



THE DORSET EDITION

INSPIRE ACHIEVE SUCCEED

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dorset.ps@edumail.vic.gov.au

Diary Dates

Oct

- Fri 9th Division Athletics (Selected students only)
- Mon 12th Principal Morning Tea
- 27th - 29th Dental Screening

Nov

- Mon 2nd Curriculum Day
- Tue 3rd Public Holiday Melbourne Cup
- Fri 6th Prep Healesville Sanctuary Excursion
- Tue 10th Prep 2016 Parent Information Evening 7-8pm
- Fri 13th Grade 1 and 2 Healesville Sanctuary Excursion
- 9th - 13th Swimming Seniors Grade 3-6
- 16th - 20th Swimming Juniors Prep-Grade 2

Dec

- Thu 10th Christmas Carols Evening
- Tue 15th Grade 6 Graduation
- Wed 16th Grade 6 Big Day Out

Come and join us in the staffroom for our Principal's Morning Tea.



Welcome Back

Welcome back to term 4. The year seems to be going quite quickly. This term like all the rest will be quite busy and engaging for the children especially our grade 6 children. They have transition, swimming, interschool sport, principal morning tea, big day out and graduation, not to mention their everyday work and activities. The grade 6 children this year have been exceptional leaders and role models. I encourage the grade 6 children to really enjoy this term before their new adventure into Secondary School begins.

2016

Planning for 2016 is now commencing. Teachers in conjunction with myself spend many hours sorting grades for 2016. If there are any concerns with your child's placement for next year please put it in writing to myself asap. Please note the purpose of these letters is to make the school aware of ongoing issues. It is not a vehicle to request specific teachers for your child. Thank you for understanding this matter.

Principal Morning Tea

On Monday 12th October after assembly is our first Principal's Morning Tea for term 4. I truly encourage parents to attend and be part of these robust and at times entertaining discussions. They have been invaluable for me and have really given me an insight into parents' concerns and perceptions. It allows parents to comment and discuss the current issues as they occur. I thank my 'usual' attendees and have appreciated their frankness and honesty. I realise this time does not always suit many parents but if possible please make the time to come along. All welcome!!

SAKG

The SAKG is really producing some outstanding results. The food that the children are preparing and serving is amazing. Since it first began it has truly evolved into an engaging and productive program. Gregg and the grade teachers are doing an excellent job working with the children to ensure they are totally immersed and learning from the experience. If you are able to volunteer to assist in this program please see Gregg or the grade teacher. Helpers in the kitchen ensure the program is running as smoothly as possible.

From the Principal's Desk

Chaplain

I have employed Dave for an extra half day a week this term. Dave has really connected with Dorset PS and our children. He really enjoys spending time working with the children and even reads stories to classes on occasions. If you feel your child needs to see Dave please see the office staff for a consent form.

Creating Junior Picassos by promoting a love of art

Art teaches children how to view their world from different perspectives. It stimulates them visually and encourages problem solving, self-expression, imagination and creativity. Art appreciation is a valuable tool for life that you can help inspire in your child.

Keep art supplies in the house

Allow your child to explore their own creativity by making an art box with colourful textas, crayons, pens and paints, plus lots of scribbling paper. This will allow them to get creative when the mood takes them. Praise them on their artworks and display them around the house.

Principles of art

Talk about shape, colour, size, line, design, tone and texture of everyday items.

Participate in art workshops

Look out for free and inexpensive art courses that your child can attend in your local community. These can be great fun for children, as they learn new creative skills in the company of their peers.

Discuss illustrations in books

When you are reading with your child, talk about the illustrations in the book. Ask your child to talk about the pictures and how they relate to the story, or how they make them feel.

Visit an art gallery

Your child will love going with you for a visit to a local art gallery. Spend time looking at the pictures and discuss the artist's technique, colours and textures. Talk about the story the art is telling. Many cultural institutions provide tours, activities or rooms specifically designed for children.

Regards,
Palma Coppa
Principal

Stephanie Alexander Kitchen Garden

Kitchen News

Our garden looks like it has benefitted greatly from the arrival of the warmer weather over the holidays.

It will be great to start having our spring/summer produce to use in kitchen sessions. This fortnight we will be using many harvested items from our garden including silver beet, broad beans, peas, lettuce, carrots, beetroot, rhubarb etc.

Later in the term we will start to have more berries ready for harvest as the weather continues to get warmer and tomatoes should be getting to the point we can harvest them later in the term.

We are always needing volunteers to help with kitchen sessions which can be parents, grandparents, or if you know someone in the community outside of the school that would like to be involved.

Any volunteers are required to have a working with children check which needs to be provided to the school office so they can keep a record of it.

Thanks Gregg Hansford

Stephanie Alexander Kitchen Menu

- Broad Bean, Pea & Chorizo Risotto
- Silver beet Mini Quiches
- Moroccan Carrot & Beetroot Salad
- Apple, Rhubarb & Berry Muffins



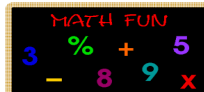
Chaplain Dave needs Signed Forms!

Thanks to the parents who have signed the permission form for your children to see me. We have been playing with magnetic sand, UNO, Drawing, reading together and much more. There are still nearly 400 students who have not returned their forms! Please get a form from the front office and fill it out today!

Maths-A-Thon



The Maths-A-Thon is fast approaching. Tomorrow there will be some practice questions sent home with your child. The questions will be similar to what they will receive on Maths-A-Thon day. Friday 16th October. Keep collecting sponsors to raise money and earn a prize. A sample of the prizes are on display in the foyer. Good Luck!!



Chaplain's Chat with Dave

Taming the Worry Monster

(abridged from Dr Dan Peters' Oct 5, 2015 Huffington Post column)
We all worry. But the Worry Monster doesn't need to be the boss! Here are 10 strategies that kids (and parents) can learn to take the Worry Monster down and turn our worriers into warriors.

Step 1: Teach How Our Brain and Body Work When We Are Scared

We all have a "fight or flight" survival response that keeps us alive. When the fear centre in our brain senses danger, it sends adrenaline through our bodies to make us run or fight.

Step 2: Identify Body Feelings

You will feel the physical sensations of worry and fear in your body, especially your head, chest, stomach, and throat. This is because your heart has to beat super-fast to get extra blood from your brain and stomach to your arms and legs so you can fight or run. The blood leaving our brain and stomach makes us feel light headed, have headaches, stomach-aches and butterflies. These feelings are our signal that the Worry Monster is messing with us!

Step 3: Externalize the Problem

Label your worries and fears as the "Worry Monster" who is a bully who is responsible for making you (and all of us) think worrisome and scary thoughts. The more you talk about the Worry Monster, the weaker he will get and the sooner he will go away.

Step 4: Make a Worry List

The Worry Monster doesn't like us to talk about him or how he works, so the more things you put on the list, the better. Once you have done this, put the worries and fears in order starting with the most powerful at the top and least powerful at the bottom.

Step 5: Make a Success Ladder

Choose one behaviour from the worry list and make a success ladder by breaking the worry down into steps, or rungs, with the ultimate fear or goal at the top of the ladder and the least scary behaviour at the bottom.

Step 6: Identify Worrisome and Fearful Thinking

Think about what the Worry Monster tells you to make you feel worried and scared. Take out your worry list, and expose the Worry Monster's secrets by writing down what he tells you to make you feel scared and worried.

Step 7: Change and Modify Thinking

Next to the list of what the Worry Monster tells you, write down new thoughts that are healthier and more realistic. Ask yourself, "What am I thinking? How can I think about this differently?"

Step 8: Practice, Practice, Practice!

Choose activities to defeat the Worry Monster. Go to your Success Ladder and start doing the first thing on the bottom of the list. Keep moving up the ladder and work your way to the top. Sometimes it goes quickly and other times you may have to practice something over and over.

Step 9: Develop a Coping Toolbox

Make a toolbox to help you take on the Worry Monster. This toolbox usually consists of strategies like deep breathing, understanding where your body feels worry and fear, knowing what makes you start worrying or feeling scared, helpful questions to ask yourself ("Is it true?"), statements to use against the Worry Monster ("I can do this!" or "So what?"), exercise, and activities that distract you and help you relax.

Step 10 -- Don't Give Up!

Like all bullies, the Worry Monster does not give up easily. It takes lots of courage and persistence to drive him away. By using these strategies, and working as a team, the Worry Monster doesn't stand a chance. Don't give up. You are a warrior. You can do this!

Community Health Service



Your family could be eligible for free or low cost dental care at Inspiro. Inspiro welcomes everyone, including those with or without:
The Child Dental Benefits Schedule
Health care and pensioner concession cards
Private health insurance
17 Clarke Street, Lilydale. Free undercover parking and a 5-minute walk from Lilydale train station.
Open business hours, Tuesday evenings and Saturday mornings.

Visit our website at inspiro.org.au or call our clinic on 9738 8801 to find out if you and your children are eligible for free, low cost or prioritised (i.e. no wait list) dental care.
Find us on [facebook.com/InspiroCHS](https://www.facebook.com/InspiroCHS) to learn more about our children's and families' services.

Helpers Urgently Needed

We are in urgent need of someone to help in the canteen and with our wonderful Breakfast Club Program!!

If you are able to help on a Monday morning making toast and a milk drink for 20 or so students from 8.45am your help would be much appreciated. Please see the office.

We also urgently need helpers in the Canteen on Tuesday and Thursday and Friday afternoons. Please see Robyn in the Canteen if you can help!



Chocolate Drive

Don't forget, if you have finished selling your chocolates, could you please return the money to the office. Thank you to all the families that have sold chocolates for our major fundraiser this year!

We still have plenty more chocolates to sell if you would like another box. Please come and see Cynthia or Nicole in the office.



School Council News

On behalf of Dorset Primary School Council I would like to welcome everyone back from what has hopefully been a happy and safe holiday, with recharged batteries and looking forward to an exciting school term leading up to the Christmas School Holidays.

I wish to take this opportunity to remind everyone that Dorset Primary is continually looking for ways to ensure that information is effectively communicated out to our school community. Implementation of technology such as TiqBiz for instant notification, weekly newsletters, class handouts, fortnightly Principal's morning teas, school assemblies and school council meetings all allow for information communication.

Whilst I realise that not all of our school community are able to attend these during business hours Dorset Primary School also has an email address for issues to be raised. All of the correspondence that is sent is raised at School Council Meetings, discussed and voted upon. Dorset Primary School Council is your voice to have issues raised and discussed.

The email address for Dorset Primary School Council correspondence is: dorsetpsschoolcouncil@dorsetps.vic.gov.au

The school community is also welcome to drop correspondence addressed to "Dorset Primary School Council" off at the office with either Cynthia or Nicole.

The school community is always welcome to attend school council meetings (our next meeting is Wednesday 28th October starting at 7.30pm) . Although the general community is unable to have a verbal contribution during the meeting, it is a great chance to see the decision process in action and to gain an insight into school council, who knows, it may even be something that you wish to get involved with .

Again, I wish to welcome everyone back for a busy and exciting Term 4.

Ben Graham

Dorset Primary School Council President

Dear 2016 students,

I was super impressed by your dancing and singing this week in our music session for transition!

The next session is Maths, where we will be counting and singing, and playing lots of math's games.

Looking forward to seeing you there!

From Miss Holt
(Transition Co-ordinator)



Communicating With Our Parent Community

Our school is using an App to send instant messages, newsletters and notices.

The Tiqbiz app will help our school keep parents fully informed and up-to-date with newsletters, notices, news and events. It's easy to use and also has the benefit of helping reduce our paper consumption by printing less.

The first step is to download tiqbiz to your phone, tablet, computer ... or all of them.

Search for : tiqbiz

Remember to click "allow" notifications when asked. This will allow us to send you important alert notices.

For technical information please see the school for a flyer.



Chirnside Park Shopping Centre School Rewards Program

We are pleased to be part of the Chirnside Park Shopping Centre School Rewards Program again this year. It is running from the 21st September to 8th November. You can donate your points at the customer service desk at Chirnside Park Shopping Centre by presenting your receipts from purchases made in the centre dated during the promotional period.

School Prizes (School Grants)

- 1st Prize: \$5,000
- 2nd Prize: \$3,000
- 3rd Prize: \$2,000

Customer Prizes

- Weekly \$100 Chirnside Park gift card
- \$2,000 Chirnside Park gift card (Grand prize for the customer who donates the most points during the competition).

Customer Service Office Hours:

Monday – Wednesday: 9am – 5.30pm

Thursday – Friday: 9am – 9pm

Saturday: 9am – 5pm

Sunday: 10am – 5pm

CHIRNSIDE PARK SCHOOL REWARDS

\$10,000
FOR OUR LOCAL SCHOOLS

+ WEEKLY PRIZES
FOR YOU

+ GRAND PRIZE
FOR YOU

Present your receipt/s at the customer service desk to allocate points to your favourite school!

Register as a school rewards member for your chance to win a **\$100** Chirnside Park gift card each week! Plus go into the draw to win a **\$2,000** Chirnside Park gift card for donating the most points.

21st September – 8th November

*Terms and Conditions apply.

facebook.com/ChirnsideParkShoppingCentre
chirnsidepark.com.au
GPT Property Management Pty Limited, trading as part of The GPT Group

Chirnside Park
by The GPT Group

GPT

Very Important Road Closure

Prospect Hill Road
Between Pinetree Cl and Gumtree Cl
Wednesday 14th October, 2015
Approx. Times: 8.00am - 3.30pm

Any questions please contact ATC office on 9739 5880 or 0458 604 467

Uniform Shop

School uniforms can be purchased from our PSW Uniform Shop located near the Prep rooms.

It is open:

Every Wednesday from 2.45pm to 3.45pm

Order forms are available at the office if you can't make it on Wednesday.



Maroondah Magic Basketball Club
'GIRLS MINIBALL'

Make friends with other girls! *Have fun with other girls!*

WANTED! GIRLS FOR MINIBALL TEAMS - SUMMER SEASON!

We currently have places available in our girls miniball teams for our summer season (term 4 and 1) for girls aged under 7 who are interested in playing Miniball. Miniball is a great introduction to basketball where children have fun and are also taught the rules of the game.

Maroondah Magic is one of the largest clubs in the Kilsyth Mountain District Basketball Association. We have excellent volunteer coaches who all have a current Working With Children Check.

Free drink bottle and basketball for every new Miniball player!

Play a great sport! *To find out more about 'Girls Miniball'* *Learn New Skills!*

Contact:
Jess Chalmers
Girls Miniball Coordinator
0401 248 820

3rd Croydon Scouts Presents.....
2016 Scouts Jamboree Fundraiser


At the CARNIVAL

Sunday 18th October, 10am - 3pm
Birdwood Ave, Croydon

Jumble Sale, Silent Auctions, Hot Food, Car Wash, Haircuts, Raffle, Lucky Dips, Devonshire Tea & Heaps More!

Free Stuff too : Kids Rides, Lolly Scrambles, Face Painting & Show Bags

TERM 4
ENROL NOW
KEYBOARD LESSONS AT SCHOOL
IN-SCHOOL TIME



YOUR CHILD DESERVES THIS CHANCE
THIS IS YOUR OPPORTUNITY

Enrol NOW in

PIANO ON KEYBOARD LESSONS
\$16.50 HALF HOUR lesson

- * Convenient - in school time
- * Inexpensive
- * Learn with Friends
- * All equipment provided
- * INDIVIDUAL tuition

ONE FREE LESSON
IF YOU ENROL NOW
Phone 9761 9058

Apple Man

The apple man will be delivering apples to the school on: **Friday 9th October**

He only has available at this early stage:

Granny Smiths \$10.00 Pink Lady \$10.00 Fuji \$10.00

Please place orders with Cynthia in the office by Thursday!



Calisthenics Victoria Inc.

• FUN • FITNESS • SINGING • DANCING • TEAM SPIRIT • GYMNASTICS
• FLEXIBILITY • CONFIDENCE • COORDINATION • PERFORMANCE SKILLS

Do you want to try an exciting sport that incorporates elements of dance, gymnastics, ballet, singing and acting?

Calisthenics is a sport for everyone! It combines the best aspects of sport and the performing arts and can be enjoyed by all ages and abilities. Primarily a team sport, calisthenics teaches its participants about commitment, confidence, team work and sportsmanship whilst promoting friendships which last a lifetime.

CALISTHENICS
SOMETHING FOR EVERYONE



Maroondah
Calisthenics Club

For more information, email us
info@maroondahcal.asn.au
www.maroondahcal.asn.au

FREE classes during Term 4
Tuesdays 4.30pm - 5.30pm
13th October - 17th November (5 classes)
Tinies 3-7yo Subies 8-10yo
Enquiries welcome for older age groups
Bedford Park Scout Hall Ringwood
Phone Kelly on 0433 038 770 to register your place

CHIRNSIDE PARK SCHOOL REWARDS

\$10,000 FOR OUR LOCAL SCHOOLS
+ WEEKLY PRIZES FOR YOU
+ GRAND PRIZE FOR YOU

Facebook.com/ChirnsideParkShoppingCentre
chirnsidepark.com.au

Chirnside Park
Shopping Centre

Consider Foster Care

You can be single, in a relationship, younger or older. You may work part time, full time or be studying. But by caring, you could change a child's life for the better.

INFO SESSION:
Wednesday 14 Oct, 7.30pm
Croydon Library
Glen Frost Room
Civic Square, Croydon

Register online at:
anglicarevic.org.au/events

CALL US 1300 889 335



Camp Australia

Dorset Camp Australia has just completed another successful, fun packed Holiday Club with an international theme including: excursions to the Chinese Museum and the cinema to see "Odd Ball"; sport and dance incursions; art and craft incursions where we made Eiffel Towers and silk paintings. We also had a host of club based activities catering for a wide range of interests such as making "Crazy Cups" that made strange noises, foot hockey, The Paper Weight Challenge for our problems solvers, kite making, brain teasers, code cracking challenges, origami planes and under the sea crafts, to name but a few.

Most of the children enjoyed going to the cinema which was our biggest day however, we received comments from others regarding their most enjoyable experiences:

- * Playing with balloons and decorating them. (Blake)
- * Making the Eiffel Tower. (Blake, Shayan, Daniel)
- * Just getting to do all the fun stuff and playing in the hall and outside. (Tayla)
- * Drawing (Charlotte)
- * Seeing Chris, cooking and playing outside. (Shayla)
- * Going to the Chinese Museum. (Will)

This week in OSHC we will be having a whole group meeting run by the children to determine what the children would like to be doing this term (which will most likely involve Hallowe'en activities), making bird kites, investigating circuits and magnetism and stretching imaginations with the free craft box activities.

Dorset OSHC Phone: 0417 604 663 Customer Service: 1300 105 343
www.campastralia.com.au

Dorset P.S. Camp Australia hours:
Before School Hours:
Mon - Fri 7:00 a.m. - 8:45 a.m.
After School Hours:
Mon - Fri: 3:30 p.m. - 6:00 p.m.

CAMP AUSTRALIA
we make kids smile
Outside School Hours Care

Camp Australia Staff.