Dear Parents, Students and Friends of the Lalor Gardens Primary School Community

BLOOMING GREAT KIDS TERM 3 – WEEK 7

WHO CAN HELP ME

From time to time we all need some help. It might be a problem we are having with our school work, with our friends, perhaps even something at home. Sometimes it is possible to deal with a problem ourselves but at other times it is good to have someone to help solve the problem. A whole range of people can help us. Some we know well but sometimes help may come from someone we do not know so well. One of the best things we can do is to choose the right person to help with the problem. At school you might choose to ask your teacher for help or perhaps another staff member or even a friend. You might even feel you need to ask the Principal or another teacher at the school. Friends are often good helpers as well, but remember your friends are usually the same age as you and they might not be about to help with all the things you need. Of course, family are great helpers. Discussing a problem with your Mum or Dad, brother or sister or even another relative can be useful. There are many people you can help us. The trick is choosing the right person at the right time. And remember, no matter what the problem THERE IS NO PROBLEM THAT IS TOO BIG that you cannot talk to someone about.

PREP 100 DAYS CELEBRATION

On Friday, the Preps celebrated their 100 days at school. This was marked by a special celebration with the students counting to 100 by 1s and 10s. They also performed a couple of songs for their parents and received certificates for this achievement. A special party was held after the celebration. Photos and a video from the day will be placed on our school website— www.lalorgardensps.vic.edu.au in the next couple of weeks so keep a look out for them.

REMINDER PREP ENROLMENTS FOR 2014

Lalor Gardens is currently taking enrolments for 2014. Tours of the school are available on request. Just phone the office on 9465 1351 to arrange one with either myself or Jan Money. Kinder to Prep Storytime will be held this term and it is an excellent opportunity for pre-school children to get a feel for what school is really like. The formal Prep Transition program will be held in November. If we have your enrolment, then you will get reminders about these two programs.

DON’T WAIT, SECURE YOUR CHILD’S EDUCATION AT LALOR GARDENS NOW!!!!

Anne Hulett

Principal : Anne Hulett                                      School Phone No.: 9465 1351                www.lalorgardensps.vic.edu.au
Calendar of Events

Aug 27
♦ Footsteps—all grades—Tuesdays until 17/9/13

Aug 30
♦ Girls Soccer Indoor Tournament

Sept 3
♦ Footsteps—all grades

Sept 4
♦ Visions Music Concert—5/6s

Sept 10
♦ Footsteps—all grades

Sept 17
♦ Footsteps—all grades
♦ School Council Meeting—6.30 pm

Sept 20
♦ Last Day Term 3 Students finish 2.30 pm

Congratulations to the following students who have had a birthday or will celebrate their birthday during the week.

Jasskiran Kaur
Noah Chebbo
Aydan Aliu
Elena Izev
Livinia Sivevska
Hussain Al Najar
Sedra Elmasri
Mario Mitrovski

E.M.A. CHEQUES NOW AVAILABLE FROM SCHOOL OFFICE

Happy Birthday

The Father's Day stall will be held next Friday the 30th of August.

Gifts will be available from $2.00 - $5.00 and Father's Day cards will be available for only $1.00 each.

We have some fantastic prizes for our raffle and the tickets will be going home on Monday.

BIG Thank You!

Many thanks to Mrs Luscombe for her donation of books to the school library.
**Student Attendance Report:**

Congratulations to 3/4A who had a 93% Attendance rate for last week.

**McDonald’s Hoop Time**

Congratulations to the All Star Boys and the All Star Girls basketball teams who competed against schools in the Lalor District resulting in a fun filled day. Both teams came fourth and are to be commended on their sportsmanship and behavior.

Mr De Leo—PE Teacher
<table>
<thead>
<tr>
<th>Prep A</th>
<th>Alex Zaekis</th>
<th>For setting achievable personal goals.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep B</td>
<td>Taner Tilki</td>
<td>For setting achievable personal goals.</td>
</tr>
<tr>
<td>Prep C</td>
<td>Charlene Dang</td>
<td>For setting achievable personal goals.</td>
</tr>
<tr>
<td>1/2A</td>
<td>Victoria Stefanovska</td>
<td>For making great improvements in her school work by setting goals and working hard to achieve her best especially in writing.</td>
</tr>
<tr>
<td>1/2B</td>
<td>Faalaa Sagaga</td>
<td>For setting herself great goals such as improving her spelling and reading every night.</td>
</tr>
<tr>
<td>1/2D</td>
<td>Musa Sakr</td>
<td>For the great improvement he has shown in achieving his goal he set for himself this week. Well done Musa!</td>
</tr>
<tr>
<td>1/2E</td>
<td>Sedra Elmasri</td>
<td>For making a really good effort to achieve her reading and maths goals. Well done Sedra!</td>
</tr>
<tr>
<td>3/4A</td>
<td>Amanda Nedelkoski</td>
<td>For being very aware of what she is trying to achieve in her work, and working hard to achieve her goals. Well done!</td>
</tr>
<tr>
<td>3/4B</td>
<td>Maya El-Kotob</td>
<td>for being aware of the goals they expect of themselves and trying hard to achieve them. Well done Maya &amp; Batoul!</td>
</tr>
<tr>
<td>3/4D</td>
<td>Mayuran Sasikumar</td>
<td>For achieving your goals for the week. Well done Mayuran.</td>
</tr>
<tr>
<td>5/6A</td>
<td>Gautam Sharma</td>
<td>Gautam has made improvements in completing tasks at school. Well done!</td>
</tr>
<tr>
<td>5/6B</td>
<td>Simranpreet Kaur</td>
<td>For setting specific, measureable, realistic, achievable and timely goals! Well done Simran!</td>
</tr>
<tr>
<td>5/6C</td>
<td>Gabby Van Steenis</td>
<td>For showing her class members what’s right and wrong. Well done!</td>
</tr>
<tr>
<td>5/6D</td>
<td>Tran Nguyen</td>
<td>For setting goals for herself and trying hard to achieve them.</td>
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10 Things You Can Do to Raise a Reader

Parents are a child's first teacher, and there are many simple things you can do every day to share the joy of reading while strengthening your child's literacy skills.

1. **Read from day one.** Start a reading routine in those very first days with a newborn. Even very young babies respond to the warmth of a lap and the soothing sound of a book being read aloud.

2. **Share books every day.** Read with your child every day, even after he becomes an independent reader.

3. **Reread favorites.** Most children love to hear their favorite stories over and over again. Rereading books provides an opportunity to hear or see something that may have been missed the first time, and provides another chance to hear a favorite part.

4. **Send positive messages about the joys of literacy.** Your own interest and excitement about books will be contagious!

5. **Visit the library early and often.** Public libraries are great resources for books, helpful advice about authors and illustrators, story times, and more. Make visiting the library part of your family's routine.

6. **Find the reading and writing in everyday things.** Take the time to show your child ways that adults use reading and writing every day. Grocery lists, notes to the teacher, maps, and cooking all involve important reading and writing skills.

7. **Give your reader something to think and talk about.** There are many different types of books available to readers. Vary the types of books you check out from the library, and seek out new subjects that give you and your reader something to think and talk about.

8. **Talk, talk, talk.** A child's vocabulary grows through rich conversations with others. No matter your child's age, narrate what you're doing, talk in full sentences, and sprinkle your conversations with interesting words.

9. **Know your stuff.** Parents don't need to be reading specialists, but it is important to understand the basics about learning to read.

10. **Speak up if something doesn't feel right.** Parents are often the first ones to recognize a problem. If you have concerns about your child's development, speak with your child's teacher and your pediatrician. It's never too early to check in with an expert.
"I love our new school because it is pretty, big and colourful."

"I really like our school because the library is big and the classrooms are huge."

"I like the playgrounds at our school. "

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Grade 1/2E
“I like the smartboards because they help us learn.”

“I like this school because it is new.”
Setting the Standard Training Pty Ltd

Owned and Operated by Nurses!
CHC30212: Certificate III in Aged Care

Be Qualified in 3 Months!

No entry prerequisites required, however, it is preferred students can speak, read, and write English.

- Classes 3 Days per week with qualified industry based trainers
- Individual support 2 days per week
- Mentoring on an ongoing basis
- Work placement provider arranged with potential for employment
- Assessor provided for all work placement hours
- After hours contacts provided

Class locations: Werribee, Sydenham, Craigieburn, Flemington.

Assessment Strategies:

There are different types of assessment to meet the requirements of CHC30212 Certificate III in Aged Care. These are:

- Assessment reports (written questions)
- Observation Checklists for Assessors
- Third Party Reports for work placement
- Structured Activities

Units Covered

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<tr>
<th>Code</th>
<th>Description</th>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHCACS11B</td>
<td>Work effectively with older people</td>
<td>CHCCS411C</td>
<td>Work effectively in the community sector</td>
</tr>
<tr>
<td>HLTHIR403C</td>
<td>Work effectively with culturally diverse clients &amp; co-workers</td>
<td>CHCAC319A</td>
<td>Provide support with people living with dementia</td>
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<tr>
<td>CHCWHS312A</td>
<td>Follow WHS safety procedures for Direct Care Work</td>
<td>CHCDIS301C</td>
<td>Work effectively with people with a disability</td>
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<tr>
<td>CHCCI3301B</td>
<td>Provide support to meet personal care needs</td>
<td>CHCCS305C</td>
<td>Assist clients with medication</td>
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<tr>
<td>CHCH311C</td>
<td>Work effectively in home and community care</td>
<td>CHCOM403A</td>
<td>Use targeted communication skills to build</td>
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<tr>
<td>CHCCI3302B</td>
<td>Participate in the implementation of individual plans</td>
<td>CHCDIS302A</td>
<td>Maintain an environment to empower people</td>
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<tr>
<td>CHCCS304B</td>
<td>Work effectively with carers</td>
<td>CHCCS400C</td>
<td>Work within a relevant legal and ethical framework</td>
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All assessment tools used, provide a range of meaningful assessment tasks, that are valid, reliable, fair and flexible. Assessment tools are audited annually, but if concerns arise are addressed immediately.

Career Opportunities: Assistant in Nursing, Home Care Assistant, Nursing Assistant, Personal Care Worker, Residential Care Worker

$700 per course or $1000 for dual certificate
ring now for more information

Head Office Details: 574 Melton Highway, Sydenham Vic 3037
Operations Manager’s phone no: 0452 056 889
Training Manager’s phone no: 0452 026 882
LEGACY WEEK FROM 1ST–7TH SEPTEMBER

Please support this very worthy cause either by donation or buying merchandise.

Badges/wrist bands etc will be sold by 5/6 grades during Legacy Week.

SNAPSHOT OF THE PREPS 100 DAYS
TERIYAKI CHICKEN SPARE RIBS

Serving Size: 4

Ingredients:
- 1kg chicken ‘spare ribs’, drumettes or wingettes
- ½ cup teriyaki marinade
- juice of half a lemon
- 2 tablespoons honey
- 2 carrots, peeled and grated
- ¼ cup coriander leaves
- Steamed rice and extra teriyaki sauce, to serve

Method:
Marinade chicken in teriyaki sauce, lemon juice and honey for 30 minutes. Preheat oven to 180°C. Line a baking tray with non-stick baking paper. Spread chicken over tray in a single layer. Bake for 15 minutes or until cooked through. Combine carrot and coriander leaves.

Serve chicken spare ribs with rice, carrot and coriander salad and extra teriyaki sauce.
Asthma tips for Parents and Carers this Winter

Winter can be a hard time for people with asthma as colds, coughs, colds and the flu can bring on more symptoms and attacks.

- The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection. The flu is different to the common cold and can be a much more serious viral infection.
- People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.
- Make sure your child’s asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.
- Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.
- Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.
- Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - www.betterhealth.vic.gov.au and the NPS website - www.nps.org.au.

Contact The Asthma Foundation of Victoria on 1800 ASTHMA (1800 278 462) or www.asthma.org.au.

**COME & JOIN US**

**WOLLERT COMMUNITY MARKET & CAFE**

455 Epping Rd, Wollert

Every 4th Saturday of the Month*

8am - 2pm

*Excludes July, September & December

Wide Range of Stalls

Stall Holders Welcome!
Call 0415 646 977

1x FREE SAUSAGE & BREAD

**JOKE OF THE WEEK:**

**Q** What gets wetter as it dries?

**A** A Towel.

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<table>
<thead>
<tr>
<th>Monday 23rd Sept</th>
<th>Tuesday 24th Sept Excursion</th>
<th>Wednesday 25th Sept</th>
<th>Thursday 26th Sept</th>
<th>Friday 27th Sept</th>
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<tbody>
<tr>
<td><strong>So You Think You Can Dance Day</strong></td>
<td><strong>Old Melbourne Gaol</strong></td>
<td><strong>Craft Day</strong></td>
<td><strong>Lets Cook Lunch Yum</strong></td>
<td><strong>Incursion</strong></td>
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<tr>
<td>Come dressed as Ned Kelly</td>
<td>$15.00</td>
<td>Make Your Own Puppet</td>
<td>Pizza</td>
<td>Zoo Comes To Us</td>
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<tr>
<td>Monday 30th Sept</td>
<td>Tuesday 1st Oct</td>
<td>Wednesday 2nd Oct</td>
<td>Thursday 3rd Oct</td>
<td>Friday 4th Oct</td>
</tr>
<tr>
<td><strong>Mad Science Day</strong></td>
<td><strong>Incursion</strong></td>
<td><strong>All About Bugs</strong></td>
<td><strong>Excursion</strong></td>
<td><strong>Games Day</strong></td>
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<tr>
<td>Hip Hop</td>
<td>$8.00</td>
<td></td>
<td>Movie Day</td>
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Vacation Care costs are $40.00 per day, reduced if eligible for CCB. Enrolment forms are available at the office.