

CHANNELS

Primary Campus



Follow us on Social Media

Important dates

21 Oct	Scholastic Bookclub orders due
23 Oct	Prep 2020 Transition Program 2:30-3:20pm
30 Oct	Pink Ribbon Breakfast
4 Nov	PUPIL FREE DAY
5 Nov	Melbourne Cup Day Public Holiday
13 Nov	Prep 2020 Transition Program 2:30-3:20pm
14 Nov	Prep Swimming Begins
20 Nov	Prep 2020 Transition Program 2:30-3:20pm
27 Nov	Prep 2020 Transition Program 2:30-3:20pm
4 Dec	Prep 2020 Transition Program 2:30-3:20pm
10 Dec	Statewide Transition Day
20 Dec	Last day Term4 PUPIL FREE DAY

Please view Compass Calendar for further details

"Kyabram P-12 College is a Child-Safe School"

College Principal's Report

Paul Tozer

"Excellence Through Opportunity"

Last week Leanne James, our school nurse and our College Wellbeing Team helped us to recognise Mental Health Day with a number of activities, including a BBQ for the students at lunch time. The mental health of today's young people is at an all-time low. Depression, anxiety and self-harm are sadly on the rise. Unfortunately, there are more risk factors than protective factors facing young people growing up. It is simply not enough to avoid the obvious dangers like abuse, neglect and overindulgence. We need to work together and arm ourselves with practical skills, knowledge and strategies when it comes to supporting our kids.

Research tells us that most well-adjusted kids are supported by both parents and teachers who find a way to combine warmth and sensitivity with clear behavioural expectations.

"There is no such thing as a perfect support for mental health. However, research shows that one of the most important protective factors in the lives of young people is a close relationship with a supportive adult." Dr Michael Carr-Gregg

At Kyabram P-12 College, we are working hard to ensure that rather than focusing on kids' weaknesses and deficits we emphasize and shine attention on building students' strengths and resilience. As parents, we play a vital role in supporting our kid's mental health and wellbeing. As a father, I value the following ideas from Marilyn Price-Mitchell.

Five Easy Ways to Help Kids Believe in Themselves

Young people have an internal compass that, when nurtured through positivity, enables them to believe in themselves and become successful in school and in life. Even small, everyday interactions between adults and children have the potential to make this happen. We help kids believe in themselves when we:

- **Help them focus on solutions** rather than rescuing them from problems. Solving problems for children makes them dependent, not self-confident. Listen, encourage, and support them as they consider their own solutions.
- **Praise children for their efforts** instead of their intelligence. Notice the small things they do, like showing courage, honesty, or caring for others, and then let them know how you appreciate those qualities about them.
- **Help them learn from mistakes.** Research shows that learning is enhanced when children make errors. Acknowledge that you do not expect your children to be perfect and let them know your love is unconditional, regardless of their mistakes. Help them see their mistakes as learning opportunities rather than defeats.
- **When children blame others, whine, or complain, turn it into an opportunity to find out what they care about!** Uncover hidden convictions that can foster your child's initiative and action in the world.

- **Encourage children to get back on their feet after setbacks** – because you believe in them. Be a helpful guide as your children identify their challenges, reflect on their choices, arrive at decisions, adjust their strategies, and plan next steps. When you do this, you will be fostering your child’s resiliency.

How stringently you apply these guidelines will obviously change depending on the age and maturity of your child and in determining this, you are the expert.

Primary Principal’s Report

Kate Whiford

Welcome Back

Welcome back to school for Term 4. I hope everyone has come back refreshed and ready for what is already shaping up to be a busy term. A special welcome and thank you to Mrs Mary Hipwell who has been working in the 5/6 area for the first 2 weeks. Also a warm welcome to the new students and their families who started with us this term.

Pink Ribbon Breakfast Wednesday 30th October

Our annual Pink Ribbon breakfast will be held on Wednesday the 30th of October on the front lawn near the library. The cost is \$5 per person or \$20 per family. Order forms will be sent home with primary students. You can also order on the QKR! App or you can just turn up and pay on the day.

Reading Workshop Hour

You may have noticed that all classes across the primary school now have their reading hour running at the same time at 9am everyday apart from Monday (due to Assembly). This is part of our ongoing work to provide a quality education for each child. Research tells us the best way to improve and impact results is to develop consistency of teacher practice across P-6 and develop Collective Efficacy (The belief in our ability as a community to positively effect students and achieve great things).



P-2 Athletics Sports

Congratulations to our Prep, One, Two staff and students on such a fantastic couple of hours last Friday at our athletics. It was pleasing to see so many smiling faces and everybody doing their best. A special thank you to Mrs Mangan for setting this day up and the family and friends who came along to support our kids.



Respect

Responsibility

Resilience

Doing Your Best

Community

Class Captains—Term 4

Each class has nominated two class captains for term 4. Captains have the responsibility of reporting to me at our meeting two or three times during the term. We discuss their classroom, the yard and any thoughts and ideas they have for improving our school.

Class	Captains	Class	Captains
Prep Brennan/ Zito	Remi Dunbar and Flynn Warde	3 Parkinson	Cooper Hedges and Oliver Walley
Prep Campbell	Georgia Wills and Harry Roberts	3/4 Barnes	Isaac Bordignon, Sienna Brennan, Alesha Batty
Prep 1 Porch/ Fitzgerald	Nylah O'Neill and Scarlett Matthes	4 Oxford/ Leahy	Ella Thomson and Rhyse Linguard
1 Hool	Ava Connally and Evie Clancy	4 Nilbett	Selina Fesheva and Vicky Glasson
2 Robbers	Nataliah Miller and Riley Jones	5/6 Ross	Slater Sinclair and Grace Burnett
2 Morden / Burnett	Zaem Ishola and Reet Avasthi	5/6 Pearson/Pay	Nathan Kuiper and Annisa Giddings
2 Forbes	Malakai James and Indi Schubert	5/6 Mangan	Toby Brassil and Lachie Rodriguez
2 Clapp/Acocks	Bentley Sperling and Babah Baria.	5/6 Bourke	Jack Perrella and Max Hoyling
3 Tindale	Joshua Costin and Noah Stokoe	5/6 Moore	Shantell Rouget and Jinnah Lee

INTERNATONAL TOWN CRIERS

Monday 14th of October brought colour, vibrant fun and exhilarating noise into our school! The International Town Criers converged on the Primary classes starting with a bell ringing to call the children in from play. The assembly allowed some introductions then most classes had a personal workshop with their own Crier.

We are so grateful to these generous, capable folk who shared their love of life, talents and their knowledge with our students. Campaspe's Town Crier, Judy Campbell, and our Staff have done a great job of ensuring the children are now aware of this historical tradition which told the news before Google!





Well done to the 19 students that competed at the Regional Athletics on Monday. All students represented our College proudly. Congratulations to Noah who broke the Long Jump record and has progressed to State for both that and High Jump. Also going to State is Jack K for Long Jump, Rachael for 100m, 200m (who also broke a record) along with Olivia, Sierra and Jenna in the relay which also broke a record. Thanks to Mr Wegmann for your continual support and training of our students, we couldn't do it without you!



Business Manager's Report

Jan Prior

IPAD DRAW—IT'S GETTING CLOSE

Kyabram P-12 College Council are encouraging parents to finalise payment of their 2019 Materials and Resources Cost.

Kyabram P-12 College works in close partnership with parents and the broader community to provide the best educational opportunities and outcomes for students both inside and outside the classroom. Through this partnership, parents make an important contribution to their children's education, in all its various forms to enrich the school's learning and teaching. The commitment from parents to contribute benefits students and results in improved achievement outcomes, wellbeing and engagement in learning. This is why parent contribution is highly valued by our College.

A mini-iPad prize (per family) will be drawn by the College Council President at the December Council meeting. To be eligible, 2019 materials and resource costs need to be paid in full by the end of November, or alternatively, an up to date payment plan is in place and has been followed. If you have any queries about this, please contact me at the College.

CHURINGA 2019

The Churinga school magazine showcases the College's events for the year. This is a great magazine which looks over the year's events and is a keepsake for students for the future, to remember their years at the College.

The 2019 Churinga magazine is currently being finalised and will be ready before the end of the school year. If you would like a copy,

please finalise your payment of \$15 at the College office by the end of November. This will mean that you receive a copy and don't miss out.

Generally speaking, the meaning of the word Churinga is an indigenous term and denotes a stone or wooden object which holds together legends and stories. A great way to hold the memories of our school years.

I have had a sneak preview of the 2019 edition and it is jam packed with photos and information from all year levels from Prep to Year 12 and so I am looking forward to seeing the final product.

Athletics

Well done to all the students that competed on Monday 16th in the Campaspe Athletics in Bendigo. Congratulations to the 15 that made it through to the Regional level which was held on the 14th October.



Melbourne Camp 2019

By Amaya

(Warning you may get extremely jealous!)

Today is Camp!!! Right now it is 7:56am and we are on the bus to Melbourne. I am sitting next to Charli. There is a grade 4 bus and a grade 3 bus.

I am listening to music right now and a movie is on the main TV on the bus.

First is the Melbourne Museum and IMAX. We have been on the bus for almost an hour. I am excited to start my 2019 camp adventure! I just got back from the Melbourne Museum and IMAX. It was amazing! IMAX we watched a documentary thing called Oceans 3D. I loved how it felt like the animals were coming at you. We wore 3D glasses.

At the Melbourne Museum we were split into three groups. We saw stuffed animals, insects and a load of facts. My favourite part was the mind section.

Right now it is 1:54pm and raining. Science Works here I come!

We just finished discovering Science Works. I loved it! My favourite part was the real life Video game. This is how it worked.

1. You stand on the blue mat.
2. You follow the instructions. (The instructions vary, but are mostly on the same topic) It was pretty hard.

We are now going to Bayside College to set up our beds. Then we are having tea at Grill'd. I forgot how Grill'd food tastes from last year's camp. I am also excited to sit down and relax.

We are now at Bayside College and are setting up beds. I am finished making my bed. So far camp is so, so GOOD, I can't even believe that today is camp!

It is the next day. I had a really good sleep. I slept next to Kiara. We are getting ready to go to the Werribee Zoo. I am super excited. Last night's dinner was delish. I had a burger and chips. Then we went to the Lion King. It's my new favourite movie!

We have just finished discovering the Werribee Zoo. We went on the Safari tour, we saw:

- Zebras,
- Bison's
- Big Horns,
- Ostriches
- Giraffes,
- Hippos,
- Antelopes,
- Camels,
- Rhinos
- and lots more.

I loved when all of the hippos came out of the water and when the Lions were up and moving. We also had a zoo session. We got to investigate the monkey bedrooms. We also learnt about the different types of animals. We learnt about:

1. Carnivores,
2. Omnivores and
3. Herbivores

Well that's it. That's the end of my 2019 Melbourne Camp Adventure.

Primary Canteen Roster

Ordering 9:15am Lunch Duty 12:45pm

OCTOBER

Wednesday 23 Christylee O'Brien

Thursday 24 Kim Hicks

Friday 25 Help Please

Wednesday 30 Shirley Melverton

Thursday 31 Help Please

NOVEMBER

Friday 1 Help Please

Values Awards

Congratulations to the weekly award winners



Monday 9th September



Monday 7th October



Monday 14th October



Bus travel reminder

ADHOC Bus travellers:- Any child who needs to travel on the school bus as a one off situation eg: going home with a friend who is a bus traveller must present the bus driver with a note from home giving the date and who they are travelling on the bus with. This note must first be handed into the College office either before school or during recess or lunchtime, (not after school,) to be signed and stamped as authorisation to use the bus. Students who present to the bus without this note **WILL NOT** be allowed to board the bus.

TRANSPORT OF LARGE BULKY ITEMS: Please note that the bus operators are not permitted to transport large items in the external storage compartment of the bus, e.g. bikes or scooters. Should your child need to transport such items please make alternate arrangements. Also remember to park well clear of where the bus is expected to stop.

Thank you for your support with this.

Scholastic Book Club issue #7

Orders are due in at the office by Monday October 21st.

No late orders please!

Thankyou, Cara & Cheryl



Blended or stepfamilies, come in all shapes and sizes. Today, the term “blended family” is more commonly used as opposed to “stepfamily”. Although their original meanings differ slightly, today both terms are used interchangeably. This is mostly due to some of the negative connotations associated with fairytale characters such as the evil stepmother or stepsister.

The blended family is the fastest growing family dynamic in the world with one in five families now being a ‘step’ or ‘blended’ family. However, when families “blend,” it rarely progresses smoothly. Some children resist change, and parents become frustrated when the new family doesn’t function in the same way as the previous one.

For many step-parent’s, the greatest challenge lies in determining what their role is within the family. The process can be both rewarding and challenging. Children affected by the union of a new couple may not be excited at the prospect of becoming part of a new family.

Although blending families requires adjustment and patience from everyone involved, in this edition of SchoolTV, parents will be given some guidelines of real expectations that can help their new family work through the growing pains. We hope you take time to reflect on the information offered in this month’s edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month’s edition <https://kyabramp-12.vic.schooltv.me/newsletter/blended-families>

Community Matters



PARENTS' CLUB FUNDRAISER

MOVIE NIGHT

'RIDE LIKE A GIRL'

TUESDAY 29TH OCTOBER

KYABRAM PLAZA THEATRE

DOORS OPEN @ 7PM FOR 7.30PM START

\$15 PP INCLUDES SUPPER

**TICKETS AVAILABLE ON THE CBA QKR APP; AT
THE DOOR OF THE KYABRAM PLAZA THEATRE;
OR AT FAB FLOWERS**

ENQUIRIES PLEASE PHONE 58512100

Community Matters

Dental Care for Children- Child Dental Benefits Schedule (CDBS) FREE DENTAL TREATMENT

The Child Dental Benefits Schedule provides assistance for basic dental treatment over a two-year period for eligible 2-17 year olds.

- 2-17 year olds are eligible if they receive Family Tax Benefit A, or other relevant Australian Government payments
- Treatment is bulk billed through Medicare
- Eligible children pay \$0 - no out of pocket expenses
- No wait list, your child will have next available appointment



What Dental treatments are available?

- Dental Checks-ups and cleaning teeth
- Fissure Sealants and fillings
- Dental X-rays
- Extractions
- Root Canals

Child Dental Benefits are not available for orthodontic or cosmetic dental work and will not be paid for any services provided in a hospital operating theatre.

Find your local Dental Clinic-

Carolynne Coutts-Smith
(Dental Therapist)
Allan St Dental Rooms
88 Allan St, Kyabram
Ph: 5852 2553

Allan St Dental Rooms
88 Allan St
Kyabram
PH 58522553

About Teeth
Drs R & R Ivill
80 Fenaughty St
Kyabram
PH 58522978

TENNIS COACHING

Learn how to play tennis the correct way.

Tennis coaching will commence in the first week back in Term 4 for anybody interested in starting or improving their game. You can choose from group or private lessons. Squad sessions available for competition players. All lessons will be held at Kyabram Lawn Tennis Club. Any questions or bookings please call David on 0427 004 457.

JUNIOR CRICKET
U12 / U14 & U16
"Boys & Girls"

play cricket A GAME FOR EVERYONE

Find your club at
www.playcricket.com.au

woolworths CRICKET BLAST

BOYS AND GIRLS
MASTER BLASTERS 8- 10yo
JUNIOR BLASTERS 5 - 8yo
Find your club at

AUSTRALIAN AIRFORCE CAREERS are

holding another information night for any males and females between 12 – 15 who might be interested in the AAFC, aviation or are just looking for an excellent extra curricula activity.

Recruit Information Night

Friday 31st October 2019

7pm-8pm

Somme Barracks Shepparton 110 Sobraon Street Shepparton.

Males & Females 12-15 Parents welcome to attend with their child.



GIRGARRE
Major fundraiser for the Girgarre Community Car & Stage 1 of Gargarro Botanical Gardens
Detailed designs of plantings, buildings and structures.

OPEN GARDENS
SUNDAY 27 OCTOBER 2019
5 SPECTACULAR GARDENS TO VIEW from 10 - 3.30pm

At 'BONSHAW' homestead (3366 Midland Hwy) we will have:
BBQ (tea & coffee) available from 10:30 - 4pm (small charge for kinder)
High Tea (2-4pm) Price included in admission fee
Art Display by Ross Franzi "Black Cockatoo Gallery"
Live Music 1-3pm Pete Gibson
Raffle with fabulous prizes, drawn at 4pm
Winners will be notified if not in attendance
Green Thumbs Nursery open 9.30-2.30pm
Purchase Garden Passes from 9:30 at Girgarre Community Cottage (27 Olympic Street.) Available at the Open Gardens from 10.00 am.

Entry \$15 accompanied children free **No dogs please**

Girgarre Community Cottage
P: 5854 6482

Proudly supported by Shire of Campaspe & Bendigo Bank Rushworth

Are Now Offering Dental Services in Kyabram

Please Phone for next available date

We are excited to have dental services for you and your family to access.

Dental services provided will include

- Examinations,
- Cleans,
- X-rays
- Fissure Sealants.

A visiting Dentist and Dental Nurse One day a month At Kyabram Health

Ongoing and Follow-up treatments will be offered at Rumbalara.

PLEASE CALL
Simone Guinan (AHLO)
0466 446 303
To arrange Appointments