From the Principal

Dear Parents,

Welcome back to all our staff and students for term 3. A warm welcome also to the new families who are joining us this year. Hopefully everyone has had a good break and ready to start fresh for the term. The word “fresh” also relates to the cool winter weather! We apologise for the puddles and soggy patches around the grounds, we have had a great deal of rain lately and continue to be challenged by poor drainage on our site.

NEW STAFF

We welcome Ms Michelle Knight who will be with us until the end of the year. Ms Knight is replacing Ms Gething who left us last term to take up a position at a school closer to home. We’d like to thank Genevieve for her contribution to Seabrook over the years and wish her well in her new position.

A get-to-know-you afternoon tea was held for parents of children in 2GG on Tuesday afternoon.

Last term we also welcomed Mrs Andra Taylor who is working with us as a member of our education support team.

OUR NEW WEATHER SHADE

Despite a couple of holds ups due to foundation and weather issues our all-weather shade structure should be completed by the end of the week. Sorry for the inconvenience due to the safety fencing. It is thanks to all the families who have contributed to our fund raising efforts in the past that has allowed us to commence this work. School Council felt the money would be spent most wisely on a permanent, long lasting structure that will enable the adventure playground to be used in both summer and winter time. We are looking forward to it being complete.

Our next fundraiser will be Cadbury chocolates which will be distributed next Tuesday. We hope to continue to earn more money for our next grounds project currently under discussion by school council.

Other works undertaken during the break included new and more energy efficient lighting in the gym, additional power points in classrooms, a general paint and tidy of the administration building, re-painting of the children’s toilets and meeting room, and a range of other general garden and maintenance tasks. Thanks to Barry and Shelley for their work.

NEW SIGNS

As part of the Department of Education and Training’s Health and Safety Management Plan, new labeling has been installed at our school. The labels remind people to contact the school office prior to undertaking any works at the school to ensure they have up-to-date information from the school’s register. Asbestos, which was used extensively in building materials in the past but is now banned, is considered safe unless damaged or in poor condition. The areas we have here are in excellent condition and are not in direct contact with our children or staff. The new labels form part of a compressive program to ensure Victorian government schools remain safe. If you have any questions you are welcome to speak with Mrs Nicole Lockwood (AP) or Ms Treloar (HSR) or myself.

Have a great week ahead.

Sue & Staff

All editions of our newsletters have the students first name and their initial of their surname, this is to provide personal security on the web.
Did you know

Muslim Celebration- Eid al-Fitr

On Friday the 17th of July all Muslims in Australia will celebrate Eid al-Fitr, also known as Eid. It is a Muslim holiday, which marks the end of Ramadan, the Islamic month of fasting. On the day of Eid, Muslims gather at mosques in the morning to perform Eid prayers. Muslims share feasts and sweets to mark the end of the fasting period, and greet each other by saying ‘Eid Mubarak’, which translates as Happy Eid or Blessed Eid. The celebration lasts for three days and is seen as a time of forgiveness and thanksgiving. Many Muslims display this thanksgiving by giving donations and food to those less fortunate than themselves. Celebrations vary by country but include decorating homes, wearing new clothes, visiting family, and giving and receiving gifts.

Mrs Rima EL Souki
Learning Community Leader P-2

About colds and flu

A cold is caused by a virus that affects the nose, throat and upper airways. There are more than 200 different viruses that can cause a cold. The flu (influenza) is caused by more severe viruses. Adults usually have three to four colds each year. Children usually have more colds than adults, especially if they are in regular contact with other children (childcare, school). While a cold can make you feel miserable, most cases will clear up in a week.

What are the symptoms?
A cold can cause a blocked or runny nose, red watery eyes, a sore throat, coughing, sneezing and feeling generally tired and unwell. Uncommon symptoms include nausea and vomiting, headaches, swollen lymph nodes (glands), fever and a husky or hoarse-sounding voice. With the flu, the symptoms come on more quickly and you may have a fever, tiredness, headaches, muscle aches/pains, cough, shivering and feeling hot and cold. Flu is unlikely to cause serious illness in healthy people. People most at risk of serious illness are those who suffer from other chronic illness, have lowered immunity (from medications or illnesses), the elderly and those with respiratory diseases. Poor health and smoking cigarettes will make infections more likely and can make symptoms more severe.

What to expect
• Your cold is likely to last a few days but may last up to ten days. A cough may linger for three weeks.
• The flu can last ten to 14 days.
• Sometimes colds and flu can trigger asthma (in people with asthma).
• Sometimes a cold can lead to a bacterial infection. If this happens you may need antibiotics.

Home care
A virus cannot be treated with antibiotics. Your body’s immune system will be able to fight the virus and this can be helped in a number of ways.
• Rest – Have plenty of sleep and rest. Stay home from work or study and away from others while you have a cold or flu.
• Take simple painkillers – Such as paracetamol, to help relieve headaches, muscles aches and pains and fever.
• Keep hydrated (drink plenty of fluids) – This will help keep your throat moist and replace fluid lost due to a fever and sweating. Plenty of water is best. Avoid tea, coffee and alcohol as they will make you more dehydrated.
• Eat soft food – If you have a sore throat soft foods are easier to swallow. Foods such as chicken soup may help a sore throat and reduce mucus (sticky fluid).
• Take vitamins – Vitamin C and Echinacea have proven benefits in helping to beat a cold. Talk to your doctor or health care professional before giving your child vitamins.
• Use nasal drops or spray – This may help to clear a blocked nose in the short term (two to three days). Ask your health care professional what is best for you.
• Use gargles and cough lozenges – These can help soothe a sore throat.
• Avoid other remedies – Cough mixtures, aspirin and cold and flu remedies are of no clear benefit. Do not give aspirin to children, unless advised by your doctor.

Authorised by the Victorian Government Melbourne (1009025)
4MT have been working so hard on improving their mathematics skills using Mathletics that they got onto the Mathletics Hall of Fame over the holidays. 4MT went on so much over the holidays the class got to 19th in the Top 50 classes in Australia. Tejashree worked so hard on Mathletics she got to 31st on the Top 100 students in the World. Keep up the great work everyone.
At the end of Term Two 2015, Seabrook Primary School had their student-led conferences. Below are some reflections from students in 4KM.

I was surprised because I spoke fluently in the student-led conference. Daniel
I am proud of how I was able to present my work in my portfolio and the learning I had achieved. Abbey
I was surprised that I didn’t make any mistakes when I was reading my script about my learning. Coby
I feel proud of the way I presented my portfolio to my parents because I had a lot of confidence and I spoke clearly. Jewoseydi
It is hard when you are trying to talk to your parents without getting nervous when you are explaining your learning, because it has been a year since the last student-led conference. Ela
I learnt that you can practise and feel more confident when presenting my portfolio. Hunter.
I am proud of how I got more confident as my student-led conference continued. Eesha
I am proud that I could show my portfolio with confidence because I put in a lot of effort into it. Imogen
I was a risk-taker when I was showing my parents my work around the room because I was confident and could explain many pieces. Antonia
I am proud of how I showed my Dad my work all around the classroom because I wanted to tell him about our inquiries. Adele
I could have gone through my portfolio with more detail at home because my parents were proud of all the work I had done. Sophie
I am proud of how I showed my Mum all my work in my portfolio and around the room because I showed confidence and spoke loudly. Jemima
I am proud of presenting my portfolio to my Mum because I think I showed how much learning I had been doing at school. Athena
I know that for a student-led conference the script helped me speak more confidently in front of my parents about my learning. Shiraz
I am proud of my student-led conference presentation because when I was presenting. I was also teaching my bother some knowledge. Breanna
I am most proud presenting my portfolio to my family because my Mum liked all my work that was showing what I had learnt. Alice
I am proud of my speech when I was doing my student-led conference because I felt confident about explaining my portfolio pieces. Corey
I found out that it was most important to rehearse my portfolio presentation so that I can explain and show my Mum some of my work for the first semester. Dave
I understand the student-led conference is used to tell your parents what learning you have been doing in the first semester. Seth
I have shown work that I have done through Term One and Two to my Dad. Anthon
I know that for the student-led conference you show your portfolio to your family to show what work you have done for the first two terms. Bojan
I wondered why we needed to do a student-led conference. I found out that it was to show our learning to our parents. Oliver
All children starting Prep at Seabrook Primary School and in other government schools will learn a language in addition to English until at least Year 10 as part of the implementation of the Victorian Government’s Vision for Languages Education. To support their languages journey to get off to a flying start, all Prep children have received a special passport-style achievement booklet from the Department of Education for the language they will learn at school.

At Seabrook, the ‘My Passport to Languages’ initiative has been launched and passports have been used by students and teachers to record students’ language learning milestones. These milestones will be recorded from Prep to Grade 3 as the Passport with follow the children to the next year level.

The passports have been designed to engage young children in language learning and boost their cultural understanding with activities on a range of age-appropriate themes including places, food, emotions, family and friends. We will be using the passports as a transition tool, stamping the pages as children complete activities and progress through their first year of school. Students will be encouraged to take their passports home and share their achievements with their parents at some stage.

Italian remains the most taught language in government primary schools, followed by Japanese, Indonesian, Chinese and French.

Paula Thomson on behalf of the LOTE Teachers.
Recently, one of our students suffered a mild allergic reaction to one of the ingredients, a colour (ANNATTO -160b) contained in microwave popcorn. Whilst this child is anaphylactic and suffers from allergies to nuts and there were no nuts contained in this product, the reaction was to the colour in the product. The reactions included a severe headache, light-headedness, dizziness, watery eyes, skin flushing and facial redness, swelling of the lips and a general feeling of feeling unwell.

Annatto is orange-yellow in colour and is a vegetable dye made from the seed coat of the tropical Annatto tree (Bixa orellana). In Australia it is commonly used in cereals, snack foods, dairy foods including yoghurts, ice-creams and cheeses, snack foods and a wide range of other foods. It can also be called bixin and norbixin.

Other reactions to this colour may include any or a combination of the following: mood/behaviour changes, numbness, runny nose, watery/sore/itchy/red eyes, cough, hives, asthma, lightheadedness/headache, lip/tongue/throat swelling and redness, nausea/vomiting/diarrhoea, itchy/tingling mouth, wheezing/breathing problems, abdominal pain, skin flushing, sweating, eczema, itching/sneezing and swallowing problems.

Did you know more than 300 food additives are permitted for us in Australia in non-organic processed foods?

Some of these additives should be especially avoided by children, including:

**Colours** – (tartrazine 102; quinolone yellow 104; sunset yellow 110; cochineal 120; carmoisine 122; ponceau 124; and allura red 129).

**Preservatives** – (benzoates 210-213; sulphur dioxide and all sulphites 220-228; all nitrates and nitrites 249-252).

**Flavour enhancers** – (MSG and glutamates 620-625).

Please be mindful when purchasing packaged foods and remember providing your kids with good food means choosing a wide variety of foods from the key food groups: fresh fruit and vegetables, wholegrain cereals and grains, Lean meats, fish and poultry and milk, yoghurt and dairy products.
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 should 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 contact the Leadership Team.

Thank you for your support

Principal Susan Lee
Dear Parents/Guardians,

The Department of Education and Training has released an app which is designed to help you better understand the curriculum we use to teach your children every day. The app, called SchoolMate, is available for free download now in the App Store for iPhones and iPads and in Google Play for Android phones and tablets. SchoolMate gives you a general overview of the Victorian curriculum in each subject at each year.

Educators from across the state from Victoria’s various teaching associations have worked with the Department to provide practical tips about what you can do at home to best support what your children are learning. Those teaching experts have also suggested books you may like to read with your child or that they may read themselves, and apps you can download that are related to what your child is learning.

Our school, like all other government schools in Victoria, uses AusVELS – the Australian Curriculum in Victoria – as the basis for the learning programs we run at school every day. Our teachers adapt the curriculum to meet the needs of our students and community, for example, designing learning programs around what your children are interested in, or around days or celebrations that are important to our community.

SchoolMate is designed to give you an overview of what children are expected to learn in Victorian government schools across every subject from Prep to Year 10.

I encourage you to download SchoolMate and to please talk with your teacher or myself if you are interested to find out more about how our school teaches the curriculum.

As SchoolMate is the first app of its kind, the Department would love to hear any feedback you have, and you can send this to online.comms.unit@edumail.vic.gov.au

Feedback from parents and schools will inform any future updates to SchoolMate, so please get in touch if you have the time.

Regards,

Susan Lee
Just a little bit late doesn’t seem much but.....

<table>
<thead>
<tr>
<th>He/She is only missing just....</th>
<th>That equals....</th>
<th>Which is.....</th>
<th>over 13 years of schooling, that’s....</th>
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</thead>
<tbody>
<tr>
<td>10 minutes per day</td>
<td>50 minutes per week</td>
<td>Nearly 1.5 weeks per year</td>
<td>Nearly HALF A YEAR</td>
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<td>20 minutes per day</td>
<td>1 hour 40 minutes per week</td>
<td>Nearly 2.5 weeks per year</td>
<td>Nearly 1 YEAR</td>
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<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 weeks per year</td>
<td>Nearly 1 AND A HALF YEARS</td>
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<tr>
<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 weeks per year</td>
<td>Nearly 2 AND A HALF YEARS</td>
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Did you know your child’s best learning time is the start of the school day?

That’s when every minute counts the most!
For your information

Purchase your school uniform from

Shop 4 Aviation Road, Laverton, 3028
Phone 9360 9008

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For your information

It’s back!

We’re thrilled to invite you to participate in this year’s Woolworths Earn & Learn program. Find out how to earn educational resources for your school or Early Learning Centre in this handy flyer.

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SCHOOL OF TALENT
CREATE • DREAM • BELIEVE

DRAMA & DANCE
STUDENTS FROM 5 - 16 YEARS OF AGE
LOCATION
POINT COOK
FOR MORE INFORMATION CALL
0435 734 363

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Catch Children's Entertainment
+ Face Painting + Balloon Twisting
+ CatchEntertainment.com.au 8370 7337

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Rewarding regular savers with amazing prizes.

We’ve brought the exciting news that an Inflatable Prize Portal has appeared on Planet Savings, giving students who demonstrate good saving behaviour the chance to win amazing prizes.

- 75 x Pad mini 10.1” (16GB)
- 135 x Beats by Dr. Dre Solo3.0 Headphones
- 200 x $100 Woolworths Gift cards

Help the Dollarmites activate the Prize Portal for a chance to win.
To activate the Prize Portal, students must simply make three or more School Banking deposits into their savings account and log in to their Money Monster. For more details, visit commbank.com.au/prizeportal.

Win books for your school library
While also getting access to the School Banking program, a chance to win one of 75 copies of children’s books for their school library, valued at $250.

For more information, visit commbank.com.au/prizeportal.
Dear Parents,

Please remember to notify us if your child does not attend a booked session. This is especially important for after school care, because when a parent cannot be contacted the child is deemed missing, and serious incident protocols are followed.

Also, please remember to book your child in online, where possible. We understand that casual bookings are sometimes necessary, but several casual bookings in one session can leave us under staffed and out of the acceptable level of educator-child ratio.

Your support is much appreciated.

OSHC Program Phone: 0411 302 879
Coordinator: Katie and Amanda
OSHClub Head Office: 03 85649000

All families must be enrolled to attend the program, remember this is free! Please create an account online at www.oshclub.com.au where all bookings and cancellations can also be managed via your online account!

School Banking

Help the Dollarmites activate the Prize Portal
To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes.
Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize.
Please note, students can start the Money Mission at any time from 13 July 2015, but are required to make their three deposits by the end of Term 3 to double their chance of winning.

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. Thank you for supporting the School Banking Program.

Do you have a school banking question or query? Please email: seabrookschoolbanking@gmail.com
School Banking Volunteers
### SEABROOK TIMELINE

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<th>Mon</th>
<th>Tue</th>
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<td><strong>13 JULY</strong></td>
<td>14</td>
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<td><strong>1st Day for term 3</strong></td>
<td>State Library Excursion Grade 3</td>
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<td><strong>Grade 5 special Effects makeup tutorial 13th – 17th</strong></td>
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<tr>
<td>Grades 5 &amp; 6 Assembly 9am - 9:30am</td>
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<tr>
<td>Grades 3 &amp; 4 Assembly 9am - 9:30am Grade 4 - 6 Athletics Day Newport Park</td>
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<td>Australian Mathematics Competition (Grades 3-6)</td>
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### INCURSION / EXCURSION / FUNDRAISING MONEY

When sending in money for incursions, excursions, fundraising etc., please send in the correct money and ensure that you have separate envelopes for each separate activity/event. We cannot accept foreign coins, as they are rejected by the bank, so therefore will be returned to you. Please check you have included Australian currency only. Money is not kept in the office so we cannot provide change. Parents need to give the correct money in a clearly marked envelope, in the mornings only, to the classroom teacher. Teachers are unable to accept money at the end of the school day as they are unable to leave money in the classroom. Cash payments are not accepted at the office. Parents are welcome to call into the school office to collect a few school payment envelopes to leave at home for this purpose. Alternatively, please ensure that the money is in a clearly marked envelope with student's name, grade and amount and activity/event. Payments by Credit Card / Eftpos need to be in the amount of $10.00 or more. Thank you for your co-operation.

Yvonne Golomb Administration

### Italian - WORD OF THE WEEK

This week's word is - “Sono congelato / a”
Meaning - I’m freezing
Pronunciation—sono congelata / o

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**2015 advertising prices for our weekly newsletter**

- $5.50 including GST for a business card size advertisement
- $22 including GST for a 1/4 page advertisement

Contact: Maureen Murphy on 9395 1758 or email: murphy.mary.d@edumail.vic.gov.au