From the Principal

Dear Parents,

SWIMMING SPORTS/CARNIVAL
Congratulations to all the Seabrook swimmers who represented the school in the recent swimming carnival. The Divisional Swimming Carnival was represented by students from Hobsons Bay, Wyndham and schools from Western Ranges. Full report from Mr Blair Ganley on page 10.

SCHOOL COUNCIL ELECTION
Thank you to the parent members who accepted to be nominated to join the Seabrook School Council. Congratulations to the following parent members who join school council for a two year term following the outcome of the ballot:

Ann-Marie Lloyd
Melissa Boothroyd
Triston Boothroyd
Nicole Chappell
Toula Papadimitropoulos
Kym Ham

The office bearers and sub-committee coordinators will be announced once the new committee met.

WORKING BEES FRIDAY AND SATURDAY
Our two scheduled working bees will go ahead, weather permitting. We hope many parents and children will get in and help us tidy up the grounds. The trees have shed their leaves early and the winds have not assisted.

Our first working bee will be held straight after school on Friday afternoon. Parents might like to bring a change of clothes for the children and any equipment to help with cleaning classroom chairs and weeding. We are ordering fresh bark to place under the play equipment on Saturday but weeds need to be removed first. Other tasks include edge trimming along the fences and tennis court, rock and stone collection, sweeping and collecting leaves.

Our plan for Saturday is to rake the mulch under the play equipment and top up the front garden beds. We also hope to clean up the under the silver birches and tidy weeds and debris from the visitor’s car park and gutters. If we have enough helpers and high pressure cleaners we will continue to give the classroom chairs a good scrub. We hope to achieve a great deal over these two days and parents are welcome to reclaim their working bee levies paid with the book fees for this year.

INTERNATIONAL CHILDREN’S BOOK DAY
Wednesday April 2nd is International Children’s Book Day. Georgia Wedding from grade 5AC has suggested we make this a fun day and come to school dressed in our favourite book characters. Classes will share stories and parts of their favourite books to celebrate the day. Georgia’s idea is for children to bring a gold coin to be donated to the library to purchase more books for the school. Children might like to start thinking about what character they would like to represent now in preparation for the day. Year levels will hold their own parades or sharing time on the day. Thank you Georgia for your ideas about promoting reading in a fun and practical way.

continued report on the next page
HARMONY DAY FRIDAY 21ST MARCH
The year 2 department is promoting Harmony Day this coming Friday. Orange is the colour that symbolises this day. The children and teachers are encouraging everyone to add something orange to their day to promote the message of respect and understanding of cultural diversity.

PYP COMMUNITY EVENING
Please don’t forget to add to your diaries Wednesday March 26th. Please note that the prep events start promptly at 5:00 p.m. and issues of parking will need to be factored in to your timing on the night. To assist we will have some barbecued food available on the night.

Have a great week.

Sue & Staff

Working Bees

Please indicate via our skoolbag App if you are attending.
Please add the date and the numbers attending.
Thank-you and see you there.

All families are invited to attend one of Seabrook’s working bees on either

Friday 21st March 3:30pm - 6:00pm OR
Saturday 22nd March 9:00am - 12:00pm

We are planning to give Seabrook grounds a general tidy up.

Tasks will include:
weeding
sweeping
preparing garden beds
moving bark
pruning

Please bring your gloves and other safety equipment, shovels, brooms, rakes and wheelbarrows. If you have a line trimmer please feel free to bring that also.

Families may claim their $20.00 grounds levy.
We hope you can spare a couple of hours to help the Seabrook School community.
Primary Years Programme at Seabrook

PYP Community Night

Wednesday 26th March 2014
5:00pm-8:00pm

Come and learn more about the
Primary Years Programme at Seabrook

See your children share their learning with presentations, songs and work

Prep 5:00pm – Learner Profile
Year 1 5:30pm – Attitudes
Year 2 6:00pm – Artefacts and International Mindedness
Year 3 6:30pm – Transdisciplinary Themes
Year 4 7:00pm – Concepts
Year 5 7:30pm – Transdisciplinary Skills
Year 6 7:30pm – Leadership in Action

BBQ IN THE COURTYARD, games ON THE OVAL
Art rooms open 5:30pm-6:30pm
Italian venetian mask parade in the courtyard at 6:00pm

Mathletics

Once again, Seabrook Primary School is providing free membership to Mathletics for all of our students for use both in the classroom and at home. This powerful internet based, award winning mathematics program is an exceptional tool in promoting increased confidence, understanding and enjoyment of mathematics in our students.

Mathletics is an important resource in our classroom numeracy programs. Teachers receive a great deal of useful data from Mathletics regarding individual student’s participation and progress through the different topics completed both at school and home. Teachers can individualise Mathletics to suite each student’s ability, interests and learning requirements.

Parents can ensure that your children gets the most out of Mathletics by:

- Taking an active role in your child’s mathematics progress.
- Encourage your child to use Mathletics at least 3-5 times each week.
- Encourage a balance between the Full Curriculum section and Mathletics Live.
- Take time to work together with your child. The Support Centre in each activity will help show how to solve a particular problem.
- Encourage your child to complete activities that challenge, rather than those he/she finds easy.
- If the level your child is working at is too easy, speak to the class teacher about setting a different default level for your child.
- Celebrate your child’s success, print the certificates out and display them at home.

Mathletics is developing new activities and areas all the time. For more information on Mathletics as part of the Numeracy program at Seabrook PS, please speak to your child’s teacher.
I look after my school environment by telling people not to pick flowers.
Aadvi

I look after my school environment by picking up rubbish.
Shem

I look after my school environment by watering the plants.
Layla

We have been learning about our environment this term, and thinking about how we can make choices that have a good impact on the world around us.

We read stories like The Lorax, Beginnings, and Uno’s Garden and we are now planning to care for and add more plants to the indigenous butterfly garden that was started last year near the grade one building. By doing this we hope to live more in balance with our natural environment.

We have also planted daffodil bulbs in the garden outside our room, and parsley, mint and garlic in pots to be used to make some yummy food later in the year.
Professional Cartoonist Richard Galbraith visits Year 3!

To support students learning in the Unit of Inquiry ‘How we Express Ourselves’ with the Central Idea “Literacy has an Impact on our Lives”, Year 3GG participated in an engaging and interactive workshop with Professional Cartoonist Richard Galbraith. This experience deepened student’s learning on Multimodal texts and encompassed all five modes of literacy; audio, visual, language, gesture and spatial organisation. The students demonstrated a variety of aspects from the PYP Learner Profile and Attitudes such as Open-Mindedness and Creativity. His workshop integrated a variety of other curriculum areas such as 2D shapes, animation and language features.

I learnt that there are no mistakes in cartoons and you can be as creative as you like.
(Emma)

A cartoon can be whatever you want it to be. It is cool to make cartoons come to life!
(Madison)

I learnt that cartoons start with a main regular or irregular shape.
(Oliver)

I learnt that when you try to draw a cartoon you have to make it look real and alive.
(Molly)
All grade 3 classes were very lucky to have the opportunity to take part in a special cartoon workshop by the very talented Richard Galbraith. 3NM have been inquiring into the 5 modes of literacy that impacts on our lives and enhances our knowledge. We have been inquiring into how literacy is linked to gestural, visual, audio, language and spatial mode. The workshop allowed students to make strong connections from their learning in the classroom to real life situations.

Through a variety of steps, Richard gave 3NM students tips and instructions to give our drawings life.

We had a great incursion and will continue to make strong links between the 5 modes of literacy that we use regularly.
Dear Parent/Guardian,

Please be advised that if your child is required to take prescribed medication whilst at school, a MEDICAL AUTHORITY FORM can be found on our Skoolbag App and the school website. This form must be filled out and signed off by your doctor before we can administer the prescribed drug.

Please Note: wherever possible, medication should be given outside the school hours, e.g. if medication is required three times a day it is generally not required to be taken at school: it can be taken before and after school and before bed.

If medication is to be administered at school the medication must be in the original packaging.

Should you have any questions/queries please do not hesitate to contact me at the front office.

Thank you for your support,

Susan Joyce

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Prescribed Medication Authority Forms

For your information

Keep up to date with all that is happening at Seabrook Primary by downloading the skoolbag App

It will provide newsletters and other information. Type ‘Seabrook Primary School’ into iTunes (iphone section) or Google Play. You can apply filters to direct relevant information.

Use the app to notify the school of your child's absentee

* Tap on the parent eForms tab
* Then Absentee Note
* Remember to press submit to finalise

Parents and friends

During the year we send out requests for helpers to assist with fundraising, setting up for the mother and fathers day stalls and much more.

If you would like to assist or just meet for a coffee register your interest by emailing seabrookhelpers@live.com.au

Canteen Specials until the end of the term

Tuesday : Sweet 'n' Sour Chicken with steamed rice $5
Wednesday : Fish 'n' Roast Potato chip $5
Thursday : Chicken Parmigiana with pasta $5
Friday : Fried Rice 500ml $5

Recorder lessons for grade 2 students will commence in term 2.

You can purchase a recorder from The Reject Shop for $3

Parentingideas Club is a new online parenting centre founded by Michael Grose. You can now get expert advice at every stage of your child’s development. Become a member at Parentingideasclub.com.au today and get ready for more confident parenting and happier, more successful kids.”

Visit www.parentingideas.com.au

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The students in Grade 6MB are inquiring into Leadership. They researched the topic and created some mind maps titled…

What makes someone stand out so that they are recognised as a leader?

Presentation by Estelle

Presentation by Denzel
For your information

School Banking

Well done to the 142 students who banked last week.

School banking is not only teaching your child an important life lesson of how to save money, it also raises much needed money for Seabrook Primary. For every Youthsaver account that is registered the school receives $5.00. The school also receives 5% commission on all deposits made.

It is never too late to join school banking.
* If you are a Commbank customer apply online through Netbank.
* Visit a Commbank branch.
* Call 13 1221

Do you have a school banking question or query?
Please email:
seabrookschoolbanking@gmail.com

Seabrook School Banking Volunteers
Well done to our 24 students who competed at the Divisional Swimming Carnival last Thursday at Werribee Outdoor Pool. Laverton District were competing against Hobson’s Bay, Wyndham and Western Ranges Divisions, so there were lots of swimmers and the competition was very strong. We were lucky enough to get three students progress through to the Western Region Finals at Geelong on Tuesday 25th March. Jonathan Curry-Hughes in Freestyle and Backstroke, Coco Liao in Backstroke and Steven Wang in Breaststroke. Well done to them and all students who performed really well. We had a couple who just missed out on making the next level and many improved from the District competition. Good luck to our three swimmers on Tuesday.
Reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes. Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45 minute wind-down time before bed. This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. A bedtime routine. Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep. Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. Maximise the three sleep cues. These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
### SEABROOK TIMELINE

**March / April 2014**

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<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>9am Assembly Grades 5 &amp; 6</td>
<td>2.30pm Assembly Grade 1</td>
<td>2.30pm Assembly Grade 1</td>
<td>Referring to times below re-scheduled excursion</td>
<td></td>
</tr>
<tr>
<td>Preps start fulltime this week</td>
<td>Grade 2 Harmony Day celebrations</td>
<td>Grade 2 Harmony Day celebrations</td>
<td>Brain Excursion Grade 5's 9.30am &amp; 12.30</td>
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<td>Grade 3 Excursion 9.15am</td>
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<tbody>
<tr>
<td>9am Assembly Grades 2, 3 &amp; 4</td>
<td>Marvellous Me incursion 10 - 11am Grade 2’s</td>
<td>PYP Community Night 5 - 8pm</td>
<td>Refer to times below re-scheduled excursion</td>
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<tbody>
<tr>
<td>9am Assembly Grades 5 &amp; 6</td>
<td>9am Assembly Grades 2, 3 &amp; 4</td>
<td>Dress up day today celebrating International Book Day</td>
<td></td>
<td>End of Term 1 Students finish at 2.30pm</td>
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**Wishing you all a safe and happy holiday time**

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**SEABROOK SECOND HAND UNIFORM SHOP**

Open every THURSDAY of the school term

**2:30pm – 3:30pm**

in the Seabrook Meeting Room (next to the Senior Library)

Drop in to buy or sell second hand uniform items this Thursday!

For more information contact Kerrin on 0414 199 877

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**LAVERTON SKATE CENTRE**

2 Oakdene Grove, Laverton, Vic 3028 • Tel 9369 4634

**ROLLER SKATING IS FUN AND HEALTHY! OPEN 7 DAYS A WEEK DURING SCHOOL HOLIDAYS!**

Friday Evening: 6:30pm–9:00pm
Saturday & Sunday: 10:30am-3:30pm
School Holidays Mon-Sun: 10:30am-3:30pm


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**PADDLES SWIM SCHOOL HOLIDAY PROGRAM**

**IMPROVE YOUR SWIMMING SKILLS**
JOIN OUR HOLIDAY PROGRAM 7 - 11 APRIL 2014

5 DAY HALF HOUR DAILY LESSONS
COST: $70
CERTIFICATE GIVEN ON COMPLETION CALL US FOR MORE DETAILS

Ph: 9315 6680