Dear Parents,

Welcome Back

I trust you were able to have a wonderful time over the break. I was fortunate to go north with my family for a week and see the delights of Hamilton Island and Airlie Beach.

Term 4 is always a very busy term with the conclusion of 2014 and the planning for a smooth start to 2015.

We have many enrolments for next year now and I would ask you to ensure you enrol soon if you have a child who will be coming to Kilberry in 2015. The sooner we have solid numbers the earlier we can plan and ensure we have the correct staffing and programs to fulfill our students’ needs.

The Federation Square Adventure!

Our students in 6RB are finalising their plans for an adventure in Federation Square on Saturday 18th October. They have been working with staff from Drama Victoria and Federation Square along with their teachers, Mrs Barratt and Miss Rendall to devise an experience that will hopefully see many people participate in an exciting adventure trail moving through many aspects of the area and complex.

There will be activities to do, clues to search for and a lot of fun to be had with some dancing, sketching and acting to watch and also participate in.

This will be an even better time for them if there are many people involved. We hope the general public will join in the fun and would also love to see school community members joining in if you happen to be town. So please come along to Federation Square between 1.00pm—3.00pm where we should be easily seen and would love to see you.

English ICAS Test Results

The following students obtained a distinction or high distinction in the recent English ICAS testing.

High Distinction: Sasuni Hirimuthugoda

Distinction: Shyaam Ramesh, Lehara Wijesundera, Thevini Pathirana, Rosmine Sidhu, Nipun Paranagama, Dasun Mahamadachchi,

Prep Information Evening - Thursday 16th October 7.00pm in the Gallery

A reminder that we will be holding our Prep Information Night for 2015 Prep students on Thursday 16th October at 7.00pm in the Gallery.

We have advertised around the school and in pre schools but please inform any of your friends that this meeting is one they need to attend if they wish to find out more about our fantastic school for their children. On this night the Prep team go into more details about the Transition Program and talk about things you can do over the Christmas break to assist your child starting their time at school in a positive and exciting manner.

Look forward to seeing you there on the night. You can click the link below for more information. See 'Prep Transition Page' for updates and current flyer.
Kilberry Community Carnival—Saturday 15th November 2014

Things are really being finalised for this amazing event and I hope you have saved the date in your diary. This will be a great time for the school community and we hope you can enlist a lot of friends and family to come along and join in the fun. Please read below a note regarding assistance still required and contact details.

**Footy News – 63 Glorious Points**

YOU LITTLE BEAUTY!!!!!!!!!!!!
Stop complaining … you knew this type of article was going to come!!!!!!
What a win. Back to Back in wonderful style!!!!!!
My predictions were a little out as I stated a solid win over Port Adelaide then a close see sawing game in the final. The Preliminary Final was the close one and if the game had have gone a few more minutes – who knows???? That was a scary few minutes!!

However, the Hawkers prevailed seeing them into another Grand Final – it’s becoming a habit in the past few years … one I could easily get used to.
I predicted an 8-point win but am very pleased I was 55 points out – how delightful to be able to watch the final quarter without the stress of the usual Grand Final finishes.
Many people have told me they thought it was not a good game due to the large score difference – I would have to agree there was nothing good about that … because everything was so much better than ‘good’ – it was simply amazing!!!

Back to back with 12 Premierships in 2014 has a good ring – but back to back to back with 13 in 2015 sounds even better - Go Hawkers!

Have a great week and keep smiling!

Neil Cunningham
Principal

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
**STUDENT PAYMENTS**

We are pleased to advise that we are now able to receive student payments at Kilberry Valley via **EFTPOS**. The minimum payment that can be accepted is $10.

We are still happy to receive payments through all our previous methods (classrooms and direct payments etc.) but this facility now gives everyone another option to help in all financial matters.

We look forward to seeing you at the School Office.

---

**SCHOOL MUSICAL PHOTO ORDERS**

School Musical photos are now available to order. Priced at $10 each they are fantastic value!

Photos are on display in the Music Room.

Orders and payments MUST be received by Friday 24th October, 2014

Cheques should be made payable to Calais Photography

ENVELOPES FOR THE ORDERS ARE AVAILABLE FROM THE SCHOOL OFFICE

NO LATE ORDERS WILL BE ACCEPTED

PLEASE ENCLOSE CORRECT MONEY IN THE ENVELOPES AS CHANGE CANNOT BE GIVEN

---

**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.

---

**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](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
Fussy Eating

“Fussy Eating” is part of the normal development of a young child’s food preferences. Young children may require exposure to a new food up to 10 times before they accept it, as their tastes are continually developing and changing. Be patient, and if a child does not accept a food first off, be positive and encourage it at a later date or in a different form. Introducing a new food with a familiar one also helps. It is important not to make a fuss if a child refuses their meal. Quietly take it away and if hungry later, offer to reheat the meal.

Don’t force your child to eat all their meal before dessert - this gives the impression that sweet foods are the best and vegetables are second rate.

Suggestions from Nutritionist, Catherine Saxelby, include:

- Setting a good example by eating and enjoying nutritious foods such as fruits and vegetables.
- Following a routine by maintaining regular meal times.
- Avoid filling their stomachs with liquids (such as fruit juice) prior to meal times to ensure they will eat most of their main meal.
- Some fussy eaters are also slow eaters so try not to hurry them to finish their meals.
- Remember, parents decide the type of foods and when to serve them; children decide how much to eat.

For more information on this topic visit Nutrition Australia’s website.

Healthy Recipe of the Week

Greek Salad

Ingredients

- 1/2 red onion, sliced
- 4 ripe tomatoes, cut into wedges
- 12 black olives
- 125g reduced-fat feta cheese, diced
- 1 spring onion, sliced
- 1 cucumber, peeled, seeded & cubed
- 2 tablespoons parsley, chopped
- 1/2 cup reduced-fat greek salad dressing
- 2 handfuls English spinach leaves, washed & drained

Method

Combine ingredients in a serving bowl and mix well.

Variation

Add 185g can tuna in brine, drained

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

Reminder:

NUDE FOOD DAY

Wednesday 15th October

Breakfast Club

No Breakfast Club this week as unfortunately all our staff helpers are away at Grade 3 Camp.

Thanks for your understanding.

HAVE A HAPPY AND HEALTHY WEEK

MRS CAVANAGH
September 12th was Footy Day.

Each year the funds raised from the day go towards the cost of the grade six graduation in December.

6KJ and 6PP had the enormous task of preparing and delivering the Footy Day lunch orders to around 700 students across the school.

The students showed excellent organisation and team work skills.

Well done 6KJ and 6PP!
HELP NEEDED
At our SCHOLASTIC

BOOK FAIR GARDEN
Catch the reading bug!

Monday Tuesday and Wednesday
20th, 21st & 22nd October
Before school 8.30 – 9.00
After school 3.30 – 4.00

We are looking for volunteers to help with Sales on these days.
If you are interested in helping please contact Mrs. Merritt in the Library

Help Kids to Catch the Reading Bug.
Become a Book Fair Team Member!

BOOK FAIR GARDEN
Kilberry Valley Primary School is holding its annual SCHOLASTIC BOOK FAIR.

In the Library

MONDAY 20TH OCTOBER
TUESDAY 22ND OCTOBER
WEDNESDAY 23RD OCTOBER
Before & after school

The more a child reads, the stronger reader he or she becomes. Strong reading skills are essential to a child’s success in school and life. Our Book Fair encourages this success by offering students access to great books at affordable prices. Children are more likely to read books they personally choose. The wide variety of choices offered at our Book Fair ensures that there will be something for everyone!

Join the fun and help encourage your child’s love of reading. Every sale at the Book Fair benefits your child’s school. So join us in making our Book Fair a big success for our school.
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 school’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>
</tr>
</thead>
<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 0% 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 (CRN) 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
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.

KILBERRY VALLEY NOTICES SENT HOME
The following notices have been sent home to families and require your prompt attention:

GRADE 2 EXCURSION (MYUNA FARM)
Consent forms and payments due by Monday, 13th October, 2014. The cost of this excursion is $19.

SCHOOL MUSICAL DVD ORDERS-THE AMAZING CHASE
Orders and payments are due by Friday 24th October, 2014. DVD’s are priced at $25 each.

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

WELFARE CORNER
What is effective discipline?

Often when we read or hear the word ‘discipline’ it seems to mean punishing children when they do something wrong. In fact, the word ‘discipline’ means to teach. Effective discipline helps to prepare children for knowing what to do and how to behave in a range of situations. Having good information about discipline practices that have been found to be effective for supporting children’s development and mental health can help parents and carers make the sometimes difficult job of parenting a little easier.

Effective discipline is important for:
* Protecting children from danger and helping them to feel safe and secure
* Teaching children to understand and care about others
* Teaching children emotional self-control and self-direction
* Helping children to develop a sense of responsibility
* Teaching children values
* Helping children to be happy and well adjusted.

What effective discipline involves
Parents and carers who provide discipline as part of a loving and secure relationship with their children help children feel secure and self-confident. Children benefit from knowing that their environment is stable and that a competent adult is taking care of them.

There are three aspects to effective discipline.
1. A learning environment that is positive and supportive
2. Strategies for building skills and strengthening positive behaviours

Teach rather than punish
Teach the behaviour rather than punish the child. Punishment focuses on showing the child what not to do rather than helping him/her learn what to do. The emphasis is often solely on the problem rather than on supporting the child to find more effective and appropriate behaviours. When punishment is blaming or hostile it can cause resentment and damage relationships.

Zania Cope-Assistant Principal

PREP 2015
INFORMATION NIGHT
THURSDAY
16TH OCTOBER 7PM

Parents, for the sake of our students, please model good road user behaviour especially around the school. Children and young people will copy the example you set!