**Notice to Parents**

- **MONDAY, 30 NOVEMBER - CURRICULUM DAY**—A Curriculum Day has been approved by School Council on **Monday, 30th November** for a planning day for teachers, therefore students will not be in attendance on this day.

- **End of year early dismissal**—Please note that students will be dismissed at the official dismissal time of **2.30pm on Friday, 18th December 2015**, the last day of school.

- **School Start 2016**—Students commence school on **Thursday, 28th January 2016**. *Prep* students also commence on this day.

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**Parent Payments for Student Requisites and Activities in 2016**

This is a summary of information about what parents will be required to pay, for student requisites and how the school can assist at Ballam Park Primary School in **2016**. We always endeavour to keep costs to parents as low as possible.

- School based funding will cover the cost for all BP PS students of Mathletics, Life Education, the Lexia Literacy Program and the Renaissance Reading Program in **2016**, **unless** there is an outstanding unpaid balance from 2015 or previous years.

- If parents hold a valid Health Care Card, Pension Card, or are a temporary foster parent, they may be eligible to receive the Ballam Park Primary School Education Allowance in **2016**. This allowance will be credited to cover the full cost of Booklist & Essential Education Items charges in **2016** — once the application has been approved.

- If there is money owing from 2015 or previous years, the Ballam Park Primary School Education Allowance will be first credited to the arrears, leaving some or all of the 2016 costs to be paid by the parents.

- Costs such as swimming, inter-school sport, excursions and incursions will be charged in full to parents throughout the year. Parents that are eligible for the Camps, Sports & Excursions Funds, can use it towards these activities.

- The Parents Payments Policy 2016 was approved at the School Council meeting on **16th November 2015** and is attached to this newsletter.

- The Education Allowance Policy 2016 was also approved at the School Council meeting on 16th November 2015 & the application forms will be available from the General Office between Monday **14th December 2015** and Friday **5th February 2016**. Your Health Care Card / Pension Card has to be current on **27th January 2016**, to be eligible.

- Booklist have been given to all students and payment would be appreciated prior to **18th December 2015** or second week back, being Friday **5th February 2016**.

*John Mace*
Principal
Ballam Park Primary School Council has spent considerable time selecting the most appropriate requisites to meet the needs of our children. The book packs contain high quality materials at a competitive price due to our ability to bulk order.

Ballam Park Primary School Council has been able to maintain the reduction of the 2016 Booklist & Essential Education Items for each year level to $35. Please note, this is the same assistance as was provided to support parents and guardians in 2015.

Parents and guardians also have the option of purchasing equivalent materials from other sources. If parents and guardians choose to provide equivalent materials, this should be done in consultation with the school, as items should meet the specifications provided by the school. There may also be certain items that due to their nature may only be provided by the school.

**Essential education items** are those items used in the course of instruction in the standard curriculum program that parents and guardians are responsible for either providing or paying the School to provide. These items include:

- materials that the individual student takes possession of, including text books and student stationery
- materials for learning and teaching where the student consumes or takes possession of the finalised articles (e.g. art, craft, music etc)
- transport and entrance for excursions which all students are expected to attend.

**Optional extras** are those that are provided in addition to the standard curriculum program, and which are offered to all students. These optional extras are provided on a user-pays basis and if parents and guardians choose to access them for students, they will be required to pay for them. These items include:

- school-based performances, productions and events
- camps
- class photographs.

Parents who have difficulty paying for essential items can access a range of support options including:

- **The 2016 Ballam Park Primary School Education Allowance** is provided for low income families to assist with the cost of the Booklist and Essential Education Items.
- **Access to State Schools Relief Committee** support via the Principal to assist with clothing / uniforms.
- **Welfare and support agencies** that have established partnership arrangements with schools to provide further assistance to students and their families. The school should be contacted for more information.

Where parents and guardians have difficulty making payments, the Principal is available to discuss the range of support options available, and to negotiate an appropriate alternative arrangement, such as payment by instalments. Also some quality second-hand uniform may be available to parents in need.

Ballam Park Primary School ensures that:

- parents and guardians are provided with early notice of requests for payment of their Booklist & Essential Education Items. A minimum of six weeks notice is given to allow parents and guardians sufficient planning time
- all students have access to the standard curriculum program
- parents and guardians are provided with an alternative option for their children if they choose not to participate in an excursion or camp
- invoices for unpaid essential education items generated and distributed on a regular basis, but not more than once a month
- administrative and financial processes are compliant with Departmental requirements such as CASES21 financial reporting & receipts are issued to parents immediately upon payment.

Ballam Park Primary School Council ensures that this Policy complies with the requirements of the DET policy.

*Reference: Circular S028-2012 – Parent Payments in Victorian Government Schools*

**Approved at School Council meeting: 16th November 2015**
School Sport Victoria National Athletics Titles
Teah W from Year 5 will represent Team Vic at the National Athletics Championships in Canberra from 4th – 8th December after outstanding results at District, Division, Region and State level throughout Term 3 and 4.

Teah will compete in the 11 year old girls 100m individual event, and also as part of the 4x100m relay team. Teah has been busy training with Team Vic over the last few weeks, and is excited about the upcoming National Championships and her trip to Canberra.

In order to raise money for Teah and her family to get to Canberra, we have held a school raffle, with the winner receiving a brand new mountain bike which will be drawn at our school assembly tomorrow afternoon (Friday 27/11). Thank you to all those students and parents who purchased tickets for the raffle. This money has greatly assisted Teah and her family.

We wish Teah all the best as she represents Ballam Park PS at the National Athletics Championships and know that she will do us proud.
Good luck Teah!

Eastern Zone Orienteering Championships
49 Ballam Park PS students competed in the Victorian Primary Schools Orienteering Eastern Zone Championships at Cardinia Park Reservoir in Narre Warren East on Friday, 13th November.

Students competed in individual and pair events against 17 other competing schools in perfect conditions. All students are to be commended for their outstanding efforts and behaviour on the day. Special mention to the following students who finished top 3 in their event:

- Chase M (1st in Grade 3 boys B)
- Ally N & Trinity S (2nd in Grade 6 girls pairs)
- Cameron A (2nd in Grade 4 boys A)
- Ebony H (2nd in Grade 4 girls A)
- Noah B (2nd in Grade 3 boys A)
- Loui M (3rd in Grade 3 boys A)
- Eli H-G (3rd in Grade 5 boys A)
- Antonella O & Charlotte N (3rd in Grade 3 girls pairs)

Ballam Park PS finished 4th overall out of the 18 competing schools which was a fantastic result. Thank you also to Miss Johnson and Mrs Lothian for their assistance on the day.
Walkathon
Thank you to those students who have returned their sponsor money to school after our Walkathon which was held on Friday 6\(^{th}\) November.

Our current school total raised is: $5,272.15

A reminder that all Walkathon sponsor money is due back at school TOMORROW (Friday, 27\(^{th}\) November).

We will announce prize winners for most money raised by students at our school assembly on FRIDAY 4\(^{th}\) DECEMBER.

Years 1/2 Sporting Schools Basketball program
With Sporting Schools funding received still remaining for 2015, we have been able to organise a 4 week basketball program for our Years 1 and 2 students.

These sessions will be held on Thursdays at school and will be conducted by qualified coaches from Basketball Victoria.

We hope all our Years 1 and 2 students enjoy these sessions and develop their basketball skills.

Year 5 Sporting Schools Lawn Bowls program
We have also been able to plan a 3 week lawn bowls program using Sporting Schools Funding.

These sessions will be held on Friday mornings for 5K and 5S on our school synthetic oval.

Hopefully our Year 5 students enjoy the program provided by qualified bowls coaches.

3J Bike Ed
3J students re-commenced their Bike Ed program last Friday and have continued to show much improvement in their bike riding skills.

With only a few weeks to go in the program, we have planned a group ride in the adjoining park area next to the school on Friday 11\(^{th}\) December.

Students will receive notices in regards to the group ride next week or so.

Years 3 – 6 Swimming program
Our Years 3 – 6 students will participate in their 2 day Swimming and Water Safety Program at PARC on the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Year 3</th>
<th>Year 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 1(^{st}) December</td>
<td>1.15pm – 2.00pm</td>
<td>2.00pm – 2.45pm</td>
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<tr>
<td>Wednesday 2(^{nd}) December</td>
<td>1.15pm – 2.00pm</td>
<td>2.00pm – 2.45pm</td>
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<tr>
<td>Thursday 3(^{rd}) December</td>
<td>1.15pm – 2.00pm</td>
<td>2.00pm – 2.45pm</td>
</tr>
<tr>
<td>Friday 4(^{th}) December</td>
<td>11.00am – 11.45am</td>
<td>11.45am – 12.30pm</td>
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All forms and money were due yesterday. However, if parents still wish for their child to attend swimming could they please return their forms and money to the school by TOMORROW (Friday, 27\(^{th}\) November) so we can inform the swimming pool of final numbers.

Years 5/6 Camp 2016
All of our Years 4 and 5 students should have received a notice regarding camp at Grantville Lodge for 2016.

This notice outlined the dates and basic details of the camp, and also stated that we require an indication of students interested in attending camp in the form of a cash deposit of $20.00.

The $20 deposit is due on Friday 11\(^{th}\) December. We will have more information for parents regarding camp for our 2016 Years 5/6 students in the coming weeks.

If parents have any queries regarding camp, please contact Mr O’Brien or your child’s teacher.

Darren O’Brien
Sports Coordinator
AN INVITATION to parents, carers, all family members & friends

‘End of Year Christmas Concert’
McClelland College Performing Arts Hall
Monday, 14th December
11:30am –1:15pm
followed by a Family Picnic Lunch

IMPORTANT DATES 2015

NOVEMBER
Fri 27   Year 6 Musical Performance
Mon 30  CURRICULUM DAY

DECEMBER
Tues 1  Last day for School Banking this year
Tues 1 & Wed 2  Yr 5 Transition to McClelland College
Thurs 3 & Fri 4  Years 3 & 4 Swimming
Fri 4  Program at PARC
Tues 8  Year 6 Transition
Mon 14  Christmas Concert 11.30am-1.15pm at McClelland College & Picnic
Tues 15  PREP TRANSITION 9.30-11am
Thurs 17  Years Prep to 5 Grade Parties
Fri 18  Final Assembly 9.30am

JANUARY 2016
Wed 27 Teachers commence
Thurs 28 Students Years Prep to 6 commence
Fri 29  No Preps (unless they have an appt)

FEBRUARY 2016
Mon 1  Breaky Club reopens 8.15-8.45am
Fri 29 Sausage Sizzle

School Sport Australia Nationals Athletics Fundraiser

Ballam Park Athletics Track
Sunday 29th November 3-6pm
$20 pp unlimited events

Warm up run by our national competitors & coach.

Help support Carys, Tesh, Holly & Heidi compete at the national championships.

Events on offer
• 50m Sprint
• 100m Sprint
• Long Jump
• Gum Boot Toss
• 800m run
• Relay Races

$ $ STUDENT BANKING $ $

The student banking for this year will finish on Tuesday, 1st December 2015, and banking will resume in 2016 on Tuesday, 9th February 2016.

Student banking operates EVERY TUESDAY at our school, and parents of students who wish to open an account for their child may collect details from the school office. If you would like more information regarding school banking, please contact Mrs Jo Lothian (parent volunteer) at the office.
CHILDREN TRANSFERRING TO NEW SCHOOLS IN 2016 (excluding Year 6 students)

To assist us with our preliminary planning for Year 2016, 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 2016.

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 2016

My children will be transferring to:

……………………………………… Primary School

Children’s names:

……………………………………… Grade ….

……………………………………… Grade ….

Parent/guardian’s signature:

………………………………………

Breaky Club

Last day open this year

The last day for Breaky Club this year will be Thursday, 17th December.

Breaky Club reopening in 2016

Breaky Club reopens for 2016 on Monday, 1st February and will not be open the first week of school.

School term dates 2015-2016

2015

Term 4: 5 October to 18 December

2016

Term 1: 27 January (school teachers start) to 24 March *
Term 2: 11 April to 24 June
Term 3: 11 July to 16 September
Term 4: 3 October to 20 December

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>
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<tbody>
<tr>
<td></td>
<td>Craft Activity</td>
<td>Sports Day</td>
<td>Computer Day</td>
<td>Craft &amp; Cooking</td>
<td>Movie Day</td>
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<td></td>
<td>Fresh Fruit</td>
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We have been looking at different countries, their customs and traditions, and their flags.

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

Star of the Week:

"Patrick Daws" ... for playing fairly (being a thoughtful team member)

OSHCo Co-ordinator: Judi Sullivan
Phone 0402-354-584

Outside School Hours Care with Camp Australia
Does Your Child Worry?

Parenting Children Who Worry – a free seminar

Open to any parents and guardians who are interested in helping children manage worry better.

- Practical tips and suggestions
- Increase family wellbeing
- Support children to face their worries
- Help mindfulness and relaxation
- Further 4 week course with workshops and an in-depth practical approach to helping children with worry

1st Seminar:
When: Wednesday November 25, 2015
Time: 5:30pm – 7:30pm
Where: Hastings Community Hub, 1973 Frankston-Flinders Road, Hastings

2nd Seminar:
When: Tuesday 1 December, 2015
Time: 5:30pm – 7:30pm
Where: Frankston FRC 146 Young street, Frankston

3rd Seminar:
When: Tuesday 8 December, 2015
Time: 11:00am – 1:00pm
Where: Frankston FRC 146 Young street, Frankston

Register your interest in one of the above dates, by contacting:-
1800 639 523 or enquiry@mediation.com.au

Registrations closing soon ... so hurry to enrol

CANTEEN NEWS

Please note that the last day for Canteen this year will be **Friday, 11th December**.

Thank you to our school families for supporting the Canteen this year, and best wishes for a Happy Christmas and New Year!

Canteen reopens on **Monday, 1st February 2016**.

A new menu will be sent home on the first day of 2016 school year.
Let’s talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression.

The University of Melbourne, with funding from BeyondBlue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, appropriate screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed

More information about the guidelines and other tips can be found at: www.parentingstrategies.net/depression or www.beyondblue.org.au.
Quit for the kids

If you have children in your life, whether you like it or not, you are probably a role model to them. Quitting smoking sets a great example for your children, reducing the chance that they will take up smoking themselves.

Talking with your children about how hard quitting is will make them think twice about taking up smoking themselves. As a nonsmoker you’ll also have more energy and more money to spend too.

Smoking kills one in four smokers in middle age. This is the time when kids really need their parents. Quitting now will increase your chances of being there as your children become adults and have children of their own.

Protecting Others

The decision to quit smoking is a personal one but it is important to remember that your smoking also affects those around you.

We now know that children’s delicate airways are sensitive to smoke on clothes, hair and skin after you’ve smoked. It can be hard for parents to fully protect them from the harmful effects of smoking.

The number one way to improve your own health and ensure the health of your family is to quit.

For further information call QUITLINE on 137848 or Peninsula Health Quit Smoking Support Services on 1300 665 781

School uniform change

A reminder that our uniform change-over period finishes at the end of this year. All students will be required to be in the new, blue polo shirt from the start of Term 1, 2016. The blue polo shirts can be purchased at PSW which is located at 21 Playne Street, Frankston.

The yellow polo shirts will no longer be able to be worn next year.

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.
Go for 2 and 5!

Most Australians eat only about half the recommended quantity of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg).

Here are some handy tips for getting more fruit and veg into your day:

- Add leftover vegies to an omelette for a healthy and filling breakfast.
- Bananas, strawberries or tinned fruits can be blended along with milk, yoghurt and ice for a delicious fruit smoothie.
- English muffins topped with diced vegies and cheese can be turned into a quick mini pizza: a great idea for the lunchbox!
- Have low fat dips with carrot and celery sticks instead of crackers.
- Add lots of vegies to stir fry, casseroles and curries.
- Beans or lentils taste great when added into soups.
- Chop different fruits and mix them with natural yoghurt for a sweet and healthy dessert.

More great ideas can be found at www.gofor2and5.com.au

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**BIG DAY OUT FOR DOGS**

Sunday 13 December

**TIME:** 10.30am - 4.00pm

**WHERE:** State Dog Centre
KCC Park, 655 Westernport Hwy, Skye

Heaps of fun for everyone!

- The Casino Christmas Market – a great opportunity to purchase holiday gifts for dog-loving family and friends.
- Dog photo competition and demonstrations.
- Street displays.
- Plenty of dog activities and fun activities including most spectacular dog tricks.
- Face painting and jugaming suitable for kids.
- Great prizes to be won.
- Visit the Casino Museum and Library. Register now to enter the Casino Art Show competition.

Come along with your friends and family and enjoy a great fun day at the Park. Don't forget to bring your dog and lead. Bring a picnic or purchase refreshments at the KFC Cafe.
Do you have old unwanted books?
How about donating them to
A worthy cause?

Initially set up in 2002 as Envision Australia, Envision Employment Services is a unique, community not for profit organisation, that has directly supported other community providers and the more disadvantaged jobseekers in the local community through the provision of quality work for the dole placements.

Currently we are running a Work For the Dole activity called “The Bookshop Project”; giving our participants valuable skills that they can transfer to paid employment.

Once the books are cleaned up and catalogued we then donate them to community groups!

Just call
Tony 0435-070-456 or
Gina on 0490-030-291
to arrange a pick up time.

Envision Employment Services
36A Harlequin Drive, Bedford VIC 3130
Tel: 9288 4429
info@envisionemployment.com.au

Frankston City Council would like to thank the following sponsors for their support:

Frankston’s Christmas Festival of Lights
Saturday 28 November 2015
5pm to 10pm • Davey Street, Frankston
frankston.vic.gov.au

Frankston City


PRIMARY MUSIC INSTITUTE
Instrumental Music Lessons - Small Group And Private Lessons

Keyboard Lessons At Your School
- Enrol TODAY – via PMI’s website OR enrolment forms available from the school front office
- Lessons are held once per week on school campus – with lessons during and outside of school hours
- Only $13.50 per child per small group lesson (typically 3-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available ($32.50 per child for 30 minutes)
- Learning plan for all students via “PMI Stars” program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for lessons (students bring only PMI Stars workbook)
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child’s school results – including for reading, maths, coordination
- Limited spaces available for next term so please enrol ASAP (timetables are prepared during the holidays)
It's been said that children are the unwitting victims of a breakdown between partners, but it doesn't take a separation for kids to be caught up in their parents' disputes.

In particular, kids of all ages can be impacted by games of one-upmanship that can be played out even when parents are together.

It happens when one parent criticises the other parent’s child-rearing either verbally or non-verbally: a raised eyebrow can send a strong message. This type of criticism creates doubt and uncertainty in children.

It happens when one parent intentionally overindulges children by buying them toys, gadgets and clothes or granting them excessive freedom out of spite. Competitiveness and disloyalty cause confusion and unhappiness in children.

It happens when a parent withholds affection and attention to children to punish their partner for some transgressions they may have committed. Callousness leads to feelings of unhappiness and guilt in children.

Consistency is the greatest gift parents can give.

Kids crave consistency from their parents. They love to be able to predict how their parents will raise them as this puts them in control, which is vital for their healthy development. When they grow up in a predictable, caring environment they are more likely to take the learning risks necessary to grow and develop. In unstable, unpredictable environments kids either go into their shells to keep safe or they rebel. Consistency requires parents to use predictable routines, to stick to a known set of rules and to act always in their children’s best interests when raising them.

Avoid negative partnership spill over.

Families have many relationships within them. Parents have relationships with children as individuals and as a group. Children also have relationships with each other and with each parent, if there are two. Parents also have a relationship with each other, which can be compromised when there is family breakdown. The challenge for parents is to prevent a breakdown in their relationship impacting on their other relationships including each person’s relationship with children. Positive parent relationships also have a positive effect on children’s learning and wellbeing. Conversely, anecdotal evidence suggests that the spill over to children from their parents’ negative relationships is significant in terms of negatively impacting children’s learning and their wellbeing.

Kids are mood detectives.

If two parents are in dispute there is an absolute imperative for the parents to keep the breakdown or conflict between themselves and to minimise the negative spill over to children. Inevitably, children will experience a tension if it exists between couples no matter how well their parents try to keep a dispute private. Kids are mood detectives. They’re generally better than we think at picking up the nuances of relationship tensions.
... Parents using kids as bargaining chips ...

Stick to the business of parenting

It helps if parents in dispute can stick to the business of parenting and don’t confuse it with the business of partnering. If a parent isn’t getting along with a partner, then this is a problem to be worked out between them. Acting in the best interests of children means that we separate the partnering from the parenting when it comes to childrearing. This means that parents may have to compromise about many issues ranging from the straightforward, such as bedtimes, to more complex issues such as how best to manage children’s behaviour. Giving some ground to the other parent maybe problematic when relationships are troubled, but it’s not impossible. Plenty of separated couples do so successfully by consciously putting their children’s best interest before their own.

Putting aside differences in children’s best interests

Relationship breakdown can bring out the worst and the best in people. It brings out the worst when parents put their individual interest before their children’s, particularly when they interact with each other. Parents show their best side when they don’t let emotions rule their heads when they are in dispute with their partner. That means refraining from using kids as bargaining chips when interacting with their partner or ex-partner. Instead they stick to the business of parenting and make decisions in the very best interests of their children rather than their own interests. That’s the adult thing to do.

Michael Grose
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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School shoes built with sports shoe technology

- Expert advice
- Half sizes & widths
- Exclusive Fitprint® System
- Perfect fit

The Athlete’s Foot

Shop 136, Bayside Shopping Centre
(03) 9781 5557

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Shaun Brown’s Cricket Coaching

Presents

Summer Cricket Camp

Ages 7 - 16
Fun, Safe environment
Coaching since 1990!
Video Analysis
Ex-Australian Stars Coaching

January 14th & 15th - 2016
Frankston

For a Free brochure
FREECALL 1800 35 14 15
Or visit www.cricketcoaching.com.au
for more information

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BOOK CLUB

Please note that Book Club Issue 8 orders are due back at school by

Friday, 27th November