Term 3 2016 Calendar

27 July  
Parent’s Association 7.30pm - CANCELLED

28 July  
Year 5 Human Development

2 August  
Uniform Shop open 8.45am

5 August  
School Disco

6 August  
Parent Function-Trivia Night

10 August  
Year 7 Placements sent home

10 August  
Walkathon-Fundraising

11 August  
Parent’s Movie Night-Fundraising

12 August  
Bookings open on Try Booking for School Concert

16 August  
School Council Meeting

17 August  
School Athletics –Ashy Olympics

24 August  
Parent’s Association 2.45pm

28 July  
Preps—100 Days of school FREE DRESS fun day

29 August  
Roald Dahl Week

29 August  
Year 2 Swimming Commences

30 August  
5/6 Futures Stars

Diary Date: School Concert in the evening: Monday 5th September (Surnames A-L), Tuesday 6th September (Surnames M-Z) Details on booking tickets coming soon

Inside This Issue

Principal’s Report—Healthy Mind

Prep Enrolments for 2017 due now
Principal’s Report

The Healthy Mind Platter was created by Dr Daniel J Siegel and Dr David Rock from the NeuroLeadership Institute. It is based on the new Healthy Food platter. They state that the Healthy Mind Platter has seven daily essential mental activities necessary for optimal health. By engaging everyday in each of these servings, you promote integration in your life and enable your brain to coordinate and balance its activities. One way to use the platter idea is to map out an average day and see what amounts of time you spend in each essential mental activity. Like a balanced diet, there are many combinations that can work for you as an individual and as a family. Nourish your body and mental wellbeing every day.

Seven daily essential mental activities to optimize brain matter and create well-being

Focus Time
When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

Play Time
When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

Connecting Time
When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain’s relational circuitry.

Physical Time
When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

Time In
When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

Down Time
When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

Sleep Time
When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.
SMILE news
This term the focus is on the concept of Empathy. Empathy is the ability to share another person’s experiences and emotions.

Ask yourself:
- Can I understand what this person is thinking?
- Can I appreciate how they might be feeling?
- Does their behaviour make sense?

Students in Year 1-6 will be discussing what empathy means through two lenses: tune into others and tune in socially. The activities and level of discussion will be at an appropriate developmental level. This year the teachers have been given time to plan as a whole school the activities to meet the listed outcomes. Last term the SMILE advisory group, consisting of two students from each year level, provided feedback and assisted with the planning and development of activities for this term. This level of co-authorship between students and teachers ensures that the discussion meets the needs of the students.

The outcomes this term include:
- To understand that facial and body cues make you react/behave in certain ways
- To understand an issue from another person’s perspective
- To learn how to say ‘no’ in an appropriate manner
- To learn how to stand up for yourself when you don’t agree with your friends
- To learn how to help others if you see them not being treated well
- To learn how to be a good winner and loser

Stepping into someone’s shoes

Student’s Report

On Tuesday 19th July Ashburton Primary took 5 teams to GIDSSA Future Stars and Rookies Hooptime held at Nunawading basketball stadium. All students participated really well demonstrating great sportsmanship throughout the day. For many students this was their first taste of basketball and competition. Every team managed to win a game and all students went home with smiles. Thankyou to the parents who helped out on the day coaching and scoring, your help is always appreciated.

SRC Report

On Tuesdays and Wednesdays at recess and lunch we have been raising money for The Fred Hollows Foundation, by holding a jelly bean guessing competition outside the Year 2 Pod.
We have had lots of students and teachers guess how many jelly beans are in the jar.
After Wednesday we will carefully count the jelly beans. We have no idea how many are in the jar or who the winner will be!
We will announce the lucky winner with the closest guess soon.

Jade and Eva 3KT
SMILE Awards

Aarav S PMG  For showing improvement in all areas and for completing an excellent story, ‘The Lion’.
Oscar G PCW  Working hard to improve his writing. Oscar is listening for the sounds he wants to write. Keep up the wonderful effort Oscar!
Olivia S PMC  For always superhero listening and contributing to class discussions. Well done Olivia, you are a good role model for Prep MC.
Lexi B PMD  For her care and friendship towards so many classmates. Lexi also remembers to give her class teacher a hug at the end of the day. You are very thoughtful Lexi!
Louisa R 1TD  Excellent writing during Writer’s workshop time.
Harry K 1ET  For his enthusiasm during Writers workshop. I’m so impressed with the care and pride you take with your work.
Olive D 1LC  For his great work habits and contributions during maths challenges. Well done Oliver!
Matilda N 1LC  For her wonderful work in Maths by choosing the most suitable addition strategies.
Toby A 2HL  Continuing to build his resilience. He is showing greater resolve when things don’t always pan out as planned.
Liam C 2AA  For the dedication you have been showing this term during Writer workshop to improve your revising and editing. Keep it up!
Ben P 2RR  For always trying his best, being a cooperative class member and a great friend.
James O 3DS  For excellent 3D shape knowledge and skills. You are the king of shapes James!
Geraint C 3DS  For working very co-operatively with your partner to produce a great 3D shape playground.
Scarlett D 3KT  For making excellent progress in all writing tasks, using effective techniques such as short sharp sentences, repetition and similies. Keep up the great work!
Claudia M 3KT  For wonderfully written stories using excellent planning and figurative language. Claudia writes with great feeling, expression and creativity. Well done!
Ryan C 3KE  For being a brilliant mathematician and becoming resilient. Thank you for your enthusiasm in class Ryan.
Lauren R 3KE  For consistently trying your hardest in class and for your inspirational work with the Fred Hollows Foundation.
Felix I 3CR  A creative 3D shape playground. Felix was easily able to recall the names of shapes used and reference information such as the number of faces. We were also particularly impressed with his teamwork.
Chris T 3CR  Taking pride in the presentation of his homework. Keep up the good work Chris.
Zara A 4EM  For demonstrating resilience and persistence with her school activities despite her injured leg.
Ben A 4EM  For demonstrating a mature approach to his learning. It is evident that he has worked hard on all teacher set tasks, completing them thoroughly and neatly. Well done Ben, keep it up.
Owen C 5DF  For his enthusiastic and confident manner during Maths this term. Excellent work Owen.
Lydia C 5DF  For always having a positive attitude and demonstrating resilience. Lydia is an excellent role model for her peers.
Clare D 5LP  For her creativity and originality during writing sessions.
Mia C 5LP  For her resilience and determination when facing challenges.
Oliver F 6MB  Focussing on her learning and doing extra to improve her skills.
Laura B 6SW  For showing persistence and independence in her learning. Laura tackles every new challenge with a terrific attitude. Well done!
Tom T 6CS  For his outstanding attitude and effort in the classroom this week.
Hanna T 6CS  For her never give up, tenacious attitude towards everything she sets out to achieve.
The Fundraising Team brings you:

**Movie Night – Bad Moms**

Get your friends or have a class get-together.
But let’s make a night of it

A woman with a seemingly perfect life - a great marriage, two adorable kids, a beautiful home, a successful career. However, she’s overworked, overwhelmed, and exhausted. She needs a break. Enter the Bad Moms, a group of like-minded mothers who are just as tired as she is. They decide to take a break and enjoy themselves.

**Day – Thursday 11th August**
**Time – 6.30pm for 7.00pm showing**
**Venue – Palace Cinema – Balwyn**
231 Whitehorse Road, Balwyn

Meet at 6.30 pm at designated meeting area – receive your complimentary glass of champagne or Peroni Beer

Cost $25.00 per ticket
Bookings essential via Trybooking
(DD booking fee will apply)

www.trybooking.com/MELC

See you there - Fundraising Team
Enquiries to Joyce Chan joycechanot@hotmail.com

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**LET THE DANCING BEGIN!**
ASHBURTON PRIMARY SCHOOL’S 2016 DISCO

**FRIDAY 5th AUGUST**
**PREP YR 1 & 2 6:00PM - 7:15PM**
**YR 3 - 6 7:45PM - 9:15PM**

$5 PER STUDENT

**Return Ticket Order Forms by 25th July**

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**It’s Here!**
**Our Ashburton Primary Walk/Lap-a-thon 2016**

How many laps of the Walk/Lap-a-thon course can you do in 20 minutes?

How many sponsors can you sign up?

The Ashburton Primary School Walk/Lap-a-thon will be held on Wednesday 10th August 2016.

Each year level will walk, run, hop, skip or jump around the school oval to raise money to purchase sport equipment for the school and sun shade in the playground.

Year 2 to 6 will walk/run for 20 minutes while Year 1 and Preps will run/walk for 10 minutes.

Your first task is to sign up sponsors on the attached sponsorship form. Ask your family, ask your neighbours, ask your friends!

Sponsors can choose to
- sponsor an amount per lap (where the more laps you do, the more money you raise!), or
- may choose to give a donation either by cash or via www.trybooking.com.au/MELC

Sponsorship forms are due back before the event by Friday 5th August, 2016 so the number of laps can be recorded on your shield on the day of the event.

Please return collected money in a sealed envelope by Monday 15th August, 2016 and your name will go into the draw to win a gift voucher.

Fundraising Team

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**Helpers Needed for the Olympics Games Lap-a-thon**

**Wednesday 10th August, 2016**

We are looking for parents to help us coordinate the morning:
- Marking off laps
- Marathons
- Tallying cards/updating sponsor sheets
- Encouraging the children!

2 Volunteer time slots

<table>
<thead>
<tr>
<th>1st Timeslot</th>
<th>9.00 am - 10.45 am</th>
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<tr>
<td>2nd Timeslot</td>
<td>11.00 am - 12.45 pm</td>
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If you are available to help with either timeslot, please email ashburtonlapfriday@gmail.com by Monday 1st August, 2016.

We will confirm your timeslot via email.

Indicative timetable for the day:

- 9:00 - 9:30 Form time
- 9:30 - 9:45 Prep
- 9:45 - 9:55 Year 1
- 10:00 - 10:20 Year 2
- 10:20 - 10:40 Year 3
- 10:40 - 11:00 Year 4
- 11:00 - 11:20 Year 5
- 11:20 - 12:00 Year 6

Thank you
The Fundraising Team
Your child will be participating in a Whole School House Athletics / Olympic carnival to be held at the Bill Sewart Athletic Track, Burwood Highway, Burwood East (behind Nunawading Basketball Stadium) on **Wednesday 17th August 2016**.
All students will leave Ashburton at **9:00am sharp**. Please arrange for your child to be at school by **8:40 am** to report to their class teacher. The carnival begins at 9:30am and we encourage our families to come and support the students.
Prep – 2s will return to school at approximately 2:30pm. Year 3 – 6s will return to school at approximately 3:00 pm.
Please note that all students must travel to and from the event via the buses provided.
**STUDENTS ARE NOT TO BE PICKED UP FROM THE VENUE.**

We encourage all students to get into the spirit of the day and come dressed in their house colours:
Fraser – Green  Bradman – Red  Goolagong – Blue  Landy – Yellow

Students will need to bring a water bottle, snack and lunch for the day. They will need to wear runners and weather appropriate clothing for the day. Students should not wear singlet tops and must have warm tracksuit pants and jackets to wear between events.

**We are seeking parent support!**
*We need parents to assist in running an event. Teaching staff will be present at each station/event.*
*Please indicate if you are available to help and at what time either by returning the slip below, filling out form at Office or emailing the school on: ashburton.ps@edumail.vic.gov.au*

There will be a meeting for helpers prior to the day, allocating jobs to enable the day to run smoothly.

**PARENT VOLUNTEER**

| NAME: | .................................................. |
| ELDEST CHILD NAME: | ............................................. |
| Morning session | 9:30 - 12:00 | ............................................. |
| Afternoon session | 12:00 – 2:15 |
| or All Day | 9.30-2.15 |

All children competing will need permission to go on the bus – please give permission on Compass.
Lucinda R in Year 4 will be performing in Shrek the Musical Jr.

Mum's, Dad's & Kids
Want to get into tennis?

Get started today with a FREE intro

- Kids hot shots tennis lesson
- Mon to Fri from 3.45pm
- Saturday & Sunday times
- Adult sessions — mornings & Evenings. Get back into tennis with friends

Contact us to organise your FREE lesson time
Angelo 0407 477 798 angelo@vidatennis.com.au

Ivan’s Pies Fundraiser
Notice coming home today

ST PAULS CRICKET CLUB
JUNIOR MASTERCLASSES

Get a head start on season 2016/17 with high quality junior coaching, fully indoor sessions and bowling machine access. All interested players and skill levels welcome. For ages 6 to 17.

SAT, 6 AUG
SAT, 13 AUG
SAT, 20 AUG
SAT, 27 AUG

1.30pm-3pm
TNF Cricket
1517 Dandenong
Road, Oakleigh
$50 for 4 sessions

LIMITED SPOTS AVAILABLE
Registration essential at stpaulsclub@gmail.com
AUSC Spring Futsal Program

VENUE: Ashburton Recreational Centre (ARC)
DATES: 3 Sept - 2 Dec
TIME: Fri 16:30 - 18:30
AGE GROUP: 5-12 Boys & Girls (3:30pm - 5:30pm)
6-12 Boys & Girls (6:30pm - 8:30pm)
COST: $115

Fancy continuing playing football during the summer?

We have this perfect spot and end of year competition is on: AUSC and ESSC (taking place from January through to April)

CONTACT: For more information or to register your interest, contact Leany
halley@ashburtonrec.com.au 61 3885 2318

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Senior Mandarin Storytellers
Volunteer Information Session

Senior Mandarin Storytellers
Volunteer Information Session
Tuesday 9th August
10am – 11.30am
Craig Family Centre
7 Somervale Avenue
Ashburton 3147

Chinese Daytime at Craig Family Centre is recruiting Senior volunteers for an exciting intergenerational project supported by the Victorian Government. If you are a Senior (50 years or over), speak Mandarin and have an interest in sharing stories of Chinese culture, language and migration we'd love to hear from you!

Volunteers will attend a training session and be supported by a buddy or facilitator to share stories with young children learning Mandarin.

Successful applicants will be required to complete a Working With Children Check and work according to Craig Family Centre's Child Safe Policy and Good of Conduct.

To register your interest in attending the information session, please contact:
E-mail: craig.service@flycat.org.au
Telephone: Joanne Jiang 9493 081 211

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The 52nd Camberwell Showtime presents
BEYOND THE WALL

Fri 5 August - 8pm
Sat 6 August - 8pm - Rover Night
Sun 7 August - 3pm
Wed 10 August - 7pm
Thu 11 August - 7pm
Fri 12 August - 8pm - Venturer Night
Sat 13 August - 8pm
Sun 14 August - 8pm

Our show is set in an ancient village, far from the modern world. Stories have been passed from generation to generation about the monsters that live outside the village.

Are they just stories made up to scare children, or are there really monsters out there?

Book online: www.camberwellshowtime.com
Call the box office - 9278 4770, Visit us - Hawthorn Arts Centre, 360 Burwood Road, Hawthorn

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Charisma Lunchtime Dance and Musical Games

* Easy dance routines
* Hilarious musical games
* Laugh, sing and play with your friends

* Dance to the latest hits

Our Thirty minute Program also allows plenty of time to head out and play * Best suited for Prep's, 1’s and 2’s

* Every Tuesday lunchtime right here at school commencing 26th July

4 Week program: $25 Per Child (No Deposit Per Session)

To enroll email: charisma.dance@bigpond.com or Ph 9885 2022 0419284919

Please complete the form below and post with your payment to
Charisma Dance Centre
1. Coenno Pde Glen Iris 3146

Or Direct Deposit
Charisma Trading 100 015-250 A/C 454275636 (Please include Child’s name and code ACH)

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Junior Rockers
APPLY FOR MUSIC LESSONS NOW!

Junior Rockers runs instrumental music lessons right here at school.
To find out about our music lessons, head to our website. From there you can check which instruments are available at your school, get up to date pricing and apply for lessons online.