

Tuesday 12 November 2019

Newsletter No. 18

Wednesday 13 November	Prep - Yr 2 RACV Incursion
Friday 15 November	Yr 5 & 6 Market Day 12pm - 1.30pm (parents & grandparents welcome)
Friday 15 November	Canteen closed due to Market Day
<b>Sunday 17 November</b>	<b>PFC Bunnings 'Eltham' BBQ</b>
Tuesday 19 November	2020 Prep Transition morning
Wednesday 20 November	7pm PFC Meeting - Staffroom
Thursday 21 November	Prep - Yr 2 Swimming Program starts (5 sessions 21/22 Nov, 28/29 Nov & 5 Dec)
Friday 22 November	Assembly 3.00pm start
Monday 25 November	Yr 3 & 4 Craftpower Incursion
Monday 25 November	11am Parent Helpers Morning Tea
Monday 25 November	6.30pm Finance, 7pm School Council
Tuesday 26 November	2020 Prep Transition afternoon
Thursday 28 November	Yr 3 & 4 Melbourne School of Design Excursion
Thursday 28 November	Yr 5 & 6 Health & Human Relations
<b>Saturday 30 November</b>	<b>Research Primary School Moving Day - 10am to 3pm</b>
Tuesday 3 December	2020 Prep Transition morning/ BBQ lunch
Tuesday 3 December	7pm 2020 Prep Information night
Wednesday 4 December	Carmel's Keyboard Concert
Thursday 5 December	Yr 5 & 6 Health & Human Relations
Friday 6 December	Assembly 3.00pm start
Tuesday 10 December	RPS Step Up Day Prep - Yr 5
Tuesday 10 December	Yr 6 to Yr 7 Orientation Day at Government Secondary Schools
Thursday 12 December	Yr 6 Graduation Evening
Friday 13 December	Last Student Banking for 2019
Monday 16 December	5pm Carols Night
Wednesday 18 December	Yrs 3 & 4 Epping End of Year Excursion
Thursday 19 December	Yrs 5 & 6 Funfields End of Year Excursion
Friday 20 December	Assembly 12:30pm
Friday 20 December	Term 4 Ends 1:30pm - (no canteen on last day of Term)



## 2020 - Looking ahead

Tuesday 28 January	Teachers at School - No students at school
Tuesday 28 January	9am - 1pm Book Bags & Uniform Order collection
Wednesday 29 January	9am Term 1 2020 begins for Yr 1 - Yr 6
Thursday 30 January	9.30am - 3pm Term 1 2020 begins for Preps
Monday 9 March	Labour Day
Tuesday 10 March	Preps start full time
Tuesday 24 March	School Photos
Monday 2 November	Curriculum Day - No students at school TBC
Tuesday 3 November	Melbourne Cup - No students at school



## Saturday 30<sup>th</sup> November - MOVING DAY

Please, put **Saturday November 30<sup>th</sup> between 10-3pm** into your diaries as our official "Research Primary School Moving Day". We need **all the hands that we can get** to complete a few big jobs before our \$5.7 Million project begins. Please recruit your army!

## PRINCIPAL REPORT

Dear Parents,

It was a very short week last week and it just seemed to fly by. I hope everyone enjoyed the extra-long weekend, even though the weather wasn't that great. We are half way through the term already but there is still so much happening.

The money from the Sporting School grant is paying off. The Year 3-6 students are all participating in tennis coaching during PE time. As part of this program we also received tennis equipment to use during the program and keep after the program finishes. The equipment includes 6 mini tennis nets, line markers, 30 tennis racquets and tennis balls. The Year 2 students have had a go at using the equipment during their regular PE sessions.

### Teacher Allocations

As you will know, we are trying very hard as a school to communicate information as early and transparently as possible. With this goal in mind, I am pleased to be able to announce to you our teacher allocations for next year. Please keep in mind that we are moving towards a far more collaborative approach to teaching and learning in 2020 ensuring that we are truly living our "small, community school" vision. It is important that our students are able to work at their individual level, and are exposed to as many different students and teachers as possible. The collaborative approach has worked very well in Prep/One and we look forward to spreading it further next year. This does not mean that classes will always be taught together, it simply opens up the flexibility to do this as appropriate.

### BER

Prep - Avril Baker

Year 1 - Mark O'Halloran

Year 2/3 - Andrea Sutterby

Year 3/4 - Chris Koroneos

### Library

Year 4/5 - Krista Kepitis and we welcome Gemma Owen (some of you may know Gemma as she has done CRT here this year)

Year 5/6 - Jocelyn Watts

Ailsa Glembin will take all specialist classes.

We unfortunately say goodbye to Kate Harvey, Louise Preece and Hiroko Mori and thank them for their contributions to our school. They have been an absolute asset and will be terribly missed by everybody. We wish them the very best of luck for 2020.

As you know, the building project will be starting very soon and consequently 2020 will mean that we can only use certain areas of the school. The Library/BER learning spaces model will cause the least amount of disruption to students. We are very fortunate to at least have these spaces to operate from unlike many schools who have had to think more creatively. We understand that this is not ideal, however, it will be short term pain for long term gain. Our brand new building should be ready for use by the beginning of 2021.

**Please remember that teacher allocations and spaces are a school based decision.**

One of our fabulous parents has brought in a 3D printer for us to use. Felix is running a lunch session every Monday with students interested in the 3D printing process. The students have really enjoyed watching the 3D printer in action and enjoyed playing with some of the items being produced. I have also run the 3D printer during Visual Art sessions for all students to have an opportunity to see what it can do. These items have been placed in the Community Champions cupboard as prizes.

As we come to the end of the year, students are going to experience change. Some of these changes include change in teacher; change in classroom and for the Year 6s change in schools. Change can be daunting for the best of us and we all deal with it differently. Building children's resilience can help them cope with these changes. We have included some information on resilience for your reference, to support your child.

*Mrs Glembin*

**TEACHER CHALLENGE**  
**REMAINING CHALLENGES:**

Challenge 2 - \$800 goal

Ms Vale will come to school without her trademark giant eyeliner wings and will be wearing flat shoes and baggy, sloppy, comfy, clothes!

Challenge 3 - \$1500 goal

Mr O will shave his glorious locks to a number 3!

Challenge 4 - \$400 goal

Mrs Glembin will be dressed in a jumpsuit while students flick coloured paint at her!

Keep the coins coming in ...

**TEACHER CHALLENGE #1 ACCEPTED - Friday 22<sup>nd</sup> November**

Jackpot!

Thank you so much to those who donated to send Mr O, Mrs Glembin and Ms Vale back to the classroom. On Friday 22<sup>nd</sup> November, we will be dressing up in school uniform and joining classes throughout the day. We will be completing set tasks and HOMEWORK!!!! Help!

We have already started the purchase of some extra laptops with the money that has come in so far!

Don't forget that there are still 3 more challenges running. Do you want to see Ms Vale without make up??? How about Mr O with a shaved head? Or Ms Glembin covered in paint?? - Donate now.

Pop into assembly Friday week (22<sup>nd</sup> Nov) to get a piece of the action. See you there.

**FROM THE OFFICE**

**FAMILY ACCOUNTS**

We would appreciate payment of outstanding monies **particularly if you have a child who will be leaving at the end of term**, we are currently owed over \$12,135 including programs coming up this term but also for programs and activities the students have **participated in** during Term 1, 2 & 3, and for which the school has already paid. **A COMPASS reminder has been sent out today, please disregard if you have already paid.**

**Payment plans** are available and encouraged. Should you have any questions or issues with regard to payments or would like to start a payment plan, please do not hesitate to speak to either Jackie or Carol in the office.

**RPS bank account details**

ANZ	Account Name: Research Primary School Council Official Account
BSB: 013 308	Account Number: 254090034

Please ensure you use a detailed description as a reference, so we can identify your deposit.

**VALUES AWARDS**

Congratulations to our Values Awards winners, which reflect our Community Champion Focus of *Respect, Excellence, Resilience, Cooperation*

Japanese:            Koray H 56H            Elisha Mc PB

Miranda S 2K  
Scout S 56H

Aster T 2K  
Jess T 56H

Anna F 2K

Josh L 2K

Callum R 2K

## YEARS 5 & 6 MARKET DAY - FRIDAY 15 NOVEMBER

This Friday, 15<sup>th</sup> November is the Year 5/6 Market Day.

The market will run from 12 - 1.30pm and the 5/6 students are working extremely hard to prepare stalls full of delicious food and goodies, exciting games and fun things to buy. We invite everyone (parents, grandparents etc) to come along to support the stalls, as all profits will go to charities chosen by the year 5/6s. The **canteen will not be open** that day, so if you'd like to buy your lunch come along to the market! There will also be a dedicated allergy-free table, fully supervised at all times, to ensure that everyone who has a food allergy will be able to find something suitable too. Check out the stalls at the back of this newsletter.

*Krista Kepitis, Louise Preece and Kate Harvey*

## JAPANESE CALLIGRAPHY COMPETITION

Students from Year 1 to Year 6 practised Japanese characters and 6 students were selected to participate in JLTAV (Japanese Language Teachers' Association of Victoria) Annual Calligraphy Competition. They received Participant's Certificate. Congratulations and well done on their great effort:

Anna F 2K  
Lyla DM 56E

Callum R 2K  
Koko N 56E

Aster T 2K  
Zoe S 56E

*Hiroko Mori, Japanese Teacher*

## LIBRARY NEWS

### LIBRARY BORROWING

Thank you to those students who have already returned their library books. Due to our library relocation, borrowing for the year has now finished and all books **must be returned to the library this week**. This is to enable processing returns in time for the library move at the end of the month (30<sup>th</sup> November). A list of books on loan for each student has been sent home. Please look for any outstanding books or if you believe they have been returned please contact the office.

The library will no longer be open for student access during recess and lunchtime for the remainder of the term.

## PFC NEWS

### NEXT PFC MEETING - WEDNESDAY 20<sup>TH</sup> NOVEMBER 7PM

This meeting will discuss our fundraising events for next year so please come along and bring a plate of food to share on the night if you would like.

### MANGOES

The school's mango order is now finalised with approx \$1,000 profit going back to the school which is fantastic- thanks to all families who supported this great fundraiser.

The delivery date will be confirmed later this month via Compass.

*Lucy Settle*

### BUNNINGS BBQ



Sunday 17<sup>th</sup> November 8am - 4pm

Please come down on the day, have a sausage or two, and help to raise money for our school. All shifts have now been filled, thank you very much to all our wonderful volunteers donating their time.

Please contact Jess Hayes 0403 746 085 for any details.

## TEACHER CHALLENGES

Just a reminder that the Teacher Challenges collections are continuing this term so please bring along some money to pop in the challenge jar you would like to see win! This is a great fun fundraiser to end the school year and to raise money for new technology for our beautiful little school. All money donated is to benefit the students here at Research Primary School. We have had some very generous families so far, so please get involved.....empty your money boxes, speak to your Grandparents and let's all help to fill the jars so we can have a laugh and some fun!

LET'S HIT THE TARGETS TO SEE THE TEACHERS IN ACTION!!

## CHRISTMAS RAFFLE

Can't believe Christmas is nearly upon us again (6 weeks away). Once again we will be holding a school Christmas Raffle. Tickets will go out in December to all families and the raffle will be drawn at the last school assembly for the year - Friday 20<sup>th</sup> December 12.45pm (time to be confirmed).

7x Hampers will be made up with one hamper per class to be won. Any Christmas donations would be greatly appreciated and we are accepting these from now until the last week in term. Please drop them off at the office (no alcohol or nut items please).

*Parents & Friends Committee*

## SCHOOL BANKING NEWS



Student banking takes place at school on a Friday morning.

If your child would like to join the program and open their very own bank account please go online to: <https://www.commbank.com.au/personal/accounts/savings-accounts/youthsaver/apply-online.html>

If you have any questions please do not hesitate to speak to Lucy Varley-Kean (Sarah & Ben Kean's mum), School Banking Coordinator

## CANTEEN ROSTER & NEWS

Lunch orders and counter sales are only held on **Fridays**. We require help during Term 4, if you have any available time please contact Jacqui Robinson (0414 362 275) or the school office. Grandparents are welcome too 😊

Thanks again for your continual support. RPS Parents and Friends Community

Date	Time	Volunteer
Friday 15 November	Canteen Closed	Market Day
Friday 22 November	9 - 11.30 11.30 - 1.30 11.30 - 1.30	***** ***** *****
Friday 29 November	9 - 11.30 11.30 - 1.30 11.30 - 1.30	***** ***** *****

Hello everyone,

This past fortnight we celebrated Halloween and had a fun week filled with many games and activities. Along with all the various spooky craft activities, we did a 'wrap the mummy' competition to see who the best wrapped mummy was, and we also did our version of 'trick or treat' with a scavenger hunt. The children also had fun playing musical chairs throughout the week.

Last week was Melbourne Cup so it was a short week, but the children came back well rested and eager to get involved in our horse racing theme activities. We did craft activities, including designing a jockey silk and making horses, and we also did cooking, and making our first savoury muffins of the year. Although, most were hesitant about eating vegetables, it was great to see them trying it and enjoying them!

If you have any inquiries about our program, please feel free to pop down and see me during our service hours. Just a friendly reminder that we are not at the service between 9am and 3pm. If you are wanting to book in your child/children and don't have the app, please call the work phone or leave a message and leave their name and grade and we will follow up with the office and ensure that they are at the service. Have a fantastic fortnight.

Warm regards, *Nicole*



Care Type	Hours	Full Fee (excluding CCS Subsidy)
Before School Care	7am - 9am	\$22.25
After School Care	3.30pm - 6.30pm	\$29.90

All families must be enrolled to attend the program and remember enrolment is free!! Please create an account online at [www.oshclub.com.au](http://www.oshclub.com.au), bookings and cancellations can be managed via your online account.

For on the day bookings please contact the Coordinator direct at the program.

OSHC program phone: 0427 793 936  
OSHC Coordinator: Nicole

OSHClub Head Office: 03 8564 9000  
OSHC Assistant: Sweta

Hours of Operations  
BSC: 7am - 9am  
ASC: 3.30pm-6.30pm

Enrol and book sessions through our website [www.oshclub.com.au](http://www.oshclub.com.au)

## CHESS NEWS

Congratulations to Tynan who competed in the NSC Primary Open Super Final on Monday. A great effort & well done.





## DIAMOND VALLEY COMMUNITY MARKET

Next market date: Saturday, 23 November 2019 | 10:00 AM to 02:00 PM

We believe in supporting healthy community spirit by connecting people in physical spaces. Whether popping in for a short wander, getting together for a couple of hours catching up with friends or family, or running a stall or table site; the Diamond Valley Community Market is the place for you. Join us on our grounds at Diamond Valley Baptist Church, 309 Diamond Creek Road.

Plenty of parking available and easy public transport (bus route 901 and 343)

When

- Saturday, 23 November 2019 | 10:00 AM - 02:00 PM
- Saturday, 14 December 2019 | 10:00 AM - 02:00 PM
- Saturday, 22 February 2020 | 10:00 AM - 02:00 PM

# Resilience

Resilience refers to the ability to manage change to maintain and restore mental health and wellbeing, particularly after an adverse event.

## What is resilience?

Resilience enables people to shift back along the [mental health continuum](#) towards good mental health. It's not static but is something that can change over time due to experiences and circumstance.

### Resilience is particularly important for children and young people

A child or young person's ability to be resilient can depend upon many things, particularly their relative balance of risk and protective factors. Depending upon their situation, a child or young person's resilience may vary. Importantly, specific situations or events that one child or young person may find challenging, another may not.

The transition from being a child to an adolescent to a young adult occurs over a relatively short period of time. Rapid changes in physical, psychological and social development can present numerous challenges. Children and young people who are more resilient are better able to stay on track with the biological, psychological and social demands of growing up and moving through early childhood into adolescence and beyond.

Being resilient is associated with better academic performance and school behaviour and, over the longer term, fewer mental health issues and greater life opportunities (including employment and relationships). Individual resilience (as well as family and community resilience) is something that can be fostered and developed over time.

## Characteristics of resilience

### A child or young person who is resilient might:

- be optimistic
- use positive self-talk for encouragement
- have a positive sense of self
- identify and express their feelings and thoughts
- not hide away from strong feelings

- have helpful, age-appropriate strategies to manage their emotions when upset
- rearrange their plans to work around an unexpected situation
- have a sense of agency or responsibility
- keep on trying if something doesn't work out and use their judgment about when to stop
- hold a sense of purpose or hope for the future
- actively ask for help if they need it
- feel a sense of attachment to family, their learning community and to learning.

## Why is resilience important?

### Children and young people need resilience

Children and young people need resilience to manage ups and downs, both during and after difficult or challenging situations. Ups and downs can range from everyday challenges like conflict with friends or falling off a bike. They can be emotional experiences such as loss, rejection, disappointment or humiliation. Some children and young people face serious challenges like disability, learning difficulties, family separation, family illness or death, or bullying.

### Resilience is more than just coping

Children and young people with greater levels of resilience are better able to manage stress. If stress is severe or ongoing, it's a risk factor for mental health issues. When children and young people learn to navigate these stressors, it supports their mental health and wellbeing now and into the future.

Resilience has been associated with better academic performance and behaviour and, longer-term, is associated with greater life opportunities (including employment and satisfying relationships).

### Resilience practice guide

Beyond Blue's [Building resilience in children aged 0–12: A practice guide](#) aims to assist practitioners to promote children's resilience and raise community awareness about it more broadly.



# Year 5/6 Market Day Stalls

## Footy Toss

Footy Toss guarantees the best drinks and jelly at the Year 5/6 market stalls. You can also come and toss a footy and win various chocolates. It will be great fun and the competition is challenging, but you need a good aim. And on top of all of that, the money goes to Lifeline, which is a 24 hour service that helps people deal with crisis and suicide. Our group includes Lucas, Logan, Danielle and Lasenya!

## Gnarly Ali's All Day Breakfast

Do you want to save the ocean? Well come to Gnarly Ali's all day breakfast. Raising money for 4 oceans.

Our group includes Asha, Tahlia, Hayden, Mathias and Harvey. We will be selling delicious egg and bacon rolls, refreshing juice and outstanding pancake balls, with ice cream and a topping of your choice.



## Ring a Prize

Enjoy our delicious food; from ice cream to salted popcorn. Adding to that, we will be running a basketball shooting game in a chance to win free items - either popcorn or ice cream (your choice) plus other exciting items. Extras: rainbow popcorn, ice cream toppings include chocolate sauce and strawberry sauce, while chocolates include flake, crumbled crunchie and wafer sticks. Help us raise money for the Fight MND foundation.



## Shake it up

'Shake it up' will sell the tastiest smoothies and milkshakes/thick shakes at the stalls. You can also add other toppings. Our smoothies have fresh fruit, yoghurt, honey and milk. The milkshake flavours are chocolate, strawberry, vanilla and caramel. If you want, it can be a thick shake.

Come to our store, where we will be supporting the Royal Children's Hospital. Our group is Abbey, Bianca, Harriet and Matthew.



## Sizzle and Bake

Our name is Sizzle and Bake. We will be doing the BBQ at the Market Stalls. You should come to our stall, because we sell drinks, burgers, sausages and meringues.

We'll have the tastiest food stall in the market, with the most filling options for lunch! This stall is by Annika, Lyla, Zak and Riley.

## Sweet Goodies

Come on down on the 15<sup>th</sup> of November to Sweet Goodies. We are going to sell delicious cakes, cookies & slices. The charity we have chosen to support is Cindy's Promise. We need to try our best to help raise money for hay to feed approximately 30 beautiful horses, and a round yard to train and grow these wonderful creatures.

Sweet Goodies includes different types of gluten and allergy free desserts.

Our group is Sarah, Georgia, Olivia and Caleb.



## Sweet Tooth

Sweet Tooth will include choc toss, a jelly bean guessing jar, raffle and donuts. This is all to support the White Ribbon Foundation, which campaigns against violence against women. So come on down to our store on November 15<sup>th</sup> at Research Primary School and support the White Ribbon Foundation. Sweet Tooth is Mia, Josh, Chris and Maddy.



## The 4 Amigos

The 4 Amigos is one of the best stalls in the market. We sell nachos and you can make your own pet rocks. All this money will go towards Starlight. Starlight is a children's fundraiser that started in 1982.

It helps children have a better life in hospital. The 4 Amigos includes Henry K, Koko N, Sasha F, and Angus D. We hope to see you all there.

## The Dark Dough!

Do you want the dough scared out of you? Then come to The Dark Dough at the Year 5/6 Market Day Stalls. We're having the spookiest haunted house in history and while you're getting the dough scared out of you, you can eat some delicious cookie dough. The members of the group are Jesse, Miller, Sienna, Amelie and Layla.



## The Mixed Parade

On Friday 15<sup>th</sup> November there will be Market Day. We will be letting you decorate your very own cupcakes for only \$4. Also we are colouring your hair with hairspray of your choice for the price of \$3, but that is not all, there is more! There is nail polish, the price is \$2 and you can add glitter on your nails if want for a total of \$3. The charity we chose was Carers Victoria which helps kids or adults who care for family members or friends or people in the community. The air is fresher at the Mixed Parade Stall!

## Party Sushi

At Party Sushi, we will sell high quality food, including sushi, party pies and sausage rolls. We also sell delicious potato gems. Our food is made and cooked with care. We will respect our customers and we'll take any order. Our prices are low and our quality is high! Any money we earn goes to Greenpeace, a charity that is about saving the environment from plastics and landfill. In our group we have Jakob, Tynan, Finn and Jackson.



## Sugar Rush

Sugar Rush will be selling the best snow cones, waffles and lolly bags. The money will go towards the Pat Cronin Foundation, which raises money to prevent coward punch attacks. Our group is Koray, Veronica, Scout, Charlie and Hana.

## Lemonda Stand

Come along and refresh your taste buds with some lovely lemonade. Ashton.

