PRINCIPAL’S COMMENTS

Hi everyone

What an exciting couple of weeks to finish Term 3!!

Last week our Preps had daily swimming lessons at PARC in Frankston. They were excited everyday – but a little bit tired by the last day. Thanks to the teachers and parents who supported this program.

Tuesday was Subway lunch day. Thanks again to Cherie Ridgway and her team for organising this treat.

On Wednesday, our Grade 5 students went on an excursion to Scinceways and from all reports represented our school proudly and had a great time.

Today is Footy Day. It is great to see so many kids in their footy or sports gear, and making a donation to State Schools Relief as well. Have to say it (quietly) – Go Dees!!!

And tomorrow, we dismiss early – at 2.30 pm. Assembly will be at 1.45 pm

**Breaky Club**

Mrs Kylie Shaw is coordinating our new Breaky Club which will start in Term 4. Parent helpers are needed to ensure its success, so please return the form or let the office know if you can assist.

Enrolments for 2016

It’s not too late to enrol children for 2016. Please spread the work amongst your friends so that we can get a clearer understanding of student numbers for 2016.

NAPLAN Results

The 2016 NAPLAN results have been distributed to individual students from Grades 3 and 5. Staff are working together to analyse the whole school data to identify areas for improvement and discuss how best to continue to improve teaching and learning at Ballam Park PS.

NOTICE TO PARENTS

2.30pm Dismissal

Students will be dismissed at 2.30pm on Friday, 18th September as this is the last day of Term 3.

CSEF Applications Extended

The Victorian Government has extended the closing date of CSEF (Camps, Sports & Excursions Fund) applications until tomorrow, Friday, 18th September. Anyone with a current Health Care Card should enquire at office if you haven’t already applied for this grant.

And now it’s goodbye!!

This is my last newsletter for Ballam Park PS as I vacate the Principal position and make way for Mr John Mace, who will take up the ongoing position in Term 4. I have loved being the Acting Principal at Ballam Park and enjoyed working with students, staff and parents to maintain the proud school traditions, focus on learning and help your children to become the best they can be. There are so many great things happening at Ballam Park, and the dedicated staff amaze me with their hard work and commitment to each and every student and their family.

Next term, I will be moving to Carrum Primary School as Acting Principal and will take with me some great memories and some newly developed skills. Even at my age!!!, I am setting and meeting new challenges and making the most out of every opportunity that comes along.

So farewell Ballam Park PS and all the best for the chapter that is about to begin!!

Cheers

Lois Weldon

Acting Principal
Do you know students who love video games?

We are delighted to let you know that the Library will be hosting a 10 weeks long Introduction to Game Development workshop in Term 4, where students can learn how to make their first computer based game. This is in partnership with Institute of Games. The program runs over 10 weeks and every week students will learn about

♦ coding
♦ programming
♦ graphic design, and
♦ game design

using Scratch and Piskel as software programs. The program is suitable for young people from 8 to 18 years old.

The instructors are experienced game developers themselves and are great at delivering the content to young students.

Duration: 10 weeks, every Friday afternoon in Term 4 (9th October and 11th December 2015)

Time: 4.00 – 6.00pm

Location: Frankston Library, 60 Playne Street, Frankston

Class size: Max 12 (first come first served basis)

FREE - Booking essential.
Or call 9784 1020, email libraryenquiries@frankston.vic.gov.au.

Try-out session on 18th October - come in and talk with the facilitators, have a play.

Please note: Children under 12 years must be accompanied by an adult.
Dear Parents/Carers

The latest issue of *Parentingideas Magazine* is online now. You can access this magazine by clicking the following link:


This is a fabulous mix of up-to-date articles from parenting experts, covering a range of parenting issues.

**Exploring the new frontier in parenting – emotions**

Michael Grose gives five ideas to help you explore emotions - the new frontier of parenting - and help kids to manage their feelings.

**Online flaming**

So what is online flaming? Catherine Gerhardt gives practical tips for parents to recognise the signs and how to respond should your child be affected.

**Hurry sickness**

When every hour is rush hour – ‘hurry sickness’ and its impact on families.

**Helping our kids to learn better**

How effectively we learn depends on a number of factors. Dr. Jenny Brockis highlights 8 ways parents can help our kids be ready and effective learners.

**Take off the shoes**

Maggie Dent looks at how allowing children endless opportunities to walk and run barefoot, and move freely in our world, will also create healthy brains which can function at more optimum levels.

**Letter by letter – G**

Girls, Guilt and Grit – our quick tips parenting guide has these topics covered.

**Rites of passage**

The teenage years can offer challenges for boys and fathers as they struggle to connect. Malcolm Dix reflects on the importance of a Rite of Passage experience with his teenage son and how it offered an opportunity for strengthening their bond now and into the future.

**No body’s perfect!**

Sharon Witt looks at how we can help our girls develop a positive body image.

Here’s to building strong parent-school partnerships.

Regards,

Michael Grose

Founder, Parentingideas Schools
**Sport News**

**Murdoch District Athletics Carnival**
45 Ballam Park PS students from Years 4 – 6 competed in the District Athletics at Ballam Park athletics track last Thursday. Students were selected in track and field events and competed against the best athletes from the 7 other neighbouring schools in our district.

All students who competed are to be congratulated for their fantastic efforts.

Ballam Park PS finished 5th overall out of the 8 competing schools which was a pleasing result.

The following students performed exceptionally well to finish 1st or 2nd in their event and progress to the Division Athletics early in Term 4:

- Jackson M – 1st in 11 year old boys triple jump
- Trinity S – 1st in 12 year old girls 1500m and discus
- Teah W – 1st in 11 year old girls 100m and 200m
- Josephine T – 2nd in 12 year old girls 800m
- Hannah P – 1st in 12 year old girls 200m, 2nd in long jump and 100m
- Phoenix B – 2nd in 11 year old boys shot put
- Alonzo R – 2nd in 10 year old boys hurdles
- 12 year old girls 4x100m relay team (Trinity S, Josephine T, Hannah P and Teah W) – 1st place

Thank you to Mrs Davis, Mr Shotter and Miss McSweeney for the assistance at the track, and to the many parents who came along to lend their support.

**Footy Day**

Students participated in the annual school Footy Day today.

Years 4/5 students took part in their footy tabloid session this morning, whilst the Years 2/3 students enjoyed their footy activities after lunch.

Our whole school parade was a great success with all students looking fantastic dressed in their favourite footy team colours, and prizes awarded to those judged best dressed.

We also raised over $200 for State Schools’ Relief. Thank you to all students who donated.

**Years 3 & 4 AFL Sporting Schools Program**

Our Years 3 and 4 students completed their 4 week AFL Sporting Schools program yesterday conducted by Sheldon from AFL Development.

All students enjoyed the program and showed much improvement in their skills during the program. Students also received their AFL pack courtesy of our school’s Sporting Schools funding.

We are pleased to announce that we have received further funding for Term 4 and will hopefully provide programs for our Prep – 2 and Years 5/6 students.

**Sport in Term 4**

Term 4 will be another busy term for sport activities including:

- Division Athletics: Wednesday 7th October at Ballam Park
- Year 2 Swimming Program: Monday 19th – Thursday 22nd October at PARC
- Year 3 Bike Ed Program: commencing on Friday 16th October
- Eastern Zone Orienteering (Years 3 – 6): Thursday 29th October at Cardinia Reservoir Park
- Ballam Park PS House Sports: date to be confirmed
- Years 3 – 6 Swimming Program at PARC: dates to be confirmed

Darren O’Brien - Sports Coordinator
Ballam Park Primary School Fitness and Running Group

September 11th 2015

Dear Parents and Carers,

Expressions of interest are sought from students interested in participating in the B.P.P.S Fitness and Running Group. For this group to run successfully we need a minimum of 20 students participating. This group has run successfully for a number of terms now. The end results have seen Ballam Park Primary School students achieve excellent results in Cross Country, District and Regional athletic competitions and a general improvement in the fitness and wellbeing of those involved. This is also a great way for children to improve their fitness for other sports such as Football, Soccer or Netball,

Some key facts about the group:

• The group meets twice a week- Tuesday afternoon, 3:40-4:15pm and Friday morning, 8:10-8:45. Students will be escorted between the school and the running track.

• Students need to be in Years 2-6. Parents need to attend with students in Year 2

• The group participates in running and fitness activities at the Ballam Park Athletics Track and/or in the park.

• Cost per term (10 weeks) is $20.00 to be paid by prior to beginning, to cover the cost of the coach.

• We need one or two parent helpers who would need to commit to assist with supervision at each session.

• Nothing less than excellent and cooperative behaviour from our students will be acceptable.

• If there is enough interest from students, the Fitness and Running group will recommence in Term 4.

• This is not an official school activity but is encouraged by the school to have our students participating and improving their fitness.

Please complete the expression of interest below and return to school by Friday September 18th.

__________________________________________________________________________________

Ballam Park Primary School Fitness and Running group

Expression of Interest

I would like my child(ren) _____________________________________________ to participate in the Ballam Park Primary School Fitness and Running Group which will meet Tuesday afternoon and Friday morning each week at Ballam Park Athletics Track. I am aware that there is a $20.00 coaching fee to be paid before my child starts.

I am able to commit to assist with supervision for one of the sessions on a regular basis. YES or NO

(please circle)

Name:_________________________________________________parent/carer

Contact number:_____________________________________________
Congratulations to the following students who have been presented with Merit Awards!

PG - Ben B, Thomas T, Harper P
1B - Ryder M, Ava L, Kate S, Candace L
2B - Jack V, First K, Jade S
2V - Natalia I, Aidan W, Ryan B
3H - Kiara L, Sara W, Abbey S
4D - Sarina A, Jamie F, Tyson T
5K - Candice E, Kristian P, Kaitlyn F
6B - Jackson M, Matilda H, Maddi B, Bradley M, Marcelle J, Samantha W

PM - Kaitlyn C, Amy R, Tyson J
1R - Hannah S, Te Huia T, Max M
2C - Ocky W, V-Eight V, Ocky W
3J - Kanye J, Izzy B, Dantae B
4R - Thomas C, Emily S, Kodi B
5S - Caitlin R, Trinity C, Calam W

Congratulations to the following students who have been chosen as our Students of the Month for August, 2015.

**Students of the Month**

**August**

Jaxson S - Prep G for Getting Along
Keeley H - 1R for Organisation
Ethan B - 2B for Persistence
Connor F - 2V for Getting Along
Jason Q - 3J for Confidence
Angus A - 4D for Persistence
Maddy M - 5S for Persistence

Oliver H - Prep M for Confidence
Summah B - 1B for Confidence
Isabelle W - 2C for Getting Along
Bianca N - 3H for Resilience
Emily C - 4R for Getting Along
Cai V - 5K for Getting Along
William B - 6B for Getting Along

TJ S - 6S for Getting Along
Young children are egocentric by nature. As any three-year old knows only too well, the world revolves around them. “I want...” “Give me...” “It’s mine!” and other variations are the mantras for this age group. This self-centredness is developmental, which means it’s something they grow out of... or they’re supposed to.

But some kids never bridge the gap from self-centredness to generosity. They become takers with an inflated sense of entitlement rather than givers who do all they can to accommodate the needs of others. While it can be argued that some children maybe self-centred by temperament I’m not convinced that we can blame Mother Nature entirely. There is no doubt that parenting impacts enormously on a child’s propensity to give rather than take.

In the eagerness to get kids off to a good start in life, a spirit of generosity is one quality that parents can easily overlook. Developing children’s personal competencies tends to be higher on most parents’ wish lists for their kids than developing a generous spirit.

But developing a sense of sharing in kids has plenty of positives. Children who are able to share their time, their space and themselves generally have more friends and experience more success than those who are self-centred and mean-spirited. Quite simply, they are leadership material!

Like most facets of child rearing developing a community ethos in kids can be a frustrating task but perseverance, modeling and expectations are parents’ greatest allies when it comes to things that really matter.

Here are five practical ways to develop a sense of generosity in kids:

1. Expect kids to help
With families shrinking, kids get fewer opportunities to help at home than before. With this in mind expect your kids to help without being paid. Regular chores and activities that benefit others such as setting the meal table or helping a younger sibling get dressed teaches them that their contribution is valuable and very much required.

2. Think ‘gang’
It’s a quirk of modern life that parenting is an individual endeavour. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as a key parenting principle. Encourage children to make allowances for each other which may mean everyone watches a sibling’s special concert rather than some children missing it because ‘it’s boring!’ We put ourselves out for each other is a wonderful family strength that often needs to be reinforced by parents.

3. Don’t let them get away with meanness
Children wear L-Plates when it comes to behaving generously. They don’t always get it right, which means that parents as the wise adults need to remind children when their words and actions are intolerant or mean-spirited, or when they need to put their own needs behind the needs of others.

WORDS Michael Grose

Building parent-school partnerships

How to raise a child to be a giver

Michael Grose highlights why it is so important to teach your child to be a giver not a taker, and gives five practical ways to develop a sense of generosity in kids.

more on page 2

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

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... How to raise a child to be a giver ...

1. **Develop a sense of other**
   Children and teenagers don’t live in a bubble. The socialisation process demands that kids be accountable for their poor behaviours. “What does this social situation reasonably require of my child at his or her age and stage of development?” is a great question to ask yourself to develop a sense of other, rather than entitlement in kids.

2. **Encourage giving**
   During the Victorian bushfires a few years ago I heard the story of a nine-year old whose mum went into his bedroom to groan at him for being up too late. She found him busy emptying his moneybox into little plastic bags, ready to donate at the school bushfire appeal next day. There were plenty of stories like this showing the generosity of Australian kids, we just need to encourage them in everyday life, rather than wait for a tragedy, to give their generosity a kick start. You can begin by encouraging them to give toys, books and clothes away when they have finished with them, or doing a good deed by a neighbor or friend.

The skills that kids need for future success are changing as technology, greater flexibility and mobility, and new economic forces are transforming workplaces at an astonishingly rapid rate. But the basic attitudes and character traits needed to succeed such as teamwork, initiative and generosity haven’t changed too much over time. Ask any employer and I’m sure they’d say they’d hire a giver over a taker any day as they are just so valuable to have on a team. Hopefully they are not becoming a rarity as well!

Michael Grose

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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.
Enrolments are presently being accepted
for children commencing Prep in 2016

When enrolling, parents will need the following:

♦ **Proof of date of birth:**
  e.g. a birth certificate or passport. The Department of Education and Training requirement is that children are five years old by 30th April 2016, for admission in 2016.

♦ If your child was born in a country other than Australia, the appropriate [visa](#).

♦ **School entry immunisation certificate requirement:**
  A history statement from the Australian Childhood Immunisation Register (phone 1800-653-809) which you automatically receive after your child has completed the 4 year old vaccine schedule. It should state at the bottom of the page “This child has received all vaccines required by 5 years of age.”

  *(If your child has not yet had all school entry immunisations, please complete and lodge the enrolment form, and bring the certificate when immunisations are completed, prior to the end of 2015.)*

♦ **Emergency numbers**, e.g. friends, relatives, workplace and doctor.

Please ring 9789-5614 if you wish to have further information or would like to have a tour of our school.

We look forward to warmly welcoming you to our school.

*Lois Weldon*
*Acting Principal*
Almost all families are eligible. To find out more, call our Customer Service Team on 1300-105-343 Monday to Friday.

Outside School Hours Care with Camp Australia

forget about the Camp Australia Holiday Program you can make bookings and cancellations, view your statements and manage your details any time of the day.

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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Congratulations for all who participated in The Smith Family fundraiser. We raised $11. Don’t forget about the Camp Australia Holiday Program ‘Out of This World’. Lots of exciting fun for all! Details in school office.

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

Star of the Week: Michael L

for being an excellent team player

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

Outside School Hours Care with Camp Australia
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.

Do you want your family firing on all cylinders?

Roadworthy For Dads

How do we learn to be a great Parent?

Join this free eight week group program for fathers and discover:

- what it means to be a Father (the nuts and bolts of parenting).
- how to develop a healthy parenting style.
- how to improve family communication and handle conflict with respect.
- practical tools to help stay calm and how to manage difficult emotions in others.
- how to engage and tune into your kids at different ages and different stages of development.
- how to work as a team to make a positive difference.
- how to look after yourself and make sure you’re firing on all cylinders.

Places are limited, register early. This comprehensive and practical program is for every father who wants to see his family firing on all cylinders.

Please note: To be eligible you must live in the Frankston catchment. No court ordered mandated or applicants on IV0’s allowed.

When: Thursday 8 October to Thursday 26 November
Time: 7.00-9.00pm
Where: LifeWorks Frankston, 345 Nepean Highway, Frankston
Cost: Free
Registration: To register call reception at LifeWorks Frankston on 9783 7611 or email lifeworks@lifeworks.com.au

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

It’s cool to be at school.
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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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