BLOOMING GREAT KIDS TERM 4 WEEK 2

BODY LANGUAGE

We can communicate much of what we feel and think through speech BUT that is not the only way to communicate.

Body Language is also a very powerful way of communicating.

• How we stand
• How we look at others
• How we show others we are listening
• The look on our face, often says more than hundreds of words.

In your classrooms and at home, consider the different ways you can use your body language to communicate. Think about:

• How do you show someone that you are listening?
• How do you show people that you are friendly?
• What types of body language are negative?
• What can we learn from other people’s body language?

Think how you can use your body language and practise those types of things that encourage friendly behaviour.

WELCOME TO CASSY HOGGINS OUR NEW ASSISTANT PRINCIPAL

Cassy Hoggins has commenced at Lalor Gardens Primary School as our new Assistant Principal. Cassy has a wealth of experience in education. She has taught and had leadership positions at Craigieburn South Primary School, Watsonia North PS, Vision Australia and was a founding member of Mount Ridley College. Please make yourself known to Cassy as she is keen to meet our school community. She will be undertaking many of the roles previously undertaken by Jan Money and Jeremy Blaney our previous Assistant Principals.

TERM 4—WHAT’S ON

We have a very busy term ahead with great learning and activities planned for the last 11 weeks of the year. These include:

• Nude Food Week/Day
• Community Open Day (Bronwyn Halfpenny in attendance at 4.00 pm)
• Year 3—6 Camp
• 5/6 Interschool Sport
• Goodwill Gathering

Just to mention a few!!!

IMPORTANT REMINDERS—NUDE FOOD DAY

Thanks to Miss Monteleone who has organised a Nude Food Day/Week to help children understand the need to lessen the impact on our environment of packaging for food that cannot decompose even after millions of years. Get your children to bring their food in a container that does not require wrapping. I hope everyone will be on board with this so we can continue to make our school environment friendly.
Congratulations to the following students who have had a birthday or will celebrate their birthday during the week.

Kathy Nguyen
Leyla Donmez
Jade Watson
Brian Huynh
Dimi Georgiadis
Jazz Taula

All students are required to wear a school hat during Term 4 when they go outside during PE, Sport, Lunchtime and Recess.

Any students without a hat will be required to sit in the shaded area while they are outside and will miss out on playtime.

School hats are available from the office:
Legionnaire caps—$6.00 (new stock—next week)
Wide brimmed hats—$10.00
“REVISION OF BULLYING TOPIC/CLASSROOM BULLYING SURVEY”

Prep A  Jazz Taula  }  For always giving others a go, encouraging their efforts and being kind and caring at all times.
  Maninder Kaur  }

Prep B  Taj Bedi  For always treating his classmates with respect.

Prep C  Anastasija Toskovska  For always showing respect to her classmates and teachers.

1/2A  Muroj Al Shawi  For getting along well with others and for being a good friend.

1/2B  Adam El-Mahmoud  For having a positive attitude and staying focused during class.

1/2C  George Hana  For working hard at being a co-operative member of our grade and helping others.

1/2D  Mariam Mekkya  For being a helpful and caring student who treats others with respect.

1/2E  Zena Elzohbi  For getting along well with others and for being a great friend. Well done Zena!

3/4A  Donya Hafda  For always treating people nicely and making them feel included. Well done!

3/4B  Kaiya El Mahmoud  For the excellent role model she is in our classroom. Well done!

3/4C  Isabella Stojanovska  For trying hard to be a co-operative and interested student.

3/4D  Natalie Stefanoski  For always being kind and caring towards her classmates.

5/6A  Kristian Mitrovski  Kristian always demonstrates the correct behaviour of a senior member of the school. He always tries his best and always tries to excel.

5/6B  Anson Chen  For always including others and showing respect to his peers and to adults. Well done for showing our school values.

5/6C  Thao Tran  For always choosing the correct behaviour and for being an excellent role model.
**Student Attendance Report:**

<table>
<thead>
<tr>
<th>100% Attendance in Terms 1, 2 &amp; 3</th>
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<tbody>
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<td>1/2A</td>
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<tr>
<td>STEFANOVSKA Victoria</td>
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<td>1/2B</td>
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<td>HUYNH Cindy</td>
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<td>HABIB Youssef</td>
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<td>KHOCHAICHE Ali</td>
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<td>HUYNH Brian</td>
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<td>MIHALAS Johanna</td>
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<td>NGUYEN Katie</td>
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<td>MITROVSKI Mario</td>
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<td>NGUYEN Tran</td>
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<td>NGUYEN Tien</td>
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<td>TRAN Alex</td>
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Congratulations to the students above who have 100% attendance so far in 2013. This is a fantastic achievement. Well Done!

Congratulations also to Prep B who had the best average attendance rate of 93% for Term 3. Good work!

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**Breakfast Club**

TUESDAYS — 8.15 AM/8.45 AM
5/6 AREA

Come along and enjoy a “yummy” breakfast with your friends before school.
Ensure you monitor what you’re children do online! (Part 3)

Using the internet safely at home

Internet safety is equally important in the home, the library and other public places. By planning to be cybersafe in any location, children are most likely to enjoy fun and rewarding online experiences.

There are four key steps to cybersafe practices in the home:

» educate
» empower
» make the computer safe
» supervise.

The four work together towards positive and safe online use. The aim is not only to protect children but to help them learn to make good decisions.

Educate—an essential part of keeping children safe is making them aware of risks, and talking to them about how to avoid potential problems. Visit the Cybersmart website for internet safety information and educational programs suitable for children’s use.

Empower—encouraging and supporting children is a positive step towards making them feel confident in their internet use. Children need to know they can make the right choices. They also need to know they can talk to a parent if something happens online that makes them feel uncomfortable.

Make the computer safe—one of the most practical ways to help children stay safe online is to set up the home computer with an internet content filter and other security software.

Supervise—children may behave differently online, to in person, so it’s important to be involved. By placing the computer in a family area, supervision becomes easier.

Before starting:

» talk with the family about the importance of staying safe online and having an internet safety plan
» teach children how to use the internet safely. Use an educational program suitable for the child’s age
» learn about the internet and the types of internet services children use. Check with the local public library to see what courses are offered.

Set up correctly:

» determine if your internet service provider can assist with advice for staying safe online. If not, switch to one that can
» look at where the computer is set up. If it is in a bedroom, move it to a public area of the house where it’s easier to supervise
» make sure safety software is installed on the computer. This may include an internet content filter and other security software such as anti-virus programs, spyware and adware
» use a safe search engine for all web searches.

Create family guidelines:

» discuss the benefits and risks of going online with children and offer support if they get into trouble
» create an internet safety contract with children, setting house rules for internet use.
On Wednesday 23rd October 2013 Lalor Gardens Primary School is holding a “Community Open Day” in celebration of our new school, so put this date in your diary. Come along and bring your family and friends!

The school will be open from 9.00 am-5.30 pm with the Official Opening taking place at 4.00 pm.

On the day:
* Students need to wear full school uniform

  - Students need to bring their normal lunch
  - Entry for visitors will only be via the School Office

  - After 3.30pm parents will need to supervise their own child/ren (no student can remain at school without their parent)

* More information will be going out next week from each grade area about their activities

* Please note the price of items for purchase on the day. Come along and have a fun time!
BREAKFAST CLUB WILL BE ON THIS DAY
(instead of Tuesday)
STARTING FROM 8.15 (Bring your parents along)

- Nail Painting $2.00
- Face Painting $1.00
- Badge Making $1.00
- Bookmark Making $1.00
- Cordial 50 cents
- Zooper Doopers 50 cents
- Chocolate Freddos $1.00
- Chips/Popcorn 50 cents
- Cakes $1.00
- Tea/Coffee $1.00
- Devonshire Tea $3.00
- Art Auction (4.30pm) Starting from $5.00

BRING YOUR MONEY ON THE DAY
For our Blooming Great Kids focus for this week 5/6A have been conducting some role plays on 'voice'. We have been learning how to use voice appropriately and what type of voice to use in certain situations. We have learnt that the way we speak can affect what we have to say.
On 5/6A
Asthma and Complementary Therapies

Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make ones asthma worse.

Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique).

Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) http://www.nationalasthma.org.au/ or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure.

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

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Special Introductory Programme
AUSKIDS KARATE®

Mill Park Leisure Centre
Morang Drive
Mill Park

5:30 pm Every Tuesday & Thursday
10:00am Saturdays

ONLY $35.00
Includes New Uniform
Ring Terry on 9886-9025

© Australian Goju Karate

Martial Arts Tuition Specialists
Lalor North College

'The Big Night Out'
Wednesday 16th October, 2013
7.00pm - 8.30pm

Bands and Choirs Performing:
Lalor North College
Findon Primary
Lalor East Primary
Lalor Gardens Primary
Lalor North Primary
Mill Park Heights Primary

Please complete and return to your primary school by Thursday, 10th October, 2013

Lalor North College 'Big Night Out'

Student Name ................................ Number of Guests Attending ..........................................

School .............................................. Telephone No .....................................................

Please Note: This reply slip is your entry into the major raffle
Bacon and Egg Cups

Bacon and egg cups are a great dish to serve when you are having guests for brunch or having a lazy Sunday at home. They are also very portable for food on the go.

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Ingredients:**
- 12 slices wholemeal bread
- 12 rashers middle bacon, rind removed
- 12 eggs
- Cooking spray

**Method:**

Using a scone cutter, cut out 12 rounds of bread. Spray a muffin tin with cooking spray and place the bread rounds in the bottom of each cup.

Preheat oven to 180°C/160°C fan-forced.

Remove the eye (big round piece) from each rasher of bacon and place back in the fridge to use for another recipe. Spray a frying pan with cooking spray and lightly fry the bacon rashers on each side until just cooked.

Place one rasher inside each muffin cup, lining the edge of the cup and just inside the bread.

Crack one egg into each cup so it is sitting on top of the bread and inside the bacon.

Place the tray in the oven and bake for 15-20 minutes or until the eggs are set.

Remove from oven and serve immediately. You can add some shredded cheese on the top of each egg or just a little salt and pepper.