Dear Parents,

Kilberry Community Carnival – Saturday 15th November 2014 - 1.5 weeks to Go!!
We are nearly there!!!.

The Kilberry Community Carnival is on Saturday 15th November from 10.00am till 4.00pm.

Again I ask you to volunteer some time to assist – there are many jobs to be done. If you can’t come on the Saturday but could give some time Friday night with some organisation and last minute setting up, Jacinta Parkinson would love to hear from you, or you could leave your name at the office and we will contact Jacinta for you. Please check for further information later in the Valley Views.

Students are busily organising their stalls and activities, so I hope they are getting you into the spirit for a great day to be had by all!! Ensure you tell all your relatives and friends to come and enjoy the day with you.

Kilberry Cup
It was so much fun at school on Monday as the students, staff and I did note some parents also, got into the spirit of the day and enjoyed the Fashions on the Field, the running of the Kilberry Cup and other activities throughout the day including a picnic lunch on the oval.
I thank the staff for organising the day and running the various sections of the day.
If you didn’t come to school, you really missed a great day!!

Premiers’ Reading Challenge
This Thursday we will be visited by our local Member of Parliament, Judith Graley with one of our ex Premiers Mr. John Cain. They will be presenting many certificates to a number of our students for their wonderful efforts this year completing the Premiers’ Reading Challenge. I thank Mrs. Carabott for organising the visitors to ensure the students are suitably recognised for the extra effort they give when engaged in the reading of so many books over the period of the challenge.

School Oval and New Playground Development
I usually like to focus on the positive in the Valley Views but once again as the sign says above – We Need You!!
It is so disappointing to see the work of people who are trying very hard and giving much of their own time to improve the facilities at Kilberry Valley, vandalized. I speak of the oval and the new playground development.
The senseless vandalism of these areas after hours is so disappointing and I am never able to understand the mentality of destroying something, just for the sake of destroying it. We have many groups come in after hours – which I encourage and love to see the community using the great facilities we have at Kilberry. When the new playground is complete there will be areas there that can also be productively used after hours. *I am not asking you to approach anyone* you see doing anything that damages the school, but I will ask you to please ring the Police on 000. If you happen to know the people and have a name I would love to have that information so we can follow it up the next day. It will be done anonymously.

**Remembrance Day**

Next Tuesday 11th November, we will be conducting our customary Remembrance Day service at school commencing at 9.00am on the basketball courts, if its nice or in the gym if the weather turns bad. We do have the navy cadets coming and our school choir performing too. Please see further details later in the Valley Views. We would love to have many parents and family members join our students as we gather to pay our respects to those who have gone before to make Australia the amazing country it is today.

Have a great week and keep smiling!

Neil Cunningham

Principal

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**Kilberry Valley Community Carnival**

To make this day successful, **we need your help!**  
If you could volunteer some time to assist on the day or the evening before, please go to:  
http://vols.pt/Pc68Uj to sign up.  
Should you have any questions,  
please email Jacinta Parkinson at : Jacinta.kcc@gmail.com
<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>Prep AM</td>
<td>Zane</td>
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<tr>
<td>Prep CA</td>
<td>Catherine</td>
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<td>Prep CM</td>
<td>Simran</td>
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<td>Prep KS</td>
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<td>4JR</td>
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<td>Maasfa</td>
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<td>Dinuri</td>
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<td>6KJ</td>
<td>Ryan</td>
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<td>6 PP</td>
<td>Rochelle</td>
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<tr>
<td>6 RB</td>
<td>Dimuthu</td>
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<tr>
<td>Art</td>
<td>Luqman 4JR</td>
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<tr>
<td>Art</td>
<td>Jayden 2SD</td>
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<tr>
<td>Info. Tech.</td>
<td>Hristina 5CA</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

**ABSENCE NOTIFICATIONS**

REMINDER TO PARENTS:

If your child is absent from school, please ring the school office on 9702 8688 on the morning of the absence or send a note with the student on the day they return to school.

**THANK YOU**
Healthy Recipe of the Week
High Fibre Power Porridge

Ingredients
- 2 cups rolled oats
- 2 tablespoons wheatgerm
- 2 tablespoons ground soy linseed mix
- 3 tablespoons sunflower seeds
- zest of 1 orange
- 1/2 teaspoon mixed spice
- 1/4 cup shelled pistachio nuts, chopped
- 1/2 cup reduced fat milk
- 2 tablespoons soft brown sugar
- 4 sugar bananas, sliced

Method
1. Put the oats, wheatgerm, soy linseed mix, sunflower seeds, orange zest, mixed spice and 4 cups of water in a saucepan. Bring porridge to the boil, stirring occasionally, then reduce heat and simmer for 5-10 minutes or until the oats are soft and creamy.
2. Spoon the porridge into individual bowls, pour over the milk and sprinkle with the brown sugar. Top with sliced banana and pistachio nuts.

Please email: cavanagh.jacqueline.j@edumail.vic.gov.au with any recipes for healthy meals or lunches.

table.jpg

Healthy Delicious Snacks to Share with Friends after

“Fruit Topped Muffins”

Ingredients:
- 1/2 cup low-fat cottage or ricotta cheese
- 2 tablespoons chopped pineapple
- 1 tablespoon sultanas or other dried fruit
- 1/2 cup reduced fat milk
- 2 tablespoons soft brown sugar
- 4 sugar bananas, sliced

Method:
Combine cheese, pineapple and sultanas in bowl. Cut muffin in half and toast both sides. Spread on cheese mixture and top with sliced banana.

“Nutty Banana Rice Cakes”

Ingredients:
- 6 teaspoons unsalted peanut butter *
- 2 rice cakes
- 1 banana
- 1 teaspoon honey

Method:
Spread peanut butter onto rice cakes. Slice banana, and arrange slices on top of cakes. Drizzle honey over banana and serve.

* Nuts are a high allergy food for some children. Check your school’s policy regarding nuts. For more information on the Anaphylaxis Guidelines for Schools, go to www.allergy.org.au/pdf/paperv4/anaphylaxis.htm

Breakfast Club
This FRIDAY there will be FREE toast for ALL students!

Time: 8:30-8:55am
Day: FRIDAY mornings
Place: New Gym
Cost: FREE for all students

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 new 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
In week 2 we ventured off to camp at Mt Morton Lodge in Belgrave. There were lots of activities including the giant swing, archery, trampolining, the flying fox, ropes course and more!! We had a blast.

This term our topic is States of Matter. We have started conducting experiments to see how matter changes form. We have made slime, blown up a balloon without using our mouths and made sultanas dance.
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.

Neil Cunningham
Principal
Kilberry Community Carnival Update

We are currently looking for the following:
Stall holders! If you have a home based business or know someone who does, and would like to hold a stall at our Carnival, please send an expression of interest to Jacinta.kcc@gmail.com with your contact details and a description of the goods you would like to sell. No email? Then pick up an expression of interest form at the office & drop it back when completed.
Companies or small businesses that can help with:
general sponsorship to assist with the running of the event,
donation of BBQ supplies (sausages, bread sauce etc)
loan of equipment to be used on the day.
ie marquees, trestle tables
If you can assist, please also contact Jacinta Parkinson at Jacinta.kcc@gmail.com

To make this day successful, we need your help!
If you could volunteer some time to assist on the day or the evening before, please go to: http://vols.pt/Pc68Uj to sign up.
Should you have any questions, please email Jacinta Parkinson at: Jacinta.kcc@gmail.com
After School Care provides a safe environment for children to explore and play

About the program

After School Care promotes a healthy and active lifestyle, encourages friendships and supports children to develop new skills – all while having fun.

Kilberry Valley Primary School has partnered with Camp Australia, the leading provider of before and after school care in Australia. This high quality program embraces the schools values and builds on your child’s educational experience and individual interests.

The program combines active games with planned and unplanned play, quiet time, homework time and a healthy snack. Every day is an adventure led by enthusiastic Camp Australia staff who are on a mission to bring smiles to kid’s faces. As trained educators, we know lots of different ways to help your child get the most out of their day and feel good about themselves.

<table>
<thead>
<tr>
<th>Program</th>
<th>Times</th>
<th>Full fee</th>
<th>Out of Pocket*</th>
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<tbody>
<tr>
<td>Before Care</td>
<td>7:00 AM - 8:45 AM</td>
<td>$17.12</td>
<td>$5.59 to $8.56</td>
</tr>
<tr>
<td>After Care</td>
<td>3:30 PM - 6:00 PM</td>
<td>$24.32</td>
<td>$7.92 to $12.16</td>
</tr>
</tbody>
</table>

The information outlined above covers the most common program times and fees. For a full listing of all program details and fees for the service, please visit our website. We have over 150 Holiday Clubs. Please use the Holiday Club finder on our website to find the most convenient service for you.

Next step

visit www.campaustralia.com.au and enter your school name in the school finder.

Notes on Fees and out of pocket *:

Almost all Australian residents are eligible for some form of government rebate.

1. The Child Care Benefit (CCB) is income tested and scaled, resulting in a reduction of between 6% and 85% of session fees.

2. The Child Care Rebate (CCR) is not income tested and is available to almost all Australian families. It provides a rebate of 50% of fees owing after the CCB has been calculated and considered.

So that the CCB and CCR can be automatically applied to your account, you will need to provide your Centrelink Customer Reference Number(s) (CRM(s)) during the registration process. These can be obtained from the Family Assistance Office on 13 61 50.

We look forward to caring for your children

www.campaustralia.com.au | 1300 105 343
Maramba Netball Club is now recruiting new players that would like to join our club for the Autumn 2015 Season – starting late January 2015.

We have teams entered through Casey Netball Association on Wednesday’s after school and Saturday mornings. Most games are held at Cranbourne Life Be In It Stadium, located in Cranbourne. Training is on Tuesday afternoons at Maramba Primary School Gymnasium (Maramba Drive, Narre Warren).

If you are interested, please come to a free training session on any Tuesday afternoon at the times below, in the Maramba Primary School Gymnasium, or come to our Registration Day.

Current Training Times:

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<tr>
<th>Age Group</th>
<th>Time</th>
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<tbody>
<tr>
<td>Net Set Go</td>
<td>3.45pm to 4.30pm</td>
</tr>
<tr>
<td>9 &amp; under</td>
<td>4.30pm to 5.15pm</td>
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<tr>
<td>11 &amp; under Med</td>
<td>5.15pm to 6.00pm</td>
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<tr>
<td>Under 11 Open</td>
<td>6.00pm to 6.45pm</td>
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<tr>
<td>Under 13’s</td>
<td>6.00pm to 6.45pm</td>
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<tr>
<td>15 &amp; under</td>
<td>6.45pm to 7.30pm</td>
</tr>
<tr>
<td>Under 17’s</td>
<td>7.30pm to 8.30pm</td>
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</tbody>
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All new and experienced girls and boys (boys up to under 13’s) are welcome!

We also welcome parents or anyone who is interested in coaching at Maramba Netball Club! If you are available to train on Tuesday afternoons, we would love to hear from you!

REGISTRATION DAY: Sunday 23rd November from 10am to 12noon at Maramba Primary School Gymnasium. There will be a sausage sizzle, coaches available for meet and greet and coaches running drills.

If you require any further information in relation to playing, coaching or costs of registration and uniforms, please contact our enrollment officer, Kris Finlay on 0418 402 819 or send an email to the president, Mike Hastings spikehastings@gmail.com

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Women’s Friendship Cafe
Baptist Church
1 Orient Pl
Hampton Park

You are invited!
Thursdays 9am to 2pm, drop in, say ‘Hello’
All women welcome.

Make new friends. Eat yummy lunches! $5
Join Budgeting classes
Get your Food Handling Certificate
Cook healthy food from around the world
Delicious meals that are cheap for the family
Have fun each week!
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
Consent forms and a non-refundable deposit of $50 MUST be received by Friday, 7th November, 2014. 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

FRIDAY 12TH DECEMBER
CURRICULUM DAY
STUDENTS DO NOT ATTEND

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

Emotions and self-concept
Children’s emotions are not just a response to things that happen. They are influenced by what children think, especially by what they think about themselves and their abilities. Children often need support from parents and carers to manage their feelings effectively, particularly when they are young. Showing that you understand and accept children’s feelings is very important for supporting their emotional development. When children feel understood it is easier for them to learn to think through their feelings and work out effective ways to handle them. Learning to think through emotional reactions helps children find better ways of managing them. Everyone has feelings. It takes time to learn how to manage them effectively.

How parents and carers can help
Parents and carers can support children’s emotional development by tuning into feelings, helping children understand feelings, and encouraging them to work out ways to manage feelings effectively. The following suggestions may be helpful.

- Tune into children’s feeling and try to understand things from their point of view. This allows you to help them identify their feelings and the ways that feelings work.

- Show that you accept and respect children’s feelings. Accepting feelings is necessary before working out a way to manage them.

- Remember that it’s not always easy for children to know what is bothering them, and they may not always want to talk about it.

- Show children how you manage your own feelings effectively. If you act calmly it will help to reassure children they can manage even difficult feelings.

- Acknowledge children’s efforts to manage feelings. This helps them see their progress and motivates them to use the helpful strategies they are developing in other situations.

- Everyone has feelings. It takes time to learn how to manage them effectively.

Zania Cope-Assistant Principal

REMEMBRANCE DAY 2014

Remembrance Day is on 11th November, 2014. We have Poppies on sale at the School Office priced at 50cents each. Proceeds from this appeal are used in welfare work carried out by the Dandenong RSL.