From the Principal

Dear Parents

SEABROOK IS MOVING TOWARDS ON-LINE COMMUNICATION
We are currently preparing ourselves to use on-line communications in order to reduce environmental waste of paper and ink in the printing of our newsletters and other major documents. Each week we are printing 675 multi-page newsletters which can already be obtained from our website. In the interim we will be capturing the number of families who do not or cannot access the internet and provide for them with a paper copy if they wish, but it is our long term intention to encourage families to keep connected to everything about our school using our website. We will continue to print the newsletter for now and keep everyone informed when the change over will occur. We are confident the community will understand and support this move.

WALK-A-THON RAISED
Many thanks to everyone for your combined effort in raising money as a result of our recent walk-a-thon. Although it was a cool day it was excellent walking weather. Thanks also to all our parents and friends who accompanied the grades for the day. We are still collecting donations but to date we have raised approximately $7,500 which will be saved towards the next garden project.

A REMINDER - SCHOOL PHOTOS
School photos will be taken on Monday 29th April. Please send your children in the winter uniform with black shoes and Seabrook coloured hair accessories.

WEEKEND AND HOLIDAY INTRUDERS
Over the Easter holidays we unfortunately had several groups of intruders enter our school grounds after hours and leave a trail of damage. They left graffiti, rubbish, climbed on the shade sails leaving damage and upset the covers on our fishpond. I would like to urge parents and our local residents to ring 000 if you notice anyone or there is a suspicion of intruders in our grounds after hours. Fortunately we have just received a call from the police to inform us that by using police photographs an arrest has been made for one offence. Please help us to continue to beat this un-social and costly behavior.

CHRISTINE RABENKO RETIRES
Sadly, this week is Christine Rabenko’s last week at Seabrook. Christine has been our communications co-ordinator for the past eight years and next week excitedly commences her retirement. We would like to acknowledge and sincerely thank Christine for her years of service and dedication to ensuring our newsletter was published to send to homes each Thursday. Christine was also responsible for almost all the notes, documents and forms sent home. We will miss Christine and wish her and her husband many happy days of travelling and other activities. Please give us some leeway as we transition her replacement.

DONATED SPORTS EQUIPMENT
Last week we received more than twenty big boxes of sports equipment from the Coles token promotion last year. Our sports department put in orders and have now taken delivery of good quality sports equipment that every child across the school will benefit from through the PE program. If this campaign operates again this year we will join it, particularly as Coles is the dominate supermarket in this area.

Sue & Staff

PARENTS
Please do not double park when dropping off your children in the visitors car park. You are blocking in others.
In Prep we have been working very hard on learning to read. We love joining in with the reading of big books as well as our weekly chants and rhymes. We always make sure that we treat our books with respect by holding them properly and turning each page with care. Before we start reading we look at the front and back covers to see if they give us any clues about the text. Sometimes it helps to talk about what is happening in the pictures too. It is very important to know where the beginning of the book is and where to start reading from. When we read, we like to use our finger to point to the words as we go from left to right across the page. A good reader also thinks about what might happen next! Most recently we have been learning to identify the difference between a letter and a word. Sometimes, we use our finger to circle a word on a page.

Reading is lots of fun!

Walk-a-thon from OAV

On the morning of Friday April 19 we set off on our fundraiser walk with the rest of the Junior School. We walked down to Skeleton Creek, over the bridge and continued on the path to Comben Reserve. We were given cordial on arrival and then had some time for some fun activities amongst our class.

“It was a nice walk and a good chance to stretch my legs” – Jack

“I really liked playing duck, duck, goose” – Shem

“I liked crossing the bridge over the water” - Maya

Despite being such a cold day, we still had lots of fun helping to raise money for a good cause. We look forward to doing it again next year!

A big thankyou to all parents who helped out on the day.

Order your 2013 | 2014 Entertainment™ Book
AVAILABLE NOW

Entertainment books are now out!!!!

Would you like to WIN AN OVERNIGHTS ACCOMMODATION in a studio room with complimentary parking at PEGASUS MELBOURNE with a $100 VOUCHER to Red Spice Road AND 2 MCG AFL RESERVE TICKETS!!!

All you have to do to win the great prize is be the family who sells the most entertainment books. So start collecting orders from family, friends and work colleagues to win this fantastic prize, or direct them to our online ordering page http://www.entertainmentbook.com.au/orderbooks/1893y72.

Please remind them to put YOUR child’s name and class when buying online so it that it registers to YOUR family total.

Seabrook PS benefits by receiving a commission for each book sold.

SCHOOL PHOTO DAY

SCHOOLPIX will be visiting us on Monday 29th April

PHOTO DAY TIPS:

Dress: Clean and tidy as per school uniform guidelines

Hair: Neat and swept off face

Orders: Complete your order form and return to school prior to photography day (or as directed by school staff)

Pre-orders: To preorder online, take your personal Order and ID Numbers found on your order form and go to www.schoolpix.com.au
The Walk-a-thon!

“On Friday the 19th we walked all the way to the park. When we got there we got to have a drink and we got to play on the playground. We got to play duck, duck goose and we got to go underneath the parachute.”

Elissa 1LG

“On Friday the 19th of April, we went on the Walk-a-thon. We walked to the park and we played with balls and our friends. We all had to hold on to the parachute and some people went underneath. We put toy turtles on top and had to shake the parachute up and down so the turtles went up into the air.”

Ben 1LG

“On the Walk-a-thon we played games like throwing the turtle onto the big parachute and we could go underneath it. We played with the balls and there was a playground that we could play on. It was funny when some teachers were riding their bike on the way there.”

Alexandra 1LG

SCHOOL BANKING - EVERY WEDNESDAY

Well done to the 140 students who banked last week.

One lucky banker will get the opportunity to go on a $5,000.00 adventure holiday with their family whilst also winning $5,000.00 for their school.

There are also some fantastic adventure kit runners up prizes as well.

All you need to do is to make 3 deposits in term 2. That’s it! Then you will be automatically entered into the draw.

Don’t have a Dollarmite account? It’s not too late to join in the fun. Just ask mum or dad to go to their local Commonwealth Bank branch with their drivers licence and your birth certificate. An account can be opened on the spot and you can start school banking straight away.

Thank you for supporting our School fundraising efforts and teaching your child how to save. Saving regularly is an important habit to get into, whether you are saving a little or a lot. Keep up the great work and remember to bring in your deposit book each Wednesday.

Seabrook School Banking Volunteers

Invitation To Parents who have children in Years Four, Five and Six

INTERNET SAFETY PRESENTATION HELPS CHILDREN STAY SAFE ONLINE

Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks.

To help your children stay safe online, Seabrook Primary School is hosting a Cybersmart Outreach—Internet Safety Awareness presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

Seabrook Primary School is committed to helping students develop appropriate behaviours when using digital technologies, both at school and home.

WHEN: Monday 29th April at 7pm
WHERE: BER Building North End

LOST
LEADERSHIP JUMPER - LABELLED - MALCOLM
If you find Malcolm’s jumper, he would appreciate it's return as it is irreplaceable.

LOST MAROON JUMPER - CLEARLY LABELLED - SAMUEL IAKOVIDIS
If you find Samuel’s jumper, please return it to 2EM or the school office.

LOST

Walk-a-thon News from 1LG
Regular attendance at school assists learning, social adjustment, development and progress. A parent’s attitude to education greatly influences the child. Positive attitudes can build a desire to learn and will assist your child in making the most of school life. In all cases where children are absent a written explanation is required. Work for your child can be obtained from his/her teacher. Please avoid long absences or extended holidays as this disrupts your child’s settling into school and academic progress.

Already we have had some children go on extended holidays. Some of these children are having difficulty settling back into school. Some of these children are returning to school very quiet, withdrawn and not participating. Some are upset as they are not sure about the work or what to do. Others are upset as their friends have developed new friendships, games and activities.

While you are on your family holiday we keep on working at school. If it is unavoidable that your child is absent please ask the teacher for some work to do, either on the holiday or to catch up when you return. This may help your child to regain confidence in the classroom.

Below are our school dates. This may help you to plan a holiday during school holiday time.

**SCHOOL HOURS AND TERM DATES - 2013 Term Dates**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 January to 28 March</td>
<td>15 April to 28 June</td>
<td>15 July to 20 September</td>
<td>7 October to 20 December</td>
</tr>
</tbody>
</table>

**Ann O’Connor - Assistant Principal**

**SPORTS NEWS**

**DISTRICT CROSS COUNTRY SPORTS:**

Well done to our 30 students who competed at the Laverton District Cross Country Sports on Tuesday at Queen of Peace Primary and the 100 Steps area at the back of the school. It was a nice sunny morning to compete and we had many great results across all age groups. The top ten placed runners in each race made it to the divisional level in May at Brimbank Park.

Cale Du Plessis (12yrs) and Luna Simon (11yrs) both came 2nd in their races, which was a great effort and they both received a silver medal. Shayla Curry Hughes (11yrs) and Lyndon Bulman both came 3rd and received bronze medals in their races. Monique Goldsworthy and Andreas Weickhardt (both 10yrs) came 4th in their races and Abby Chappell (10yrs) and Alex Ballad (12yrs) both came 5th. Hylton Lonsdale (12yrs) came 6th and Kobi Harper (12yrs) came 7th place in the same 12yr race, Johnathan Curry Hughes (10yrs) came 8th and Mia Fynney (10yrs) came 9th place. Well done to these 12 students who have made it to the divisional competition in May. Details to follow shortly.

Our other competitors also did very well with many coming in the top 20 and there were up to 50 children in most races. In the 10yr Boys, apart from our three in the top 10, Zak Alobaidi came 30th, Jordan Walsh 42nd and Jacob Serra 44th. In the 10yr Girls, apart from our three in the top 10, Jade Pedler finished 13th (just missing the emergency spot), Josie Erbsland was 15th and Carly Crews 18th.

In the 11yr Boys, Sajjad Alobaidi came 21st, Rua Taunoa 24th, Tolly Tsangas 43rd, Jesse Paterson 47th and Anthony Morris Ferraro 50th. In the 11yr Girls, apart from our two in the top 10, Sanjana Jaiswal came 17th, Tarneshia Nixon 39th and Andrea Setjadiningrat 40th.

In the 12yr Boys, apart from our three in the top 10, Cooper Buttigieg came 15th, Dillon Bulman 28th and Ryley McKenzie 29th. In the 12yr Girls Danielle Wilson came 13th, also just missing out on the emergency spot.

Well done to all competitors and good luck to all those who’ve made it to the next level.

**DISTRICT SPORT TRIALS:**

Over the last couple of weeks we have had some grade 5 and 6 students trying out for individual sports in our District, that eventually lead to State Primary School Teams. In the past we have had students make the state Football, Rugby, Softball and Athletics teams. We had students try out in Football, Soccer, Netball and Basketball recently, with three students successfully making the next stage. Stephanie Fumic and Tarneshia Nixon progressed in girls soccer and Paul Tsapatolis in boys basketball. They will trial again soon. Cale Du Plessis and Tyson Amos are emergencies for the next football trial and Ryley McKenzie is emergency for basketball. Other students to try out were Football: Hylton Lonsdale, Samson Farley. Soccer: Earmiasse Melesse, Devon Sanchez Mulwa, Alek Savic and Sajjad Alobaidi. Basketball: Cale Du Plessis and Tyrone James Millar.

Well done and good luck at your next at the next trial.
Dear Parent,

The Australian Mathematics Competition sponsored by the Commonwealth (AMC) has been held annually since 1978. Your child is invited to enter this internationally recognised competition through their school.

One of the largest annual events on the Australian education calendar, the AMC was the first competition of its kind in Australia and is now one of the largest of its type in the world. More than 40 countries participate each year.

We are delighted to announce Commonwealth Bank as the principal sponsor of the Australian Mathematics Competition. With a proud tradition of helping generations of young Australians learn the importance of saving and smart money management, Commonwealth Bank is the ideal partner to help us ensure the competition’s ongoing success and future growth.

The competition aims to be accessible to all students from Years 3 to 12, not just the mathematically gifted. There is an emphasis on problem solving, a valuable life skill, and the questions are designed to be fun for the student. The AMC consists of five separate papers, each with 30 questions in the Middle Primary (Years 3 and 4), Upper Primary (Years 5 and 6), Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12) divisions. Time allowed is 60 minutes for the primary papers and 75 minutes for the secondary papers.

Over 1,000 students share the prizes and around 50% of participants qualify to receive a Certificate of High Distinction, Distinction or Credit. All other entrants in the competition receive a Certificate of Participation or a Proficiency Certificate. All students are also provided with a detailed report showing how they performed on each problem with wider statistical rankings.

Although it is aimed at the average student, the AMC also identifies gifted students. A prestigious Australian Mathematics Competition medal is awarded to students with an outstanding result, both within a region and overall in the competition. All prize winners in 2013 will be given free entry to the 2014 Australian Intermediate Mathematical Olympiad (AIMO), which is the first screening competition for the prestigious Australian Mathematical Olympiad Invitational Program. It is worth noting that Australia’s leading mathematicians aged under 40 were discovered and developed at least partly as a result of taking part in the AMC.

The AMC is administered by the not-for-profit Australian Mathematics Trust (AMT), which is under the Trusteeship of the University of Canberra. The problems created for AMC papers are set to the highest possible standards by volunteer teams of the most experienced mathematicians, teachers and academics in the country. The Australian Mathematics Trust has an unparalleled, unblemished record for the integrity and reliability of its papers.

To assist both students and parents, there are selected practice problems available for download from the AMT website. AMT publications and past papers may also be purchased. The website www.amt.edu.au provides details of other valuable mathematics and informatics (computer science) enrichment programs offered by the AMT. You can contact the AMT office by emailing amt@amt.edu.au or phoning (02) 6201 5137 within Australia or +61 2 6201 5137 from outside Australia. You can also find us on Facebook or follow us on Twitter to keep up-to-date with events.

We commend the AMC to you as an opportunity to encourage your child in the study of mathematics. Furthermore, we hope that your child will be able to have the valuable experience of taking part in this year’s competition and we wish them all the best for the future.

Yours sincerely,

Mike Clapper
Executive Director, Australian Mathematics Trust
Adjunct Professor, University of Canberra

PS. I enclose the registration cost of $5.50.

STUDENT’S NAME: ________________________________ YEAR LEVEL: _______ CLASS: _______
PARENT/GUARDIAN’S NAME: _____________________________ MOBILE: __________________
PARENT/GUARDIAN’S SIGNATURE: _______________________
STUDENT’S SIGNATURE: ________________________

*Please return the completed form and payment to your child’s teacher no later than Friday 3rd May.*
School Camps & Excursions

Camps and excursions are a calendar highlight for students and are a great way to encourage them to try new activities. However, camps and excursions can present a new set of challenges for students with asthma and the following is a list of considerations to be made for camps/excursions and the students that may be attending:

- How many children with asthma are attending the camp/excursion?
- Do you have a copy of students’ Asthma Action Plans to take on the camp/excursion?
- What asthma or allergy triggers will the students be exposed to?
- Are there a suitable number of asthma first aid trained staff attending?
- Are there a suitable number of Asthma Emergency Kits available to respond to an asthma emergency?
- Are all staff aware of the asthma emergency procedure?

Considerations to be made for individual students:

- Have they been unwell recently?
- Have they had an asthma attack or asthma symptoms recently?
- Has their parent/carer completed the School Camp and Excursion Medical Update Form?
- Will they have their reliever medication and spacer on hand at all times?
- Are they attending with other medications to be taken and are there sufficient instructions for use/dosage?

New TRIGGERS booklet

This booklet was launched at the conference and informs people with asthma and their caregivers about how to recognise their asthma triggers and what can be done to avoid them.

Asthma triggers could be something that people with asthma:

- Breathe in (smoke, cool air)
- Catch (cold, flu)
- Feel (emotions, stress)
- Do (exercise)
- Eat or drink, take (medications)

The booklet is available online at the Asthma Australia website via Latest News. This may help you understand about your student’s asthma triggers, or to inform parents and careers.

Exercise: a trigger not to avoid

Students with asthma should participate in sports and other physical activity as a component of a healthy lifestyle.

When a student’s asthma interferes with physical activity, they may need to review their use of preventer medication or seek their doctor’s advice about asthma medication they use prior to exercise.

The images here show Petrina Price, an Olympic high jump athlete, and Maddie, Issy and Eddie, active young people who manage their asthma and participate in a variety of sports, at the Australian Institute of Sport during filming for Asthma Australia. View the promo at:

http://asthmaaustralia.org.au/assist/yourasthma/asthma-sport/
Aspect Victoria is pleased to offer our highly successful, contemporary, evidence-based three (3) day Autism specific Positive Behaviour Support Workshop in the Western Region of Melbourne.

More than 1200 families have participated in Aspect’s Recipe for Success workshops. Post workshop evaluations showed an effectiveness of the workshops, with participants reporting decreases in challenging behaviours and increases in confidence and capacity to support their children and young adults.

When: 27th, 28th and 29th May, 2013  
Where: Sadie McCarthy Learning Centre  
         Altona P-9 College  
         227 Civic Parade, Altona, Vic, 3018  
Time: 9:30am-2:30pm (9:15am for Registration)  
Cost: FREE (morning tea and lunch will be provided)  
Registration: Register online at www.autismspectrum.org.au

Eligibility to participate in this Workshop:
- Parents or carers of children aged between 5 – 18 years with an Autism Spectrum Disorder (ASD)
- The children are attending a Department of Education and Early Childhood Development (DEECD) school in the Western Region of Melbourne
- Participating families are encouraged to invite professionals or service providers working with them to attend the workshop

Families participating in this workshop will:
- Develop an understanding of autism and how an ASD impacts upon learning and behaviour
- Learn how to be proactive by creating an autism friendly environment at home
- Learn how to write an autism specific behaviour support plan for one of their child’s behaviours
- Learn how to write a plan to respond confidently when challenging behaviour occurs
- Learn how to teach new skills to promote their child’s independence and quality of life

Enquiries:
Contact Amber Day – Workshop Administrator or Heather Kirkhope - Service Coordinator  
Phone: 03 9377 6600 or email aday@autismspectrum.org.au

What participants say about Aspect Positive Behaviour Support Workshops:

“Brilliant information and concrete strategies to use, thank you. I have learnt very important self-reflection, being able to step back and really look at and examine behaviour, so valuable. I really value the focus on being positive and improving my child’s, my own and my family’s quality of life. Great workshop – I will highly recommend it to others.”

“Fantastic presentation. Very interactive, affirming & capacity building. Ideas not just discussed but taught how to follow through on.”

“Best information session on Autism I have been to. So much clarity about getting to the core behaviour, unpeeling the onion.”

Autism Spectrum Australia (Aspect) is Australia’s largest not for profit autism specific service provider. Established in 1966, Aspect provides a wide range of services and support. In 2018 Aspect commenced operation in Victoria.
## SEABROOK TIMELINE

### APRIL 2013

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>22 Grade 4 Swimming</td>
<td>23 Grade 4 Swimming</td>
<td>24 School Tour Grade 4 Swimming</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>TWENTY-FIVE ANZAC DAY HOLIDAY</td>
<td>25 ANZAC DAY HOLIDAY</td>
</tr>
<tr>
<td>29 SCHOOL PHOTOS Grade 4 Swimming</td>
<td>30 MAY 1 School Tour Grade 4 Swimming</td>
<td>2 2.30pm Grade 1 Assembly Grade 4 Swimming</td>
<td>3 2.30pm Prep Assembly</td>
<td></td>
</tr>
<tr>
<td>6 2.30pm Grade 1 Assembly</td>
<td>7 2.30pm 1LG Performance Grade 4 Swimming</td>
<td>8 Mothers Day Stall 2.30pm Grade 1 Assembly 2.30pm 1MC Performance</td>
<td>9 2.30pm Prep Assembly</td>
<td></td>
</tr>
<tr>
<td>13 2.30pm Prep Assembly</td>
<td>14 2.30pm Grade 1 Assembly</td>
<td>15 2.30pm 1MC Performance</td>
<td>16 2.30pm Grade 1 Assembly</td>
<td></td>
</tr>
<tr>
<td>20 Grade 6 Canberra Tour</td>
<td>21 2.30pm Prep Assembly</td>
<td>22 2.30pm Grade 1 Assembly</td>
<td>23 2.30pm 1SP Performance</td>
<td></td>
</tr>
<tr>
<td>27 2.30pm Prep Assembly</td>
<td>28 2.30pm Grade 1 Assembly</td>
<td>29 2.30pm 1SP Performance</td>
<td>30 2.30pm Prep Assembly</td>
<td></td>
</tr>
<tr>
<td>31 2.30pm Prep Assembly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### Dance Initiative Productions

**Discovery - The excellence in you**

City West Taekwondo offers students the opportunity to learn a martial art for life. With programs for ages 5 to adults, City West Taekwondo is a community club that not only provides mental and physical stimulation, but also encourages and promotes confidence through member participation in demonstrations and competitions from club level, through to International and Olympic level.

**Bookings for term 2 are now being taken.**

Phone: 9748 8833 or 0431 761 958

---

### OSH CLUB

Just a reminder on how to book into the program.

You need to got to www.oshclub.com.au

All bookings and cancellations are to be made via the website. Unless they are for the day of care, you can ring and leave a message on 0411-302-879 and we will return the call during program hours.

- **BSC:** 7:00am to 9:00am
- **ASC:** 3:10pm to 6:00pm

AASC will be starting again soon for term 2 between 3.45pm and 5pm. We will have:

* AFL on Tuesdays,
* Netball on Thursdays
* Soccer on Fridays.

---

### F.L’S PROPERTY MAINTENANCE

- Repair leaking shower recess without removing original tiles
- Glass protection for glass shower screens
- Non-slip for tiled floor areas
- Leaking balconies
- Roof leaks, pointing of moving roof tiles
- Painting (internal & external)
- Pressure cleaning (paths & driveways)
- All general building maintenance

**Qualified tradesman – 25 years experience**

Licence number: 19797c

**MOBILE NUMBER:** 0427 644 251

---

### Dance Initiative Productions

**Dancing for all ages at the Seabrook Community Centre**

**Friday evenings:**

- Teenagers Hip Hop,
- Adult Jazz/Lyrical & Ladies Burlesque Dance

**Saturday mornings:**

- Fairy Dance for Children from 2 to 7 years
- Ballet/Jazz for ages 8 to 12

**www.danceinitiativeproductions.com**

Ph. 04 1817 9871. Enrol today - start this week!

---

### Resilience Gymnastics

**Classes to accommodate Toddlers through to Adults.**

- Beginners
- Intermediate
- State & National levels
- Satellite Club for the Victorian Institute of Sport
- Girls & Boys Welcome

**Free Lesson Token**

This token entitles you and two FREE family members to our school.

Come and have a look at the gym, meet our friendly staff and our gymnasts.

**Factory 3, 1 & 15 Casham Court Keilor Doming 3031 (Off Creek Rd)**

**Phone:** 0408 836 521 or 0418 830 102

**Email:** resiliencegymnastics@outlook.com