Open Night
Thursday 19th May
5 pm - 7.30 pm

Come and tour your children’s classrooms.
Each class will be making their own Rube Goldberg machines!!
Come and see your children’s inventions!

Who was Rube Goldberg?
Rube was an American cartoonist and inventor. He lived from 1883 to 1970 and was famous for his complicated and unnecessary machines. Any machine that is unnecessary is said to be in the ‘Rube Goldberg style’.
View some of his inventions on YouTube.

Prep Tours will also run at 5.30 pm and 7 pm.
Ballam Park Primary School
Book Fair 2016
Monday 16th to Thursday 19th May

All are welcome!

Location:
The Staff Room

Times:
Monday to Wednesday - 3.30 pm onwards
Open Night (Thursday) - 3.30 pm to 7.30 pm.
WORKING BEE
Sunday, 29th May 2016

Thank you for your feedback regarding preferred day and time for our first Working Bee of the year! With the feedback received we have scheduled the Working Bee for

Sunday, 29th May 2016

Supervisors will be wearing high visibility vests and when you turn up, we will send you to one of those supervisors who will join you in a particular task.

→ We start at 9:00am and finish early afternoon, approximately 1:30pm.
→ We would greatly appreciate it if you all turned up at 9:00am and worked for three hours. (Not including Morning Tea and the Sausage Sizzle)
→ We appreciate your attendance, as it adds to our ever increasing community spirit.
→ Our theme for this Working Bee is simple... We are going to have an organised

CLEAN UP!

What will we be doing?

| Beautification of garden beds, weeding, digging and churning over soil |
| Removal of debris from around the school, behind buildings, along fence lines and placing it in the bin and the skip (to be supplied) |
| Trimming back of branches along the fence line that overhang our fence area |
| Sweep, rake and blow leaves from both basketball courts, all the paths, both front and back |
| Clean out drink troughs and scrub mould |
| Removal of dead plants and debris from around the school |
| Rake soft fall in and around all play areas |
| Cob web removal from buildings, windows, doorways, husbands who don’t seem to listen |
| Toilet seats in all toilets checked for damage, cisterns working |
| Making safe any items, guttering, and sleeper retaining walls |
| Repairing/refitting or auditing components of playgrounds |
| Checking, tightening and repairing of door knobs, latches, door closers and locks of all external doors. Stopping the ‘squeak’ in the door closers or the ‘slam’ factor |
| Completely cleaning out the Vegetable Garden area and preparing it for its next stage of development |

FOOD SUPERVISOR:
Creator of morning tea and lunch
BBQ organizer & sausage cooker
Cleanup of BBQ and other bits

Equipment you can bring
Yourself, your children and...
Gloves Gardening Tools Wheelbarrows Shovels Steel Rakes Blower Vac Brooms Secateurs Spades Tradies tools and expertise
Grounds & Buildings Working Bee
Sunday, 29th May 2016 from 9am-1pm

You DO NOT have to be trained in anything,
Just come along! It’ll be fun!

Name: ________________________________________________________________

Child’s name: ____________________________ Class: ______________________

Number attending: ______________________ Phone number: ______________

Job most suited (please circle):

Tools/Equipment you can provide: _______________________________________

Please complete and return as soon as possible. Thanks!

THANK YOU

A special thank you to parent, Chelsea Hale for organising a Dinner Voucher from The Cove, Patterson Lakes for our Mothers & Special Friends’ Day Raffle, and also to The Good Guys, Frankston for the generous donation of two Toasters and three Blenders for our school. We sincerely appreciate this support.

John Mace, Principal
IMPORTANT DATES 2016

MAY
Fri 13  Cartooning Incursion (whole school)
Yrs 5/6 Interschool Winter Sport Rnd 3
Closet Cleanout drop off in Hall
Mon 16 to  ( BOOK FAIR daily 3.30pm
Thurs 19  ( Open Night Book Fair 3.30-7.30pm
Mon 16 to  ) Education Week
Fri 20  
Mon 16  Closet Cleanout drop off in Hall
Tues 17  Closet Cleanout drop off in Hall
Thurs 19  OPEN NIGHT Educ Wk 5.00-7.30pm
Thurs 19  SCHOOL TOURS 5.30pm and 7pm
Wed 18  District Athletics Carnival (Field)
Fri 20  District Cross Country, Woodleigh Sch
Tues 24  Yrs 3/4 Melbourne Museum Excursion
Parents & Friends’ Assoc Mtg 9am
Fri 27  Yrs 5/6 Interschool Winter Sport Rnd 4

JUNE
Fri 3  Yrs 5/6 Interschool Winter Sport Rnd 5
Tues 7  Parents & Friends’ Assoc Mtg 9am
Fri 17  Yrs 5/6 Intersch Winter Sport Play-offs
Tues 21  Parents & Friends’ Assoc Mtg 9am
Fri 24  PUPIL FREE DAY

JULY
Mon 11  Term 3 commences, 8.50am

AUGUST
Tues 2  SCHOOL PHOTOS

Mothers & Special Persons’ Day
Raffle Prize Winners

Congratulations to the following lucky prize winners!

1st Prize—Jack V (3/4C)
2nd Prize—Filip C (3/4A)
3rd Prize—Carolyn L (Danielle 3/4A)
4th Prize—Sally R
5th Prize—Ella M (3/4B)
6th Prize—Nevaeh B (1/2C)
7th Prize—Charlie K (1/2B)
8th Prize—Harper P (1/2B)
9th Prize—Dominic P (5/6B)
10th Prize—Taylah-Ann R (1/2A)
11th Prize—Meaghan H
12th Prize—Dantae B (3/4D)
13th Prize—Kerryn C
14th Prize—Adam J (3/4C)
15th Prize—Wyatt P (1/2D)
16th Prize—Dylan W (FB)
17th Prize—Lachlan D (5/6B)
18th Prize—Ella M (3/4B)
19th Prize—Jayden W (1/2B)
20th Prize—Joshua K (1/2B)
8/9 YEAR OLD GIRLS
2nd: Paige R, 1st: Tatjana R, 3rd: Neveah W

8/9 YEAR OLD BOYS
2nd: Adam J, 1st: Thomas B, 3rd: Connor C

10 YEAR OLD GIRLS
2nd: Chloe O, 1st: Ebony H, 3rd: Charlotte N

10 YEAR OLD BOYS
2nd: Cooper N, 1st: Tyson T, 3rd: Patrick D

11 YEAR OLD GIRLS
2nd: Alex D-F, 1st: Lilleah C-H, 3rd: Maddi G

11 YEAR OLD BOYS
2nd: Jamie F, 1st: Eli H-G, 3rd: Marc F

12/13 YEAR OLD GIRLS
3rd: Emily S, 1st: Cai V, 3rd: Teah W

12/13 YEAR OLD BOYS
2nd: Phoenix B, 1st: Lachlan D, 3rd: Braiden S-P
Sport News

Ballam Park PS House Cross Country

The Annual School House Cross Country was held on Wednesday 4\textsuperscript{th} May for all Years 3 – 6 students in the park next to the school. Students competed in age-based events after training over the previous weeks at school.

All students who completed the course are to be congratulated for their fantastic efforts to earn valuable points for their house.

The final house totals were:

- 1\textsuperscript{st} – ELLIOTT (607 pts)
- 2\textsuperscript{nd} – BRADMAN (565pts)
- 3\textsuperscript{rd} – MARSH (454 pts)
- 4\textsuperscript{th} – McKAY (383 pts)

CONGRATULATIONS TO ELLIOTT HOUSE, WINNERS OF THE 2016 HOUSE CROSS COUNTRY!

Elliott House Captains Dylan, Phoenix and Elysia with the 2016 House X-Country Trophy
The top three placings for each event were:

**8/9yr old girls:**
1st – Tatjana R
2nd – Paige R
3rd – Neveah W

**8/9yr old boys:**
1st – Thomas B
2nd – Adam J
3rd – Connor O

**10yr old girls:**
1st – Ebony H
2nd – Chloe O
3rd – Charlotte N

**10yr old boys:**
1st – Tyson T
2nd – Cooper N
3rd – Patrick D

**11yr old girls:**
1st – Lilleah C-H
2nd – Alex D-F
3rd – Maddi G

**11yr old boys:**
1st – Eli H-G
2nd – Jamie F
3rd – Marc F

**12/13yr old girls:**
1st – Cai V
2nd – Teah W
3rd – Emily S

**12/13yr old boys:**
1st – Lachlan D
2nd – Phoenix B
3rd – Braiden S-P

Well done to these students. All students who finished in the top 10 for their event will now advance to the Bayside District Cross Country on Friday 20th May at Woodleigh School. All students involved have received a notice with all details.

A big thank you to those parents who offered their time to assist as course marshals, and to the Years 3 – 6 staff and student teachers who also helped out to make the day run smoothly.

Special thanks to former BPPS and now McClelland College students Carys, Izabela, and Jacob for their fantastic work as course hares as well.

**Inter-school Winter Sport**

Years 5/6 students have completed their first 2 rounds of inter-school winter sport over the last two Friday mornings against St Brendans and St Johns.

Matches this Friday (13/5) are against Frankston PS with all games at Ballam Park from 9.30 – 11.00am.

Students received notices with all details yesterday. Please note soccer matches will not begin until 9.50am.

Parents are more than welcome to attend and lend their support.

**Bayside District Athletics – Field Events Day**

The District Athletics Carnival concludes next Wednesday (18th May) with the Field Events Day at Ballam Park Athletics Track.

Those Ballam Park PS students selected to compete in high jump, long jump, triple jump, shot put and discus events will be notified by tomorrow and receive notices with all relevant details.

Best of luck to those students involved.

Darren O’Brien
Sports Coordinator
Congratulations to the following students who have been presented with Merit Awards!

**2/5/16**

**Foundation A:** Eva Z  
**1-2A:** Ollie H  
**3-4A:** Isabella A  
**5-6A:** Seth F  

**Foundation B:** Lilly J  
**1-2B:** Jaxson S  
**3-4B:** Thomas B  
**5-6B:** Lachlan D  

**Foundation C:** Honey T  
**1-2C:** David L  
**3-4C:** Cloud Sydney S  

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

**9/5/16**

**Foundation A:** Nadija J  
**1-2A:** Callan H  
**3-4A:** Riley O  
**5-6A:** Chloe O  

**Foundation B:** Paige H  
**1-2B:** Summah K  
**3-4B:** Thomas C  
**5-6B:** Ben B & Emily S  

**Foundation C:** Max W  
**1-2C:** Nathan R  
**3-4C:** Annabel S  
**5-6C:** Ebony H  

**Breaky Club (FREE) is open every morning at 8.15am**

Our (free) Breaky Club operates every morning, Monday to Friday, from 8.15am to 8.45am in the Canteen. The aim of the Breaky Club is to encourage all students to eat a healthy and nutritious breakfast. There is a limited menu consisting of toast, Vegemite, Weetbix, two fruits, Milo, Yoghurt and fresh fruit. Everyone is welcome! We look forward to seeing your child/children at Breaky Club!
How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I’m a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn’t allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micromanager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend’s birthday party she’d always have a back-up plan in case a parent wouldn’t arrive in time to take her home! ‘Being prepared for every contingency’ was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it. If you are the ‘It’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worries need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Eob, author of Everyday Jitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chansky author of Freeing

Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name
Somewhere giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers There’s a Hippopotamus on our Roof by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

Put your worries in a jar
Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

more on page 2
... How to move your child from worrier to warrior ...

Limit talking time
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety
Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about
Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

It’s not that worriers can’t function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au

© 2016 Michael Grose
PSW Store, Frankston will be closed **Thursday, 2nd June 2016** for stocktake.
We do apologise for any inconvenience.

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**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.

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

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**SCHOOL BANKING**

(1) **Great rewards now available— Mud Splat Handball and Outback Pat Bag Tag!**

Thank you for supporting the School Banking program and don’t forget that **Tuesday is School Banking day**!

(2) **School Banking “Awesome Australian Adventures” Competition...**

*Every child who banks 15 TIMES BETWEEN NOW AND THE END OF TERM 3 will go into the draw to win:*  
♦ Airfares for 2 Adults and 3 Children (under 17 years) to the Sunshine Coast  
♦ 4 nights’ accommodation  
♦ 5 days car hire, and  
♦ $1,000 spending money!

And there’s also the **Platinum Tour of Australia Zoo** where your own **personal professional photographer** will capture you feeding, patting and cuddling the animals AND meeting Bob and Bindi Irwin!

*If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2016 School Banking program information pack from the school office.*

Karen, School Banking Specialist, Commonwealth Bank

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Here are some flowers we created for Mother’s day at OSHC. We hope all our mums enjoyed a great Mothers’ Day! Judy Sullivan, Coordinator, Camp Australia
Join a Community Kitchen!

Do you ever feel like you would like to…

• be more involved in your local community?
• meet some new people?
• learn or share healthy recipes?
• learn how to cook on a budget?
• learn how to plan meals?
• learn or share cooking skills, hints and tips?

Do you ever feel you do not have time to prepare a healthy meal for the family?

Consider joining a Community Kitchen!

Community Kitchens are small groups of people (generally 6-8 people) who come together on a regular basis to prepare and cook a healthy meal. They are often held in community facilities that have a kitchen - such as a school, church, community or neighbourhood centre. After preparing and cooking the meal together, participants of Community Kitchens either sit down and eat the meal together, or take it home to share with their families.

To find a Community Kitchen near you, or if you are interested in starting up a new Community Kitchen visit [www.communitykitchens.org.au](http://www.communitykitchens.org.au) or call Peninsula Health on (03) 9784 8483.
**STUDENT OF THE MONTH**

**FA:** Zain B  
**FB:** Kylah S  
**FC:** Hare P  
**3-4A:** Luke H  
**3-4B:** Noah B  
**3-4C:** Shantae J  
**3-4D:** Ashlee W

**1-2A:** Taylah-Ann R  
**1-2B:** Charlotte K  
**1-2C:** Isabella B  
**1-2D:** Chiara P  
**5-6A:** Cai V  
**5-6B:** Madison B  
**5-6C:** Mikayla B

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**NOTIFICATION OF STUDENT ABSENCES**

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**OSHC TIMES**

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.

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<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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<td>Craft Day</td>
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This week: We have been creating Masks  
Next week: Squishy Balloon Monsters

If you are picking up your child early & they are enrolled in OSHC, please let us know. Thank you

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

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**Star of the Week:**

Michaela W  
for always being so helpful

OSHC Co-ordinator: Judit Sullivan  
Phone 0402 354 584

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Outside School Hours Care with Camp Australia
Program background
As part of the Victorian Government’s Affordable Uniform Program, every Prep government school student who is a recipient of the Camps, Sports and Excursion Fund (CSEF) automatically qualifies for a uniform pack voucher. Each year, State Schools' Relief (SSR) provides tens of thousands of children with school clothing, shoes and other essential items. For the first time SSR has received government funding so that it can help more families needing financial assistance, and ensure no one is left behind.

Eligibility requirements for CSEF can be found at www.education.vic.gov.au/csef

What uniform support is provided?
SSR will provide:
- A basic windcheater and tracksuit pants
- OR one of the following
- A bomber jacket, rugby top, hoodie or zip jacket

How can parents apply for the uniform?
Parents must apply for CSEF by the closing date listed at www.education.vic.gov.au/csef before they approach the school to apply. Primary schools are required to make applications on behalf of parents at www.sscnet.au/schools.

Once approved, the voucher will be dispatched electronically to the school, uniform shop or uniform supplier. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR).

What if parents have already purchased their child’s uniforms?
Eligible parents who have already purchased their child’s uniforms for the year can select items of a larger size from the retailer.

Can parents who are ineligible for CSEF or, who have children in other year levels receive assistance from SSR?
Yes. Applications for parents requiring financial assistance for uniforms, text books or shoes are encouraged via the regular SSR services—www.sscnet.au/schools. SSR only responds to requests from schools (not from parents directly). Parents are encouraged to talk to their school principal, assistant principal or student welfare coordinator about their situation and they will assess their eligibility.

Terms and conditions
- Only CSEF recipients are eligible for the uniform packs.
- Each student is eligible for a single uniform pack.
- A voucher is dispatched electronically to the school, uniform shop or uniform supplier on approval. The school will provide the voucher to the parent/student to present at the uniform retailer (and not at SSR).
- The order is valid for 45 days from date of issue.
- Once expired, a new application must be lodged.
- Expired vouchers cannot be redeemed.
- Each voucher specifies the individual items funded by SSR.
- No change to the items can be made unless through the school.
- Changes made to store will not be honoured by SSR.
- The maximum voucher value is $57 and any short fall will not be covered by SSR.
- The value of the voucher is a maximum value rather than an entitled amount. Should the value of the item be less than $57 the difference will not be credited towards other items.

More information
Parents: For CSEF application details please visit www.education.vic.gov.au/csef
Schools: For SSR applications please visit www.education.vic.gov.au/ssr

State Schools’ Relief
Telephone: 03 8769 8400 Email: contact@ssr.net.au Website: www.ssr.net.au
COMMUNITY NOTICEBOARD

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.

School term dates 2016 to 2019

2016
Term 2: 11 April to 24 June
Term 3: 11 July to 16 September
Term 4: 3 October to 20 December (Tuesday)

2017
Term 1: 30 January (school teachers start) to 31 March*
Term 2: 18 April to 30 June
Term 3: 17 July to 22 September
Term 4: 9 October to 22 December

2018
Term 1: 29 January (school teachers start) to 29 March*
Term 2: 16 April to 29 June
Term 3: 16 July to 21 September
Term 4: 8 October to 21 December

2019
Term 1: 29 January (school teachers start) to 5 April*
Term 2: 23 April to 28 June
Term 3: 15 July to 20 September
Term 4: 7 October to 20 December

* The first day of Term 1 is a student-free day in all government schools to allow for appropriate planning to take place for the arrival of students. Each year government schools are provided with four student-free days for professional development, school planning and administration, curriculum development, and student assessment and reporting purposes. The remaining three student-free days are determined by each individual school, so contact your school for details.


Guitar Tuition with Glen Vinton

On a musical note...

There are vacancies available for 1/2 hour guitar lessons at school on MONDAYS and THURSDAYS.

Please ask at the office for an ‘expression of interest’ form or, alternatively, ring Glen on 5979-4575 or 0437-440-265 for more information. Private lessons are also available at my house in Hastings.

Glen Vinton
x10sivguitartuition.com.au
Ph: 5979-4575 or 0437-440-265 Email: glen@x10sivguitartuition.com.au