

# FINDON

## PRIMARY SCHOOL

*Learning for life*



Cuthbert Drive, MILL PARK 3082 Telephone: 9404 1362 Fax: 9436 8362  
 Email: [findon.ps@edumail.vic.gov.au](mailto:findon.ps@edumail.vic.gov.au) Website: [www.findonps.vic.edu.au](http://www.findonps.vic.edu.au)

### DATES TO REMEMBER

**TUESDAY, 05<sup>th</sup> FEBRUARY 2019**

#### FEBRUARY

14	2019 Canberra Camp Information Night 5:30pm - 6:15pm
14	Netbook Presentation Night 6:30pm - 7:30pm
15	5/6 Interschool Sports
19	House Cross Country
20	Meet and Greet
22	5/6 Interschool Sports
22	Findon Community Working Bee 4pm - 6pm
25	Canberra Campers Depart
27	LT2 History Box Incursion
27	LT3 History Box Incursion

#### MARCH

8	5/6 Interschool Sports
13	GRIP Leadership Conference
15	5/6 Interschool Sports
21	LT2 Harmony Day
22	5/6 Interschool Sports
27	House Athletics Carnival
29	Interschool Sports

#### APRIL

5	5/6 Interschool Sports
5	Last Day Term 1 1:30pm Dismissal



The beginning of the New Year is an exciting time for us all, as we settle back into our routines and set our goals for the coming months. The first day back at school is always a big one in the school calendar. For some children it is their first day at our school, and what a momentous occasion that is. We have several children transferring into the school at various year levels and to these children and families a special welcome also. We feel honoured to have you with us. To the parents and staff – it is great to see you all again. I trust that together we can continue building a wonderful and dynamic school where we aim to provide the best education possible for each and every child and continue to improve student outcomes for all. After many weeks of summer holidays, it is important for families to re-establish good routines to enable children to be at school on time and to undertake their homework tasks. Good routines certainly help reduce stressful and upsetting situations. **5 Simple Tips to get back into Routine...**

1. Set a good bed routine and stick to it
2. Have a balanced and healthy diet to increase energy throughout the day
3. Hydration is key-especially in these warmer months. Make sure your child is drinking plenty of water throughout the day
4. Have your child pack their school bag the night before-this simple act of organisation helps reduce the stress of the morning rush
5. Have fun, with daylight savings still in place, do something fun outdoors with your kids before bed

Remember here at Findon Primary school...

Everyone has the right to **LEARN**, the right to be **SAFE** and the right to be **RESPECTED**

### FOUNDATION AT visit Paula on 1st Day of School



### 1:1 NETBOOK PRESENTATION EVENING

We invite **ALL** parents to our evening on  
**Thursday 14<sup>th</sup> February**  
 6:30pm – 7:30pm

## STAFFING NEWS

**Congratulations to Molly & Grant who are expecting their first child in April**

**Congratulations also to....**

**Natasha & Michael who were engaged over the Summer holidays**

**Kath & Anta who also became engaged over the Summer break**

**We welcome the following new staff and returning staff, teaching at Findon in 2019**

Mel O'Reilly and Nicole Aiello 3/ 4MN

Natasha Lavarov 1/2 NL

School Counsellor Joanna Vellis 0.8

Learning Specialist: Tenielle Curtiss

### **Student Leaders**

Our School and House Captains and JSC representatives will be presented with their badges at Friday 8<sup>th</sup> February's assembly beginning at 2.45pm.

### **SCHOOL PAYMENTS: ESSENTIAL RESOURCES**

We have quite a few families who have not yet paid for their child's Essential Resources. Book packs may be collected upon payment.

### **HARVARD DATA WISE SUMMER PROGRAM 2019**

Linda and I, along with our Learning Specialist: Tenielle and Instructional leaders Elizabeth, Laura and Monica, were fortunate enough to attend the Harvard Data Wise course, along with 107 other delegates from China, ACT, Tasmania and Victoria, over the summer holidays. It is the first time ever, Harvard has delivered the course outside of America. We look forward to implementing the great learning we took away from this course, here at Findon, to improve student learning outcomes F-6.



### **SCHOOL ASSEMBLIES**

Our first school assembly was held on Friday, 1<sup>st</sup> February 2019 at 3pm in the BER, with our new seating configuration and arrangement. Parents are always most welcome to attend. Our assemblies give us the opportunity to come together as a whole school each week and to celebrate our students' achievements, in *'The Week That Was'*, to gather reports and to share information. We hope to see you at our weekly assemblies.

### **SUPERVISION OF STUDENTS**

All staff at our school take duty of care very seriously and ensure students are well supervised when in classrooms and in the schoolyard. Parents are reminded that teachers are on yard duty from 8.45am, and that students who arrive at school prior to this time are not supervised.

### **MEET and GREET INTERVIEWS: WEDNESDAY 20<sup>th</sup> FEBRUARY 2019 11am to 7pm**

It is important at the start of the school year to provide the opportunity for parents and class teachers to meet to discuss how students are settling into school and to highlight their strengths and learning needs and share their goals and targets for Semester 1. Students, along with their parents/guardians, will be allocated a 15 minute time slot through the day to attend the interview. The interviews will be conducted from 11am till 7pm. Notices regarding appointments will be sent home shortly.

**2019 Year 5/6 CANBERRA TOUR PARENT INFORMATION NIGHT to be held in the BER on  
Wednesday 14<sup>th</sup> February from 5.30 – 6.15pm**

## 1:1 NETBOOK PRESENTATION EVENING: Educate, Protect, Empower

We invite **ALL** parents to our evening on Wednesday 14<sup>th</sup> February from **6.30 – 7.30pm**

- discussing **cyber safety** in the home
- parenting in the digital age
- overview of resources available to parents
- process for reporting cyber bullying and/or inappropriate online content

This promises to be a highly informative night and we especially encourage our parents with children in Year 3 to attend, however all parents are most welcome. Look forward to seeing you there.

## BREAKFAST CLUB EVERY WEDNESDAY & FRIDAY MORNING at FINDON

We are delighted to be continuing our successful breakfast program and our partnership here at Findon with ENCOMPASS CARE and our students. Our magnificent volunteers from ENCOMPASS CARE, will be back every Wednesday from 8.45 to provide every student with a cheese toasty for breakfast and drink of milk. Then on Friday mornings, our Year 5/6 breakfast club, comprising of our Year 5/6 students along with Lorraine, will be serving cereal, fruit, smoothies and baked beans to all who choose. So why don't you come and join us either Wednesday or Friday morning, or both, for a healthy breakfast?

## “LIFTING THE LID ON POOR LUNCHBOX HABITS” (The Age Jan 28 2018)

Dentists are pleading with parents to cut the amount of sugar in their children's lunch boxes, as figures show child tooth decay has reached crisis point. Dentists say some of the biggest culprits are highly processed, sugary foods and drinks and as families gear up for the new school year, they are urging them to cut the empty calories. Ideally processed snack products should be limited to one item and ideally a low-sugar choice, such as popcorn, rice crackers, cheese and wholegrain crackers.

### **Sugary lunchbox** - Total sugar 160.7g (40 teaspoons)

Sandwich	White bread with Cottee's Strawberry Jam	13.3g
Snack 1	All Natural Bakery Yoghurt, Peach and Mango Oat Slice (1 serving)	23.1g
Snack 2	Gippsland Toffee and Honeycomb Twist Yoghurt (1 serving = 160g)	28.4g
Fruit	Angas Park Dried Apples (1 serving = 50g)	32.3g
Drink	Coca-Cola Classic (1 serving = 600ml)	63.6g
Total Sugar		160.7g



### **Light lunchbox** - Total sugar 31.9g (8 teaspoons)

Sandwich	Wholegrain bread with tuna and lettuce	2g
Snack 1	Go Natural Nut Delight (1 serving = 35g )	4.9g
Snack 2	Obela Grab and Go Classic Hommus (1 serving = 125g)	3g
Fruit	Nectarine	11g
Drink	Nudie Coconut Water Straight Up* (1 serving = 330ml)	11g
Total Sugar		31.9g



## Healthy Lunch Box Tips:

- Include something from each of the five food groups: fruit, vegetables/legumes/beans, dairy, grain (cereal) foods, and lean meats/poultry/fish/eggs.
- Limit snacks that are high in sugar and/or saturated fats, for example chips, cakes, chocolate, donuts and biscuits.
- Look for grain-based snacks with whole grains and high fibre content.
- Pick whole fruit over fruit juice because the vitamins, minerals and fibre make it more filling and nutritious
- Pack water as a drink.



## FREE CLASSROOM CHAIRS

We have purchased 250 new chairs for the F-4 classrooms. If you are in the market for some chairs, you are welcome to help yourself and take any of the old chairs from the back carpark.

Finally, the beginning of the school year brings with it a sense of optimism. Opportunities are plentiful for each student to improve their learning and I encourage each person to do their best. If this is happening, irrespective of individual abilities, each child will have the best chance of a purposeful education.

I leave you with these words to ponder...

***“The new year stands before us, like a chapter in a book waiting to be written. We can help write that story by setting goals”*** – Melody Beattie.

Have a terrific week

Paula Cosgrave

*Principal*

To the Findon Community,

This week’s assembly will commence at 2:45pm, to formally induct our new school leadership team for 2019. They will receive their badges in front of the whole school. Family and friends are encouraged to come along and witness this exceptional accolade.

Igor Koval  
JSC Coordinator

## NEWSLETTER REQUEST

The Newsletter will only be available on the school website [www.findonps.vic.edu.au](http://www.findonps.vic.edu.au) and the **flexibuzz** app starting from next week unless requested.

If you would like to continue to receive a paper copy of the newsletter please fill in and return the slip to the office asap.

NAME:.....

CLASS:.....



# MATHS PROBLEM



Hello fellow mathletes. Here is the first official 'Maths problem of the Week' for 2019. This year students will continue to earn 10 house points with each entry (doesn't have to be perfectly correct, as long as you have a go). Students who enter will also have their names published in the school newsletter. Some weeks, students will be announced at assembly. Good luck!

## THIS WEEK'S PROBLEMS

Students who enter this week will earn 10 House Points for their House and be announced at assembly. They will also be published in the newsletter.

Upper (4 to 6)	Middle (2 to 4)	Junior (P to 2)									
<b>Name:</b>	<b>Name:</b>	<b>Name:</b>									
<b>House:</b>	<b>House:</b>	<b>House:</b>									
<b>Home Group:</b>	<b>Home Group:</b>	<b>Home Group:</b>									
Magic Square: Complete this magic square so that it contains all the odd numbers from one to 17, and each row, column and diagonal add up to 27. <table border="1" style="margin: 10px auto;"> <tr> <td></td> <td style="text-align: center;"><b>1</b></td> <td></td> </tr> <tr> <td style="text-align: center;"><b>5</b></td> <td></td> <td style="text-align: center;"><b>13</b></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>		<b>1</b>		<b>5</b>		<b>13</b>				This year the AFL Grand Final is on September 28. <b>How many days</b> are there from February 1 <sup>st</sup> , 2019 until the AFL Grand Final?  Hint: There are normally 30 or 31 days each month and September is the 9 <sup>th</sup> month of the year.  Working Out:	Complete the patterns:  4, 6, 8, ____, ____, ____  5, 10, 15, ____, ____, ____  6, 10, 14, ____, ____, ____  50, 48, 46, ____, ____, ____  50, 100, 150, ____, ____, ____
	<b>1</b>										
<b>5</b>		<b>13</b>									

Please submit your entries to the OFFICE by Thursday afternoon. Thank-you.

## MATHLETICS

Mathletics continues at Findon in 2019. For most continuing students, your log in details remain the same. All teachers have access to their class lists and they will be able to assist you with your log in if you need it. If you still need help to log in or have any other questions about Mathletics, you can visit me (Daniel Fromm) in Room 16.

### **How do students earn certificates on Mathletics?**

A certificate is awarded to a student for earning 1000 points on Mathletics. Students can earn points by playing Live Mathletics or by completing course work. If students complete a course activity, they receive 10 points for every correct question. Points are tallied from Monday to Sunday. If a student earns 1000 points in this time frame they will earn a certificate. When you earn your 5<sup>th</sup> certificate, students are awarded a Silver Certificate and when students earn their 20<sup>th</sup> certificate, they receive a Gold Certificate (Note: you can only earn one certificate per week). Gold Certificates are traditionally presented at assembly.

LOG ONTO MATHLETICS AT: [www.mathletics.com.au](http://www.mathletics.com.au)

# CSEF

# FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

## CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students

## MORE INFORMATION

For more information about the CSEF visit  
[www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

## HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2019 or you did not apply in 2018.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are unsure.

## We are now recruiting

## Community Links Representatives for 2019

**Findon Primary School prides itself on the involvement and support of our families for classroom help, fundraising and whole school special events.**



**We would love you to join our Community Links group who meet twice a term on a Wednesday afternoon from 2.30-3.30pm. If you can commit to these times, please let your child's teacher know or better still, join us at our first meeting for 2019 on Wednesday 13<sup>th</sup> February. Hope to see you there!**



The new 2019 Canteen Menu is available from the office or you can download it from the Findon Primary School website

<http://www.findonps.vic.edu.au/>



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Term 1 update.

## School Banking. Helping kids learn the value of saving.

### What pocket money can teach your child.

Pocket money can help teach kids about the value of money and how to look after it. However, there's no 'one size fits all' approach and it's important to decide what's right for your family. Research of over 1,000 parents of primary school students revealed that 55% give regular pocket money<sup>^</sup> and here's how they manage it:

- Over half give less than \$10 per week (\$5 - \$10 is the most common range). There's no right or wrong - the amount should suit your family situation.
- Around 4 in 5 parents link pocket money to the completion of a chore or task. This can help children understand that money needs to be earned.
- On average, kids save about half of their pocket money each week. Learning to put money aside for a bigger goal is a valuable life skill.

### Join the Dollarmites on a Polar Savers adventure.

The majority of parents think it's important to make learning about money engaging and to reward good saving behaviour<sup>^</sup>. So to help, our Dollarmites characters (Pru, Addy, Spen, Lucas and Pat) are taking School Bankers on a Polar Savers adventure, that's full of exciting rewards.

Students participating in School Banking will receive a silver Dollarmite token each time they make a School Banking deposit at school (maximum one per week). Once they've collected 10 tokens, they can redeem them for a Polar Savers reward.



**Polar Savers Rewards:**  
Term 1: Scented Stackable Highlighter, Snowy Origami Set  
Term 2: Yeti Fluffy Notebook, Icicle Slapband Ruler  
Term 3: Arctic Owl Fluffy Keyring, Scratch Art Cards  
Term 4: Water Skimming Bounce Ball, Polar Pencils & Pencil Toppers

### School Banking Deposit Tracker.

Colour in a number every time you make a deposit at school. For every 10 School Banking deposits you can redeem a reward.



To find out more about the School Banking program and how to get your child involved, ask your School Banking Co-ordinator for a School Banking Parent Pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

<sup>^</sup>Parents of Australian primary school children (n=1144), School Banking Research, conducted by Fiftyfive5, May-June 2018. Commonwealth Bank of Australia, ABN 48 123 123 124.



## MUSIC LESSONS AT FINDON PRIMARY SCHOOL

**\*\* MUSIC TUITION INCREASES CONFIDENCE, SELF ESTEEM AND HELPS TO IMPROVE SCHOOL SUBJECTS – MATHS, LITERACY, SCIENCE, READING ETC \*\***

FINDON Primary School in association with Metro Music School is now offering Music Lessons to students who are interested in learning an instrument at school every week. Lessons are held during school hours (30 mins/once per week) at suitable times. (Prep to Gr 6) Enquiries are welcome on 94604818

Lessons Offered:

KEYBOARD PIANO GUITAR SINGING

Discount Hiring and Purchase also available. Contact us for details or visit our online shop at [www.metromusic.net.au](http://www.metromusic.net.au)

FROM \$14.00 per lesson



ENROLMENT forms can be obtained from the school office or you can also enrol directly online at the above website address.



## TERM 1 2019 CLASSES AT MILL PARK COMMUNITY HOUSE



Computer Courses: Introduction to computers, Word, Excel, All are Learn Local courses.



Accounting: Bookkeeping (basic and advanced), MYOB, All are Learn Local courses.



Medical: Medical Reception, Medical Terminology, Medical Accounts.



Recreation: Yoga, Meditation, Dressmaking, Embroidery, Patchwork, Cake Decorating, Teensew, Kids Sewing



Art Courses: Adults Painting, Kids Painting



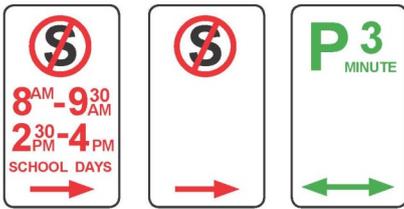
Occasional Childcare: On-site childcare to support courses and Occasional care.

**\*\*Kids Sewing and Kids Painting are only \$50 per term**

Call Lynne or Sandra on 9404 4565 – Mill Park Community House  
68 Mill Park Drive, Mill Park.

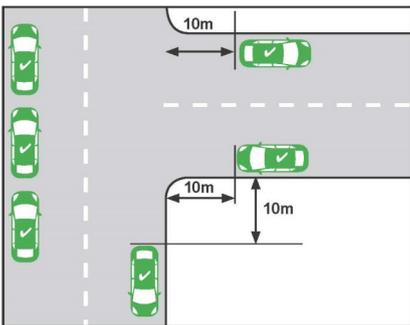
[www.millparkcommunityhouse.com](http://www.millparkcommunityhouse.com)

### PARKING/STOPPING SIGNAGE



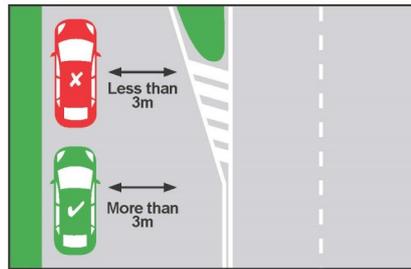
No Stopping area must be kept clear. If times/days are specified, restrictions are only applicable to the specified times. You cannot park in a P3min area for longer than 3 minutes.

### WITHIN 10 METRES OF AN INTERSECTION



A driver must not stop with any part of their vehicle within 10 metres of an intersection unless signed otherwise.

### 3 METRE GAP FOR SAFETY



At least 3 metres must be left between your vehicle and the centre dividing line to allow other vehicles to pass safely and not obstruct traffic.

### WHAT CAN YOU DO TO STAY SAFE

- Supervise your children in or near traffic
- Walk or cycle to school with your child
- Respect all road rules, parking signs and instructions from Authorities
- Wait on the same side of the street as your child
- Always let your child out of the kerb side of the car.

### Free Telephone Interpreter Service

العربية	9679 9871	ਪੰਜਾਬੀ	9679 9879
Ελληνικά	9679 9873	தமிழ்	9679 9879
हिंदी	9679 9879	Türkçe	9679 9877
Italiano	9679 9874	Tiếng Việt	9679 9878
Македонски	9679 9875	Other	9679 9879
简体中文	9679 9857		



## PARKING AND SAFETY AROUND SCHOOLS

Telephone: 9217 2170  
 Email: [info@whittlesea.vic.gov.au](mailto:info@whittlesea.vic.gov.au)  
 Web: [whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

### SPEED



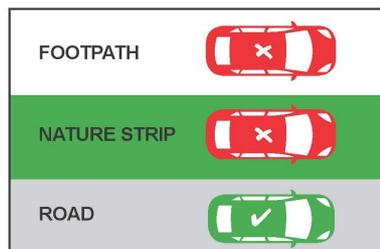
Look out for the reduced speed limit around schools and slow down to improve safety.

### SCHOOL CROSSINGS



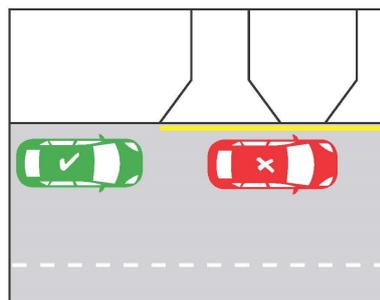
- Look out for flags and Crossing Supervisors.
- You must stop for anyone waiting to cross, or who has started crossing.
- Please remain stopped until the crossing is clear.

### NO PARKING ON NATURE STRIPS/FOOTPATHS



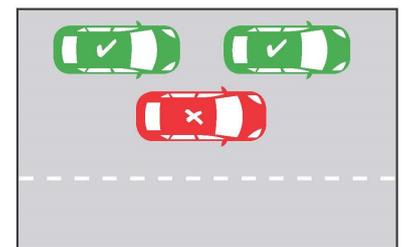
Parking is illegal on nature strips and footpaths.

### YELLOW EDGE LINE



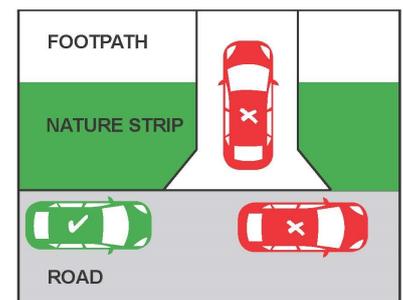
A driver must not stop on the side of a road marked with a yellow edge line.

### DOUBLE PARKING



It is illegal to double park at any time. This affects the flow of traffic.

### STOPPING ACROSS DRIVEWAYS



It is illegal to stop/park across a driveway unless you stay in the car are there for no more than 2 mins and move immediately if required to do so to allow entry or exit by the owner/occupier.