The year 3/4 and 5/6 camps returned safely after a successful time away from school last week. The 3/4’s at Camp Curumbene had a little bit of unsettling weather early in their visit but still enjoyed the team building and adventure activities. The year 5/6 Canberra trip was action packed with educational visits and fun activities. It was great to hear that during their visit to Parliament House Bill Shorten (our local Federal Member) took time out of his day to interact with the students. Thanks to the teachers: Antony, Jude, Zoya, Lee, Liz and Jess for your efforts. It is tiring being away with students on camp but your commitment and leadership is greatly appreciated. I would like to also thank the following parents, who went on camp: Andrew Coulson, Tina Chamberlain and Doug Russell with Year 5/6’s and Scott Moss, Sean Byrne, Sean Davies, Rex Marshman and Asma Hasan with the Year 3/4’s. These important events in students’ lives wouldn’t happen without your support and attendance on camps.

A big thank you to Renee Mihulka and the gang of parents for running the sausage sizzle and selling left over fete items on Election Saturday. It is another example of great community spirit in helping the school.

We have the P-2 BBQ and Year 2 Sleepover at school tomorrow night. The evening begins at 5.30pm and we ask that parents drop students off and leave quickly to ensure the students can begin activities straight away. The evening will finish at 7pm.

The End of Year Celebration will be held next Thursday 11th December on the school oval, further details are included in the coming pages. We look forward to seeing you all there.

The parent helper’s morning tea will be held in the SPC foyer on Monday 15th December at 11am. It is a morning tea to say thank you to anyone that has assisted the school or classes through excursions, incursions, school council, Parents Association, working bees, reading or working with students in class, etc. We would love to see you there if you can make it.

Booklists were sent home yesterday, there is a small change to the process. All orders will be processed online at www.officemaxschools.com.au. Parents may elect to have their items delivered to their home for a fee of $8.95 (if ordered before 19th December) otherwise orders will be delivered to school and given to the 2015 class teacher. Please see your year level booklist for further information.

Staffing
I would like to congratulate Ryan Ogden (PE) and Rebecca Dillon (Classroom Teacher) who will be continuing at MPPS in 2015.

On Monday I sent a letter home to families about the unexpected death of Russell Pascoe. After speaking with Debbie and her family she has requested no flowers, but would welcome a donation to the Heart Foundation. http://www.heartfoundation.org.au/support-us/donate/Pages/welcome.aspx. Details of the funeral will be passed on when they are received.

If any student or families need support during this difficult time please speak with Rebecca McMahon or I. There is some further information regarding grief and loss on our school website on the parent downloads section (remember the password is: mpps) http://www.mpp.vic.edu.au/our-school/community/
Dear School Community,

We would like to invite you to our annual School Helpers’ Morning Tea to thank you for your invaluable help, whether it is in the classroom or in the wider school community.

Your support and contributions enrich our school community, our curriculum and our programs. Together we are building something special; the skills, empathy and knowledge our students need to live in the future.

Thank you for your involvement, support and energy. We hope to see you at the School Helpers’ Morning Tea.

Date: Monday 15th December
Time: 11:00 am
Place: Moonee Ponds Primary SPC Foyer

Please RSVP to the office by TUESDAY 9th December for catering purposes.

Regards,
The Whole Staff
Moonee Ponds Primary School

Helpers’ Morning Tea – Monday 15th December, 2014

Name______________________________________________________________

I would love to attend the Helpers’ Morning Tea on Monday 15th December, 2014.

Student’s name________________________________ Home Group _____________
End of Year Celebration Night
Thursday 11\textsuperscript{th} of December from 6.00pm onwards

Please join us on the oval for our annual end of year celebration evening.
We have hired a mobile wood fired pizza oven to make the evening easy for all.

Pizzas are cooked on the spot and will be $10 for a delicious 9” wood fired pizza.

You can also BYO your own basket and drinks if you prefer

Also featuring:
Cafe2u Coffee Cart
Annual Egg Toss game
Christmas Hampers to be won
Thank you to all the wonderful parents who have volunteered to run the various walking school bus routes in 2014. Your support for the program is greatly appreciated! In 2015, I would like to introduce the new WSB Coordinator – Samantha Arnold, who has a daughter commencing Prep.

Hi I'm Sam and have two children, Arlington, who will be starting Prep in 2015 and James, who is 7 months.

I live in Essendon and one of the things I am passionate about is living a healthy lifestyle and hope my kids do too including understanding the importance of exercise and making appropriate food choices. I have fond memories of walking to school and want to ensure this is an opportunity for as many children as possible.

I'm very excited to be taking up this opportunity and continuing on with the great contribution Clare has provided to those involved with the Walking School Bus program.

I'm looking forward to being a part of the MPPS community. Please feel free to contact me with your suggestions and involvement!

BE A VOLUNTEER!! The success of the program relies on the assistance of volunteers, so if you have a free hour one morning or afternoon a week to walk with a group of children to or from school we would like to hear from you!! More volunteers mean more buses. Training sessions can be organized individually or in groups. It is very informal, young kids can attend and all volunteers are provided with a ‘working with children check’.

Contact Sam if you are interested or would like more information.

Throughout the year WSB information will be available in the newsletter and on school noticeboards. Sam, the WSB Coordinator can be contacted anytime you have a query.

SAM ARNOLD
(Mum to Arlington in Prep)

0418173595 or samanathanarnold@hotmail.com
Are you amongst the 10% of smart parents?

Parenting is challenging but you don’t need to go it alone. We all need help from time to time. Here are some ideas to help parents build their support network.

Help comes in many forms. It’s essential to build your network of support. Here’s how:

1. **Start with family and friends**
   You need between three and five trusted, non-judgemental people who you can call on for help. Count how many you have right now. If you fall short, look for ways to build your social capital.

2. **Work alongside your child’s teacher**
   Develop an open and communicative relationship with your child’s teacher so that you can work with them, seek support and develop ongoing strategies. Understand the best time to touch base with your teacher and establish how regularly this contact is needed.

3. **Find counselling, parent education services and professional assistance**
   Whether paid or free (such as Parentline), there are various services that you can go to when you need significant assistance. Foster a relationship with a professional (general practitioner, psychologist, specialist in a child’s disorder, social worker) that you can trust and return to over time.

4. **Follow a voice you can trust**
   Part of modern parental stress comes from the plethora of information about raising kids. Answering the basic question, “Am I doing a good job?” is now super-confusing. Choose expertise wisely.

5. **Don’t blaze trails**
   Many parents think like the Lone Ranger, they are blazing a trail through uncharted territory. Raising twins on your own? You’re not the first. Got a child with ADHD, another with autism and your 15 year old wants to get a tattoo? You’re not the first. Seek out like-minded parents or experienced professionals who have been down these paths, or have helped people navigate similar situations and get their perspectives. Trail-blazers are easily lost.

If you are like the majority of parents who find the job tough from time to time then I encourage you to be one of the smart 10 per cent and adopt help-seeking behaviours. The alternative, struggle along with the majority of parents, is just not necessary.

Michael Grose
**YMCA Children’s Services**  
**Moonee Ponds Primary School**  
**PROGRAM AT A GLANCE**

**Week: 1st—5th December**  
**Theme: ME**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Staff: BSC</strong></td>
<td>Auri Parker</td>
<td>Andrew</td>
<td>Andrew</td>
<td>Andrew</td>
<td>Andrew</td>
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<tr>
<td></td>
<td>Ellie Hunt</td>
<td>Auri</td>
<td>Elaine</td>
<td>Alicia</td>
<td>Alicia</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>Orange Juice, Apple Juice, Milo &amp; Milk, Wholemeal Toast, Corn Flakes, Weet Bix and Rice Bubbles</td>
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<tr>
<td><strong>BSC: Activities</strong></td>
<td>Follow ME</td>
<td>Evacuation Procedure Practice:</td>
<td>Drawings Group Game: 21</td>
<td>Relay Races</td>
<td>Making Raisin Bread</td>
</tr>
<tr>
<td><strong>Staff: ASC</strong></td>
<td>Michael</td>
<td>Andrew</td>
<td>Andrew</td>
<td>Andrew</td>
<td>Andrew</td>
</tr>
<tr>
<td></td>
<td>James</td>
<td>Auri</td>
<td>James</td>
<td>Alicia</td>
<td>Parker</td>
</tr>
<tr>
<td></td>
<td>Chris</td>
<td>Alicia</td>
<td>Chris</td>
<td></td>
<td></td>
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<tr>
<td><strong>Afternoon Snack</strong></td>
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<td></td>
<td>For afternoon tea, a large fruit platter is served with seasonal fruit in addition to the main snack. Afternoon Tea and the Daily Activities may change due to circumstances on any given day. Our program is designed for children of different ages &amp; differences. Outside play is encouraged when the weather is fine. Children have a choice to participate in inside or outside activity.</td>
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<td></td>
<td>Stir Fry Vegetables</td>
<td>Baked Potatoes</td>
<td>Corn on the cob</td>
<td>Oodles of Noodles</td>
<td>Wraps and Sandwiches.</td>
</tr>
<tr>
<td><strong>Main Activities</strong></td>
<td>I can grove, dance games</td>
<td>I Dream: Recreate dreams with synthesized sounds.</td>
<td>AASC: Netballs</td>
<td>AASC: Cricket</td>
<td>Dress, Me UP</td>
</tr>
<tr>
<td></td>
<td>I create: cardboard creations</td>
<td>Homework Club</td>
<td>Faces, Feeling Masks</td>
<td>Outside games and quiet activities</td>
<td>Sport Challenges.</td>
</tr>
</tbody>
</table>

**Reminder:** We follow a SUNSMART policy: No Hat will result in No outside Play
**Week: 8—12th December**  
**Theme: ME**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
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</tr>
<tr>
<td><strong>BSC: Activities</strong></td>
<td>ID: Card Fruit Salad</td>
<td>Blindfold Storytelling Statues</td>
<td>I Sense: Sound Drop Bounce to the beat - music</td>
<td>Drawings Group Game : 21</td>
<td>UNO Morning Story</td>
</tr>
<tr>
<td><strong>Staff: ASC</strong></td>
<td>Michael</td>
<td>Andrew</td>
<td>Andrew</td>
<td>Andrew</td>
<td>Andrew</td>
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<tr>
<td></td>
<td>James</td>
<td>Auri</td>
<td>James</td>
<td>Auri</td>
<td>Auri</td>
</tr>
<tr>
<td></td>
<td>Chris</td>
<td>Alicia</td>
<td>Chris</td>
<td>James</td>
<td>James</td>
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</tbody>
</table>

**Activities**
- Crazy Coloured World
- Jenga Tower
- Lego
- Me Cubes
- Dear Dumb Diary
- Homework Club
- AASC: Netball
- My Time
- Outside
- Obstacle course
- AASC: Cricket
- Slime Science
- Medical Incident Scenario

**Afternoon Snack**
- For afternoon tea, a large fruit platter is served with seasonal fruit in addition to the main snack. Afternoon Tea and the Daily Activities may change due to circumstances on any given day. Our program is designed for children of different ages & differences. Outside play is encouraged when the weather is fine. Children have a choice to participate in inside or outside activities.
  - Fruit Salad and Yoghurt
  - Sandwich Art
  - Corn on the cob
  - Sticks, Chips and Dips
  - Fruit kebabs

Throughout the next fortnight we will be practicing our emergency evacuation procedure and medical incident procedure. This is essential practice for both staff and children however as a result, there may be minor disruptions to parents dropping off or collecting children.
### DATES TO NOTE TERM 4—2014

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>December 1</strong></td>
<td><strong>December 2</strong></td>
<td><strong>December 3</strong> Skip-a-thon</td>
<td><strong>December 4</strong></td>
<td><strong>December 5</strong></td>
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<td></td>
<td>P-2 BBQ &amp; Sleepover</td>
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<td>Yr. 2 MVIMP Demo @ 9.30 am</td>
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<tr>
<td><strong>December 8</strong></td>
<td><strong>December 9</strong></td>
<td><strong>December 10</strong> Robogal’s Yr. 3-6</td>
<td><strong>December 11</strong> End of Year</td>
<td><strong>December 12</strong> Buddies Excursion</td>
</tr>
<tr>
<td>Year 7 Orientation Day</td>
<td>Science Incursion</td>
<td>Celebration</td>
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<tr>
<td><strong>December 15</strong></td>
<td><strong>December 16</strong></td>
<td><strong>December 17</strong> Whole School Picnic</td>
<td><strong>December 18</strong></td>
<td><strong>December 19</strong> End of Term</td>
</tr>
<tr>
<td>Helper’s Morning Tea Yr. 6 Graduation</td>
<td></td>
<td>School Council</td>
<td>1.20 Finish</td>
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</tr>
</tbody>
</table>

### 2014 TERM DATES

**Term 4:** October 6th - December 19th

### 2015 TERM DATES

**Term 1:** January 29th - March 27th  
**Term 2:** April 13th - June 26th  
**Term 3:** July 13th - September 18th  
**Term 4:** October 5th - December 18th

### LIBRARY NEWS

As the end of term is quickly approaching, please ensure that all overdue books are returned to the library promptly to avoid any overdue charges.  

Thanks,  
Kim and Vicki