Dear Parents,

RACV Energy Challenge

What an amazing experience our RACV Energy Challenge teams had last week and over the weekend as they competed in the event at Maryborough. The HPV team made history breaking all our school records for the fastest lap, Caden 6RB with a 1 min.51sec beating the previous record by 6 seconds. The team also amassed a tremendous 314 laps which broke the previous record of 313 laps. The team (pictured) have been practicing for some time now and this has certainly paid off.

Our first pushcart team (also pictured) performed brilliantly at Maryborough coming 8th in their section out of 41 schools. The main thing I have been informed about the time at Maryborough was the efforts the students displayed to ensure everyone had a fair go in the HPV and Pushcart and the staff were ecstatic about the teamwork that was evident.

I wish to thank the parents who attended and those who also did some cart and vehicle building and repairs to ensure the students could have this opportunity.

I also wish to publically thank the staff who attended. Jess Toates, Stacey Weston, Kristen Jones and Chris Taylor have spent many, many hours training and preparing the teams for the event. I know they had a great sleep when returning home on Saturday and were still tired Monday, but they were thrilled to see the effort the students gave and the success they attained. Well done everyone!
Principal's Message

Materials and Requisites – Bookpacks and Parent Contributions – 2015
A part of our 2015 planning is the ensurance 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.
We ask you to ensure you do pay the contributions this year as we will be ordering them very soon. The cut off on the sheet is 1st December 2014. 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.

Good Luck Kanga 8’s Team
Our Kanga 8’s team are competing tomorrow in the regain event. We wish the boys well and know they will represent Kilberry Valley very well.

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 to 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 by Monday 1st December, 2014. 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
### Student Birthdays

**24th November to 30th November, 2014**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Rain</td>
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<tr>
<td>Tarney</td>
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<td>Smit</td>
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<td>Sukhneet</td>
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<td>Dehansa</td>
<td>1JT</td>
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<td>Dapinder</td>
<td>1RB</td>
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<tr>
<td>Krystian</td>
<td>2DK</td>
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<td>Max</td>
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<td>Malaynie</td>
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<td>Zac</td>
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<td>Alanna</td>
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<tr>
<td>Sophie</td>
<td>5JS</td>
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<tr>
<td>Elly</td>
<td>5RF</td>
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<tr>
<td>Simon</td>
<td>6KJ</td>
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### EXITING 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**
3RC have had a great year. Here are some of the things we have enjoyed doing...

- I have enjoyed doing individual dancing in sport because I haven’t done professional dancing before.
- I have enjoyed doing Art because we did lots of fun activities and lots of different kinds of Aboriginal art.
- I have enjoyed going to camp because I got to sleep in a cabin with my bro’s and I also liked the food.
- I have enjoyed playing with my friends.
- I enjoyed the flying fox because it really feels like you’re flying.
- At school I learnt about science with 3RC and 3YH.
- I have enjoyed making a scarf out of fabric in Life Skills.
- I have enjoyed making new friends.
- I have enjoyed sport, birthdays, literacy, making art, excursions, EAL, parties and writing.
- I have enjoyed my teachers because they have taught me things that I did not know before.
- I have enjoyed doing Art because we did lots of fun activities and lots of different kinds of Aboriginal art.
Healthy Recipe of the Week

Rigatoni with Pumpkin and Ginger Tofu

Ingredients
- 300g firm tofu
- 1 tablespoon fresh ginger, grated
- 1/2 teaspoon sesame oil
- 2 tablespoons reduced salt soy sauce
- 1 teaspoon brown sugar
- 1 tablespoon soybean oil
- 1 leek, washed and thinly sliced
- 500g pumpkin, peeled and chopped

1 cinnamon stick
250ml reduced salt vegetable stock
cracked black pepper to taste
1/4 cup fresh coriander, chopped
500g rigatoni (large dried pasta tubes)
2 tablespoons pine nuts, toasted
fresh coriander sprigs, to garnish

Method
1. Cut the tofu into thick slices and put in a shallow dish. Combine the ginger, sesame oil, soy and sugar and whisk until the sugar dissolves. Pour over the tofu and allow to marinate while preparing the other ingredients.
2. Heat the soybean oil in a medium pot, add the leek and cook over a medium heat until soft and golden. Add the pumpkin and cinnamon stick and cook until the pumpkin softens.
3. Add the stock, bring to the boil, cover and simmer until the pumpkin is tender. Transfer to a blender and blend until smooth. Season with cracked black pepper and stir the coriander through.
4. Cook the rigatoni in a large pot of rapidly boiling water until al dente (cooked, but still with a bite to it), drain and keep warm.
5. Drain the tofu and cook in a non stick fry pan over a medium heat until browned on both sides. Stir the pumpkin puree through the pasta. Top with caramelized tofu, pine nuts and coriander sprigs.

Healthy Ideas for Canteens

- Ensure the canteen has wholemeal bread, fruit and vegetables and dairy available for sale every day. Fresh produce is best but if unavailable, substitute with frozen, canned or dried products.
- List healthy foods at the beginning of the canteen menu and place healthy options at the front of the canteen where they can be seen easily.
- Themed days are a great way to introduce new foods to the menu, such as International food days to promote one cultural meal e.g. Mexican day with beans and tacos, or Japanese with sushi.
- Promote healthy choices by offering meal deal packages. For example, buy a sandwich and receive a piece of fruit free or half price water with every wrap. This can be a great way to reduce wastage of fresh produce at the end of the week as well!
- Promote a different fruit or vegetable each week based on seasonal availability, or go through the alphabet e.g. apples, bananas, berries, carrots, capsicum. Perhaps children can design posters to promote the fruit in class.
- Provide a different variety of breads to choose from such as: wholemeal, multigrain, soy & linseed, pita/Lebanese bread, rolls etc
- Remove high-fat meat products for sandwich fillings e.g. sausage meats, pizza ham and salami and replace with lean choices such as leg ham and skinless chicken.

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.

HAVE A HAPPY AND HEALTHY WEEK MRS CAVANAGH
WORKING WITH CHILDREN CHECK

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 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._


[Signature]

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.
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.
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

The Technology Institute of Victoria who trained parents of our community this year are providing a FREE workshop entitled: Facebook – Social media and parenting.

These sessions are open for parents, friends and family over 18 years of age to attend.

Topics covered in this popular 90 minute session will include:

- Posting text and images online
- Current trends of social media
- Student/child behaviour online
- Parenting implications
- Researched cases studies

The session will cover Facebook, Instagram, Twitter, Snapchat and other popular social media forums. There will be time allocated to answer parent queries or concerns regarding Cyber behaviour. All attendees will also receive a free information pack to assist their understanding.

The FREE workshops will be offered on the 3rd and 4th December in your area, you may attend either a day or evening session on these dates.

**LOCATION:** Lynbrook Hotel  
**DATE:** 3rd of December and 4th of December

**Day** sessions – 10.00 am – 11.30 am  
**Night** sessions – 7.00 pm – 8.30 pm

To attend one of these sessions for free, please register your interest via www.tiv.com.au/socialmedia this will assist with catering and seating.
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 approximate cost of the camp is $300.

2015 BOOKPACKS
Payment for the 2015 Book Packs is due by Monday, 1st December, 2014.

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

Anxiety
Children with anxiety disorders see the world as a scary place. They are overly sensitive to their feelings and lack confidence in their own ability. They try to avoid situations they see as difficult and as a result do not cope with challenges in their environment.

How you can help
Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.

Help to recognise and understand anxiety
A first step is helping children gain some control over anxiety is recognising when it occurs and how it affects them.

Model helpful coping
Being a good model involves showing children how to cope with emotions (not just telling them). Show children with anxiety how you use helpful self-talk in a difficult situation – e.g. “This looks a bit scary, but I’ll give it a go”.

Discourage avoidance
Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid school attendance, homework etc. unnecessarily.

Praise having a go
Encourage children with anxiety to attempt new things and praise them for trying. It is important to emphasise trying rather than success when anxiety is a problem.

Introduce challenges gradually
Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more difficult steps.

Start small
Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his/her success at each step. Experiencing even small successes helps to reduce anxiety.

Practice coping skills
Practice using coping strategies for difficult situations.
Help children talk about problems and come up with possible solutions.

Try not to get angry
If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at the time. Sometimes, you need to back off and praise the child for doing as much as he/she could. Then later try again with smaller steps and encourage your child to have a go, one small step at a time.

Zania Cope-Assistant Principal