Dear Parents,

Appreciation Morning Tea – You Are Welcome! – Wednesday 17th December at 11.00am
We will be offering a morning tea to anyone who has been able to help Kilberry Valley Primary School move forward during 2014. There are a number of groups and people who are regularly able to give time, but I also want to point out that if you are a positive, encouraging parent/carer who gets your children to school each day prepared, in full uniform and with a smile on their face, you are also most welcome to attend. The role you play in ensuring your child displays the right attitude greatly assists their learning and those around them. We would also like to show our appreciation to you.
So please come along on Wednesday 17th December at 11.00am in the Hall.

School Captain Speeches
Over the last week the students in Years four and five have been presenting their speeches for the leadership positions of House Captains and Vice Captains and also the School Captains. I am always amazed by the confidence the students show during this process and the ability they possess to address an audience in such a clear manner. Once again we are going to have a hard task selecting the students to fulfill these roles for 2015. What a great problem to have!!

Term Ends Friday 19th December – Dismissal 1.00pm
Only two and a half weeks to go till we break for 2014. The final day will be Friday 19th December and we will dismiss at 1.00pm. We will hold a final assembly at 11.40am and you are most welcome to attend to celebrate the end of the year with the students.

Materials and Requisites – Bookpacks and Parent Contributions – 2015
Again I remind you of the importance of getting your 2015 school contributions paid as soon as possible. It has been great to see so many families at the office organising their payments over the last week – thank you! A part of our 2015 planning is the assurance that all our students have the correct supplies for the beginning of the year. This is why we have sent home the information and placed a more detailed sheet in the Valley Views for a number of weeks now.
As you read the information (later in the newsletter) you will see we have been able to keep the contributions to a minimum and it is actually the same amount as in 2014. We are only able to do this tremendous price as we buy in bulk and have it delivered to school at the one time.
I ask you to contact the office to arrange payment as soon as you can.

Christmas Concert In a Day
Don’t forget to put Thursday 11th December in your diaries for the Kilberry Valley Christmas concert. This is always a very popular event and a great time for the school community to get together for the final time of the year. Once again we will be implementing the same format we did last year. The students will find out the song they are performing on the morning of the concert. They will spend the day preparing their costuming, dance moves and singing. We hope to see you there.
Are you Leaving?
I greatly thank those families that have let the school office know that you are leaving at the end of the year. We are obviously sad to see you go but knowing this assists our planning greatly. We are planning staffing for 2015 and the better the accuracy of our numbers the better we can ensure we have the correct staff for 2015. So if you will be leaving and have not yet contacted the office, please do so as soon as you can. Also if you know of someone else who is intending to come to Kilberry in 2015 and have not let is know yet please also get them to contact the office.

Have a great week and keep smiling!

Neil Cunningham
Principal

Kilberry Valley Primary School
BOOK PACKS AND REQUISITES FOR 2015
PAYMENT NOW DUE FOR DELIVERY IN 2015
Cost per child is $135 for Book Packs and $60 for Curriculum Resource Contribution
Please finalise this payment IMMEDIATELY. This will ensure your child receives their packs in January 2015.

Payment options are:
Cheque, EFT, Cash, Credit Balance, Direct Deposit (contact school for Family Code—Phone 9702 8688)
BSB 063 616 Acct 1012 2885
1st December to 7th December, 2014

Student Birthdays

CHANTELLA 1LG
RAVEEN 1LG
JOSIE 2CT
FAHAD 2CT
SCARLETT 2DK
NATALIE 2JB
SAKURA 2JB
JIMMY 2SD
DAYTON 3JW
DARREN 3RC
LARA 4JR
NIGEL 4LK
LILY 4LK
SANI 6KJ
JORDYN 6RB

Prep AM Rain
Prep KS Angelina
Prep MU Neha
Prep PD Abdur
1CC Annie
1CT Nethumi
1JT Dehansa
1LG Ashley
1LT Izabel
1RB Warren
2CT Selini
2DK Mikey
2JB Brayden
2SD Kane
2AS Jaiyen
34C Tareesh
3JP Caitlin
3YW Sohail
3RC Savira
3YH Ronin
4JR Maddy
4LK Himasha
4LM Cobin
4TT Devmini
5JS Haylee
5JS Parneet
5RF Kanishka
6KJ Christopher
6PP Corey

EXTINGUING STUDENTS
If your family intends to leave Kilberry Valley at the end of the 2014 school year, would you please contact the School Office on 9702 8688 as soon as possible as this will assist us with planning for 2015.

Alternately, if you know of any families who are interested in enrolling at Kilberry Valley for 2015, please ask them to contact the School Office on 9702 8688.

Thank you

SECOND HAND SCHOOL UNIFORM

Every Tuesday and Thursday
3.15pm—3.45pm
$ 2.00 per item of clothing

FRIDAY 12TH DECEMBER

CURRICULUM DAY
STUDENTS DO NOT ATTEND
I think that it's realistic.
Grace

My favourite part was making the chicken.
Krishabh

I enjoyed building the farm because we got to make lots of things.
Izabel

The favourite thing I made was the farmer's wife because she looked funny.
Fiona

I made a pig.
I used pink paper.
Michael

I made a tractor.
I used a box.
Hassam

It was awesome and I like Investigation Time.
Paige R

The best part of the farm is the dam.
Thaynish

My favourite animals were the ducks.
Hasitha

My favourite parts are the dam and the vegetable patch.
Pragna

Our Farm by 1RBLT.
### Food and Peer Pressure

There can be a lot of peer pressure on children to eat ‘trendy’ high fat, high sugar snack foods, not to mention all the ‘seductive’ marketing and TV advertising of these non-nutritious snack foods. To reduce the temptation to consume these foods regularly, it is best to limit the amount of money children are given to spend at school. Try to avoid stopping at local milk bar on the way home, or provide a healthy snack in the car after school to reduce unhealthy choices. Also, keep these high kilojoule (kJ) packaged snack foods out of the pantry and limit packaged snacks foods in the lunchbox. If children are exposed to these ‘sometimes’ foods regularly, they will know them as ‘everyday’ foods. The occasional high kJ food at events such as parties and special events in moderation is okay. However, it is important to refer to these foods as ‘sometimes’ foods, reminding children of when they are eaten. Too many treats may lead to:

- Children not eating enough nourishing food to provide them with the vitamins and minerals their bodies need.
- Overweight issues which effects health and can impact on a child’s self esteem and social networking. It can also impact on children’s confidence to participate in sport.
- Dental problems from consuming too much sugar.
- Spending too much money - homemade, nutritious snacks and lunches are much cheaper!
- A lack of nutrition education for your child, and a lack of exposure to different new and healthy foods to educate your child’s palate.

### Breakfast Club

**This FRIDAY there will be FREE toast for ALL students!**

- **Time:** 8:30-8:55am
- **Day:** FRIDAY mornings
- **Place:** Gym
- **Cost:** FREE for all students
  - 10c for all additional meals

We are always looking for parent helpers. If you have a current WWCC (Working With Children's Check) and would like to help us out on FRIDAY Mornings please contact Mrs Cavanagh in the Gym.

(please note that this is a non profit program- all money collected is spent on buying items for our Breakfast Club)

**PEANUT ALLERGIES:**

Unfortunately we are unable to offer Breakfast Club to children with nut allergies. Although we do not serve ‘nut foods’, we cannot guarantee that our kitchen is complete ‘Nut Free Zone’. Thank you for your understanding.

### Healthy Recipe of the Week

#### Recipes - veggie burgers

**Ingredients**

- 1/3 cup buttermilk
- 2 tbs Woolworths Select Low-fat Mayonnaise
- 1 cup basil leaves
- 4 Woolworths seeded bread rolls, halved
- 4 butter lettuce leaves
- 3 tomatoes, sliced
- 1 large carrot, grated
- 1 Lebanese cucumber

**Preparation time:** 15 minutes  
**Cooking time:** 10 minutes

**Servings:** 4  
**Directions:**

1. Cook the vegetable burgers following the packet instructions.
2. Place buttermilk, mayonnaise and basil in a food processor and process until smooth. Season. Transfer to a jug.
3. Place the base of each bread roll onto a serving plate. Top with lettuce, tomato, carrot and vegetable burger. Run a peeler along the length of cucumber to form ribbons. Pile cucumber ribbons onto burgers and spoon over mayonnaise sauce. Add bread roll tops. Serve.

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**HAVE A HAPPY AND HEALTHY WEEK**

**MRS CAVANAGH**
We would like to remind parents who are interested in helping at the school in any way, that you will require a Working With Children Check.

**YOU CANNOT ASSIST IN ANY CAPACITY WITHIN THE SCHOOL UNLESS YOU HAVE A WORKING WITH CHILDREN CHECK. THIS INCLUDES EXCURSIONS, INCURSIONS & CLASSROOM HELP.**

There is no cost involved.

Application forms can be accessed by visiting the Department of Justice website at [www.justice.vic.gov.au](http://www.justice.vic.gov.au) and follow the link for Licences and Certificates.

Once you have received your Working With Children Check card, bring it to the office to register and wear the card whenever you volunteer at the school. This will ensure an even greater level of security for your children.

THANK YOU
Dear Parents/Guardians,

Your School Council has given careful consideration to student booklists and requisites for 2015. The school has developed this booklist in conjunction with teachers and our School Council endorsed supplier. All monies will be required to be fully paid prior to the end of the 2014 school year. The book pack, curriculum materials and voluntary contributions has been divided into 2 sections. All supplies will be delivered directly to your child’s grade in the new year.

Implementing this payment structure is the **CHEAPEST** and **SUREST** way of having **ALL** children commence the school year with the **SAME** high quality supplies. This will assist with a smooth start to the school year for everyone.

**NO CHANGE FROM THE 2014 COSTS DUE TO A GREAT DEAL WITH OUR SUPPLIER.**

This structure conforms to the Government Policy where parents are required to provide such items as text books, dictionaries, calculators, student stationery, materials for electives, Art supplies, diaries etc and programs provided by outside specialists eg Mathletics, Spellodrome and SuperClubs.

**Section A: $135.00**

Booklist items and curriculum supplies (Essential Items) which are a critical part of the school budget. *The funds we receive from the State Government covers salaries, administration, telephone, gas, electricity and property maintenance only.*

Curriculum supplies are provided to the school in bulk and cover such items as paper, art materials, first aid supplies, developmental curriculum requisites, computer programs and IPAD applications.

As you would be aware the children participate in computer programs and as we are no longer able to have these as a free trial there has to be a cost passed on to the students.

**The school encourages all parents to use the school provided items as a means of ensuring their child has the exact materials required. Please note that the option of purchasing specific items from the school and others from alternative sources is unavailable.**

**Section B: Voluntary Contribution**

The school community is working hard at developing our classroom programs, resources, grounds development and Information Technology resources.

The support of all families will ensure that high quality programs will continue to be provided for your child. Most importantly the community can feel proud of the high level of support you have given to your child’s education.

School Council has been mindful in keeping contributions to a minimum while endeavouring to provide the best possible educational opportunities. With this in mind there has been no increase in the requested contribution from $60 if paid prior to the end of the 2014 school year. **If paid in 2015 the amount is $65.00.**

**Total Amount $195.00—less than $1.00 per day.**

Neil Cunningham
Principal
PADDLE POP AND LUNCH ORDER FREE GIFT GIVEAWAY

FOR THE NEXT FOUR WEEKS EVERY LUNCH ORDER WITH ANY PADDLE POP ITEM ON IT WILL RECEIVE A FREE GIFT.
The SRC are requesting donations of NON-PERISHABLE food items.

Each year the KVPS community generously donate food to the Casey Christian Reform Church in order to assist families within our community who might be doing it tough.

The donated items will be presented to the church representative at the final school assembly on December 19th.

Donations of non-perishable food items such as tinned food, dry pasta, rice, packet mixes, condiments, also personal hygiene items such as soaps, toothpaste and shampoo etc are now being accepted at the office or to your child’s teacher.
HPV SPONSORSHIP

A BIG THANK YOU TO THE FOLLOWING BUSINESSES FOR YOUR SPONSORSHIP.

• Humanitarian Clowns — 0403 562 887
• Rohan Aspinall Sign Artist — 0429 352 713
• Bunnings Cranbourne — 5991 3100

Facebook Social Media and Parenting Information Sessions

STOP PRESS!

PLEASE NOTE THAT THE TECHNOLOGY INSTITUTE OF VICTORIA WORKSHOPS ENTITLED FACEBOOK-SOCIAL MEDIA & PARENTING THAT WERE TO BE HELD ON WEDNESDAY 3RD & THURSDAY 4TH DECEMBER AT THE LYNBROOK HOTEL HAVE BEEN CANCELLED Owing TO LACK OF PARENT REGISTRATIONS OUR APOLOGIES FOR ANY INCONVENIENCE THIS MAY CAUSE
ST KEVINS’ S PARISH CATECHIST CLASSES FOR 2015

Religious education classes will commence on March 4th (Wednesday) from 4.00pm - 5.00pm. Enrolment forms may be collected from the Parish house.

Students previously enrolled will need to inform the Parish Secretary if they will be returning in 2015 - unless they have done so already. Enrolments must be finalised by 20th February as after this date there may not be any places available.

Please ring the following number for more information: 9799 2108.

Thank you for your co-operation.

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HAMPTON PARK CENTRE
Hampton Park Secondary College
58 Fordholm Road, Hampton Park

We are happy to announce that Sinhala language is offered at the above centre from Prep to VCE on every Saturday from 9.00am to 12.20pm.

Enrolments for 2015 are now open.

To enroll your child, please log into www.vsl.vic.edu.au

For more information please contact:
Thushari Perera (Coordinator-Sinhala language)
0425754920/97052082

GRADE 6—BRIARS OUTDOOR EDUCATION CAMP

Unfortunately due to lack of number attending, there will be an increase of cost.

The total cost of the camp will be $325.00. Could you please make the remaining payment by the due date Monday 2nd February 2015.

Thank you
KILBERRY VALLEY NOTICES SENT HOME

The following notices have been sent home to families and require your prompt attention:

GRADE 6 BRIARS OUTDOORS EDUCATION CAMP 2015
FINAL PAYMENT WILL BE DUE BY MONDAY 2ND FEBRUARY, 2015.
The cost of the camp is $325.

2015 BOOKPACKS
Payment for the 2015 Book Packs is due IMMEDIATELY

GRADE 6 GRADUATION EXCURSION & GRADUATION NIGHT
Final payment will be due by Monday 8th December, 2014.
The total cost of these activities is $35

Students who do not return consent forms and payments by the closing date for incursions/excursions will not be able to participate in the activity. We would appreciate your support and co-operation with these matters. Thank you.

LATE PAYMENTS CANNOT BE ACCEPTED

Kilberry Valley Primary School
ADVERTISING

Please Note:
The Department of Education and Early Childhood Development does not endorse the products or services of any private advertisers. No responsibility is accepted by DEECD for accuracy of information.

WELFARE CORNER

Dealing with children’s behaviour problems

How you can help

Use positive strategies
Responding positively to your child’s appropriate behaviour is essential. Both praise and incentive programs (star charts) can be very useful in encouraging positive behaviour.

Have reasonable expectations
Expectations need to be reasonable and appropriate for the individual child. For example, even though one child may have been happy and able to keep their room neat and tidy by the time they are seven, another child might find it too hard and become defiant when his/her parent insists on it.

Have clear and consistent rules
Ensure rules are clear, well known by all of the family, and consistently enforced. All members of the family need to follow the same plan. It is very important to keep your temper and stick to the rules even when your child is at his/her most annoying and disobedient.

Avoid power struggles
Getting involved in arguments and power struggles only makes oppositional behaviour more likely. Stating expectations calmly, clearly and reasonable is much more effective. It also helps to reduce your stress levels and those of your child.

Use punishment sparingly
Building appropriate skills is more effective than trying to stop bad habits with punishment.

Help the children to manage emotions
Learning ways to manage emotions is very important for these children. Show them by your example ways to cool down and walk away when emotions are running high.

Help children develop a sense of care and responsibility
Talking with children about the consequences their behaviour has for other people helps them learn to take effects on others into account.

Monitor your child
Keep track of your child’s whereabouts, what he/she is doing and with whom. This is important especially as your child gets older, as his/her impulsiveness may lead him/her into trouble.

De-stress
Manage your own stress levels by scheduling time to do something you would like to do and enjoy.

Zania Cope-Assistant Principal