DATES FOR YOUR DIARY

SATURDAY 29TH AUGUST 2009........................................... Furniture move from portables – 11.30am.
WEDNESDAY 2ND SEPTEMBER 2009......................................Gr. 5/6 'Hoop time' competition.
WEDNESDAY 2ND SEPTEMBER 2009......................................Prep – Gr. 4 Gymnastics program.
THURSDAY 3RD SEPTEMBER 2009......................................PFA Father’s Day Stall.
THURSDAY 3RD SEPTEMBER 2009......................................Gr. 5/6 Human Development session 1.
FRIDAY 4TH SEPTEMBER 2009..............................................Gr. 5/6 Human Development session 2.
WEDNESDAY 9TH SEPTEMBER 2009......................................Prep – Gr. 4 Gymnastics program.
WEDNESDAY 9TH SEPTEMBER 2009......................................CSIRO Family Science Night No. 1 – 7.00pm.
WEDNESDAY 9TH SEPTEMBER 2009......................................School Council meeting – 7.45pm.
MONDAY 14TH SEPTEMBER 2009..........................................PFA meeting – 8.00pm in Staffroom.
TUESDAY 15TH SEPTEMBER 2009...........................................Fundraising Fun Day.
WEDNESDAY 16TH SEPTEMBER 2009......................................Prep – Gr. 4 Gymnastics program.
WEDNESDAY 16TH SEPTEMBER 2009......................................CSIRO Family Science Night No. 2 – 7.00pm.
THURSDAY 17TH SEPTEMBER 2009......................................Level 4 ‘Health & Wellbeing Expo’.
FRIDAY 18TH SEPTEMBER 2009............................................SRC Footy Day.
FRIDAY 18TH SEPTEMBER 2009............................................Term 3 concludes – 2.30pm. OSHC available.

PRINCIPAL’S DESK

“WHAT TO DO WHEN KIDS CATASTROPHISE”

I was sitting talking to one of our students last week who was assuming the worst case scenario and making statements about the most negative outcomes possible. I realised how many times I hear children talk about things to extremes – things will be a catastrophes or on the other hand the very best thing that could ever happen. Some children speak about daily events in this way each day.

I was interested to read Michael Grose’s article “What to Do when Kids Catastrophise” in the ‘Education Horizons’ magazine. The full article can also be found at http://uppercoomerarsc.eq.edu.au/pages-newsletter-ads

In his article Michael writes that a catastrophiser places enormous pressure on themselves as they exaggerate their worries. They start to feel miserable and can stop doing things because they believe that it will end up with the worst possible outcome.

We need to model to our children that the world is full of possibilities and opportunities and we need to help them think positively. They need to keep a good perspective and not become overawed.
Michael identifies 5 ways you can use to challenge a child’s catastrophic thinking and I quote from his article:

1. “What’s the most likely scenario?”
   Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break you leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter? You may be right, but is it the end of the world as we know it?”
   One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

3. “Where does this fit on the disaster meter?”
   Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events…well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.”
   Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. "It would be nice if everyone liked me but not everyone will. It’s important to have some good friends."

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about.

We need to help children learn to take a positive attitude and talk themselves into a positive result – if things don’t work out exactly as we expected them we use it as a building block for success next time.

**SUSTAINABILITY**

I have received information from Knox City Council regarding their Greenhouse Project. This is a free service showing families easy ways to reduce their energy, water and waste consumption and save money at the same time.

This project is a pilot program available to 1,000 Knox families.

Each family will receive an in-home sustainability assessment, the assessor will replace old incandescent light globes with new energy efficient globes and then there will be ongoing support through on line forums.

This offer is only available up until 30th September but if you register before 14th September you have the chance to win a home cleaning service for a year or an Eco Lodge holiday for a family of four.

If you would like more information, there are brochures on the small table as you come into the foyer area, ring 1300 174 101 or log onto resourcesmart.vic.gov.au/ghp

**BUILDING UPDATE**

We will be moving 3/4E and 3/4W out of the portable classrooms tomorrow and they will need to be out of the rooms for a week. 3/4E are working in the Library and 3/4W will be in the Art Room for the week. Our specialist lessons will be occurring in classrooms for the week.

**PARENT OPINION SURVEY**

If you received a questionnaire this week, please take the time to fill it out and return it to the school by tomorrow, **Friday 28th August**. These surveys are a most important and valuable source of feedback for us and the information from the survey is more valid if we receive all questionnaires back.

Maureen Fowler,
Principal

**PAYMENT REMINDERS**

**GRADE 5/6 CAMP PAYMENTS**

This is a reminder that the second instalment payment of $90 for the 5/6 camp to “The Briars” must be made tomorrow morning, **Friday 28th August**.

Thank-you,
Level 4 Teaching Staff
FROM THE ASSISTANT PRINCIPAL

CANSTRUCTION

Our eight CANstruction students had an action-packed day at Monash University yesterday for their first build day. It was a long and very busy day, in which all their team-work skills showed most admirably in the way they worked together – in an extremely limited space – to get their structure 75% completed.

As one of 25 schools (both primary and secondary) involved in CANstruction, it was also interesting to see what designs other schools had come up with. There were a great variety of structures, all representing the theme ‘Our home, Australia’.

Today our team will complete their structure – an image of Sam the Koala made from approximately 1,500 cans. This is ahead of judging which will occur between 12.00 - 2.00pm today. We look forward to giving a follow-up report to the community – complete with pictures – at assembly on Monday.

HABITS OF MIND NEWS

REMAINING OPEN TO CONTINUOUS LEARNING

Learn from experiences! Having humility and pride when admitting we don’t know; resisting complacency.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." – Henry Ford

Intelligent people are in a continuous learning mode. Their confidence, in combination with their inquisitiveness, allows them to constantly search for new and better ways. People with this habit of mind are always striving for improvement, growing, learning, and modifying and improving themselves. They seize problems, situations, tensions, conflicts, and circumstances as valuable opportunities to learn.

There can be no such thing as a mistake; we only learn from experience. In a trusting environment, students reflect on their learnings, analyse their experiences, and apply and transfer learning to new situations.

Continuous learners LOVE to learn, to grow, to develop, to modify and improve themselves (persistent). Although very enthusiastic, they display humility in their learning and seek feedback. They always assume there is more to learn, more to discover and will think to find ways to improve and further their learning.

Christine McEvoy,
Assistant Principal

FUNDRAISER FUN DAY NEWS

Thank you very much to those parents who have offered their help in various capacities for the upcoming Fundraising Fun Day.

At the moment, we still urgently require parent helpers for the Sausage Sizzle. Parents would be required from 10.30am until approximately 1.30pm to cook sausages and to place the correct number of sausages & bread orders into lunch order baskets which will be sent to classrooms.

If you are able to help, please complete the tear-off slip below and return it as soon as possible so that arrangements can be made.

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FUNDRAISER FUN DAY
Sausage Sizzle Helpers

Yes, I am able to assist with the Fundraiser Fun Day sausage sizzle on Tuesday 15th September.

NAME:___________________________________________
ELDEST CHILD:___________________________________
GRADE___________________________________________

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I also ask members of the community to keep an eye on the newsletter for requests of assistance from individual levels – there may be ways in which you might be able to help them out. The following request for help comes from the Level 2 staff who are running a cake stall on the day.

MELISSA EDEN,
Fundraiser Fun Day Coordinator.

CALLING ALL PARENTS!

For Fundraiser Fun Day, the level 2s will be running a cake stall. We are asking for all available parents who would like to donate a baked contribution (e.g. cakes, biscuits, slices) to see Kylie Westfield (Room 8) or Kellie Symons (Room 9). Contributions are to be delivered directly to the office between rooms 8 and 9, the afternoon of Monday 14th of September or on the morning of Tuesday 15th of September. Please ensure that your contribution contains no nuts. Any questions please feel free to contact Kylie or Kellie.

Your assistance will be greatly appreciated!

MELISSA EDEN,
Fundraiser Fun Day Coordinator.
PERFORMING ARTS NEWS

SCORESBY IDOL IS COMING!
As mentioned in last week’s newsletter, we will be holding our annual “Scoresby Idol” performances in the second last week of term – that is the week beginning Monday 7th September. Performance time is from 9.30 – 11.00am on the following days:

Level 2 (1/2D, 1/2S, 1/2W): Monday 7th Sept.

Parents are very welcome to come along at the above times and support the performing students.

KAREN COSTER,
Performing Arts Co-ordinator

PREMIER’S READING CHALLENGE

IT’S FINISHED!!!
If you haven’t already done so, you MUST now return your Reading Log to school for verification online. We are entering any last books before the Challenge closes on Monday 31st August. If we do not receive your Reading Log for online verification by tomorrow, Friday 28th August, you may not receive recognition for the books you have read.

Congratulations to students who completed the Challenge during the past fortnight:


ALISON LANCASHIRE & JAN HENDREY,
Premier’s Reading Challenge Co-ordinators

“SCORESBY THINKS AGAIN” NEWS

We are the “Scoresby Thinks Again” group and we would like to tell you what we have been doing over the past few weeks. We have been sketching a mural about recycling, to show the before and after scenario of recycling or not recycling. Over the next few weeks we plan to complete the mural by painting it as a group.

Here are our four weekly facts for the week to help you save the environment!

• Each of us uses approximately one 100-foot-tall Douglas fir tree in paper and wood products per year.
• Every year we make enough plastic film to shrink-wrap Texas
• 1 recycled tin can would save enough energy to power a television for 3 hours.
• 70% less energy is required to recycle paper compared with making it from raw materials and think about all the trees that would stay alive.

BOOK CLUB

CURRENT ISSUE: No. 6
DUE DATE: Friday 28th August

NOTE:
Tomorrow is the closing date for Issue No. 6 orders. Please ensure your order (with payment) is delivered to the Office before the end of school on Friday 28th August. Remember to check that you are ordering from the current issue: no orders can be placed from previous issues.

SICK BAY LINEN ROSTER

Week Ending 28 August – Piata Maguire
Week Ending 4th September – Nikki Collings

BEST WISHES TO THOSE STUDENTS WHO ARE CELEBRATING A BIRTHDAY THIS WEEK!

Elise B, James T, Cassie H, Catherine G, Jayden K.
FATHER’S DAY STALL
Whilst we have received some replies to our request for parent assistance with the planned Father’s Day Stall next Thursday 3rd September, we still need more helpers. At this point, if we do not get more offers of assistance we will be unable to run the stall.

We are in particular need of help for the 11.30am – 1.00pm session. Remember, toddlers are welcome to come along. If you are able to help out, please complete the tear-off slip below and return to school ASAP.

PFA FATHER’S DAY STALL
I am able to assist with the Father’s Day Stall on Thursday 3rd September.
Name:______________________________________________
Mobile Phone:______________________________________
I am available to help at the following times:
☐ 9.00 - 11.00am
☐ 11.30am - 1.00pm
☐ I can help at the following time_____________________

FOOTY TIPPING
Leaders after Round 21
Troy Battishall.................. 118
Super Murrio & Friends...... 114
Maddy Brouwer ................. "
Jon deLaine...................... "
Kiwi Kids.......................... 113
Travis Clarke.................... "
Collings Family................ 112
Christine Williams............. 111
Lachlan Downes............... 110
Luke Hitchins.................. 109
Brooke & Megan Carroll...... 108
Frank Healand.................. "

NEXT MEETING
Monday 14th September – 8.00pm in the Staffroom. Visitors and new members always welcome.

THANK-YOU FOR YOUR ONGOING SUPPORT.
Parents and Friends Association

AN IMPORTANT CAR PARKING REMINDER
Could all parents and carers please be reminded that babies, toddlers and young children must not be left unattended in cars at any time whilst you come into the school.

MAUREEN FOWLER,
Principal.

CANTEEN NEWS

CANTEEN ITEMS
NEW Menu Item – A new snack item is now available to purchase. “Snaps” are a sweet biscuit-style snack available in sultana or strawberry flavour. A healthy alternative to regular sweet biscuits. Price: 45c/4-pack.

Supreme Pizzas – No longer available.

MONDAY ROSTER
Please note that there is an error in the current dates for the Monday roster as distributed to volunteers. This error will be rectified and an amended roster re-issued to those helpers affected. In the meantime, please watch the newsletter for correct roster arrangements.

Canteen Co-ordinator
P. Faiola, L. Kreidl.

Canteen Co-ordinator
P. Faiola, L. Kreidl.

CANTER ROSTER
Friday 28th August   L. Kinniff, M. Horkings.
Counter Sales Only

Monday 31st August   P. Faiola, L. Kreidl.
Lunch Orders

Tuesday 1st September  S. deLaine, N. Turner.
Counter Sales Only

PAOLA FAIOLA
Canteen Co-ordinator
GARDEN CLUB NEWS

All students are invited to enter our SCARECROW COMPETITION

Don’t forget to get your entry in by tomorrow, Friday 28th August. You can give it to Meredith in 5/6S or hand it in at the Office.

OUT OF SCHOOL HOURS CARE

SCORESBY

MONDAY 31st AUGUST – FRIDAY 4TH SEPT
- Make a gift or card for Dad / Special Person.
- Decorate Springtime Pictures.
- Playdough.

SCHOOL HOLIDAY PROGRAMS

With the Term 3 holidays fast approaching, we are starting to receive programs from local providers. At the moment we have programs from Knox Gardens and Rowville District Neighbourhood House. Please see Amanda or the Office staff if you would like to view a program. Please note that these programs fill very quickly.

ATTENTION PARENTS / CARERS

As the end of term approaches, we ask parents to ensure that OSHC payments are all up-to-date. Also, if you need to make changes to your care requirements for Term 4, please see Amanda or the Office staff to arrange this.

AMANDA, CAZ, LACHLAN, STACY AND ASHLEIGH,
OSHc Staff

COMMUNITY NOTICES

www.msreadathon.org.au

A big thank you to the families and friends who have sponsored MS Readathon participants during the 30th year of the MS Readathon!

As students begin to close their books on this year’s program it is now time to return sponsorship funds and collect their hard-earned certificate and reading rewards. With an official money-due date of August 31st, the fastest way to return sponsorship is online with the help of mum or dad. Students can also return the Completion Form (which they received in the post recently) and any receipt books sent to them. If you have misplaced your form, a replacement can be downloaded from www.msreadathon.org.au or call 1300 677 323 to speak to the State Office.

 Warehouse Op Shop

$1 Day Sale*

*Dollar Day Sales will be held on the FIRST SATURDAY OF EACH MONTH

All linen, clothes and shoes $1 per piece (excluding 50c rack)

SATURDAY, 5th SEPTEMBER 2009
10:00 a.m. – 3:00 p.m.

48 Parkhurst Drive, KNOXFIELD
Melway Ref: 64 C11
Phone: 9887 4286

CASH SALES ONLY
Welcome to the Summer season of athletics!! Fast approaching is registration day for Little Aths and we’d like to invite you to join us for a Summer of fun, friendship and activity.

Our club is a family oriented Club with children our primary focus. Our philosophy is to encourage kids to be the best, whether they are State Champions or newcomers to athletics.

At Scoresby Striders we provide an environment where both athlete and parent can feel comfortable and become a part of all that is going on.

For our new members we set an up a ‘buddy” (no matter what age group) so that they can learn the ropes and quickly become comfortable with the way the program operates.

Our U/7s are often mentored by the older athletes, who help them learn different aspects of the events and also provide a ‘big brother/sister’ for the season.

We’d love to have you as part of our Club…. Come and see us on registration day!

**Registration Day** - September 12th, 2009

**9am-12noon**
KNOX LITTLE ATHLETIC CENTRE
Entry is from the corner of Ferntree Gully Rd & Scoresby Rd.(Melways 73, D7)

**Cost**
- $130.00 single athlete
- $220.00 two athletes

New members please bring proof of age (passport, birth certificate)...
Cash and cheque payment accepted.
There are Further discounts for 3 or 4 children from the same family

**Further info:**
- Anne-Marie Balej
  - Scoreby primary
  - 03 9778 6396
  - amkiwi@optusnet.com.au