



# CHPS

## eNewsletter

November 26<sup>th</sup>, 2015 – Term 4 Week 8

Croydon Hills Primary School

### Calendar

## 2015

### November

Friday 27<sup>th</sup> Snr Hooptime State Finals

### December

Friday 4<sup>th</sup> Year 2 Celebration Night  
 Wednesday 9<sup>th</sup> Christmas Carols  
 Thursday 10<sup>th</sup> Middle Sch. T4 Activities  
 Friday 11<sup>th</sup> F & Jnr House Sports, am  
 Monday 14<sup>th</sup> Foundation & Jnr Christmas Pantomime  
 Tuesday 15<sup>th</sup> Year 6 Graduation Dinner  
 Wednesday 16<sup>th</sup> 1<sup>st</sup> Book Collection Day  
 Friday 18<sup>th</sup> 2015 School Year Ends  
**Early dismissal 1.30pm**

## 2016

### January

Wednesday 27<sup>th</sup> Teachers begin  
 Student free day  
 Thursday 28<sup>th</sup> 2<sup>nd</sup> Book Collection Day  
 Student Free Day  
 Friday 29<sup>th</sup> Students begin Term 1

### NOTICES SENT HOME THIS WEEK

Middle School End of Year Notice

Click on the link below to download copies of these Notices and those from previous weeks:

<http://croydonhps.vic.edu.au/page/85/Notices>

### Principal's Report

As I am sure the school community is aware we are growing next year, with a large enrolment of Foundation students eager to start school with us in 2016. Our smallest cohort in the school will be in Year 6, so at this time next year the school will grow by a reasonable number again. We have enough classroom space for next year and would expect that the Department will provide more classrooms for 2017, but it is our flexible extra spaces that will be tight.

This is not something that the Education Department provide in the Facilities Schedule but is clearly important for a school of our size, particularly with the large number of additional programs and activities we undertake. School Council has taken the decision to have a new Multi-use Learning Space built, which will sit alongside the Stadium. It will be used for many purposes including our extra Music & Art classes, Out of School Hours Care, Instrumental Tuition, and the many and varied other activities which happen at CHPS. The cost of this building will be significant, but we believe it will be a wonderful resource which will enable us to continue to provide the programs we are

so proud of. The building will be modular, meaning it will be largely constructed off site and then craned into place. We expect this to happen in time for us to use it early in the new school year. It will be a little over 2 classrooms in size in an L shape and will be able to be used as one large area or closed off to make 2 separate



learning spaces, depending on the need.

This is clearly a significant building and therefore costly but one that we believe will be a wonderful asset to our outstanding facilities to support our students' learning.

### **Thankyou Morning Tea**

It is getting closer to the end of the year and we were very pleased to receive a morning tea for our dedicated staff which was provided by our thoughtful CHAPS Parents' Association. I am confident parents are aware how fortunate we are to have such dedicated and skilled teachers - we're lucky and we appreciate our parents acknowledging this with a delicious morning tea.

Next Wednesday it is the staff's turn to say thankyou to the Parent Volunteers with morning tea in the PAC. It is our chance to say thanks for the support and assistance that many parents provide by volunteering their time to assist in our school. All contributions make the school a better learning environment for all students.

### **Thanks Pat for the fantastic vegetables!**

Those of you who travel through our foyer area will have noticed the ever-changing displays of fresh vegetables that are sitting below the front counter. The (current) cabbages, broccoli, beetroot and zucchinis are organically grown and tended with love by our resident handyman and gardener, Pat Formston and are available for sale at vastly cheaper-than-supermarket rates. If you're in the market for farm-fresh, delicious and good for you veggies, make an offer at the office and join us in thanking Pat for his wonderful work in the veggie garden!

**Graeme Caudry - Principal**



## **Year 6 Camp - Parliament and Civics Education Rebate (PACER)**

Students from Croydon Hills have recently undertaken an educational tour of the national capital, Canberra. While on this tour, the students had the opportunity to see many of the great sights our capital has to offer, as well as participate in a variety of educational programs.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their Civics and Citizenship education. To assist parents in meeting the cost of the tour the Australian Government has contributed funding of \$30 per student under the Parliament and Civics Education Rebate programme, toward the travel expenses incurred.

We have already deducted this amount per student from the total cost of the tour prior to sending out payment information, and the payment will be paid to the school.

We would like to thank the Australian Government for their support of this program and know that this trip was beneficial for all students.

**Liam Sommers – Year 6 Camp Co-ordinator**

## **Sports News**

### **Foundation and Junior House Sports**

The Foundation and Junior House Sports will be held on Friday 11<sup>th</sup> December. All the Foundation and Junior classes will be involved in the sports and will be run by Kelly Sports. This event is on Compass. Students can come dressed in their House colours for the day. Thank you to the parents who have volunteered to help out already, we still need the assistance of more parents to supervise the groups as Kelly Sports cannot supply us with an adult for each group. The activities are a lot of fun and they try to incorporate athletics activities as well as parachute and running games.

### **Soap Box Derby & Billy Cart Races**

Well it's that time of the year again when all the cardboard boxes from the local supermarkets and Bunnings are collected and decorated for the Soap Box Derby.

This is an annual race, which is run on the last day of the term. There are races for Boys and Girls in each level.

A cardboard box should have 2 children in it, with a driver at the front and the passenger at the back. Half way through the race, they change positions in the box so the passenger gets to drive to the finish line. The box must be intact to be eligible for a placing.

The Billy Carts are for the Senior students only and are to be constructed by the students and their families. These can be of any size, but are not to include bicycle pedals. The billy cart must be pushed by one student and steered by the other. They can change positions as many times as they wish. There is also a trophy for the best dressed pair.

Start making your Soap Box or Billy Cart now to be in the races for lots of laughs and fun!!

**Noreen McMenaman - Sport / PE**



ClipartOf.com/216441



## Music News

### Christmas Carols Concert, 9<sup>th</sup> December

Yes, not long until the CHPS Christmas Concert on Wednesday the 9<sup>th</sup> of December at 7 p.m. on the oval.

Below is a list of classes, what they are singing and **suggestions** of what they could wear to dress themselves up. Keep it 'Christmassy' as well as in keeping with the item. **This is not the order of the program.** We don't want children and parents going out shopping specially and spending lots of money. Please just use what you have at home and adapt it.

## 2015 CHPS CHRISTMAS CONCERT

Class	Songs	Costuming Suggestions
FO/FR/FW/FH	Polar Puppy	Christmas T-shirts, hats, puppy ears
JY/JPB/JJ	The Santa Claus Rock	50's Rock n Roll Gear. This is an Elvis kind of song
JMC/JMA/JT	We Will Jingle	This is a "We Will Rock You" – Queen parody. Rock n Roll Gear
JBB/JS/JMT/JF	Blitzen's Boogie	Boogie Woogie type gear. Skirts/pants, shirts bobby sox
MK/MW/ML	Everlasting Fruitcake	Country and Western gear – jeans, boots, checked shirts, cowboy Christmas hat
MD/MT/MJU	Christmas is O.K.	Country and Western gear – jeans, boots, checked shirts, cowboy Christmas hat
Seniors	"Elftown"	Cool streetwear. Rapper gear. Lots of bling. This is a Christmas version of "Downtown"

**\*This is not the order of the program\***

### Junior Christmas Choir

We have over 100 members in this choir and they are sound terrific!! Can't wait for you to hear them at the Christmas Carols Concert on the 9<sup>th</sup>.

### Senior Choir

Rehearsals as usual until the concert. Remember to check Compass for the Yarrunga Performance and Choir Breakup excursion to Croydon Centro and Croydon Cinemas to see "Peanuts: Snoopy and Charlie Brown" the movie.

**Kathryn Lane - Performing Arts**

## Canteen News

### Pizza and Slushy Day – Tuesday 1<sup>st</sup> December

Orders have now closed. No late orders can be accepted. No other lunch orders available on the day.

### WHAT'S NEW?

**Paddle Pop Tropical** with real yoghurt \$1.80

**Afterschool Sales** for frozen items and drinks only are available from 3.30 – 3.45.

Subject to weather conditions.

### ROSTER

**Friday 27<sup>th</sup> November** – Sue LeClercq, Anissa Silver, Sophie Turnham.

**Tuesday 1<sup>st</sup> December** – Kylie May, Jess Ward.

**Wednesday 2<sup>nd</sup> December** – Alisa Wills.

**Friday 4<sup>th</sup> December** – Sharron Savage, Lia Biasuzzo, Narelle Collins, Lenni Pennicott.

**Karen Cyster - Manager**

## Uniform News

### Foundation 2016 Orders

All foundation orders placed for 2016 have been put together and are available for collection during normal Uniform Shop opening hours or during Transition Hours.

### Year 6 Hoodies & Polos

Hoodie and Year 6 polo orders have been received and collated, the size order has been placed with the supplier. Year 6 Polo's will be available in approximately 4 weeks time, Year 6 Hoodie's will be available in the first term of 2016.

### Uniform Shop Opening Hours;

Monday 8.30am to 10am

Thursday 2.30pm to 4pm

Orders can be placed any day through [FlexiSchools.com.au](http://FlexiSchools.com.au). Your order will be processed during normal opening hours and delivered home via your child's classroom.

Order Forms can also be left at the office.

Orders and enquiries can be made by phoning the Uniform Shop during our opening hours.

All orders will be sent to your child's classroom, unless otherwise specified.

**Anissa Silver - Manager**

## School Banking

### 3 more banking weeks left!



All tokens are carried over into the New Year so keep saving now to get a head start for **next year's exciting new rewards.**

**Wonder what the new theme will be for 2016???? Exciting!!!!**

School Banking rewards also make great gifts so if you have unused tokens at home perhaps you could use them now to **order a special Christmas present for your family or friends.**

**Be quick though - orders for delivery this year close Thursday 3<sup>rd</sup> December.**



## Mia's MessageBoard:

**The 3 key skills for Emotion Regulation; Breathing, Self-Talk and a good nights' sleep!**

**Here's how breathing calms you (the technical stuff)**

It is the only visceral process that overrides conscious thought.

When voluntary, controlled breathing replaces out-of-control metabolic breathing the area in the brain that is in charge shifts to the cortex, which is where self-regulation occurs.

Slow, deep nasal breathing stimulates the parasympathetic nervous system – responsible for calming us down.

*There are three basic breathing exercises that I recommend to regulate your emotional state:*

- 1. Belly Breaths:** Hold your breath for one, breathe out through your nose for three, hold for one, breathe in through your nose for three, hold for one. Repeat.
- 2. Breathe into parts of your body:** Focus on tense parts of your body such as your shoulders and direct your breathing to these parts.
- 3. Guided breathing:** Use a simple mantra such as "In/out", "Calm/ease", "Smile/release" to guide you into a rhythmic breathing pattern.

### Why teach self-talk to kids?

Our emotions change how we see the world. We are usually more optimistic when we are happy and more pessimistic when we're sad.

**The key is to change your self-talk.**

By changing the chatter in your brain from something negative, catastrophic or unhelpful to something more realistic, positive and helpful can help get you through a challenging situation.

Positive self-talk examples include:

*"Stuff happens. I can cope."*

*"It's no big deal."*

*"I've put up with worse than this."*

*"I may want it but I don't need it."*

Help children develop age-appropriate self-talk scripts for a variety of common situations they meet so they can avoid an escalation of their emotions. Then encourage them to change the monkey-brain tape in their heads when they catch themselves saying negative, catastrophic or down-right regretful things.

**Above is from Michael Grose – Happy Kids Newsletter [www.parentingideas.com.au](http://www.parentingideas.com.au)**

**Parent/Child Sleep session** – If you would like some strategies to empower your child to get themselves to sleep at night please come along on Tuesday 8<sup>th</sup> December from 3.30- 4.30 in my room. If your child is hesitant to come to school or really struggling managing emotions it could be because they are tired. Do yourself and your child a favour and get some tips. Email me if you can make it [sartori.mia.m@edumail.vic.gov.au](mailto:sartori.mia.m@edumail.vic.gov.au)

**Mia Sartori - Student Welfare Officer**

## CHAPS NEWS

Hi Fellow Parents

Do you remember the movie nights we held back in June? Our goal from this fundraiser was to raise enough money to buy a Defibrillator for the school. Well I'm pleased to report that in conjunction with the Junior School Council, the Defibrillator has arrived and been installed at school! So thank you for your support!!



### Christmas Raffle

Christmas raffle tickets have been sent home for purchase. Thanks to those who have already sent their tickets and money back! If you'd like to purchase more tickets pop into the office to pick up an extra book or two. Tickets are only \$1 and you could win an Apple iPad Mini 2 (16GB WiFi), a Coles Myer Gift voucher or a Donna Hay Gift pack. The Raffle will be drawn at our School Carols night on Wednesday 9<sup>th</sup> Dec. Please support our final fundraiser for 2015.



### Volunteers needed

CHAPS have been asked to support the following events and as such we are seeking volunteers to assist. If you can spare an hour or so to help out, please drop us a line [chaps@croydonhps.vic.edu.au](mailto:chaps@croydonhps.vic.edu.au).

1. Wednesday, 16<sup>th</sup> Dec @ 8:15am to 10am – **Book Collection Day – 2 more volunteers**
2. Wednesday, 16<sup>th</sup> Dec @ 2.45pm to 5:30pm – **Book Collection Day – 4 more volunteers**



### CHAPS AGM

Our 2015 AGM will be held on **Monday 7th December @ 7pm** in the Staffroom. Join us to reflect on the great things we have achieved in 2015 for our fabulous school and to elect our new committee for 2016.

A list of positions was sent home last week, please have a look and let me know if there is a position that interests you or if you'd like some more information about any of the positions, including time commitments.

Thank you all for your ongoing support of CHAPS and our fabulous school!

**Elise Jones 0400 951 046 - CHAPS Vice President**

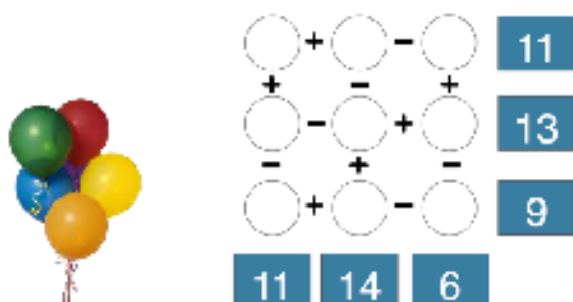
Telephone: 9725 1206 OSHC 9724 4514

THE JSC WELCOMES YOU TO THE

# CHPS STUDENT CORNER

**LAST WEEK'S CHALLENGE** provided by Mr Sommers, still clearly needs some more thought ...

Use the numbers 1-9 in these grids to make each line equal the number in each box.



## ***Birthdays this week....***

Monday 23rd November  
Harry MD & Jarrod SM

Tuesday 24th  
Jasmine FW & Chengyun JPB

Yesterday  
Olivia JS, Grace JJ & Nirmana MJU

Today  
Jonah JBB, Charlie JMT & Bella JS

Tomorrow  
Jake FH, Rhys JS & Sean JF

Saturday 28<sup>th</sup>  
Koby MJU

Sunday 29<sup>th</sup>  
Matt MJU, Ryan MW, Cailynn MW & Thomas MD

Enjoy!!!!

## ***Joke corner***

### **Xanda**

The platypus went into a restaurant. He bought two drinks.

'That will be \$2.50, please', said the waitress.

'No worries, just put it on my bill', said the platypus.

Thanks those families who have donated toys and food, see pages in the newsletter for more information

Student of the Week Awards  
presented at last week's  
assembly

FH – Millie, Jeremy & Ava

FR – Marley & Mia F

FW - Talia

FO – Luke & Curtis

JMT – Alex

JMA – Addison

JS – Riley

JMC – Emily & Dameion

JJ – Ryan & Tara

JF – Ella & Tayla

MK – Isabella & June

ML – Jaime & Serena

MD – Kate & Harry

MT – Brett & Bailey

MW – Liam & Chloe

SD – Jade

SP – Lachlan

**Congratulations!!**

# What's Happening in Junior Literacy?



JRT became Double O Detectives -

After reading 'Bear and Chook' by Lisa Shanahan we made detective glasses to search for double O words.



**DON'T FORGET OUR DRIVE  
TO HELP NEEDY FAMILIES  
AT CHRISTMAS.**

**PLEASE DONATE TO WESLEY  
MISSION'S "FOOD FOR  
FAMILIES" APPEAL BY  
PLACING NON-PERISHABLE  
FOOD ITEMS IN THE RED  
BOXES IN THE FOYER -  
SUGGESTED DONATION  
LIST OPPOSITE**



#### Suggested Donation List

##### NON-PERISHABLE FOOD ITEMS

Rice  
Tinned fruit  
Tinned vegetables  
Tea bags, instant coffee, Milo, sugar  
Soups and curries  
Baby food  
Sandwich spreads e.g. jam, Vegemite,  
peanut butter, honey  
Tinned vegetables  
Tinned tuna, salmon, sardines, ham  
Pasta and pasta sauces  
UHT milk (long-life)  
Breakfast cereals, muesli bars, breakfast bars  
Tinned and ready-to-eat meals e.g. spaghetti and  
baked beans  
Two minute noodles, instant noodles in a cup/bowl

##### GIFTS

Movie tickets  
Gift vouchers  
Gift cards  
**TOILETRIES**  
Nappies  
Feminine hygiene products  
Deodorant  
Shampoo and conditioner  
Face washers  
Toothpaste  
Toothbrushes  
Toilet paper

**Monetary donations are also accepted.**

**Please use the enclosed donation form or**

**visit [www.wesley.org.au](http://www.wesley.org.au)**

Our help and donations to the Food for Families appeal can ensure that disadvantaged individuals and families won't go hungry this Christmas.





# TOY APPEAL

### GIFT IDEAS FOR ALL AGES

Here are some popular gift ideas to suit all age groups urgently requiring presents this Christmas

**Gift Vouchers**

- Surf shops
- Clothing shops
- Children's shops
- Kmart, Myer, Target
- Christmas movie tickets
- DVD's

**Clothing**

- Clothing and accessories
- Shoes and socks
- Baseball caps

**Outdoor/Sporting equipment**

- Kites
- Kites and ball games
- Beach towels, sunglasses, body boards
- Bigger radios
- Mats and beach chairs
- Tennis rackets and balls

**Hair and Beauty**

- Make-up, beauty cases
- Hairbrushes, hair cream
- Hair cream
- Jewellery (eg. from Dora)
- Trendy safety bags
- Toiletries (toe cream, glitter gel, hair accessories, nail polish)

**Miscellaneous**

- CDs and DVDs
- Machines, Lego
- Puzzles and games
- (eg. board games, card games, combi. machines)
- Bags (eg. school packs, rucksacks, handbags, wallets, purses)
- Books, diaries, photo albums
- Art and craft packs (eg. stationery, art pencils and paints, sketch books, coloured paper)
- Toy cars (eg. Hot Wheels, Matchbox, Super Rigs, etc.)
- Wheels car racks, remote control, snap models

### HANDY HINTS

**Why we request unwrapped gifts**

This allows parents to personally select suitable gifts for their children. This is a more identified way of allocating gifts and for this reason we cannot supply children's names. You may wish to include some wrapping paper and sticky tape to allow parents to wrap the gift themselves.

**Gift vouchers - what a great idea!**

Gift vouchers really are a great gift idea, even for the Salvation Christmas Toy Appeal, because of their flexibility. They're an ideal gift for older children, teenagers and adults. Alternatively, a gift voucher means a parent who is struggling to make ends meet doesn't have to miss out on the joy of purchasing the child's gift from the store.

**Why we request 'brand new' toys**

Sadly, the gift you donate might be the only present a child receives. It is Christ we are so sorry you have to ensure each child receives a gift that is brand new. We know children are so excited about getting gifts, but this is one way we can help families feel special at Christmas and enjoy its wonders. The everyday.

**Baby shopping tip:**  
When buying for under 18s, carefully use the labels on many of the toys that have them to see if they are actually for children over 1.






For further information, please contact:

**SA:** Quakers (08) 8408 6972 or [quakers@quakers.org.au](mailto:quakers@quakers.org.au)

**TAS:** 1300 65 00 08 8414 or [salvationarmy@salvationarmy.org.au](mailto:salvationarmy@salvationarmy.org.au)

**VIC:** Laidlaw on (03) 8878 2367 or [laidlaw@laidlaw.org.au](mailto:laidlaw@laidlaw.org.au)

**WA:** Timmer on (08) 9760 6574 or [salvationarmy@salvationarmy.org.au](mailto:salvationarmy@salvationarmy.org.au)

**Web:** [www.salvationarmy.org.au](http://www.salvationarmy.org.au)

**OR MAKE A CHILD'S  
CHRISTMAS MORNING  
SHINE BY DONATING NEW  
TOYS (please label eg: "girl,  
9").**

**BOX FOR GIFTS IN THE  
FOYER.**



**SOME GREAT  
IDEAS & HANDY HINTS**

**VISIT [www.wesley.org.au](http://www.wesley.org.au) OR  
[www.salvationarmy.org.au](http://www.salvationarmy.org.au)  
FOR MORE INFORMATION**



## Grade 5 & 6 Disco

**When:** Friday 27<sup>th</sup> November 2015

**Where:** Norwood Secondary College Hall  
Byron Street, Ringwood North

For [All](#) BoomTEC enquiries, phone: Tinternvale Primary School 9720 1215

**Time:** 7.00pm – 9.30pm **SHARP!!**

**Tickets: \$10 Limited** number of tickets available on the night

To avoid disappointment, **pre-buy** your tickets at:  
**Tinternvale Primary School** - anytime during office hours.

Pre purchased ticket holders enter BoomTEC at 6.45pm **No Queuing!**

### DJ playing Top 40 Hits

Snacks & Drinks 20¢ - \$1.00

Glow Products \$2.00 - \$3.00

**\*\* Lots of Prizes to be Won \*\***

BoomTEC is strictly supervised, all children **MUST** be signed in & picked up by an adult over 18 years of age.

Parents/Guardians must collect their children **BY** 9.30pm from inside the Hall. **NO PASSOUTS** will be given for **ANY** reason.

BoomTEC is an event managed by *Tinternvale Primary School Council* – 9720 1215



## DON'T FORGET THE CHRISTMAS CONCERT!

**WEDNESDAY DECEMBER 9<sup>TH</sup>, 7PM**

**ON THE MAIN OVAL**

**JOIN US FOR A FAMILY PICNIC FROM 5.30PM**

**Class Items**

**Choir**

**Ukelele/iPad/Marimba band**



# Yarra Valley Pro RODEO

**HEALESVILLE RACE COURSE**

**Gates Open @ 4pm Action Starts @ 6pm**

## TICKETS

Adults \$25

Children \$15

Family \$70

(2 Adults 2 Kids)

Li'l Buckaroos under 5 Free

Aged Pen \$15

**STRICTLY NO BYO BY LAW**

Healesville Amateur Racing Club  
Healesville - Kinglake Road  
Healesville

• LIVE BAND - THE FLAMING MOES •

• FOOD, REFRESHMENTS & BAR •

• CHILDRENS RIDES - FUN FOR THE WHOLE FAMILY! •

PROUDLY SPONSORED BY

Full Potential Landscapes

Yarra Glen Kubota

Van Berkel Plant Transport

All Systems Contractors

Central Scaffolds

Crown Hotel

Extreme Plaster

Terminus Hotel

Healesville Toyota

Johnson Roofing

Yarra Ceramic Services

Hair Mate

**Sat 16th Jan.**



Do you have a child with special needs or with a disability?

Are there resources to support you?

The answer is  
**YES**

Come and hear about the supports you can access  
for yourself and your family.

Don't do this alone! Come and hear about what is out there to help you.

**Speakers:**

Gill Oliver  
Parentzone

Mel Spencer  
Parent Advocate and  
parent of 3 ASD children

Megan Brown  
Co-ordinator Parent Support Network Eastern Region

1.30 – 3pm Wednesday 2nd December  
School Hall, Manchester Primary School  
Monomeith Street, Mooroolbark

RSVP: 1/12/15 to Philippa Adgemis on 9726 6931 or  
adgemis.philippa.p@edumail.vic.gov.au

