**PRINCIPAL’S COMMENTS**

**Walkathon**

Once again, the Walkathon was a great success as our students, staff and parents, dressed in stripes and spots, covered a total walking distance of around 2,000km in less than an hour. Thank you to parents who have helped your children collect sponsors and to those who have already returned sponsor forms.

Please return all sponsor forms whether or not your child has sponsors and money. There is a fantastic array of prizes for the leading money raisers, and also two bodyboards which will go into a lucky draw for every child who has raised $10 or more.

The SRC has put forward a list of suggestions for the Walkathon fundraising to go towards:
- Upgrading the toilets, hand soap and hand dryer
- Repairing the senior playground because it wobbles
- Paint outside of both main buildings
- Year 6 sport uniform
- Nets for basketball rings
- Fix front of stage
- In ground soccer goals
- Upgrade the wooden monkey bars to make them longer and higher

**Changes to EMA payments and to school funding allocations**

From the start of 2013, there will be no school portion of EMA. In the past, many parents have used the school portion of EMA to cover many school-related costs such as paying for school books, pencils, paper, excursions, etc.

For 2013, we will be encouraging parents to sign over the parent portion of EMA to the school as many have chosen to do in the past. More information will be sent home in the coming weeks.

**Important Dates 2012**

**NOVEMBER**
- Fri 2: 2012 Eastern Zone Orienteering
- Mon 5: Canteen closed
- Tues 6: PUBLIC HOLIDAY (Melbourne Cup)
- Mon 12: Prep 2013 Come & Play Session
- Mon 12 to Thurs 15: Prep Swimming Program,
- Thurs 15: Jubilee Park Swimming Centre
- Thurs 15: Walk to School Day
- Mon 19: Prep 2013 Come & Play Session
- Fri 23: House Sports Day
- Mon 26: Prep 2013 Come & Play Session

**DECEMBER**
- Wed 5: PREP TRANSITION MORNING
- Wed 5: Years 3/4 Swimming
- Mon 10 to Fri 14: Jubilee Park Swimming Centre
- Fri 7: Walkathon presentations at assembly
- Mon 10 to Fri 14: Years 5/6 Camp (Woorabinda)
- Fri 14: School holidays

**Please also note:**

Most parents (everyone who receives Family Tax Benefit A) will receive a Commonwealth Government allocation of $410 per primary school child in January direct into their bank accounts. This is not related to EMA. It is new national funding that most parents received for the first time in June this year.

Education Maintenance Allowance (EMA) Claim Forms for 2013 are now available to be completed at the school office for those parents who are eligible.

*Mark Renouf*
*Principal*
Becoming a Health Promoting School

In 2013 Ballam Park Primary School will commence its journey in becoming a Health Promoting School. This means that we will focus with more intent on the Health and Wellbeing of all our students, staff and members of the school community. Health and Wellbeing incorporate the integration of physical, social, emotional, cognitive and spiritual aspects of development. Wellbeing includes good physical health, feelings of happiness, satisfaction and successful social functioning.

Many of these things are already part of our practice at Ballam Park Primary School, and the Promoting Healthy Schools will enable us to have a more comprehensive approach.

The eight areas that fit under the heading of a ‘Health Promoting School’ include:
- Safe environments
- Sun protection
- Tobacco control
- Mental Health and Wellbeing
- Physical activity
- Healthy eating and Oral Health
- Sexual health and wellbeing
- Alcohol and other drug use

A health promoting school aims to:
- Actively promote the health and wellbeing of its students, staff and community
- Link health and education through the curriculum and school culture
- Empower students to take actions on health and wellbeing
- Provide a safe and supportive environment for everyone
- Promote respect, fairness, equality and belonging
- Integrate health into day-to-day activities and planning
- Work collaboratively with staff, families, children and young people
- Develop partnerships between the school and other community organisations
- Seek continuous improvement through ongoing monitoring and evaluation.

What does being healthy mean to you?

It means keeping fit. Not staying inside and playing games on the computer. It also means eating healthy food and making sure you get enough sleep. Ronaldo

It means eating lots of fruit, not sitting inside all the time, going outside to play. Having healthy snacks like carrots and dip. Sophie
Please note the Canteen will be closed on Monday, 5th November, the day before Melbourne Cup public holiday.

CHILDREN TRANSFERRING TO NEW SCHOOLS IN 2013 (excluding Year 6 students)

To assist us with our preliminary planning for Year 2013, we need to have fairly accurate estimates of student enrolment. It is important that we know about any families who are presently at our school but intend to transfer to another school in 2013.

Please return this form to school as soon as possible. Thank you.

(Please return form to school office)

CHILDREN IN YEARS PREP TO 5 TRANSFERRING TO OTHER SCHOOLS IN 2013

My children will be transferring to:
…………………………………. Primary School

Children’s names:
…………………………………. Grade .....
…………………………………. Grade .....

Parent/guardian’s signature:
…………………………………. 

Thank you.

WALKATHON

On Friday, 26th October, we completed a very enjoyable and successful annual Walkathon. Congratulations to everyone for completing their laps. It was great to see so many different spots and stripes costumes.

A big THANK YOU to all the parents, teachers and students who helped out with stamping cards, marshalling and walking.

THANK YOU also to the Parents’ Club for supplying the icy poles for everyone after the Walkathon.

It has already been a fantastic effort in collecting sponsorship money. Our progress total is $3,541.55.

We would really appreciate it if all remaining sponsorship money could be returned as soon as possible and no later than Friday, 23rd November.

THANK YOU EVERYONE FOR YOUR SUPPORT!

Darren O’Brien
Walkathon Co-ordinator

PRIMARY SCHOOL WEAR

Uniform Shop News

Uniforms can be purchased in two ways:

- From the PSW Shop at 21 Playne Street, Frankston
- Order online ww.psw.com.au

There will be $8.00 postage fee for delivery to parent’s home address.

Primary School Wear (PSW)
Walkathon Day, Friday, 26th October
CAR BOOT & MARKET STALL DAY

Saturday 10th November
9am - 4pm
Belar Avenue, Frankston

* Lucky Dip
* Showbags
* Raffle
* Food Stalls

* Party Plan Stalls
* Second Hand Goods
* Colour Hairspray

Ballam Park Primary School

Bring your family and friends
Parents’ Club plan to raise funds for IT (Information Technology) and computers for Ballam Park Primary School, and we are very grateful for the constant support from our parents with our fundraising activities.

Saturday, 10th November—Car Boot Sale and Market Stall Day
The Car Boot and Market Stall Day will be held on Saturday, 10th November at school from 9.00am to 4.00pm. Please bring your family and friends along for a great day. Come and support our school while enjoying — Food Stalls, Second-hand Goods, Raffle, Show Bags, Lucky Dip, Party Plan Stalls and more. See you there!

Fundraiser—‘Christmas Fare’ and ‘Gourmet Cookie & Biscuit Dough’
Order forms for our Christmas fundraisers—‘Christmas Fare’ and ‘Gourmet Cookie & Biscuit Dough’ will be distributed tomorrow Friday, 2nd November. This is a great opportunity to start thinking about ordering treats and gifts for Christmas.

Christmas Fare offers some wonderful gift ideas (with no baking required), including Christmas Cakes and Puddings, Fruit Mince Pies, Hamper, Rocky Road etc.

Gourmet Cookie & Biscuit Dough in 1.3 kg tubs can be baked fresh at home with minimum fuss and effort. Simply scoop, bake, serve and enjoy. Varieties include Choc Chunk Macadamia, Mini Triple Choc etc.

Order forms together with payment need to be returned to school by Friday, 16th November.

Guitar Tuition available at school
If you would like your child to have Guitar lessons at the school on Mondays, please contact Glen Vinton of X10SIV Guitar Tuition on either 5979-4575 or via email on x10sivmusic@rock.com
Glen teaches both acoustic and electric guitar styles which will incorporate major and minor chords, moving on to barre chords, moving on to barre chords...

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.

Girls Cricket Program
Cricket Victoria
Attention: Girls aged 10 to 17 years of age
Whether you are a beginner or a regular, come along and get some specialised coaching. Give cricket a GO!
Contact: Chris Simpson, Phone: 0414 552 109
Email: chris@telpco.net.au
No cost—it’s FREE
All equipment supplied

Session 1: Monday 29th October
Venue: Mt Martha Cricket Club
Ferraro Reserve, Seppelt Ave, Mt Martha (MEL 145 B10)
Time: 5pm to 6:30pm

Session 2: Monday 12th November
Venue: Pakenham Cricket Club (oval no 2)
Practice Nets
Address: Princess Highway, Pakenham (MEL 215 J5)
Time: 5pm to 6:30pm

Contact: Chris Simpson, Phone: 0414 552 109
A FRAMED PHOTOGRAPH OF MICHAEL HUSSEY AND CRICKET BALL AUTOGRAPHED BY MICHAEL HUSSEY WITH LETTER OF AUTHENTICITY!

The prize will be awarded to the student who makes the highest number of deposits or is a New Student Banker between Monday, 8th October and Monday, 10th December 2012. (In the event of a draw, the winner will be drawn from a hat)

Drawn at assembly on Friday, 14th December, so don’t miss out—start banking today!!!

(There will also be a few ‘runners-up’ prizes)

STUDENT BANKING DAY IS TUESDAY

If you haven’t started Student Banking, enrol to open a new account at a Commonwealth Bank branch or through the school office — and start banking to be in with a chance to win this wonderful prize. 😊

Jump on the Bandwagon Sunday, 11 November

Jump on the Bandwagon is a celebration of people of all ages playing music together. Led by Gillian Howell (gillianhowell.com.au) and working alongside some of Melbourne’s most inspiring and fun musicians, the Bandwagon is a music jam for the whole family. Everyone is invited, no matter what age or what level of playing ability - first-timers will have the unforgettable experience of being part of a large and powerful ensemble and more experienced players will learn some new music, invent riffs and rhythms or maybe improvise a solo.
This fortnight, we discussed the Walkathon and the costumes everyone was making and wearing.

The phone number for OSHC is: 0402-354-584
For bookings, please log on to: www.campaustralia.com.au

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fabric Drawing on Pillow Cases Fresh Fruit</td>
<td>Ball Sports Football &amp; Basketball Fresh Fruit</td>
<td>Construction &amp; Building Things Fresh Fruit</td>
<td>Dancing &amp; other Musical Games Fresh Fruit</td>
<td>Movie Flicker 2 Fresh Fruit</td>
</tr>
</tbody>
</table>

Holiday and Festival Asthma Trigger Warning

The upcoming holiday season and festivities planned during Term 4 and throughout the summer holidays may mean that your child is exposed to new triggers for their asthma. “It is important for parents and carers, and children themselves, to be aware of changes to their environment and the activities that may impact on their asthma.”

Christmas trees, both real and artificial, could be triggers for people with asthma. “Artificial trees may be quite dusty after being stored away, while both real and artificial trees may harbour mould. It is important to ensure that artificial trees are cleaned appropriately and that care is taken to select real trees that do not produce wind-borne pollen. All tree and other decorations should be cleaned and free from dust and mould when used at home.”

Scented candles, room deodorisers and air fresheners may also trigger asthma in those susceptible to perfumes, and care should be taken when purchasing these and other scented items at home.”

Lastly, the added pressures of the year drawing to a close can cause stress and anxiety for many people, potentially triggering asthma attacks. “It is important to consider ways that the whole family can enjoy the holidays and feel safe, happy and comfortable.”

Happy Holidays from The Asthma Foundation of Victoria.
Pauls Milk ‘Collect A Cap’ Program...continues to end of 2012

Please keep collecting Pauls Milk ‘Collect A Cap’ milk tops and drop them off at the school office. The Pauls Collect A Cap Program continues until the end of 2012, and it would be great if we could collect as many as we can.

This money is funding our Junior School Free Fruit Friday program which we would like to continue at Ballam Park Primary School despite not being subsidised by the government any more.

JUNIOR SOCCER COMPETITION

WEDNESDAY AND FRIDAY AFTERNOONS/EVENINGS

$7 PER CHILD

$15 REGISTRATION

FULLY SUPERVISED

TEAMS OR INDIVIDUAL PLAYERS WELCOME

ANY ENQUIRIES CALL 03 9786 0466

www.frankstonindoorsports.com.au

frankstonindoorsports@bigpond.com.au

TIGHTEN, TONE & FIRM in 45 MINUTES!

Katie Pase
It Works! Independent Distributor

0418 111 490
platinutilworks@gmail.com
www.facebook.com/PlatinumILWorks
teamplatinum.myitworks.com/home

YOUR PETS will LOVE Lonely Pets Club.

YOU’LL love knowing they’re happy at home being cared for by professional, animal loving carers while you’re away.

Pet feeding, dog walking, love and attention. Leave your pets happy at home instead of boarding them. See website for more details.

1300 CUDDLE lonelypetsclub.com.au

"I JUST LOVE LONELY PETS CLUB!
They come to look after me whenever my owners are away. I get to stay at home, go for my daily walk and get lots of CUDDLES."
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.

NANNA JAN’S MOBILE DOG GROOMING

for all your dog grooming needs

*Grooming
*Hydrobath
*Clipping
*Walking

NANNA JAN 0439-335-063

For all your meat needs

Paul’s Poultry Direct to Public and Wholesale Butcher Outlet

Call: 5971-1172 or

SAVING OUR ENVIRONMENT...

Would you like to receive a newsletter link every fortnight via email? If you are interested, please email us at...

ballam.park.ps@edumail.vic.gov.au

LANGWARRIN SPORTS MEDICINE CENTRE

- Physiotherapy
- Podiatry
- more...

9789 1233

81-85 CRANBOURNE RD, LANGWARRIN

psmgroup.com.au

TAX RETURNS

Companies & Full Bookkeeping Service
Self Managed Super Funds
Done during or after business hours
Reasonable rates—Over 25 years' experience

Edie May

TAX AFTER HOURS
2 HARTWELL COURT, KARINGAL 3199
PHONE: 9750-5271 / FAX 9750-5709
www.taxafterhours.com.au
email: edie@taxafterhours.com.au

School shoes built with sports shoe technology

Expert advice
½ sizes & widths
Exclusive Fitprint® System
Perfect fit

The Athlete’s Foot
(03) 9781 5557

The Athlete’s Foot - Frankston
Shop 136, Bayside Shopping Centre

LANGWARRIN SPORTS MEDICINE CENTRE

TAX RETURNS

SAVING OUR ENVIRONMENT...

TAX AFTER HOURS

LANGWARRIN SPORTS MEDICINE CENTRE

NANNA JAN’S MOBILE DOG GROOMING