Principal’s Report

Congratulations to our boys’ basketball team, who notched up a great win at Division level this week. They’ll now progress to Regional level, joining our Volleyball team who play their Region final tomorrow. Over the past few weeks our sports stars have enjoyed terrific success in a range of competitions – well done to everyone who has “put their best foot forward” and done their best at their chosen sport.

Families of current Year 4 students, who will be transitioning to Year 5 next year and joining our one2one iPad program, will receive further written information late next week. This will include financing options and agreement documents. Please keep a lookout for this information pack – we are anxious to sort arrangements for this program as soon as possible, to ensure a smooth start to the iPad program for all senior students in 2013.

Our Year 5s are all looking forward to Camp Coonawarra next week. This outdoor experience in the beautiful Mitchell River country north of Sale is not to be missed. We wish all our happy campers a wonderful time and let’s hope the weather is kind.

Graeme Caudry - Principal

Sports News

Interschool Sport

Congratulations to the Boys Basketball team for winning their Division final last Friday. The boys played against Yarra Road PS and had a convincing win. Next week, the boys will be playing in the Region finals in a round robin against all the other schools in the region. We wish them the best of luck. We also wish the Volleyball team the best of luck tomorrow in the Region finals.

The Boys Rounders team will also be playing a Division final tomorrow against Park Orchards in the afternoon. The Girls Rounders team will be playing in the next few weeks, as it is Year 5 camp next week.

PE Fitness Testing

The PE Fitness testing has started in the Middle and Senior school. The students will be doing the Beep test and a few other tests which assesses their flexibility, muscular strength and endurance. The results for the Level 4’s will be printed and sent home at the end of the year. The results for the Level 3’s will be kept until the following year where they are stapled to the previous year’s results. By the tie they leave the school in Year 6, most children should have a history of a few years sheets attached to their final report which shows the

---

Calendar

**November**

- **Friday 9th**: Prep Orientation, 9.30-10.45am
- **Wednesday 14th**: Prep Orientation, 12-1.15pm
- **Saturday 17th**: Working Bee, 2pm
  - **Friday 23rd**: Prep Orientation, 9.30-10.45am
  - **Friday 23rd**: School Disco
  - **Monday 26th**: Middle School Scienceworks Excursion
  - **Wednesday 28th**: Prep Orientation, 12-1.15pm
  - **Wednesday 28th**: Prep 2013 Parent Information Session, 7.15pm

**December**

- **Tuesday 4th**: Canteen – Sundae Day
- **Wednesday 5th**: Prep Orientation, 12-1.15pm
- **Wednesday 12th**: Christmas Carols, 6pm
- **Tuesday 18th**: Year 6 Graduation
- **Wednesday 19th**: EL & Jr Christmas Pantomime, 2.30pm
- **Friday 21st**: Billy Cart Grand Prix & Soap Box Derby
- **Friday 21st**: Term 4 ends

**2013 Students begin Thursday January 31st**
progression of their fitness in different tests. These tests are used for personal use only where the children can compare themselves to their previous years test. There is a basic standard which they can compare themselves to, however, there is such a large range within the age groups, that we only look at it briefly and don’t make comments on this.

**Billy Cart & Soap Box Derby**

On the last day of the year, we hold a Billy Cart race in the Level 4 area and the rest of the school is able to enter the Soap Box Derby with a partner. This is a fun way to finish the year. If families are interested in entering their child in the Soap Box Derby it might be a good idea to start looking for large sturdy boxes which will stay together for the duration of the race with 2 children in it. The Level 4s will also get information soon with regards to the specifications of the Billy Carts to build.

*Noreen McMenaman - Sport / PE*

---

**Music News**

**CHPS Rock Band News**

**WONNIES SCHOOL OF MUSIC**

are proud to to present

**BATTLE OF THE BANDS**

Sunday, 25th of November
Anderson’s Creek Primary School Hall

Tickets on Sale Monday, 5th of November
www.wonniesbattleofthebands.com

Come along and support your school’s Rock Band!

---

**Choir News**

Don’t forget to come and see the choir perform at the following venues:

1) Main Stage Maroondah Festival 12.30 Sunday 11th November as part of a community choir made up of local primary schools (choir members need to be at the Main Stage at 11.15 for a rehearsal). Notices with last minute instructions have been distributed today.
2) Croydon Centro 12 noon Saturday 17th November.

Thank you for your continued support of the performing arts program and don’t forget to join the “Specialists” wiki.

*Kathryn Lane*

---

**Canteen News**

**AFTERSCHOOL SALES – Effective Wednesday 7th November**

During the warmer months the canteen will be open after school for 15 minutes for sales of drinks and frozen items only.

**WACKY WEDNESDAYS Effective 1st November**

The canteen will be offering a variety of specials on Wednesdays only, starting with Oak Flavoured Milk for $1.00 (normally $1.50). This applies to items purchased only over the counter, not on lunch orders.

**WHAT’S NEW?**

Gooey Toffee Apple Paddlepop - $1.60
Animal Cookies – 0.10c

*Telephone:  9725 1206    OHSC 9724 4514    web: www.croydonhps.vic.edu.au*
DELETED ITEM
Cheesters, Gingerbread Babies and Number Cookies are no longer available.

MID WEEK SPECIALS
Tuesday only - Nachos with cheese, salsa and sour cream - $3.50
Wednesday only - Wedges with sour cream or tomato sauce - $3.50

ROSTER
Friday 9th November – Danni Bennett, Sonia Newlands, Helen Thompson, Nicole Murphy.
Monday 12th November – CLOSED
Tuesday 13th November – Lee Smart, Holly Unwin.
Wednesday 14th November – Justine Wratten, Kylie Van Roosmalen.
Thursday 15th November – Deanne Scagnetti, Joanne Sudborough.
Friday 16th November – Joanne Duo, Rachelle McNamara, Carolyn Sharpe.

Karen Cyster - Canteen Manager

ANZAC Appeal - Remembrance Day Badges
Last chance tomorrow to purchase Remembrance Day poppies, wrist bands and badges – including traditional pin on badges and a new clip-on bag badge design. These are available for sale at the office. Prices range from $1 to $5, with all proceeds going to Legacy. Remembrance Day is Sunday 11th November.

CHRISTMAS CHOOKS – CAN YOU HELP?
Our seven school chooks need a family, or families, to help them through the summer holidays. If you can provide holiday accommodation, or have space in your chook pen to take even one two, you will be rewarded with some beautiful eggs. If you can help, please see or call Ben Bruch (JBB).
CHPS Change-Makers 2012
Middle School Makes a Difference

The Melbourne Co-ordinator thanks CHPS.

Just a small section of the Melbourne warehouse for the shoeboxes where they are prepared and packed to be sent on a container ship.

Christmas Shoeboxes on their way
It’s CHPS - Recycling Week

Our Preps Learn to “Recycle Right” from the Year 3&4 Eco-Leaders

Walk to School certificates given out today - Congratulations to all our walkers...

National Recycling Week is next week: 12-18 November
WORKING BEE

SATURDAY 17th NOVEMBER 2.00 PM

Meet at the Shed Gate C (behind the Grade 2 Playground)

All parents are invited to assist with the Working Bee on this day. We will be concentrating on the following around the stadium:

- Building sleeper walls & timber edging around the gardens beds
- Planting & mulching garden beds
- General clean up of the school grounds

If any parent is able to bring a trailer that would be terrific because we need to transfer mulch to various garden beds.

Please come and pitch in, even for an hour or so and join one of the small task groups that will be organised on the day. Don’t forget to sign the register and come along and enjoy the afternoon with your kids.

Stay afterwards for a chat and some light refreshments and get to meet other parents who care about our great school. There will be certificates of appreciation for every student.
by Michael Grose - No. 1 parenting educator

An attitude of gratitude

Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it’s common for them to expect plasma TVs, overseas holidays and marshmallow-strewn babycinos as givens.

But rising levels of affluence seem to have had an inverse effect on our kids’ levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt ‘thank you’ for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but also in blocking the toxic and negative emotions such as envy, resentment and regret.

“We know that grateful kids are happier [and] more satisfied with their lives,” says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

“They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back.”

The good news is, it is possible to teach gratitude. One of Froh’s studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn’t, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific “gratitude curriculum” reported more appreciation and happiness than those who didn’t get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more than those who didn’t.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he’s not suggesting there’s a “gratitude gene”.

“But I do think environment can play a major role,” he said. “I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should – be grateful. The other day, James said to me, ‘Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I’m the luckiest boy in the world’.”

For a five-year-old to understand how lucky – which is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, but not. But I’d like to think we played some role.”

At our dinner table, everyone takes turn in answering the question ‘What made you happy today?’? The responses, from ‘having a wrestle with Dad’ to ‘the picnic lunch we had in the backyard’, are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you’ve done for them, all behaviours that conjure independence?

“I know people say this, but I disagree,” he says. “Yes, teens want independence. But who said they can’t acknowledge, let’s say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it’s a balancing act. But it can be done.”

Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. “Learn to limit kids’ commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in.”

2. “Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text thank yous to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too.”

3. “Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children.”

4. “Help kids to process benefits with ‘grateful lenses’. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, ‘How nice was it that Olivia went out of her way to help you with your homework (tenten)? She even gave up going on the trampoline to do so, and we know how much she loves that (coo)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit)?’”

5. “Tune into your child’s interests and strengths. Nurturing this in them will give them even more to be grateful for.”

Karen Fontaine is a Sydney-based journalist.
Participants needed: FREE study for overweight teens looking for help!

Murdoch Childrens Research Institute at **The Royal Children's Hospital** is doing a study to find a better way to support overweight young people aged 12 to 17 years to make healthier choices about weight management. Participation involves completing online questionnaires and having height, weight, blood pressure and waist circumference measured at the beginning and then at 3, 6 and 12 month follow-ups. Parents are also invited to take part. Every 3 months there will be a draw for a $100 gift voucher for those who have kept their appointments. The results will help us to find out a helpful way to teach young people about weight-related behaviours during adolescence. We need overweight young people aged 12-17 living in metropolitan Melbourne to join in!

Enquiries: Karly Cini 03 9345 6954 or stayingfit@mcri.edu.au

For more info: www.rch.org.au/cah/research/The_Staying_Fit_Project/