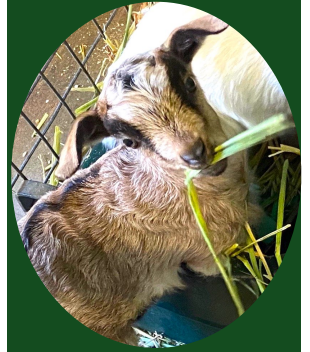


TERM 4

30 NOVEMBER 2023

Newsletter

This week we had our second up session for the students. Overall they are doing really well and the teachers are able to get to see who works well together as part of our planning for next year. Please remember that the students are not in their class groups or with their 2024 class teacher during these sessions. Students will meet their teachers on **Monday the 18th of December** in the morning session. This week we sent home a **friendship activity for the students** to complete with the support of their parents/carers. We do our best to give the students one friend from the list. If parents have



**Christmas
Concert
13 December**



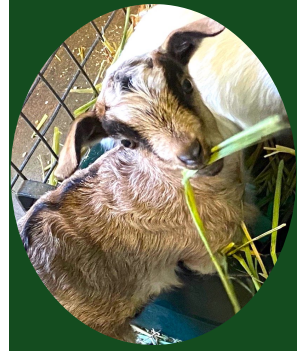
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put in a request then this can impact on our ability to ensure your child has a friend from their list in their class. **Please be aware that requests for grades have now closed.**

“Icy Pole Friday” continues this Friday. Icy poles will be sold for \$1 each. Students can buy a maximum of two icy poles each Friday. Please speak to your child’s classroom teacher if you have any questions about this.

Looking ahead, we have a ‘Curriculum Day’ (Student Free Day) on the 14th December. This curriculum day will provide time for our staff to prepare for 2024. Current teachers will be provided with time to share transition information about the students prior to the 2024 teaching teams having time to plan their Term 1 programs. TheirCare will be running their Curriculum Day program if families need to access it. Also, a very

important date to put in the calendar is **Wednesday 13th December.** We will be holding our **Christmas Concert from 2:30-4pm.** Students from each grade will be performing a Christmas dance to go with a traditional Christmas song. We will be holding this concert on the basketball court, and we invite all families to come along and share in the Christmas spirit with the children and staff. This is a **free dress day** and we encourage all students to wear Christmas colours on this day. The **Junior School Council will be asking for students**



**Curriculum Day
14 December**

**Grade 6
Graduation
18 December**



wearing causal clothes to bring a gold coin donation towards Oxfam Australia to support families in need at Christmas time.

To finish I have staffing news to share with the community.

Ms Nikki McCallum who has been teaching in the 3/4 area this year will be finishing up with us at the end of the year. Nikki has been a fantastic support for our students and staff and we really appreciate the work she has put in at our school. We all wish her the best on her return to Bonbeach PS at the beginning of 2024. I also wanted to share that we have two staff members returning to Carrum Primary School after taking a year of leave. Miss Narelle Derix and Miss Lauren McInnes are both really looking forward to returning after a year of travel. We also welcome back Mr Matt Pascazio who too has spent the year travelling and working as a casual teacher when not abroad. Finally, I would like to congratulate Mr Will Barnett who has been working in the school as a tutor throughout the year. He has now finished his teacher training and has been successfully appointed to a Graduate Teacher position starting next year. I would officially welcome all the new and returning staff and know that we have a great year of learning ahead in 2024.



[Click For
Calendar
Dates](#)



Have a great weekend everyone.

*Best regards,
Clem Langford
Principal*





SPEECH BITES

Do you know an ADHDer? Is someone in your family an ADHDer? Are you wondering if your child is an ADHDer but you aren't sure?

Whilst statistics vary, approximately 6-10% of Australian kids are ADHDers. Every ADHDer is different and there are 3 types of ADHD so it can be hard to know what the traits are.

There are 3 main categories of ADHD:

- **ADHD-Inattentive** characterised by differences regulating attention
- **ADHD-Hyperactive** characterised by impulsive and hyperactive behaviour
- **ADHD-Combined** characterised by differences regulating attention and hyperactivity/impulsivity

Here are some of the traits of each type:

Types of ADHD

Mostly Hyperactive Impulsive	Combined	Mostly Inattentive (prev. ADD)
<ul style="list-style-type: none">- I can be spontaneous and willing to take risks- I talk a lot and often quickly- I can go off tangents or ramble- I crave constant movement- Waiting for my turn can be hard- I can blurt out answers and often interrupt others (unintentionally)- My mind is always racing- I am out of the box thinker and am full of original ideas	<p>I can experience both hyperactive and inattentive traits with variations of intensity</p> <p>The most common ADHD subtype</p> <p>@yellowladybugs</p>	<ul style="list-style-type: none">- I can be very curious and daydream often- I can have a hard time paying attention but can hyper focus- I can get bored & distracted easily- I am creative and imaginative- I am forgetful & lose things- I notice things others do not- I can be really disorganised- I'm an observer
Most common type people think of when hearing ADHD		Often hardest to detect & often seen in girls

Inspired by the work of Dr. Edward Hallowell

For more information on ADHD, check out [@ADHDAlien](#), [@HowToADHD](#), [@YellowLadybugs](#)

CALENDAR



Special Lunch - Subway
8 December

School Council
12 December

Christmas Concert
13 December

Curriculum Day (student free day)
14 December

Grade 6 Graduation
18 December

Last Day of Term 4 (1.30pm finish)
20 December

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THE RANCH

MORNINGTON PENINSULA

SUMMER CAMP

2024



15 - 19 January, 2024

Your kids will love Camp at The Ranch. Five days (four nights) full of fun and adventure including;

- Adventure activities
- Horse riding
- Night hike
- SUP and canoeing
- Bush cooking
- And much more!



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(\$910 per sibling)



Ages 8 - 14



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HIT THE SWITCH!

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Moonlit Sanctuary

the best way to see Aussie animals

KEEPER CLUB HOLIDAY PROGRAM GO WILD THESE SCHOOL HOLIDAYS!

If you have some junior wildlife lovers looking for fun over the holidays, check out Moonlit Sanctuary's Keeper Club holiday program.

In a day full of fun hands-on activities, kids get up close to many animals including dingoes, cockatoos and pythons and learn how their keepers work to keep them happy and healthy.

Places are limited so book early and make your junior keeper's day!

For ages 8-14 Cost \$99m 9am-2pm
See our website for more info.



moonlitsanctuary.com.au | t. 5978 7935 | e. bookings@moonlit-sanctuary.com
550 Tyabb-Tooradin Rd, Pearcedale



Moonlit Sanctuary

the best way to see Aussie animals

GO WILD THESE SCHOOL HOLIDAYS AT MOONLIT SANCTUARY KEEPER CLUB

Kids enjoy environmental activities, animal encounters and native animal care. The day includes interactions with dingoes, pythons, feeding animals and food prep, and animal enrichment activities. Learn about our animals, their conservation and the environment.

For ages 8-14 years



Summer 2024 School Holiday Program Dates:

8:45am sign in – 9:00am start, 2:00pm finish

JANUARY DATES

Week 1: Monday 8th, Tuesday 9th, Thursday 11th and Friday 12th

Week 2: Monday 15th, Tuesday 16th, Wednesday 17th, Thursday 18th and Friday 19th

Week 3: Monday 22nd, Tuesday 23rd, Wednesday 24th, Thursday 25th

Cost: \$99.00 per day | Small groups of 16 | 9:00 am start - 2:00pm finish

Bookings are essential as spaces are limited to 16 per day

550 Tyabb-Tooradin Rd, Pearcedale | Phone 5978 7935 | www.moonlitsanctuary.com.au



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CHRISTMAS HOLIDAYS

TRADING HOURS

HEAD OFFICE

CLOSING: 20 DECEMBER 2023

REOPENING: 3 JANUARY 2024

RETAIL

CLOSING: 21 DECEMBER 2023

REOPENING: 3 JANUARY 2024

TO AVOID THE JANUARY
BACK TO SCHOOL QUEUES
SHOP NOW



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SHANE O'SUGHRUE

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Call me for all your property needs.

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THE THRIVING KIDS & PARENTS SCHOOLS PROJECT

Online Parenting Seminar Series

for

Parents of children aged 4 - 12 years

Are you interested in learning **practical strategies** to help your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited to attend **3 FREE** evidence-based seminars

Register via the project website

[CLICK HERE](#) or scan the QR Code



Interactive and online seminar package 90 - 120 minute seminars:

Power of Positive Parenting (Triple P Seminar)

Practical strategies to support children's social and emotional development.

Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar) Skills and strategies to support children manage their emotions and overcome challenges.

Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)

How to maintain good communication with the children in your care, develop positive relationships, and address conflict and bullying.

Contact details:

QLD: thrivingkidsandparents@uq.edu.au

VIC: thrivingkidsandparents@monash.edu

SA: thrivingkidsandparents@adelaide.edu.au



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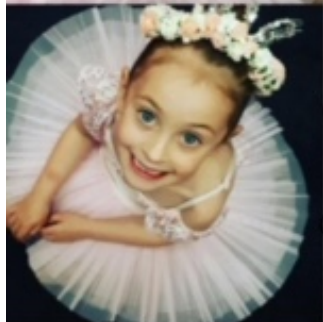
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<http://janellesschoolofdance.com.au>



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Janelle's School of Dance

BAZAART



TRAIN LIKE A SAINT THESE JANUARY SCHOOL HOLIDAYS

Learn the footy fundamentals with STK Academy these January school holidays at St Kilda's elite training facilities

U6-10 ACADEMY

- Footy fundamentals with fun game-based activities and giveaways
- Designed to help participants, no matter their gender or experience level, develop their skills in a safe and encouraging environment



U12-16 ACADEMY

- Take your game to the next level with off-field education
- Finesse your craft with skill masterclasses
- Develop your game with specialised drills and activities

WHEN:

1-Day & 2-Day programs
from 18 - 24 January

WHERE:

RSEA Park, Moorabbin &
Healthy Futures Hub, Seaford

[+BOOK NOW](#)[+VIEW CALENDAR](#)



HAVE A BLAST



Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

Carrum Cricket Club registrations are open.
Season to start Friday 10th November 5:30-6:30pm
Please scan the QR code for more information.
Enquiries to Bec - Junior Coordinator 0439 374 373



JOIN YOUR NEAREST CLUB

 **Play Cricket**

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A MORNING WITH MARIBEL STEEL

Saturday 2 December
11am - 12pm
Cheltenham Library

**FREE
EVENT!**

**Meet Maribel from Guide Dogs Victoria and
hear about her experiences as an author, writer,
speaker and guide dog user.**

She will also run a writing workshop for families.




Bookings required.
Online library.kingston.vic.gov.au/guide-dogs
Phone 1300 135 668
In person at any library branch

**BIG
BREAK 22**



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