PRINCIPAL’S COMMENTS

Swimming and Water Safety Program—Years 3 to 6 and combined with Activities Week for Years 5 & 6 and Camp, March, 2014
Please note that I have sent an amended set of notices home requesting a deposit by next Friday, October, 25th.

Because we have made bookings at the Pines Pool with swim instructors, at the beach with Frankston Life Saving Club lifesavers and for Years 5 and 6 with PSUP, we need to confirm student numbers ASAP in order to lock in bookings with confidence. The total cost of these programs for the school, including staff time, is in excess of $20 000.

I encourage all parents to support these programs because they are an integral part of the Physical Education and Personal Development Curriculum. They are important aspects of student learning and may even save your child's life at some time in the future if he/she is faced with a water related emergency.

This week, the school paid a non-refundable deposit of $500 to the camp in Grantville for March 16th to 18th, 2014 to secure our booking. Please note that a deposit of $20 is required by Friday, November 22nd to confirm your child's participation in this 2014 camp.

The school has not had a camp in 2013 in order to reduce the cost to parents, with the goal of having a high level of participation in this year's Water Safety Program, and in next year's 5 and 6 Camp.

Teaching of Languages other than English
Next year we will be trialling a new approach to the teaching and learning of another language for all students at Ballam Park Primary School. Much of the delivery of this language learning will be via online resources, that is, using the internet.

Here are some questions for parents. I would love to hear your opinions. Either a note to me at school or an email would be best please. renouf.mark.l@edumail.vic.gov.au

1. Should all students at Ballam Park Primary School learn the same language or should there be a variety of languages offered?
2. What is your opinion about this possible selection of languages that might be included? Chinese - Mandarin, Japanese (currently taught at McClelland College), Spanish (the second most common European language), Indonesian (a neighbour growing in importance to Australia), French (many words in common or similar to English)
3. Do you or can you speak a language other than English at home? Would you like your child to choose this language at school so you could help them to learn it at home?
4. Would you be available to volunteer at school once or more than once to share what you know about another language or another country with your child's class?

Please see an attached notice and expression of interest for an elective language program in Chinese - Mandarin next year that would be delivered live into our classroom (s) from China via Skype?

This would take place in one of our classrooms, during school hours, to a group no larger than 25 students and would cost parents around $30 in total for 40 lessons of 45 minutes during 2014. If there is sufficient demand, it would be possible to have two elective groups.

SAVING OUR ENVIRONMENT...
If you would like to view our online school newsletter, please click on...

www.ballamparkps.vic.edu.au

Mark Renouf, Principal
IMPORTANT DATES 2013

OCTOBER
Mon 14 to Fri 18  ) Health & Physical Education Week
Wed 16  ) Years 2, 3 & 4 Hockey Clinics
Mon 21 to  ) Year 2 Swimming Program
Thurs 24  ) Jubilee Park Swimming Centre
Mon 21  ) Years 5 & 6 Totally Kids Conference

NOVEMBER
Fri 1  ) Parents’ Club Halloween Disco
Mon 4  ) Canteen closed
Tues 5  ) Public Holiday
(Melbourne Cup Day)
Wed 6  ) Prep 2014 Come & Play 2.30-3.30pm
Fri 8  ) WALKATHON
Tues 12  ) Year 1 Melbourne Zoo Excursion
Thurs 13  ) Prep 2014 Come & Play 2.30-3.30pm
Mon 18 to  ) Year Prep Swimming Program
Thurs 21  ) Jubilee Park Swimming Centre
Wed 20  ) Prep 2014 Come & Play 2.30-3.30pm
Fri 22  ) Yrs 5 & 6 Deposit $20 due 2014 Camp
Tues 26  ) Sausage Sizzle
Wed 27  ) PREP 2014 Transition Morning

DECEMBER
Tues 3 to  ) Years 3/4 Beach Safety Program at
Fri 6  ) Pines Pool & Frankston Surf LS Club
Mon 9 to  ) Years 5 & 6 End of Year Water
Fri 13  ) Safety & Activities Week
Mon 16  ) Christmas Concert & Christmas Stall
Wed 18  ) Year 6 Graduation
Fri 20  ) Last day of Term 4

Courtney Holton in Victorian State Schools Spectacular

I was just recently in the Victorian State Schools Spectacular where I got accepted into the Melbourne skate crew. I had an intense 3 months and 3 days of hard training! I also had two amazing coaches, Sue-Allen Shook and Jayson Sutcliffe. Sue-Allen helped choreograph movements in the famous stage productions Moulin Rouge, Xanadu and Starlight Express. She is a very tough coach but it was amazing what she produced on this one performance. Jayson rolled the red carpet in Sydney, yes ROLLED on skates, down the red carpet. He also has a book and a movie out called Rollerboy. The costumes were amazing, and we were playing Tron Legacy so we had fluoro colours and they glowed!!! Also this performance will be displayed on television on Sunday, 20th October at 2.00pm. This is on this Sunday. I hope you watch me on TV this Sunday and enjoy yourselves because there’s no place like home, and skating is my home! Thank you.

Written by Courtney Holton

Merit Awards

Congratulations to the following students who have been presented with Merit Awards!

PB - Mia T  Josh E
PJ - Sasha G  Rhiannan F
1S - Macy R-C  Paige R
2L - Raymond R  Leroy V
3R- Aron-Jane S  Claudia S
4R- Gardenia F  George P
5S - Carys W  Phoebe B
6S~ Hailey C, Angus B, Quinn L, Mathew D

PM - Jai K  Annabel S
1M - Bianca N  Jai D
2B - Joshua T  Maddison G
3H - Allysia S  Dekota H-W
4D - Chloe E  Fletcher M-M
5B - Hayley T  Charlotte T
6B - Freja R, Brodie M, Jack R, Corey J
Celebrating Health and PE Week

By celebrating Health and PE week, we are reminding ourselves about the importance of regular exercise and eating healthy food to maintain good health. When both of these aspects are normal parts of our daily life, it is easy to maintain a healthy lifestyle.

Lunchtime dance sessions were enjoyed by everyone.

We meet the challenge of riding two exercise bikes non-stop from 9:00-3:30pm.

Our daily skip-a-thon found some students skipping through their recess and lunchtimes.

Years 2, 3 and 4 students enjoyed a clinic provided by Hockey Victoria on Wednesday.

On Thursday, students participated in a walk or ride to school.

Our week will conclude with a fitness circuit and breakfast for Year 5 and 6 students.

Throughout the week, classes joined in the pedometer challenge. Many classes had students who took over 10 000 steps in a day. Also every morning Years 3-6 students have completed a morning fitness run.
We are eSmart

Our school is proud to announce we are now officially an eSmart school. Since we first registered with the program, we have introduced many new policies and activities to improve the way our school manages cybersafety, bullying and cyberbullying. We feel confident our students, staff and the wider school community are now well supported to be smart, safe and responsible users of digital technology.

We encourage everyone in the school community to continue to uphold and promote eSmart behaviours at school and at home. If you are aware of any incidents of bullying, cyberbullying or risky online behaviour, please contact the Principal or our eSmart coordinator.

We are SunSmart

Our school is also proud to announce that we are in our 13th year of being a SunSmart school. Over those 13 years there have been a few changes and new strategies introduced into our policy. One is the acknowledgement that Vitamin D absorbed from the sun is very important. Vitamin D is a hormone that controls calcium levels in the blood. It is needed to develop and maintain healthy bones, muscles and teeth and is also important for general health. Prolonged sun exposure does not result in vitamin D levels increasing further, but it does increase your risk of skin cancer. There are 5 important strategies to protect against skin cancer and they are:

1. Slip on a shirt
2. Slap on sunscreen
3. Slap on a hat
4. Seek shade
5. Slide on sunglasses

Our school policy now states that sunscreen will be available in each classroom. (The sunscreen is the generic Safeway brand with a SPF50+ reading). Depending on your natural skin colour, some people are at greater risk of getting skin cancer and therefore sunscreen is one way to protect your skin.

If you know your child has an allergy to sunscreen or you prefer that they don't use sunscreen at school, please complete the tear off slip below and return it to your child's teacher.

Our preferred option is that parents ensure their children apply sunscreen at home before going to school. Please refer to the attached information sheet titled Vitamin D and UV radiation for more detailed information.

(Please return this tear-off slip if you prefer that your child doesn’t use sunscreen from the classroom at school)

To: Ballam Park Primary School

SUNSCREEN

My child ___________________________________________ Grade _______ is not permitted to have sunscreen applied at school.

Signed: _______________________________ Parent/Guardian  Date: __________________________

(Please return this tear-off slip if you prefer that your child doesn’t use sunscreen from the classroom at school)
Vitamin D and UV radiation

The sun's ultraviolet (UV) radiation is both a major cause of skin cancer and the best natural source of vitamin D. In Victoria we need to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels.

What is vitamin D?
Vitamin D is a hormone that controls calcium levels in the blood. It is needed to develop and maintain healthy bones, muscles and teeth and is also important for general health.

Vitamin D is made through a series of biochemical processes starting when the skin is exposed to the sun's UV rays. Vitamin D also naturally occurs in fish and eggs, while margarine and some types of milk have added vitamin D. Food however only makes a small contribution to the body's overall vitamin D levels and it is difficult to get enough from diet alone.

How do I take a balanced approach to UV radiation exposure?
The body can only absorb a certain amount of vitamin D at a time. Prolonged sun exposure does not result in your vitamin D levels increasing further, but does increase your risk of skin cancer. Short periods of sun exposure may be more efficient at producing vitamin D. Daily exercise will also assist your body to produce vitamin D.

In Victoria from September to April (when the UV Index is 3 and above) most people need sun protection. During these months, most Victorians with fair to olive skin will get enough vitamin D during their normal daily activities by exposing their face, arms and hands for a few minutes a day. This should be done mid-morning or mid-afternoon. Be extra cautious in the middle of the day when UV levels are most intense. People with naturally very dark skin may need three to six times this exposure.

From May to August, to help with vitamin D, most Victorians with fair to olive skin need two to three hours of midday winter sun exposure to the face, arms and hands (or an equivalent area of the skin), spread over a week. Sun protection is not required unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above. People with naturally very dark skin may need three to six times this exposure.

The use of sunscreens is not recommended to boost vitamin D levels due to associated health risks.

Will sunscreen stop you from making enough vitamin D?
Sensible sun protection does not put people at risk of vitamin D deficiency. When sunscreen is tested in lab conditions it has been shown to decrease vitamin D production, however regular use in real life has been shown to have little effect on vitamin D levels. This is probably because people who use more sunscreen spend more time in the sun, so naturally will have higher vitamin D levels.

Who is at risk of vitamin D deficiency?
- People with naturally very dark skin. The pigment in skin (melanin) acts as a filter to ultraviolet B (UVB) radiation and reduces synthesis of vitamin D.
- People with little or no sun exposure. This group includes:
  - Older adults, especially the frail, who are in medium to long-term residential care, aged care or housebound
  - People who wear concealing clothing for religious or cultural purposes
  - People who deliberately avoid sun exposure for cosmetic or health reasons
  - People at high risk of skin cancers
  - People who are hospitalised long-term
  - People with a disability or chronic disease
  - People in occupations such as taxi drivers, factory workers, night-shift workers.
- Breast fed babies who fall into the risk categories above or have mothers with low vitamin D. Breast milk contains little vitamin D and infants depend on maternal stores initially (formula milk is fortified with vitamin D).
- People with conditions (obesity, end stage liver disease, renal disease and fat malabsorption syndromes such as cystic fibrosis, coeliac disease, inflammatory bowel disease) or medications affecting vitamin D metabolism.

People in these groups, and others who are concerned about their vitamin D levels, should talk with their doctor. Vitamin D levels can be checked with a simple blood test. Sun exposure may not be enough for some people and a vitamin D supplement may need to be considered, especially in winter.

Low vitamin D may have no obvious symptoms, but without treatment, it can have significant health effects including bone and muscle pain, poor bone mineralisation (softer bones) leading to rickets (bone deformity) in children and osteomalacia in adults. There have also been links with an increased risk of bowel cancer, heart disease, infections and auto-immune diseases, although more research is needed to determine whether increasing vitamin D levels can prevent these conditions.

What is considered naturally very dark skin?
All skin types can be damaged by too much UV radiation. However, naturally very dark-skinned people (skin type 5 and 6 on Table 1) need three to six times the exposure time and supplementation may be required depending on their vitamin D levels.
Vitamin D and UV radiation

Table 1

<table>
<thead>
<tr>
<th>Skin type</th>
<th>Natural skin colour</th>
<th>Tendency to burn</th>
<th>Skin cancer risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Very fair, pale white, often freckled</td>
<td>Always burns, never tans</td>
<td>Greatest risk</td>
</tr>
<tr>
<td>2</td>
<td>Fair white skin</td>
<td>Burns easily, tans minimally</td>
<td>High risk</td>
</tr>
<tr>
<td>3</td>
<td>Light brown</td>
<td>Burns moderately, usually tans</td>
<td>High risk</td>
</tr>
<tr>
<td>4</td>
<td>Moderate brown</td>
<td>Burns minimally, tans well</td>
<td>At risk</td>
</tr>
<tr>
<td>5</td>
<td>Dark brown</td>
<td>Rarely burns</td>
<td>Relatively rare, but those that do occur are often detected at a later, more dangerous stage. Increased risk of low vitamin D levels.</td>
</tr>
<tr>
<td>6</td>
<td>Deeply pigmented, dark brown to black</td>
<td>Never burns</td>
<td>Relatively rare, but those that do occur are often detected at a later, more dangerous stage. Increased risk of low vitamin D levels.</td>
</tr>
</tbody>
</table>

Do people with naturally very dark skin need to worry about sun exposure?

Yes – care still needs to be taken in the sun. Even though skin cancer is less common for people with naturally very dark skin, those skin cancers that do occur are often detected at a later, more dangerous stage. People with this skin type do not normally need to apply sunscreen and can safely tolerate relatively high levels of UV radiation without getting burned.

However, regardless of skin colour, the risk of eye damage remains. Cataracts have blinded around 16 million people worldwide. According to the World Health Organization, sun exposure may be a factor in up to 20% of cataracts, especially in countries close to the equator, such as India, Pakistan and parts of Africa. High levels of UV radiation have also been linked to harmful effects on the immune system. It is recommended that all people, regardless of skin type, wear a hat and/or sunglasses to protect their eyes.

What about children with naturally very dark skin at school and in care?

Children at school and in care usually spend at least 60 minutes a day outdoors. It is important for children with naturally very dark skin to have some sun exposure during these periods. These children do not normally need to apply sunscreen because of the high level of melanin in their skin. This is a decision for their families to make. It is recommended that all children wear a hat (and sunglasses if appropriate) to protect their eyes and face.

Further information and resources

More information is available at sunsmart.com.au or contact the Cancer Council Helpline on 13 11 20.


The SunSmart app with vitamin D tracker is a handy, free tool that allows users to find out if they are getting enough sun to help with vitamin D and alerts the user of their daily sun protection needs. Download free from Apple and Android stores.

References


This information is based on current available evidence at the time of review. It can be photocopied for distribution. Vitamin D information also available in other languages.

Latest update: November 2011

VicHealth

Cancer Council Victoria
CANTEEN NEWS
Please note that the Canteen will be closed on Monday, 4th November (the day before Melbourne Cup Day public holiday).

It’s Not OK To Be Away from school unless you are unwell.

Tennis Victoria Mum’s Program
Only $35 for 5 weeks of group tennis coaching Tennis Victoria’s Mum’s Program is run by a Tennis Australia qualified coach which means that you will be in good hands to develop your tennis skills. In addition, save time & money on childcare by enrolling your child(ren) in the Tiny Tots Program…

For more information contact: Tennis Victoria on 8420-8420 or www.tennis.com.au/vic

To register, contact your nearest venue: Frankston East Tennis Club, 240 Centenary Park Dr, Frankston, Giuseppe Ranieri 0432-467-627

NOTIFICATION OF STUDENT ABSENCES
It is requested that parents please ring the school on 9789-5614, prior to 9.30am, to advise if their child will be absent.

AMAZING TOYS
*GRAND OPENING*
Saturday 19th October

Special guest: Peppa Pig

*JUMPING CASTLE*
*CHILDREN’S ACTIVITIES*
*SAUSAGE SIZZLE*
15% - 50% OFF STOREWIDE
45 Tyabb Mornington Rd Mornington
PH: 59768889
Ballam Park Primary School Success at Athletics

Last week 8 students competed in the Peninsula Division Athletics Sports at Ballam Park. All students represented our school extremely well with the following results:

Cooper M 11 year old boys  Triple Jump (3rd) and Long Jump (4th)
Carys W 10 Year old girls Long Jump (4th) 100m (1st)
100 x4 Relay (1st)
Manuao H 10 year old girls Shot put (1st)
Trey C 10 year old boys Shot put (4th)
Casey K 11 year old girls Shot put (4th)
Josephine T 10 year old girls 100m x 4 relay (1st)
Hanna P 10 year old girls 100m x4 relay (1st)
Trinity S 10 year old girls 100m x 4 relay (1st)

Those students who finished first (Carys, Manuao, Josephine, Hanna and Trinity) will compete at the Southern Metro Region Athletics Carnival on Thursday, October 17th at Casey Fields. We wish them all the best!

Connor F. - Prep J for Persistence
Thomas C. - Prep B for Confidence
Andy D. - 1S for Persistence
Bryce P. - 2B for Getting Along
Trinity C. - 3H for Resilience
Josephine T. - 4R for Getting Along
Seth C. - 5S for Persistence

Jade S. - Prep M for Getting Along
Jordon P. - 1M for Organisation
Cameron A. - 2L for Persistence
Eli H. - 3R for Confidence
Jade W. - 4D for Confidence
Zoe K. - 5B for Getting Along
Sammy T. - 6B for Confidence
Reece M. - 6S for Resilience

Congratulations to the following students who have been chosen as our Students of the Month for August, 2013.
Parents' Club
“Help raise funds for our children’s school, every cent counts…”
bppsparentsclub@gmail.com

Congratulations!

Due to the enormous support of all the families, friends, staff and community of Ballam Park Primary School, the Parents' Club have reached their fundraising goal for the Fresh Fruit Fridays Program. Thank you for helping us achieve this wonderful goal for the children.

Future fundraising for the remainder of the year will go to the school programs.

Events for Term 4

Friday 1st November
Halloween Disco

Tuesday 26th November
Sausage Sizzle

Wednesday 27th Nov
Prep Morning Tea

Monday 16th December
Christmas Stall

Ballam Park Primary School Parents’ Club

HALLOWEEN DISCO
FRIDAY 1ST NOVEMBER

Come dressed up in your best costume and have some fun at the school disco

Prep – Grade 3 at 5:30pm – 6:30pm
Grade 4 – 6 at 6:45pm – 8:00pm
in the Hall at BPPS

Welcome

New Members are always welcome!
We meet in the portable near the canteen every Monday morning after announcements. Kids are more than welcome and kids activities and toys are set up in the room to keep them occupied while you enjoy a chat with the other parents. There is no commitment to come to every meeting if you can only attend a few or feel free to let us know if you would like to be on call to help at any events throughout the year. We also catch up socially as you develop strong friendships amongst the group. Plus your children will love to brag that your a part of the club!

Put this on your calendar!

$5 entry per child
includes free gift, a drink and chips

NO WEAPONS ALLOWED!!!

* BPPS Students ONLY
* All children must be escorted to and from the hall by an adult.
* No children will be allowed to leave the hall unattended.

Donations Needed

We would appreciate any donations possible for the Christmas Raffle at the end of the year. Gifts, products, vouchers etc are all welcome. If you own your own business, this is great way to get it out into the community.
Ballam Park Primary School Parents’ Club

HALLOWEEN DISCO

Come dressed up in your best costume and have some fun at the school Disco
NO WEAPONS ALLOWED!!!

Prep – Grade 3: 5:30pm – 6:30pm
Grade 4 – 6: 6:45pm – 8:00pm
in the Hall
at B.P.P.S

$5 entry per child
includes free gift, a drink and chips

* All children must be escorted to and from the hall by an adult. *
* No children will be allowed to leave the hall unattended. *

FRIDAY 1ST NOVEMBER

* Parking will ONLY be available at the Athletics Track *
* Please bring your child to the door. No child will be able to leave without an adult *
* Only BPPS Students to attend, unless they have a parent who is helping. *
* The disco will be organised and supervised by the Parents’ Club.
  Safety monitoring and toilet rosters will be in force. *
Prep Enrolments for 2014
BALLAM PARK PRIMARY SCHOOL
GATE 1, BELAR AVENUE, FRANKSTON 3199

Enrolments are presently being accepted for children commencing Prep in 2014

When enrolling, parents will need the following:

♦ **Proof of date of birth:**
e.g. a birth certificate or passport. The Department of Education and Early Childhood Development requirement is that children are five years old by 30th April 2014, for admission in 2014.

♦ If your child was born in a country other than Australia, the appropriate **visa**.

♦ **School entry immunisation certificate requirement:**
A history statement from the Australian Childhood Immunisation Register (phone 1800-653-809) which you automatically receive after your child has completed the 4 year old vaccine schedule. It should state at the bottom of the page “This child has received all vaccines required by 5 years of age.”

(If your child has not yet had all school entry immunisations, please complete and lodge the enrolment form, and bring the certificate when immunisations are completed, prior to the end of 2013.)

♦ **Emergency numbers**, e.g. friends, relatives, workplace and doctor.

Please ring 9789-5614 if you wish to have further information or would like to have a tour of our school.

We look forward to warmly welcoming you to our school.

*Mark Renouf*
*Principal*
Ballam Park PS has become a TIQBIZ school

DOWNLOAD OUR FREE APP TODAY!!!

151 Families have already downloaded our FREE App—Have you???

Tiqbiz allows Ballam Park Primary School Staff to send you instant messages, notices reminders and alerts to Smartphones, Ipads, tablets and computers (PC and Mac). These might be of a general nature for example “Don’t forget the Mothers’ Day Stall is on tomorrow” OR Year level specific “Year 3 is doing a puppet show this afternoon if you wish to attend”.

Download our FREE APP today!


**STEP 2:** Once the App or Software is loaded – Register. Enter Name, Country, Email Address and create a Password

**STEP 3:** Login using Email address and Password (from Step 2)

**STEP 4:** Click on the FIND tab/button. Type in Ballam Park Primary School and click on FIND. Click on the tiq next to the categories you would like to subscribe. We recommend – **General** and your **child's year level/s**. You will be asked to key in a password. The password for General is **b5005** and all year levels is **BallamP**.

**Now you are ready to receive instant messages!**Click Back.
How to get started — Before using our programs, you must register online for an account. Registering is quick and easy. Please visit our website to begin: www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details any time of the day online. Please keep in mind we are able to take bookings at short notice to help busy families.

Save on care — You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more, call our Customer Service Team on 1300-105-343 Monday to Friday.

<table>
<thead>
<tr>
<th>OUTSIDE SCHOOL HOURS CARE HIGHLIGHTS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Indoor Games</td>
<td>Construction</td>
<td>Outdoor Games</td>
<td>Arts, Crafts &amp; Painting</td>
<td>Movie Day</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
</tr>
</tbody>
</table>

This week we have been building obstacle courses, using all different types of apparatus including trampolines, mats, tunnels, etc.

For bookings, please log on to: www.campaustralia.com.au

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**Star of the Week**
Chloe E

**OSHC Co-ordinator:** Haylie Lelliott
Phone 0402-354-584

Outside School Hours Care with Camp Australia

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**Talking About Childhood Asthma**
**Live From The Airways**
Presented by The Asthma Foundation of Victoria and Royal Children’s Hospital

**FREE!**

**Sunday 27th October 2013—4pm - 6pm**
**Ella Latham Auditorium, Ground Floor, Royal Children’s Hospital, Melbourne**

Ask questions, gain advice on: medications, diagnosis and asthma management from top Respiratory Specialists:
A/Prof Sarath Ranganathan
Prof Colin Robertson
Dr Jo Harrison

Light refreshments will be served and tickets are limited, therefore registrations are essential.
Attend the event at the Royal Children’s Hospital OR watch the LIVE Webcast online
Register at www.asthma.org.au or call 1800 ASTHMA (1800 278 462)
Keep saving to win more Dollarmites’ treasure.

Simply make two or more School Banking deposits from 21 October to 30 November and you’ll be automatically entered into the competition.

Treasure Chest Prizes.

- Just by saving, you could win one of these great prizes:
  - 60 x Apple iPod touch 16GB
  - 100 x Adventure DVD Pack including Despicable Me, Despicable Me 2 & HOP

Things to know before you Can: Apple, the Apple logo and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Apple is not a participant or sponsor of this promotion. NSW Permit No. LTSP/13/6945, ACT Permit No. TP13/3206, SA Permit No. T13/1612. Competition opens 21/10/13 and closes 30/11/13. Winners will be drawn on 10/12/13 at 12.00pm AEDT, Level 2B, 11 Harbour Street, Sydney NSW 2000 from all entries received. Individual prizes are an Apple iPod touch valued at $249 and a DVD Pack valued at $76. The Promoter is Commonwealth Bank of Australia ABN 48 123 123 124, Level 2B, 11 Harbour Street, Sydney NSW 2000. Full terms and conditions at commbank.com.au/adventureisland
Spring Environment Events

Frankston City Council's Halve Our Waste Program (HOW)
Join other households who shop smart, live smart and waste less. Sign up now to halve your waste and make a whole lot of difference! As part of the program you will receive a free compost bin or subsidised worm farm, a kitchen caddy for food scraps, educational resources and online tools, posters, stickers and lots more! Phone 9784 1755

Saturday 19 October, from 9:30 - 11:00am
RESOURCEFUL GARDENING - $5 ($4 for seniors)
Waste not, want not! Learning about composting, worm farming, growing veggies and more.
At Frankston South Recreation Centre, 55 Towerhill Road, Frankston South. Bookings 9293 9122

Thursday 24 October, 9:30am - 12:30pm
Party in the Park:
Venue: Cruden Farm, entry via Cranhaven Road, Langwarrin (Melway 103 G6)
Free bus service available, pickup from four local points. Call 1300 322 322 for more information.
FREE entertainment & children's services information. BYO picnic, drink & sunscreen (no food vendors at venue)

Friday 25 October, 10:00 - 11:30am
SPRING ENERGY BUSTERS - $5 ($4 for seniors)
Take the heat off your electricity bill, learn how to reduce your power usage by making simple and cheap changes, and be more cosy and comfortable as well.
At Langwarrin Community Centre, 2 Lang Road, Langwarrin. Bookings 9789 7653

Sunday 27 October, 2013, 10:00am - 4:00pm
HMAS Cerberus Open Day—FREE
Location: HMAS Cerberus, South Beach Road, Crib Point 3919 (Melway Ref 194 D1)
Celebrating the Centenary of the Royal Australian Navy's Fleet arrival in 1913, the navy's premier training establishment will be on display with a range of exciting FREE activities for the whole family to enjoy, including:
Parachutists and & Aerobatic Displays, Helicopter Winching and Static Displays, Boat Rides and Steam Traction Engine Rides, Army Vehicle Display, Vintage Military Vehicles, Classic Cars & Motorbikes, Heritage Buildings and Museum open to the public, Marching Classes, Kids and Novelty Activities, Music Recitals & Ceremonial Sunset Parade

Saturday 2 November from 9:30 - 11:00am
RESOURCEFUL GARDENING - $5
Waste not, want not! Learning about composting, worm farming, growing veggies and more. Bookings 9789 7653

LEARNING IN OUR LIBRARIES

HOMEWORK CLUBS, 4:00pm - 5:30pm (during school term only)
Wednesdays @ Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs
Thursdays @Frankston Library, 60 Playne Street, Frankston
Homework clubs are FREE but bookings are required: 9784 1020

Frankston TV returns to your living room with a new host
Frankston TV is back on Channel 31 for a second series, starting on Sunday 13 October. Frankston's own Paralympic champion Ellie Cole will be the host. The five episode series will feature an in-depth look at Ellie's rise from childhood amputee after a dangerous form of cancer was discovered in her leg, to four time Paralympic Gold Medallist in London 2012..

Be watching Channel 31 on Sundays at 9pm and Wednesdays at 4:30pm. More information at www.frankston.tv
COMMUNITY NOTICE

The school sincerely appreciates the sponsorship of both our school newsletter and school website by a variety of businesses, but please be aware that the school is not permitted to endorse or recommend any businesses.

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