A Student Free Day has been approved by School Council on Monday, 28th November for the purpose of Whole School Planning for teachers, therefore students will not be in attendance on this day.

A Ballam Park Primary School Year 6 Musical Production

Performance date:
Friday 18th November

Showtime:
7.00 p.m.

Venue:
McClelland Secondary College Performing Arts Centre

Tickets:
Adults $10
Children $5
(On sale Now)
House Clearance Sale

Everything must go!!
Sunday 20th November
9 am
9 Regent Court
Frankston

To the Ballam Park Community

There are times when circumstances or situations arise which create opportunities for us to assist fellow members of our community.

This is one such occasion
If you would like any further information please feel free to see Miss Kewley in Room 5.
‘Step into Prep’
Session 5 for 2017
Term 4

Tuesday 22nd November…..
….. is when our next session will take place next!

2:30 - Parents and children gather on the decking in front of the Performing and Visual Art rooms.
2:40 - Parent Information Session 5: Curriculum Programmes

Focus areas:
- Completion of previous session presentation on: Students Support Group Process: Mrs Lee Street
- Literacy/Play Based Learning: Miss Lucy McLeod
- Assessment and Reporting: Mrs Chris Robinson
- Mathematics: Mrs Meaghan Back

Student Session:
Student Session: Miss Bodeane Bruce – classroom activities

Transition Session

- Transition morning: Tuesday 6th December 9:30-11:00am
Foundation/Prep students for 2017 can come and experience school with mums, dads, aunts, uncles, grandparents or carers.
Come and enjoy craft, music, stories and developmental play.
A great opportunity to connect with other families and help your child prepare for school.

For further information or bookings please contact our office on 9789 5614. Ballam Park Primary School, Gate 1 Belar Avenue, Frankston
**Congratulations to the following students who have been presented with Merit Awards!**

**7/11/2016**

- **Foundation A**: Lily B
- **Foundation B**: Indi De’Ath
- **Foundation C**: Codi M

**14/11/16**

- **Foundation A**: Zain B
- **Foundation B**: Sara T
- **Foundation C**: Scarlet D

---

**IMPORTANT DATES 2016**

**NOVEMBER**

- **Fri 18**: YEAR 6 MUSICAL “Dreams”, 7pm
  - McClelland Coll Performing Arts Ctr
- **Mon 21**: Years 3/4 Christmas Songs at Karingal
  - Hub Shopping Centre, 12 noon
- **Tues 22**: STEP INTO PREP session 2.30pm
  - Years 5/6 McClelland Band visit 9.30am
- **Fri 25**: Working Bee 3.30-7pm & Sausage Sizzle

**Mon 28**: STUDENT FREE DAY

**Tues 29**: Parents & Friends’ Assoc Mtg 9am

**DECEMBER**

- **Tues 6**: PREP 2017 TRANSITION MORNING
  - 9.30am-11.00am
  - Statewide Yr7 Sec Coll Orientat’n Day
- **Tues 13**: Christmas End of Year Concert at
  - McClelland College
  - Parents & Friends’ Assoc Mtg 9am
- **Wed 14**: Year 6 Graduation
- **Thurs 15**: Year 6 Activities Day
- **Tues 20**: Last day of Term 4
  - 2.30pm dismissal

---

Thank you! Thank you! Thank you!

Our Bunnings Sausage Sizzle on Sunday 13th November was a HUGE success! Over $2,300 was raised to put towards replacing the laptop computers recently stolen from our school.

1,050 sausages and 20kg of onions were sliced and cooked to feed the hungry hordes in the Bunnings Frankston car park. Thank you to everyone who purchased a sausage and drink, and told friends and family about the Sausage Sizzle.

Ballam Park Primary School Council would like to sincerely thank everyone in our school community who donated items and their valuable time to assist with this highly successful fundraiser.

We should all be very proud of our wonderful school community for banding together so our children and staff can continue to thrive and achieve.

---

Thank you! Thank you! Thank you!

Our Bunnings Sausage Sizzle on Sunday 13th November was a HUGE success! Over $2,300 was raised to put towards replacing the laptop computers recently stolen from our school.

1,050 sausages and 20kg of onions were sliced and cooked to feed the hungry hordes in the Bunnings Frankston car park. Thank you to everyone who purchased a sausage and drink, and told friends and family about the Sausage Sizzle.

Ballam Park Primary School Council would like to sincerely thank everyone in our school community who donated items and their valuable time to assist with this highly successful fundraiser.

We should all be very proud of our wonderful school community for banding together so our children and staff can continue to thrive and achieve.
WORKING BEE Friday 25th November, 2016

Dear Parents and Carers,

We start at 3:30pm and finish approximately 7:00pm. Followed by a Sausage Sizzle 7.00pm – 7.30pm.
We would greatly appreciate it if you all turned up at 3:30 and worked collaboratively till 7.00pm.
We appreciate your attendance as it adds to our ever increasing community spirit.

Please find listed below details of jobs which are to be completed in the afternoon/evening.

<table>
<thead>
<tr>
<th>AREA A: Truck and Match Box Size Car Pit</th>
<th>Dig in car tyres to make an edging Fill and spread yellow concrete sand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervisor:</td>
<td>To be advised</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AREA B Hut Building Area</th>
<th>Rake and clean out debris Spread mulch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervisor:</td>
<td>To be advised</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AREA C Complete Maths Area (heavy lifting involved)</th>
<th>Spread crushed concrete gravel Lay underlay to fake grass Lay fake grass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervisor:</td>
<td>To be advised</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOOD SUPERVISOR: Volunteer Please: To be advised</th>
<th>BBQ organizer &amp; sausage cooker Cleanup of BBQ and other bits</th>
</tr>
</thead>
</table>

Equipment you can bring

- Gloves
- Gardening Tools
- Wheelbarrows
- Shovels
- Steel Rakes
- Blower vac
- Brooms
- Spades
- Tradies tools and expertise

All supervisors will be wearing high visibility vests

Don’t forget to wear a hat and apply sunscreen!

On the reverse side please indicate which job you would be most suited and advise which tools/equipment you will be bringing on the day.

Please return this slip to your child’s classroom by Tuesday 22nd November, 2016.

With Thanks: Grounds & Buildings Sub Committee: Ballam Park Primary School
Three Main Improvements!
Truck And Match Box Size Car Pit
Hut Building Area
Complete Maths Area:

To Parent Car-park

Complete Maths Area:
Spread crushed concrete gravel
Lay underlay to fake grass
Lap fake grass
Need REAL MUSCLE to lift!
Grounds & Buildings Working Bee
Friday 25th November, 2016
from 3.30pm-7pm

Name: ____________________________________________________________

Child’s Name: ____________________  Class: ____________________________

Number Attending: ________________  Phone Number: ________________

Job most Suited (please circle):

AREA A:
Track and match box size car pit
Supervisor: TBA

AREA B:
Hut building area
Supervisor: TBA

AREA C:
Complete maths area
Supervisor: TBA

BBQ ORGANIZER:
Sausage Cooker
Volunteer Please: TBA

Tools/Equipment you can provide: _________________________________________

________________________________________
Mind Full or Mindful?

Do you sometimes find it hard to stay calm?
In the race to get everything done, have you ever found it difficult to be with your child without thinking about the next thing you have to do?
If the answer is yes – relax you are completely normal!
Being a mindful parent does not always come easily. It takes practice but it is worth it in the end.

Being mindful helps us to stay calm.
When we are in a calm state, not only are we happier, we also respond to our children in a logical and rational way rather than react to their behaviour. This reduces the frustration and stress we can experience as parents.

Parents who practise being mindful say it increases their satisfaction and encourages more fun and positive experiences with their children.

Here are some easy ways to practice mindfulness

- **STOP:** what you are doing
- **PAUSE:** take three slow breaths
- **LISTEN:** SMILING MIND ([www.smilingmind.com.au](http://www.smilingmind.com.au)) is a free online meditation program. The program is also available for download as an app to your phone and offers 5, 10 and 15 minute guided meditation commentaries. Pop your ear phones in and take five minutes out for yourself.


---

**CHILDREN TRANSFERRING TO NEW SCHOOLS IN 2017**

(excluding Year 6 students)

To assist us with our preliminary planning for Year 2017, 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 2017.

Please return this form to school as soon as possible.

Thank you
After School Care News

♦ Star of the Week: Anthony MC for creating clever games for the children

♦ Better Buddy Leaders for Term 4—Congratulations to these children for displaying good communication and leadership skills:
  * Michaela W
  * Connor F
  * Ayla F
  * Michael L
  * Noah E

♦ This week we have been discussing how seeds germinate. We decided which vegetables to plant in our vegetable pots. Happy growing!

♦ Also this week at OSHC we made Rice Paper Rolls—Yum! Healthy and delicious!

Have a nice week!
Judit Sullivan, Coordinator, Ballam Park OSHC, Camp Australia

Outside School Hours Care with Camp Australia

Camp Australia is committed to ensuring that children in our care receive a variety of healthy food choices to meet their nutrition requirements for a healthy body and mind.

We also ensure that our Educators are supported in their important role of helping children develop a positive attitude towards healthy choices. That’s why we’ve been working with Nutrition Australia’s Healthy Eating Advisory Service (HEAS) to develop an exciting new initiative—Camp Australia’s Healthy Eating Program.

Nutrition Australia evaluated our food and drinks menu against the Department of Health and Human Services’ Food and Drink Guidelines for Outside School Hours Care, and suggested some enhancements to ensure that children’s nutrition requirements are met and enable us to broaden the variety of nutritious food choices we can offer. So a new menu is now being offered to our young clientele.
Parenting ideas

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers

When parents solve all children’s problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That’s fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

Here are six practical ideas to get you started.

1. Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they’ll keep bringing them. ‘Mum, my sister is annoying me!’ ‘Dad, can you ask my teacher to pick me for the team?’ ‘Hey, I can’t find my socks!’ It’s tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. ‘What can you do to make her stop annoying you?’ ‘What’s the best approach to take with your teacher?’ ‘Socks, smocks! Where might they be?’

2. Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child’s problems. The first question when a child brings you a problem should be: ‘Can you handle this on your own?’ Next should be, ‘What do you want me to do to help you solve the problem?’ These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3. Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you to get involved. The easiest solution may be to meet with the teacher and find out what’s going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4. Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won’t fall apart when things don’t go their way. Remember the Boy Scouts motto – be prepared!

more on page 2

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

parentingideas.com.au

© 2016 Michael Grose
... How to encourage kids to be problem-solvers ...

3 Show a little faith
Sometimes you’ve got to show faith in children. We can easily trip them up with our negative expectations, such as by saying ‘Don’t spill it’ to a child who is carrying a glass filled with water. Of course, your child doesn’t want to spill it but you’ve just conveyed your expectations with that statement. We need to be careful that we don’t sabotage children’s efforts to be independent problem-solvers with comments such as, ‘Now don’t stuff it up! You’ll be okay… won’t you? ‘You’re not very good at looking after yourself’

4 Applaud mistakes and stuff-ups
Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a ‘That’s really annoying, you can be clumsy sometimes’ response or an ‘It doesn’t matter, thanks for your help’ type of response? Hopefully it won’t be the first response, because nothing shuts a child’s natural tendencies to extend themselves down quicker than an adult who can’t abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don’t reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don’t get a perfect examination score.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my民間 weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
Rationale/Purpose:
To provide specific direction in relation to students riding bicycles to and from school, during Bicycle Education and for activities such as camp and as a supervised lunchtime activity.

Implementation

• Students in Year 3 will participate in a Bicycle Education Program of between 7 and 10 sessions. Students bringing bikes to school for this program, must be accompanied by an adult for the whole journey in both directions.

• Students in Years 4 to 6 may have opportunities to participate in supervised cycling activities at school, in the adjacent park or when on school camp.

• All students are permitted to cycle to and from school if accompanied by a supervising adult for the whole distance in each direction.

• Students must be in at least Year 4 to be permitted to ride to school unaccompanied by an adult.

• Parents are responsible to making the decision that their child who is in Year 4 or above is or is not capable of riding to and from school safely.

• The school provides an undercover, lock up area for student bicycles. It is kept locked during the school day. The school does not guarantee the security of bikes at school at any time.

• Students must wear a helmet at all times when riding to and from school and must walk their bike when in the school grounds.

• Any bike that is brought to school must be legally roadworthy and safe to ride.

• The school prefers that students do not scoot or skateboard to and from school. If a student skates or scoots to school, all the above stipulations apply as non-negotiable school rules.
Working With Children Check
required for parent volunteers at BPPS

WORKING WITH CHILDREN CHECK (WWCC) What is it?

It is a legal requirement that all volunteers and workers involved in any school must have a WWCC. A WWCC can be obtained by completing the online application form at:


1. The applicant completes the online application after logging on.
2. To complete the process, the applicant then takes their required evidence to the Post Office.

When completing your application:

- You must provide true and correct information on the application form.
- You need to provide the Department of Justice with any additional information requested regarding your application or your application will be withdrawn.
- You will be giving the Department permission to obtain information that will help assess your eligibility to hold a WWC Check card.

Before you start child-related work:

You must apply for a WWC Check.

- You need to show your receipt to every organisation who engages you in child-related work.
- Organisations are obliged to make sure people doing child-related work have applied for and passed the WWC Check.
- Organisations are also obliged to make sure their workers are legally permitted to do child-related work while their application is being processed (see the next point)

Undertaking child-related work during the application process

Most people can undertake child-related work while their application is processed.

However you cannot if you:

- Have been charged with or convicted of a serious sexual, violent or drug-related offence known as a Category 1 or Category 2 offence in the Working with Children Act 2005 (the Act).
- Have previously been given a Negative Notice.
- Are subject to orders or reporting obligations under the:
  - Sex Offenders Registration Act 2004
  - Serious Sex Offenders Monitoring Act 2005
  - Serious Sex Offenders (Detention and Supervision) Act 2009
  - have applied for the Check to supervise a child in employment under the Child Employment Act 2003
  - have applied for the Check for work regulated by the Education and Care Services National Law 2010 (Victoria)
  - Some other organisations also require their staff and volunteers to pass the Check before commencing work. You need to check this with your organisation.

IMPORTANT

- There is no charge for Volunteers.
We value parent/carer help in our breakfast mornings, organised days, activities, excursions, incursions, working bees and classroom happenings, but please understand that without a WWCC we cannot include you.
Please see the office or speak to your child’s class teacher if you require assistance to complete this form.

Update your details

It is essential that you always keep your details up to date.
You must advise the Department within 21 days if you change the organisation that engages you in child-related work.
You must also notify the Department within 21 days of changes to your personal and contact details.
You can update the following details online through MyCheck:

- Address
- Phone numbers (work, home or mobile)
- E-mail address
- Organisation details
- Occupational codes.
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.

Free Breaky Club

open every morning
8.15-8.45am

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, cheese, Weetbix, two fruits, Milo, Yoghurt and fresh fruit.

Everyone is welcome!

We look forward to seeing your child/children at Breaky Club!

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.

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

5 Cent Fundraiser

The Parents & Friends’ Association is conducting a 5 Cent Fundraiser for the whole of Term 4. We would love students to join in by bringing any spare 5 cent coins to school for their class collection each week. The class that has collected the most 5 cent pieces at the end of this term will receive a special treat from the PFA. We hope you can help us to raise funds for our school by sending your small change...it is surprising how quickly it all adds up!

Thank you for your support
Parents & Friends’ Association