS Science classroom) for the school holidays. If you can otherwise spare some time to repair bikes for those in need it would be most appreciated. 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

GLOBAL EXPERIENCE is a family owned homestay multi-award agency providing international students a safe and caring home in Australia.
Established in 1995, GLOBAL EXPERIENCE offers a wonderful program where host families are professionally matched with overseas students. GLOBAL EXPERIENCE has happily placed more than 70,000 students in Australia and has over 1,000 host families who continue to enjoy long lasting friendships.

2016 HOST RECRUITS
HOMESTAY FAMILIES
WELCOME

Ready to host an international student?
Open your heart and open your mind!

Host families must:
• Live close to public transport and major education institutions
• Speak English
• Provide a well maintained bedroom, fully equipped with bed, desk, chair and wardrobe
• Provide internet access
• Have a current work with children check
defence

NOW is the best time to APPLY ONLINE
Contact us today on (03) 9016 3990 – MELBOURNE
Po Box 80 Pascoe Vale South Victoria 3044 Mobile: 0416 426 069
or check our website: www.globalexperience.com.au/melbourne
Raising healthy happy kids by Pieta Cedaro APD

We all want our kids to be happy and healthy so here are a few simple tips to assist you to optimise your children’s eating and physical activity habits. These Dos and Don’ts will help you to build your child’s self-esteem and self-efficacy to lead a healthy lifestyle while not creating havoc in the home and food phobias in years to come.

Top DO’s and DON'Ts

- **DO** remember that what you do each day is your opportunity to establish and encourage healthy and balanced eating habits for life.
- **DO** be understanding and realistic with overweight children - it takes time to put on excess weight so it will take time for a safe weight loss. Remember the ideal weight loss is one that is slower and more sustainable in the long term and does not compromise growth.
- **DO** be sure to role model. You need to set an example for your children. Be sure to show your children that eating vegetables and fruit, drinking plenty of water and consuming whole grain breads and cereals and minimal high sugar and high fat food is the way we should all be eating for health NOT just a set rules for kids.
- **DO** focus on foods they want to eat and make healthy alternatives. Don’t focus on what they can’t. For example if kids love hamburgers - make them – just be sure to choose extra lean mince and plenty of salad vegetables for them to choose from to fill a wholemeal or wholegrain bun
- **DO** include them in decision making for meals. Find out what they like and go with it. Give them a choice of two options not an open ended choice such as: Would you like some chicken tacos or healthy pizzas tonight? NOT What would you like for dinner?
- **DO** choose easy family friendly meals especially those they can help to put together themselves such as hamburgers, pita pizzas with a range of low fat toppings, spaghetti bolognise and tacos or burritos with lots of different salad ingredients, lean mince, refried beans and guacamole. Allowing children to choose toppings and construct their own food makes them take greater control over what they eat and increases the likelihood they will be happy to eat the meal too.
- **DO** pick your battles - if a child will only eat vegetables or lean meat if they can have a little tomato sauce on them or a sprinkle of low fat cheese then let them have a little tomato sauce or cheese - at least this way they will still get their vitamins, fibre and minerals from the vegetables. Remember sometimes you have to lose a battle or two to win the war!!!
- **DO** encourage physical activity by giving children activity promoting gifts and toys such as frisbies, balls, skateboards, scooters, kites. They do not need to go for a run or a long swim to burn energy-focus on activities they enjoy.
- **DO** promote a positive family atmosphere at meal times where everyone is required to sit together, enjoy the family meal and plenty of conversation. Turn the television, computer and radio off and encourage discussion about what each member is going to do or has done throughout the day. It is important children learn the social aspect of meal times together.
- **DO** involve and encourage them to meal preparation - take them shopping, talk about different ingredients and help them assist in the cooking process so they learn healthy cooking skills such as steaming, grilling, stir-frying and barbecuing.
- **DO** be sure to comment on other positive aspects of people’s personalities and their attributes regardless of their physical appearance. This teaches people to value others and themselves for who they are (sense of humour, intelligence, skills, and positive values such as kindness, truthfulness, honesty, warmth) not how they look.
• DO NOT use food as a reward or bribe for good behaviour. Children need to learn that good behaviour is an expectation and does not require food as a reward—hugs and verbal praise are much more meaningful. It is important that children learn that food is not there to comfort, praise or to soothe but to fuel, enjoy and energise independent of behaviour.

• DO NOT expect less desirable eating habits to stop immediately. Instead plan to gradually replace less desirable foods at snacks and meal times with more healthy options. And be sure to expect some grumbles and protests—don’t worry be strong as it will only be temporary.

• DO NOT allow different members of the family to consume different meals. It is not fair to allow a fussy eater to dictate limited food choices to a family nor is it fair to have one child eat healthily while the other family members continue to consume foods they desire. Overweight, obesity and finicky eating are all family issues not simply an individual issue and healthy food options should be consumed by all members of a family to safeguard and promote health now and into future years.

• DO NOT buy Junk or refined foods. If sugary, high fat foods are not in the house they simply cannot be eaten. By clearing out the cupboard and fridge this will also reduce the risk of temptation and conflict for family members.

• DO NOT encourage food in association with other activities such as eating in front of the computer or television, or eating treats at the movies or when at sporting events. Children, like adults need to be aware of the food they eat and often eating while doing or watching an activity results in eating for eating sake or mindless eating rather than out of hunger. This often also results in over-consumption of less desirable foods.

• DO NOT make comments or criticise other people because of how they look. Children need to learn that all people regardless of their size and shape deserve respect, equality and acceptance.

• DO NOT make your children feel abnormal or criticise them for carrying extra weight. It is important they do not feel too different or deprived compared to their peers, siblings and other family members. Focus instead on building your child’s self-esteem and praise them for all other positive attributes.

• DO NOT project your own insecurities and concerns about weight and food on to your children if you struggle with healthy weight and emotional eating yourself—you need to be careful to guide your children to establish a healthy relationship with food not one driven by emotion. DO NOT force children to eat foods. Offer children a balanced meal with plenty of whole grains, fruit, vegetables and lean meat/seafood and encourage them to try everything on their plate. It can take up to 9-12 tastes of a food for children to acquire a taste for it so you need to be patient. Do not get angry if they choose not to eat much and do not offer any other foods if they choose to not eat the meal provided simply cover the unfinished meal and place it into the fridge so if they feel hungry later they can reheat and finish the meal. If you give them other options they will take them and learn they can get away with not eating a proper balanced meal. Children will eventually get hungry enough that healthy food becomes appealing. Carry on as per normal for the next meal or snack.

Have a great holiday!!!
https://www.facebook.com/thebalancedplateaustralia