from Anny

A New Look Newsletter

The major work of the PR&C committee of the school council this year has been reviewing our newsletter. This task has been led by our PR and Comms Manager, Karen Gittins. It began with members collecting newsletters from a variety of primary schools. We looked at the format, the content and the art work. We then looked at our newsletter and decided what must stay, what could go and what we might add.

Karen consulted with Jo Adams who has done our art work and over this year they have presented a variety of formats. At our last meeting at the end of term three the committee members agreed we were ready to present the new format to school council for approval so we can launch it before the end of the school year.

Readership of our newsletter has fallen away. The committee’s principal focus was to re-engage the community and create a weekly newsletter that is eagerly anticipated and read by everyone.

Included in the proposed new format is:

+ a page for the student leadership term
+ a page for Nurse Cecile
+ a student page
+ an Honour Roll of award winners

The e-Smart and Primary Years Program pages will continue and both a weekly calendar and significant term dates will be prominently displayed.

Thank you to Karen Gittins and Glen Harrison and his committee for their hard work and persistence with this task. Their greatest reward will be increased readership after our new newsletter is launched later this term.

The Council of International Schools Symposium

Last term Michele, Sonya, Joel and I attended the Council of International Schools Symposium in Melbourne. One of the keynote speakers, a 15 year old student Melati Wijsen from Indonesia, spoke about the Bye Bye Plastic Bags campaign she co-founded with her sister Isabelle, three years ago, at the ages of ten and twelve. The purpose of the campaign is to rid Bali and the world of plastic bags. Their inspiration came from learning about Mahatma Gandhi and Princess Diana at the Green School of Bali, which they both attend. The girls wondered, ‘What can we do as kids on the island of Bali?’ They knew rubbish was an issue in Bali and it seemed an insurmountable task. The sisters then learned that Rwanda banned polyethylene bags in 2008. They wondered, ‘If one of the poorest countries does that, Bali should get on its game’. In 2015, after much protesting, the Balinese president supported the campaign and has pledged that Bali will be rid of plastic bags by 2018. The Bye Bye Plastic Bags campaign demonstrates how young people can take action and make a difference to their country and the world. These students, Melati and Isabelle, are truly global citizens, taking on the challenge and addressing it locally, nationally and globally.

If you would like to find out more about the Bye Bye Plastic Bags campaign, please go to www.byebyeplasticbags.org.
Parents are welcome to attend our Monday morning assemblies on the Junior Oval at 9.00am.

Congratulations to next Monday’s PYP Attitudes award recipients:

0A  Zara H.
0B  Cassie K.
0C  Francesca W.
0D  Jack G.
0E  Alexa T.
0F  Tiras K.
1A  Milla T.
1B  Mabel O.
1C  Lachy W.
1D  Angela C.
1E  Ethan C.
2A  Ollie L.
2B  Lily P.
2C  Cooper B.
2D  Erin Hannah H.
2E  Liam B.
3A  Zac F.
3B  Ben G.
3C  Bella T.
3D  Larissa D.
4A  Lachlan R.
4B  Max R.
4C  Leonard S.
4D  Charlotte G.
5A  Katrina P.
5B  Isaac K.
5C  Lily R.
5D  Robbie M.
6A  Lachie M.
6B  Madison B.
6C  Talia F.
6D  Lucas L.

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Occupational Health and Safety

If you notice a potential OH&S issue around the school please report it to the office ASAP so that it can be addressed.

Bill Kolivas
Facilities Manager

Like us on Facebook to stay in touch with the latest news at BPS — search Brighton Primary School—An Internationally Accredited School in your Facebook search bar.
School Banking

Every Wednesday

Bank books need to be delivered to the Staff Room as close to 9am as possible.

National Bandana Day
Friday 28th October.

Mr Kolivas is selling colourful bandanas for $4 on behalf of CanTeen.

This organisation supports young people with cancer.

If you or your child would like to purchase a bandana please see Mr Kolivas in Room 10, before or after school or at recess and at lunchtimes.

New Foundation Enrolments
... for 2017 are now due.

Pick up a form from the office and return ASAP.

A Reminder to all Parents

Teachers are on Yard Duty from 8:45am each morning.

After school Teachers are on Yard Duty from 3:30pm to 3:45pm.

In the interest of your child’s safety, please ensure that you do not leave your child unattended before and after school outside of these times.

Thank you for your assistance.
School Leadership
Science & Sustainability Team and Green Team

On the 17th of October 2016 the grade six Science and Sustainability team and the Green team went out to the teacher's parking lot to do some planting with Ms Murray and Mr Binns. They were planting some native plants in the front garden as part of a sustainable school initiative. Grade six was delighted to be part of this work which will help raise the profile of our wonderful school as a leader in sustainable practices.

By Zaid D.
Bentornato!
**REMINDER TO PARENTS**

School hats must be worn during Term 4.

If your child does not bring their hat, they will be moved to a shaded area during recess and lunch.

The uniform shop has supplies if you need. Thank you.

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**PARENTS**

Log on to Compass every week to ensure you are up to date with excursion notices!!

The cut-off for consent for an event is 2 days prior to the event or your child WILL miss out !!!

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**Congratulations to all the students who successfully completed The Premiers Reading Challenge.**

51 students completed the challenge this year, reading approximately 2,300 Books.

Special mention to:
Richie H. 4C, Mikayla W. OF, Louis N. OC, Noah C. OB

For reading 100 books or more.

**Well Done ALL!!!**
Packing a Healthy Lunchbox - Message from Nurse Cecile

With the unpredictable nature of our day to day lives, preparing and packing a healthy lunchbox can be a difficult task. Finding time to shop and prepare interesting and healthy meals for school lunches can stressful. But the foods we send to school with our kids can contribute up to 1/3 of their daily intake of nutrients. So it’s important to pack a balanced snack and lunch to ensure they’re getting the nutrients they need.

**Things you need to know: What is in a balanced lunchbox?**
- Include at least one serve of fruit in your child’s lunch box each day. Use fresh seasonal fruit whenever possible.
- Canned fruit in natural juice (with no added sugar) is also a good alternative. Dried fruit is high in sugar and can stick to teeth, resulting in dental health problems. It is best to include dried fruit only occasionally.
- Remember to include vegetables in your child’s lunch box every day. Encourage children to enjoy the crunch and colour of raw vegetables. Try salad or grilled vegetables such as capsicum or eggplant in your rolls or sandwiches. Try vegetable sticks with dips, or a container of mixed raw vegetables.

**Healthy School Lunch Ideas**

Children need dairy foods like milk, yoghurt and cheese for optimal growth and development. It is important to put some dairy options in children’s lunch boxes every day. If your child cannot tolerate dairy foods, use suitable alternatives like calcium-fortified soy or rice drink, or soy yoghurt. One serve of dairy food is 250 ml of milk, 200 g of yoghurt (one small tub) or 40 g of cheese (two slices).

Each day, the lunchbox should include a food that is high in protein, such as smoked salmon or trout, or sliced cold lean meats such as ham, turkey, chicken, silverside, roast beef or lamb, cold sliced meatloaf or meatballs. These can be added to sandwiches or used as a snack.

Grain (cereal) foods, mostly wholegrain and high-fibre varieties should also be included in lunch boxes, such as bread, wraps, rice, pasta, crispbread or crackers.

Water is the best drink for children and should be packed with the school lunch box every day. A drink bottle filled with water that children can refill throughout the day is an excellent way to keep kids hydrated. On a warm day, frozen water bottles can help keep lunches chilled and also provide a refreshing drink.


Get creative and keep your kids healthy!

Nurse Cecile
YOGA AND MINDFULNESS CORNER

Home practice: Counting Breath
Assign numbers to the breath. For instance, “inhal one,” “exhal one,” “inhal two,” “exhal two.” You can start back at “one” any time you notice your mind has wandered from the breath.
It’s common to have meditations where the mind wanders more than other times. If the attention drifts or you lose count, simply focus on the breath again, starting at “one.”

Meditation is a practice and the process will still yield results, no matter how the mind behaves. Just keep returning attention and awareness to the breath.
After a couple minutes of practice, let go of the counting and focus on the breath, and “just be” for a few moments, observing the effects of the meditation.

Parent reflection:
This term, we are providing reflections for parents to consider, being aware of our actions and behaviours while being compassionate in the process. It’s hard! Being human is being fallible. We are all in this together and it is important to keep this in mind.

DON'T MISS OUT
Afternoon yoga classes in Performance Hall Thurs 3:30-4:45 (all ages)
www.yogabean.com.au

BAYSIDE CITY COUNCIL PRESENTS
HALLOWEEN BETWEEN THE BOOKS

BEAMARAS LIBRARY
96 RESERVE RD, BEAMARAS
SATSURDAY 29 OCT
6PM—9PM

BEST DRESSED COMEBITION
WIN PRIZES
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SILENT DISCO
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HAUNTED TREASURE HUNT AND MUCH MORE

TICKETS $10
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This is a family-friendly event for young people aged 12 & under, some adults will be present.

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Brighton OSHC (BPOS) 20th of October 2016

Hi parents and children,

This week at BPOS we have been discussing about the term 4 TCAF activity that we will be doing with the children. This term we will be doing the Junior Global Citizenship Bangladesh Program. Our Term 4 program helps children see themselves as global citizens who can contribute to a peaceful, just and sustainable world. We are celebrating cultural diversity by learning about people’s lives in Bangladesh. As Camp Australia’s Christmas collection, our service along with all Camp Australia services nationally, will be creating handmade gifts (calico school bags, bookmarks and friendship bracelets) for 7,500 primary school children in Bangladesh.

Foundation Parents

To get your child ready for next year we are going to start the process of letting the foundation students come to after school care alone. Of course if they don’t make it to the school we will go and grab them but we do need to start making them more independent as we do not collect grade one children from their classrooms. Please ensure you write in your child’s diary when they are going to BPOS so they are aware of when to come, if you have any concerns please talk to the staff and we can explain the process.

APPROVED PICK UP LIST

Please ensure the people who are picking up your child from OSHC have been given consent to do so. Otherwise we will be calling you and won’t release your child from OSHC until we have written consent from a guardian to do so.

BOOKING INTO OSHC

We have noticed that we have had a few children who are not booked into the service arriving each day. If you have any trouble with enrolling/booking your child just head to www.campaustralia.com.au. You can permanently book your children into sessions as a permanent booking which is cheaper than a casual on the day booking. By booking your child into a session we can make sure we have enough staff to maintain ratios as well and also know exactly who is booked in to attend our service.

SUNSMART

For terms 4 and 1 we have a no hat no play policy, if your child doesn’t bring a hat to BPOS they unfortunately will not be allowed to play outside. Please ensure you pack them a hat that is labelled with their name.

Have a great week, Kelly and the BPOS leaders.