

# Seabrook Primary School

83-105 Point Cook Rd, SEABROOK 3028 : POSTAL ADDRESS: P. O. Box 1143 ALTONA MEADOWS 3028  
Phone: 9395 1758 / Fax: 9395 1761 / Email: Seabrook.ps@edumail.vic.gov.au / Website: www.seabrook.vic.edu.au

## Newsletter

Issue 21  
18th July 2013



### From the Principal

Dear Parents,

**NO SCHOOL  
29th and 30th July**

Welcome to term 3 and a warm welcome to new our new children and their families who joined us prior to the holidays and over this week. We hope you settle in well.

### CANTEEN MANAGER

We welcome Mrs Quyen (Quinn) Rivera now managing our canteen. If you are passing please pop in and say 'hello'. Quyen will, in time, be offering some additional items to the menu and plans to ensure healthy options are available.

### CAR PARK

Just a reminder to check your speed when passing through the car park. Parents and staff have been amazed by the speed of some drivers entering and exiting the car park. Please be considerate when backing out and driving through. We rely on everyone taking additional care around the school parking areas.

### CURRICULUM DAYS

This is reminder of the 2 staff training days on Monday 29<sup>th</sup> July and Tuesday 30<sup>th</sup> July. No students are required at school on these days. The OSHClub has places available if parents would like to take up this opportunity on both days. Bookings can be made directly with OSHClub.

### MATHEMATIC COMPETITION

Seabrook will be providing a practice session for the children who have entered the Australian Mathematics Completion. The practice sessions will be held on Tuesday 23<sup>rd</sup> July for grades 3 and 4 and on Wednesday 24<sup>th</sup> July for grades 5 and 6. The actual competition will be held mid morning on Thursday August 1<sup>st</sup>. For your information the competition is open to all Australian children and your child is competing against children in the same age group within Victoria and across Australia. The competition paper has weighted questions and the children are not required to complete all the questions. We hope the practice session will give them confidence to perform at their best. We understand results will be forwarded back to the school shortly after.

Have a good week.

*Sue & Staff*

**Curriculum Days  
approved by the  
school council**

**These dates are  
student  
free days**

**29th July  
(Monday)  
Staff Training**

**30th July  
(Tuesday)  
Staff Training**

## EMA Applications

**EMA applications are now open for period 2.**

**If you applied for EMA at the beginning of the year and received your payment,  
there is no need to re-apply. Your application will roll-over.**

**PLEASE DO NOT RE-APPLY!**

**This notice is for families that did not apply in the first half of the year.**

**Application Opens: 15/07/2013**

**Application Closes: 29/07/2013**

**Application Forms are at the office for collection.**

## Junior Learning Community - OVS

The children in OVS have reflected on their first six months at school. Their reflections included:

When I first got to school I didn't know Mrs. Smith. (Zac)

I really like learning new things about the world. (Verity)

I learnt lots of new things about the garden. (Nicky)

I have learnt how to be a good friend. (Riley)

I can write long stories now and I use my trycard and my word card. (Maddison)

I have learnt lots of things about mind maps. (Sophie)

I had fun on Garden Fun Day. (Sahana)

I love reading with my big buddy. (Nisha)

We use the iPads every week to learn new things and practise some things that we know. (Lachlan)

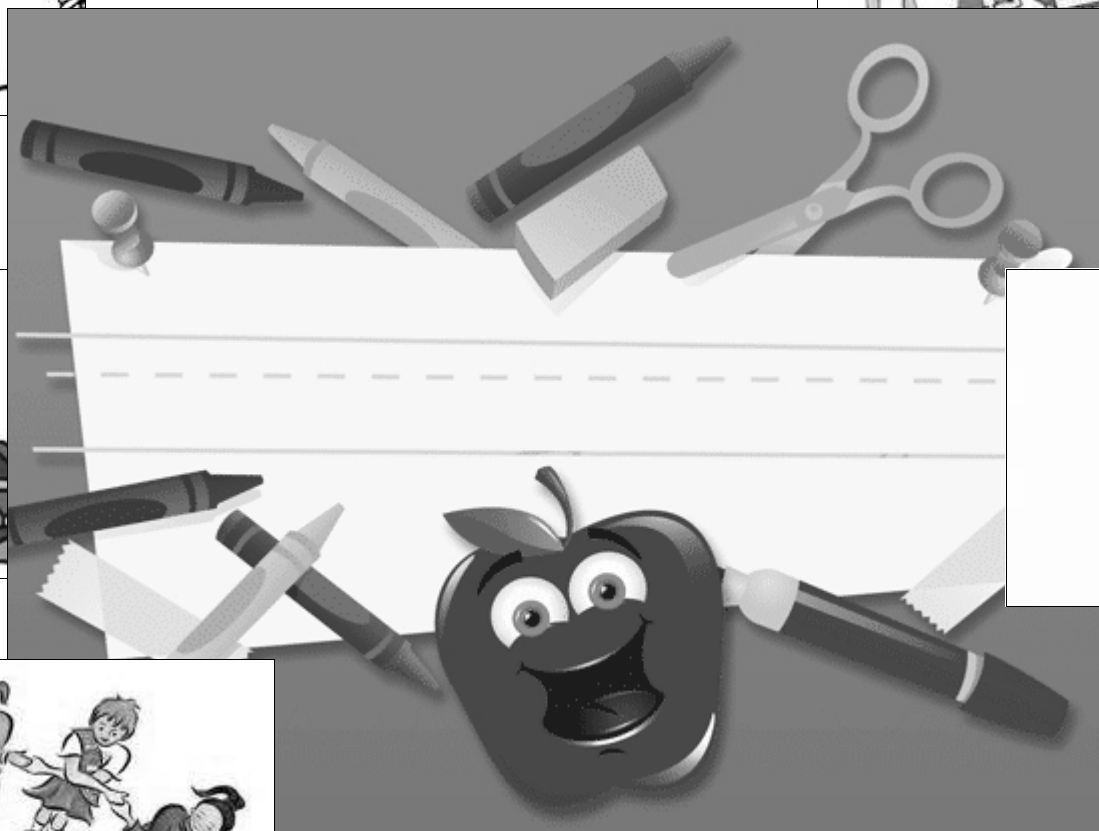
I read lots of books now. (Shiraz)

I have learnt to write my letters smaller. (Matilda)

I like learning about our new letters and making a chart about the letter. (Nicholas)

I love changing seats each week because I can make a new friend. (Omar)

We have a pet stick insect. His name is Sticky. We look after him. (Jack)



# Senior Learning Community 5PH

## What it means to have a Buddy Class



Since the beginning of the year, 5PH have been extremely lucky to have a buddy class. We teamed up with OMT in Room 8 and each week we visit each other's classroom.

It reminds us of what it was like when we first started school. We each take turns reading to one another and we think OMT are great readers. The Preps can share what the stories are about through looking at the pictures, as well as reading the words. Sometimes they share some adventures they have had, similar to some stories they read. We can help them when they get stuck on words in their reading. Sometimes, we help them, but mostly we are very patient while we wait until they have a go at the more tricky words.

We think we are especially fortunate, because over the timeframe of a year, we get to see the Preps grow up. That's not just in their learning but in themselves as well. We enjoy helping them complete tasks, such as their 'Flutterbies' and 'Red Riding Hood' cut-out projects.

Preps now recognise us and know our names. This makes us feel important because we both look forward to being together. It makes us more responsible role models as senior students, because we know we must set a good example with everything we do.

### Reflections from the students of 5PH



## Naidoc Week

Naidoc week is the time when all Australians can come together to celebrate Aboriginal and Torres Strait Islander cultures. During this week we reflect on how we can help reconciliation. We also celebrate the history and achievements of Aboriginal and Torres Strait Islander people.

To help celebrate and support Naidoc week, the grade four students will be selling Koori pencil cases and wrist bands.

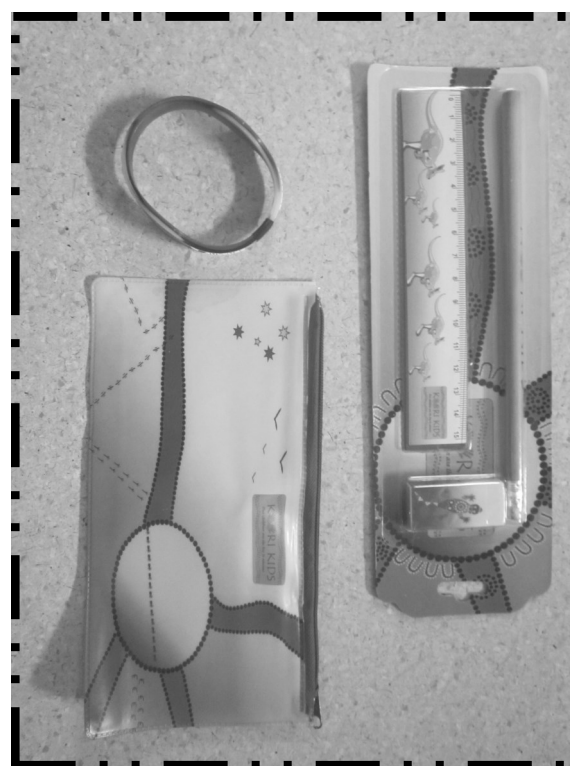
The pencil case set cost \$3.00. They include a pencil case with indigenous design, pencil, wrist band, ruler and eraser. The money raised from your purchase will go directly to the Koori Kids Foundation, which works tirelessly to provide positive learning environments and opportunities for young Aboriginal people.

We will be selling these packs over the next few weeks.

If you are interested in buying a pack, could you please come visit the students of 4RM in room 14.

We will also be visiting classrooms on a daily basis for sales.

Thank you for helping us support the Koori Kids Foundation.



## MAGAZINES PLEASE-



The room 17 art room urgently requires magazines over the next week for an art activity. The most suitable magazines are those focussing on people such as: Women's Day, Woman's Weekly, New Idea, Hello, NW, Who, OK or similar.

Thankyou, Mr. Cochran

# SCHOOL BANKING - EVERY WEDNESDAY



## Welcome back to school banking for Term 3

New reward for term 3.

<p>Name _____ Class _____ Student ID _____</p> <p><b>Wallet.</b> 10 tokens. Available: Term 1 &amp; Term 2 2013.</p>	<p>Name _____ Class _____ Student ID _____</p> <p><b>Handball.</b> 10 tokens. Available: Term 1 &amp; Term 2 2013.</p>	<p>Name _____ Class _____ Student ID _____</p> <p><b>Money Box.</b> 10 tokens. Available: All Year Dollarmite: Circle the one you want.</p>	<p><b>Laws of the land.</b></p> <ul style="list-style-type: none"><li>All rewards are only available during the dates listed.</li><li>Only one of each reward is available per student.</li><li>You must include your reward coupon with your 10 tokens to redeem your reward.</li><li>One token will be issued for every School Banking deposit made.</li><li>To reward individual saving, no pooling of tokens is allowed.</li></ul>
<p>Name _____ Class _____ Student ID _____</p> <p><b>Knuckles Game.</b> 10 tokens. Available: Term 1 &amp; Term 2 2013.</p>	<p>Name _____ Class _____ Student ID _____</p> <p><b>Torch.</b> Includes Dollarmite torch case. 10 tokens. Available: Term 2 &amp; Term 3 2013.</p>	<p>Name _____ Class _____ Student ID _____</p> <p><b>Calculator.</b> 10 tokens. Available: Term 3 &amp; Term 4 2013.</p>	<p>Name _____ Class _____ Student ID _____</p> <p><b>Headphones.</b> 10 tokens. Available: Term 4 2013.</p>

The calculator is now available to order. Please fill in your rewards card and include your ten silver tokens or one gold token to redeem.

The Commonwealth Bank has a small supply left of Handballs, Knuckles Games and Wallets that were due to finish at the end of term 2. Please place your order a.s.a.p. to avoid missing out.

If you don't have a rewards card please place a note in your yellow banking wallet.

## Seabrook School Banking 200 Deposit Competition!

Remember to bring your yellow banking wallet each Wednesday. The first week that the Seabrook School Banking achieves 200 deposits in one week all deposits from that week will go into a draw for a chance 1 to win 3 cool prizes.

1<sup>st</sup> Dollarmite backpack with Dollarmite surprises,

2<sup>nd</sup> Limited edition Dollarmite figurines,

3<sup>rd</sup> Dollarmite mouse mat & Pat key tag.

Remember you need to be in it to win it!

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

Do you have a school banking question or query?

Please email: -

seabrookschoolbanking@gmail.com

**Seabrook School Banking Volunteers**

## Supporting Miss Oldfield in her Quest

### MISS OLDFIELD'S RIDE TO CONQUER CANCER!!!



Thank you to the generous people who have donated so far. For those who don't know yet, I am participating in The Ride to Conquer Cancer, a 2-day, 200km cycling event that raises funds for cancer research and treatment. All proceeds from the event go to the Peter MacCallum Cancer Centre, the only public hospital in Australia solely dedicated to cancer. So far I'm 29% towards my aim of \$2500. I've raised \$735 and I've still got a long way to go...

### So... what can you do to help?

\*\*\*\*Donate to my personal page:

[http://ml13.conquercancer.org.au/site/TR?pg=pfind&fr\\_id=1111](http://ml13.conquercancer.org.au/site/TR?pg=pfind&fr_id=1111)

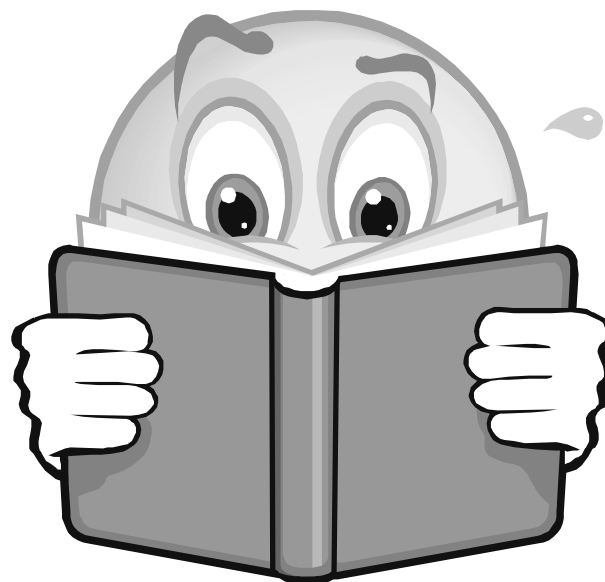
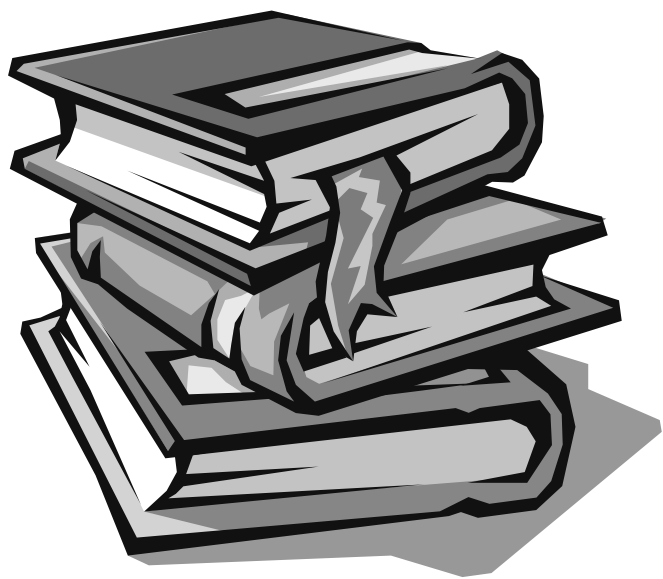
You need to type Catherine Oldfield and it will take you to the page to donate.

Thanks for your support! Every dollar counts.

Catherine Oldfield (Prep teacher Prep OCO)



## Message from the Library

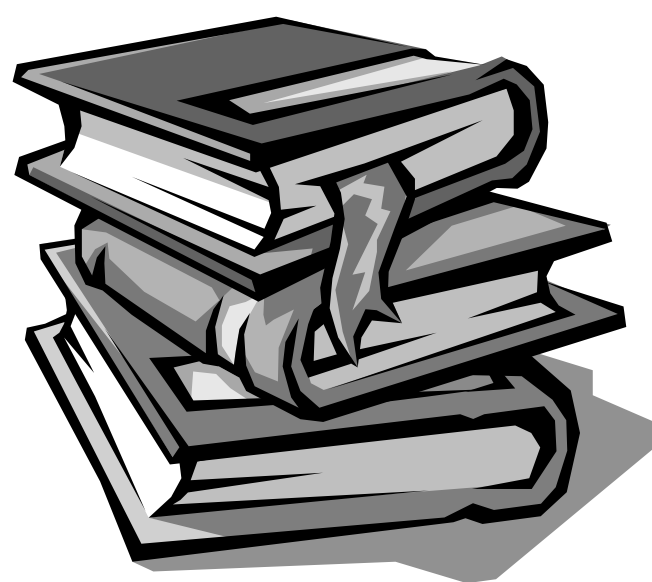


**Could you please have a look around your house for any Seabrook Primary School library books. There are way too many missing from the school.**

**Also**

**If you have any books at home that your children have finished with I would love to have them in the library. What I can't use I will pass onto the classrooms.**

**Thank-you**

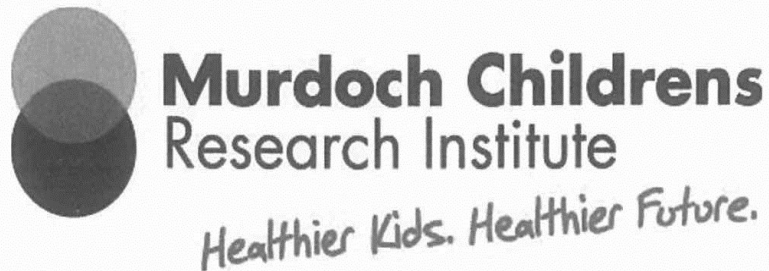


**Small brown tabby cat with bell collar**

**Missing**

Reward of \$200

Please call 0411 091 661 or 0401 055 881



Murdoch Childrens Research Institute at the Royal Children's Hospital is running a randomised clinical trial of an online weight management program designed for overweight adolescents aged 12 to 17.

Staying Fit is an internet-based program designed to encourage overweight adolescents to make healthy food choices and increase physical activity. The Staying Fit program has been used successfully in the United States and we have modified it to make it suitable for young people in Australia. Participants are randomised to the Staying Fit program or the Usual Care program. For those in the Staying Fit group, personalised support for each individual is delivered after considering each adolescent's BMI, along with weight and shape concerns. This support includes weekly personalised contact, the use of a pedometer and access to a walking program. Staying Fit contains interactive quizzes, logs and a discussion board. The program takes approximately 1 hour per week for around 12 weeks. Those randomised to the Usual Care program will receive physical activity and nutrition information currently available to Adolescents.

The participants are asked to complete online questionnaires and have their height, weight, blood pressure and waist circumference measured by a researcher at baseline, 3, 6 and 12 months follow-ups. Measurements are taken in the participant's home or at the Royal Children's Hospital. Parents are also invited to complete questionnaires and are sent regular newsletters on how they can support their teenager. The results will demonstrate the feasibility and effectiveness of using the personalised, targeted Staying Fit program for addressing weight-related behaviours during adolescence. Recruitment has commenced and we are looking for overweight young people aged between 12 and 17.

If you would like to know more, contact the Staying Fit Project Coordinator, Karly Cini on (03) 9345 6954 or email: [stayingfit@mcri.edu.au](mailto:stayingfit@mcri.edu.au)

The ethical aspects of this research project have been approved by the Human Research Ethics Committee of The Royal Children's Hospital, Parkville. This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)* produced by the National Health and Medical Research Council of Australia.

Karly Cini

Staying Fit Project Coordinator

**Murdoch Childrens Research Institute**

The Royal Children's Hospital

Flemington Road Parkville Victoria 3052 Australia

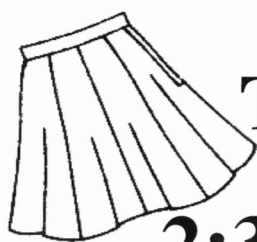
T 03 9345 6954

E [staying.fit@mcri.edu.au](mailto:staying.fit@mcri.edu.au) W [www.mcri.edu.au](http://www.mcri.edu.au)

# JULY/AUGUST 2013 BROOK TIMELINE

Mon	Tue	Wed	Thu	Fri
15 1st Day of Term 3 9 am Assembly Gr 4, 5, 6	16	17	18	19 Prep Assembly
22 Chocolate Drive Starts 9am Assembly Gr 3 only (Grade 2 are involved in swimming)	23 Math's competition practice Yr 3 & 4	24 Math's competition practice Yr 5 & 6	25	26 Grade 1 Assembly 10-11am
29 <b>STUDENT FREE</b>	30 <b>STUDENT FREE</b>	31	1 August Australian Mathematic Competition	2 Prep Assembly 2.30-3pm
5 9am Assembly Gr 2 & 3 Grade 2 Swimming (11am-2.30pm)	6	7	8	9 Prep Excursion Werribee Zoo (9-3pm) Grade 1 Assembly
12 9 am Assembly Gr 4, 5, 6 Grade 2 Swimming (11am-2.30pm)	13	14	15 Grade 4-6 Athletics Day at Newport Park 9 - 2pm	16 Prep Excursion Werribee Zoo (9-3pm)

## SEABROOK SECOND HAND UNIFORM SHOP



Open every

### THURSDAY

of the school term

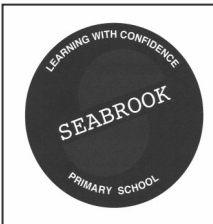
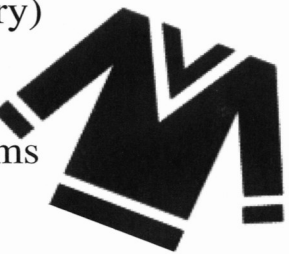
### 2:30pm – 3:30pm

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



### UNIVERSAL SCHOOL OF MUSIC ALL AGES

Music Education and Music Performance Courses  
Instrumental, Vocal & DJ'ing, Recording & Production Workshop & Events

For more information please contact the Director  
**Steven Jaz Managing Director** on  
**(03) 9395 0695**

Email: [info@universalschoolofmusic.com.au](mailto:info@universalschoolofmusic.com.au)  
[www.universalschoolofmusic.com](http://www.universalschoolofmusic.com)  
Entrance Via C8 Level 1,  
706/3 Main Street Point Cook Town Centre

### 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**



#### Free Lesson Token

This token entitles your child to one FREE 90 minute try out lesson.  
Come along & have a look at the gym, meet our friendly staff & other gymnasts.



Classes to accommodate Toddlers through to Adults.  
Beginners, Intermediate, State & National levels.  
Satellite Club for the Victorian Institute of Sport  
Girls & Boys Welcome

Factory 3, 13-15 Graham Court Hoppers Crossing 3029 (Off Old Geelong Rd)  
Phone 04 9469 4253 or 0408 802 258  
Email [resiliencegymnastics@gmail.com](mailto:resiliencegymnastics@gmail.com) [www.resiliencegymnastics.com.au](http://www.resiliencegymnastics.com.au)



### Discover - 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 3 are now being taken.**  
**Phone: 9748 8833 or 0431 761 958**