CONGRATULATIONS Mr Mace!

It is with great pride that I announce the appointment of John Mace as the new Principal of Ballam Park Primary School, commencing Term 4 2015.

John’s personal efforts and his professional capabilities as an educator are well recognised and deeply appreciated by his peers, the parents at CHPS and most importantly our students.

As his colleague, I would like to commend John on his commitment to personal growth and the work he has done over the last five years to build his capacity as a leader.

Our school is fortunate to have had John as part of our team. I, in turn have been privileged to share the leadership of CHPS with him.

Ballam Park Primary is extremely lucky to be gaining a committed professional and the school community can only benefit from John’s expertise and strong work ethic.

NAPLAN Results Are Showing the Benefits of Our Hard Work:

Although NAPLAN is only completed by our Level 3 and 5 students, the results are owned by us all. All teachers, integration staff and families contribute to our students’ journeys through learning. As such I would like to congratulate the CHPS community and the students in Levels 3 and 5 for the achievements reflected in our NAPLAN results in 2015. We are exceptionally proud of these results, as they have surpassed previous years!

...continued on Page 2.
Level 3 Results:
Our students are above state average in all areas and scores at their highest in over 5 years. 25% of our Level 3 students are performing well above the expected level in Reading. Interestingly, our top 12 students in reading consist of 9 boys and 3 girls.

Level 5 Results:
Our students achieved state average in Reading, Writing, Spelling and Grammar and Punctuation. These scores too are our highest in 5 years; with Writing, students have maintained the improvement shown in 2014.

In all of our results the growth of all students whether above, on or below level was consistently high. This is a reflection of the success of the differentiated programme that our staff are delivering to your children which is personalised to their specific learning needs.

These results and the five year trend data will be formally unpacked at our School Council meeting on Monday September 14th at 8:00pm. The aim is to showcase the significant growth our students have shown in all areas. Any parents who are interested in attending are more than welcome to join us.
2016 Foundation Enrolments:

Throughout the last two terms I have had the pleasure of showcasing our wonderful school to over fifty new families. This is always a rewarding experience, which reinforces for me the quality of teaching and learning that is being offered at CHPS. I often receive emails with comments such as:

“I was really impressed with the school, in particular, the beautiful manner of the children and their engagement in every class that we visited, especially considering it was almost home time.”

As such our current enrolment for Foundation stands at almost 80 students. If we maintain these enrolments as the year progresses, 2016 will see four Foundation classes being offered for the first time in the history of our school. It is pleasing to note the increase in enrolments since 2011.

Prep Enrolments:

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Total Students at CHPS:

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2016 Planning:

During this term our focus is to develop the Budget and workforce plan for 2016. By this I mean that we will be beginning to:

1. Organise the number of grades and their structure
2. Allocate teachers to grades
3. Allocate funding to curriculum, resources, infrastructure and administration of our school

To support the accurate development of the 2016 Work Force Plan, it is essential that we have a clear indication of 2016 enrolments.

Could all current parents who have not as yet completed & lodged Enrolment Forms for 2016 Foundation students, please do so ASAP. Or in turn if you are aware that your child/children will not be attending CHPS in 2016, could you please inform me in writing ASAP.

It is also around this time of the year that as parents, you will be beginning to consider your children’s learning needs to support a successful transition to their next grade. Organising the indicative enrolment for 2016 of over 400 students and a staff of forty two plus in a way that recognises everyone’s needs is no easy task. Placement of students and teachers is never a random process and there are many issues to consider i.e. integration aides and their students, friendship groups, learning needs, class sizes just to mention a few.

At Chelsea Heights Primary we pride ourselves in our knowledge of our students and their individual needs. We are however always happy to consider requests from parents to support this process. It is important to note that we do not accept requests for teachers or integration aides.

Please read this link to our Class Structure and Student Placement Policy to support your understanding of this process and the timelines which will be strictly adhered to.

Should you wish to communicate any requests for 2016 as stated in the policy - these need to be put in writing, addressed to me and delivered to the office before the end of October.

It is not possible for us to support parental requests that arrive at the school after the 31st of October, 2015.
Education Support Week

Last week was Educational Support Week. This is a week recognising the hard work and commitment of our office staff, Integration team and library assistant. I would like to thank them on behalf of the school as they play a pivotal part and their work is very much appreciated. Thank you!

Kim Norton

Last Thursday I was fortunate enough to observe the first of five weekly small group sessions with Kim Norton. Students are involved in Yoga, Meditation, Breathing exercises and Brain Gym exercises. The purpose is to provide students with coping strategies using various techniques. Initially we thought we would only have a couple of groups running, but we have had an overwhelming response and over 40 students participated in sessions run throughout the day. Currently all sessions are full and we are unable to take on other participants as the groups are small and targeted.

Head lice

Head lice continues to be a significant issue across the school and we have many frustrated parents and students. The following information was taken directly from the Health Department website: http://www.health.vic.gov.au/headlice/
- Head lice have been around for thousands of years.
- Anyone can get head lice.
- Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head, they die very quickly (usually within 24 hours).
- People get head lice from direct hair to hair contact with another person who has head lice. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl. When treating head lice you must ensure that you repeat the treatment after seven days.

There are multiple products available from pharmacies and supermarkets varying in prices. A cheap method is using conditioner and a head lice/fine tooth comb using the following steps:

**Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

**Step 2** Now comb sections of the hair with a fine tooth, head lice comb.

**Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.

**Step 4** Look on the tissue and on the comb for lice and eggs.

**Step 5** Repeat the combing for every part of the head at least four or five times.

You should also ensure that you continue to check your child’s hair after these two treatments just in case all eggs were not removed. If everybody is diligent in treating any head lice thoroughly then we are likely to be able to minimise the problem. We ask for your support with head lice infestations at the school and to spend time to ensure there are no head lice in your child’s hair.
FRIDAY BREAKFAST

Friday breakfasts are still happening in the BER building every second Friday morning. A text will be sent out on Thursday afternoons to remind everybody. Thank you to those that have given a small coin donation each week as this has been covering the “top up” of ingredients. Do remember however, a donation is not necessary. The way things are going, I will be increasing the batches of pancakes I have been making. Once again, thank you to all the lovely parents that have been getting out of bed that little bit earlier to help out serving the kids and with the clean up!

2016 SCHOOL FETE

We are starting to plan the base of the 2016 School Fete. This year was such a huge success that I would hate to see it not happen next year. We are looking for volunteers to work on specific committees to lessen the work load. If you are interested, please contact us at chps.pfa@gmail.com alternatively there will be a notice coming home soon.

SECOND HAND UNIFORM SHOP

Last Thursday of the month. 8:40 – 9:10am. Held in the white building at the back of the basketball courts or by appointment (text Tammy on 0425 758 611)

TERM THREE PFA EVENTS

4th September - Father’s Day Stall
18th September – Fun Food Day

CONTACT

Any queries, questions, concerns or suggestions can be emailed to Cassie Ellingsen at: chps.pfa@gmail.com

Chelsea Heights Primary School
Parents and Friends Association.
Where everyone is welcome.
Chaplaincy Profile

It had crossed my mind to write an introductory profile about my Chaplaincy role and who I am, for the school newsletter. This idea has the support of School Administration; so let’s give it a go.

After being delivered by a stork under a cabbage, one wet windy sunny day in spring, my life of enquiry began. Early life experiences gradually shaped my career towards Social Work. Two prominent men in my life were a Policemen and a Pastor. They both cared for community but from different platforms. I was to choose a pathway between these two icons and Social Work became my career of choice.

I worked with children and families for 3 years, youth and adolescents for two years, criminal justice for 5 years and have settled into working with students in schools, now for a number of years.

There have been many structural changes within Education leading to a very fluid, changing, and ongoing challenging environment. I became a Senior Social worker and carried Regional Social Work portfolios for several years.

I consider myself creative, innovative with a slightly preeminent capacity to predict social trends, and developed work in the fields of Child Abuse prevention, Suicide Intervention and Student Wellbeing trends; such as “Circle Time”, “Restorative Practice”, “You Can DO It” and Play is the Way, before such trends emerged into the school set.

Chaplaincy is a great fit for my present life, as we all believe, we need to think about what and why we believe and follow our own spiritual pathway without imposing on others. It is great to assist people to think through issues and find their own inner strengths to deal with an ever more complex and changing society.

I like to think of myself as having diverse interests in music, the arts, sports, machinery, and family. To ground myself, I toil in the soil, work in the dust, and counsel my cows.

In schools, I find that students whom I engage; often object to becoming disengaged. This creates casework management dilemmas that are dealt with through the formation of groups.

My dream is to attend this school dressed as a Wizard or Gandalf!

Cheers
Adrian Hodgson (your School Chaplain)

Library News

What a busy time it has been in the library again! Book Week is here and it was great seeing you all showcase your favourite characters in our Book Week parade!

We have done a bit of reshuffling of furniture and our library is looking fantastic. A big huge THANK YOU to all the helpers who came in on the working bee and helped sort the shelves out and addressing the overcrowding issue I had! It was like a renovation make over when I walked in on Monday 😊!

Now for all you Andy Griffiths fans, good news; he is touring the country with his sidekick Terry Denton and you all have the opportunity to meet them! All you have to do is click on the link: www.robinsonsbooks.com.au and you will find all the information you need. We do have some copies of the brand new book ‘65 Storey Treehouse’ in the library but you have to be super fast to reserve it as it is extremely popular. You can also check it out on our OPAC system and you can reserve a copy on there too.

We have our Book Fair coming up. You will be able view the books from Wednesday 9th of September until Friday the 12th of September and then the following week we will be open for purchasing. So come in and select the items for your wish list and have fun browsing a wonderful variety of books for everyone in your family (books make great Christmas gifts!)

See you soon and HAPPY READING 😊
Kym Allsep
DAILY 5 Reading

All classes are now using components of the Daily 5 reading program. We are already seeing improved attitudes and higher levels of motivation towards reading! Students are building stamina and becoming increasingly aware of the types of behaviours that promote good reading habits. They understand that they need to stay in one spot, read the whole time and start right away if they are to work on becoming a better independent reader. Teachers are loving the effect this approach is having on the climate of the classrooms, as well as the improvements they are already seeing in reading abilities.

Home Reading

You will have now received the new Chelsea Heights Primary School Home Reading Policy which outlines the daily reading requirements for children at each grade level. It is very important that children practise reading at home in order to consolidate the skills and hard work that is happening at school. It is ok for children to read books they have read before, and the types of books they choose for home reading shouldn’t be too challenging. This should be an enjoyable experience for the adult and the child.

When reading with your child remember to encourage them to use various strategies as outlined on the How to Help Your Child Read at Home sheet that they have inside their reading log book. Next week we will be sending home another sheet to collect new data on how many minutes of reading are now happening each day. We hope to see a big improvement in the average number of daily reading minutes across the school.

Maths Olympiad

Twenty two students from grade five and six have been working on developing problem solving and critical thinking skills in mathematics as a part of a program called Maths Olympiad. Maths Olympiad is series of contests (Olympiads) that take place once a month, five times a year. Round four took place on Wednesday, and the final round will be in September. To develop the necessary skills to be able to compete, students have been training for an hour once a week since term one. Training involves explicit teaching of problem solving strategies and discussion of practice questions where they have to use mathematical reasoning to work towards justifying their answers.

Although there are only 5 questions in each Olympiad, they are highly challenging and students work under the pressure of a time limit of around 25 minutes! Over 28,000 students across Australia complete in the Maths Olympiads and after the fifth round points are totalled and students are recognised for their efforts and achievements.

We are very proud of the persistence and bravery shown by every student participating in this program as it really requires them to step outside their comfort zone. Even though obtaining a good score is satisfying, we recognize that commitment, making progress and perseverance are equally commendable achievements.

Aleesha Wood & Liz Evans
(Maths and Reading Specialists)
This week Chelsea Heights has been celebrating Book Week, an annual celebration of books and stories, organised by the Children’s Book Council of Australia. Established in 1945, the CBCA is a volunteer run, organisation which aims to engage the community with literature for young Australians. Every year the CBCA presents awards to books of literary merit, for their outstanding contribution to Australian children’s literature.

This year we are using Book Week to promote the importance of Home Reading within our school community, celebrating the joy of reading and the potential to entertain, inform and enrich our lives and our students learning.

We will be collecting data on how much we read at home and how the students at Chelsea Heights can be supported to engage and understand a wider range of texts.

We launched the week with a Book Character Parade which was fantastically well supported by the school community, who came dressed as huge array of heroes and villains, magicians and monsters, and quite a few Elsas, Wallys and Cats in a Hat!

Thank you to everyone for their imagination, effort and enthusiasm.

Mr Aldred
Literacy Co-ordinator
Around our school—Performing Arts

The performance of Aladdin Trouble was a great success! Students, parents and teachers all commented on the quality of work that the senior school team produced. Without all of the support from the fantastic team at Chelsea Heights Primary School, a show like this doesn’t happen!

To all of the wonderfully dedicated teachers, integration support and office staff that have spent countless hours rehearsing, building, painting, shopping, creating, singing, selling tickets, answering inquires, making programs, dancing and coaching students...you are all AMAZING!

To all of the parents and carers who have shopped, sewn, created, supplied, supported, rehearsed, cheered, and attended the show...your support makes all the difference to your children. They will never

forget an experience like this and knowing you were out there cheering all the way will mean the world to them.

Finally thank you to all of the performers. The students have tried so hard day after day to learn their lines, build a character, remember choreography and sing at the same time! Their effort was rewarded when they stood on the stage, under the lights and received a thunderous applause.

We look forward to our next group of shows in 2017!

Lauren Heazlewood
Performing Arts
Students in Levels 1 and 2 experimented with acrylic paints and mixed cool colour backgrounds to develop differing shades of blues and greens, they then applied warm colours to create a sea of flowers using a variety of mark making equipment. They have also begun exploring collage mixing some watercolour paints with beaded embellishments to create some mouth watering cakes.

Level 3 and 4 students are investigating how to create different shades of colour. They are considering how different colours are used to create moods and settings. After creating a variety of shades they are now using this knowledge to design their own image.

In Visual Arts students have been exploring colour through the mediums of watercolour and acrylic paints. Foundation students have explored the effects of colour paint mixed with black and white highlights through their circle artworks. They have also experimented with Magiclay making their own little creature.

Level 5 and 6 students have been looking at how we use colour to create a mood or feeling. They have been designing roller coasters. They are now making considered choices in the medium and colour palettes they are using to complete their work.

The Art Studio is looking for donations of unwanted DVDs and CDs to use in this years grade six mural. Thank you.
Around our school — Physical Education

CHPS House Athletics Carnival

On Friday, 7th August students in Levels 3-6 travelled to Ballam Park, Frankston to compete in the Annual CHPS House Athletics Carnival. Well done to all of the students, staff and parents who braved the conditions of steady drizzling rain. Great to see all of students getting into the spirit of wearing their house colours. A big congratulations to Boardman for winning this year’s House Athletics Carnival. Well done and good luck to all of the students who qualified for District Athletics which is on Friday 4th September. Please remember to pay and sign permission forms (on Qkr!) for those selected students.

National Health and PE Week

12 - 16 October 2015; Week 2, Term 4

The Victorian HPE Week is an annual event in the school calendar that provides teachers with a natural opportunity to advocate for and promote a healthy and active lifestyles and to introduce their students to community links that reinforce this message. See Flyer on next page for some great tips!
Parents and HPE Day

What can you do to get involved?

Most children’s waking hours are spent sitting at school and at home, so we need to integrate opportunities to get them to be more active as part of everyday life.

Below are five simple ways you can incorporate 30 minutes of physical activity at home on National HPE Day. Doing these activities with your child will (over time) make a substantial difference to their health and learning outcomes, and establish good habits that will stay with them throughout their entire life.

Set aside time to be active as a family

Instead of heading straight home after school on National HPE Day, go to the local playground, park, nature reserve, oval or beach. Fly a kite or throw a Frisbee. Play games like tag, jump rope or hopscotch in the backyard. If the weather isn’t great for some outdoor fun, try a family dance competition in the lounge room, play games with balloons or soft balls inside, play hide-and-seek, treasure hunt or even Twister, visit an indoor swimming pool, or try a new activity such as rock-climbing or mini-golf. Make fun the focus.

Teach your children fundamental movement skills

Teach your children skills to help them be physically active on National HPE Day like skipping, riding a bike, skating, throwing, catching, hitting and kicking a ball. It is good practice for children who show an interest in organised sports like soccer, netball, tennis or cricket, and also for those that prefer unstructured free play.

Unplug the technology and play

Time spent using electronic media (such as television and computers) usually involve long periods of sitting. Make a family agreement on National HPE Day to eliminate ‘screen time’ and instead spend some quality active time together. Go for a family bike ride or enlist the children to help cook dinner, wash the car or get busy with household chores.

Use active modes of travel

Physical activity does not need to be organised or competitive to be beneficial. Walk, ride a bike or skateboard all or part of the way to school on National HPE Day instead of taking the car.

Be a positive role model

Show your children how you are incorporating activity into your daily routine on National HPE Day. Take the stairs instead of the elevator. Get off the bus one or two stops early and walk the rest of the way. Catch up with friends to walk and talk, instead of sitting down to chart. Take the dog for a walk after dinner with the family.

www.hpeday.com.au
Tanabata or the star festival takes place when people in Japan write their wishes and desires on colourful paper strips known as tanzaku and hang these strips on bamboo branches.

The custom originates from an ancient Chinese tale which goes like this: There was a weaver princess called Orihime (represented by the Vega star in the northern hemisphere) and a Prince called Hikoboshi (Altair star) who looked after cows. They both lived in the sky. They spent all their time together, fell in love and ended up neglecting their work. The King got angry and only let them meet once a year on the seventh day of the seventh month when the stars meet in the sky. Orihime and Hikoboshi could not see each other if it rained so they prayed for good weather and also make wishes for themselves. Many cities hold colourful displays in their main streets to celebrate this time. Bamboo branches are decorated with different paper decorations and placed outside houses. So here at school the students have been learning about this festival and the students have written their wishes on colourful paper, tanzaku.

The Foundation students have been quick to learn to say “Brown bear, brown bear, what do you see? Full sentences in Japanese using actions and song. The Level 1s were keen to learn how their names sound and look in Japanese. They have been learning numbers in Japanese, how to say their age and were introduced to playing Jankenpon, the Japanese version of paper, scissors, rock.
Around our school—Yarn Art Project

During this term the Level 4, 5 and 6 Yarn Art students have been making the many, many components that will come together to create their display, with only a rough sketch to show them how the display will look once finished, so it was a fantastic opportunity to give these students, along with the rest of the school community a sneak peek of two characters at the (almost) finished stage.

We still have lots more to do that will keep us busy all the way up to the end of the term to be ready for installation in Term 3.

In VERY exciting news, our 2014 Rainbow Fish display is going to be exhibited at The Highway Gallery along with displays and photographs from other groups involved in the Longbeach Yarn Art Trail 2014.

The Exhibition starts on September 12th and runs to October 4th and is being held at:

The Highway Gallery - 14 The Highway, Mt Waverley
(Melways pg 70 E2) see the attached flyer for Opening times

This would be a great activity during the holidays if you’re looking for fun things to do with the kids.

Jane Fitchett
Yarn Art Co-ordinator
The Highway Gallery
14 The Highway, Mt Waverley
PRESENTS
from Sept 12 to Sun Oct 4, 2015

Open Wed to Sun, 12 noon to 4 pm
9507 7261, 0417 146 394
Gold Coin donation
An Exhibition of Art illustrating Children’s Storybooks,
using Yarn and recycled materials in various techniques

Local Community centres, schools and aged care centres in the
Chelsea & Frankston area, created a trail of works made by
community members, students, parents and grandparents.
Their work was displayed throughout their school yards and
public parks during October 2014.

It is coming now to The Highway Gallery
from Sept 12 to Oct 4 2015.
Melways Ref. map 70 E2

Kids Workshops using yarn and other materials
Wed Sept 23, Sat Sept 26, Wed Sept 30
2:00 pm to 3:00 pm - no bookings required

Printing by courtesy of Hon Anna Burke MP.
August 2015

How the time flies when you’re having fun!

Please remember to go online to check or cancel bookings and update details regularly so we can run an efficient service and remember there is a 7 days cancellation policy prior to all cancellations.

We have been busy experimenting with PVA glue by doing glue pictures and painting them with ink. The children were very proud of their creations.

We have been talking about and supporting Daffodil Day by making a wall of daffodils with posters. It has really brightened up the hall. Get well to all those families who are experiencing diversity and illness in their lives.

Over the next two weeks we will be making special surprises for all the Dads for Father’s Day.

Dates to remember:

Thursday 10th September – Olden Day Games for all.

Come to the June Elliot Hall during lunch time with a gold coin to experience some olden day games like elastics hopscotch, marbles, jacks, pick up sticks, handball and much more to support the Smith Family and disadvantaged children.

Monday 7th September – Our raffle will be drawn at Assembly.

Tickets on sale at lunch time Tuesdays and Thursdays or feel free to see us at before and after school any other day for tickets. 3 tickets for $1.

Every year The Camp Australia Foundation (tCAF) raise money for the Smith Family to help disadvantaged children and families through their learning for life program. All Camp Australia services are encouraged to help raise for the back to school fundraiser. tCAF is a non-profit organisation and will DOUBLE our amount raised!

This year the children at Chelsea Heights OSHC voted to do a raffle and an olden day games day. We are accepting small donations for our prizes up until 4th September. The children are volunteering their lunch times to sell tickets and run the games day. We hope that you all can support your children and The Smith Family.

A BIG OSHC THANK YOU TO THE FOLLOWING FAMILIES:

A BIG thank you to the Pathik family for their donation of spare uniforms for our OSHC service for any unforeseen accidents.

Have great month and remember to look after yourselves and each other.

Thank you
Mandie Murray
OSHC Coordinator
Chelsea Heights
10 signs you're over parenting your child

Well-intentioned and loving parents, beware! Over parenting is a 'thing' and even intelligent and devoted parents are doing it, says Dr Wendy Mogel, clinical psychologist and author of The New York Times best-selling parenting book, *The Blessing of a B-Minus*. According to Mogel, over parenting is a new normal for today's mums and dads who, as dedicated as they may be, still succumb to overindulging, overprotecting and overscheduling their children.

So what is fuelling these parental behaviours?

It's fear, says Mogel. "Parents today are either afraid for their children or afraid of their children." And in an effort to control a world that is seemingly spinning faster than ever before, parents try to control the one thing they believe they can—their children. It's no surprise then, that behaviours that help parents alleviate their fears are common in the signs of over parenting. Here are some signs of over parenting and tips to work through them, from Dr Mogel's program, Overparenting Anonymous (for good parents gone bad):

1. **You forbid activities that scare you**

Parents are mistaking their child's vulnerability for fragility, explains Mogel. But in order for children to learn increasing independence and gain self-confidence, parents should let their child try age-appropriate (legal!) activities. Adolescence is tricky ground for parents. Taking calculated risks is necessary preparation for post-childhood life. Mogel suggests freedom should be granted based on a child's demonstrated responsibility and accountability.

2. **You panic when your child gets a bad grade**

Parents panic because they react to one snapshot as if it's the epic movie of their child's life, states Mogel. And to some parents, one bad grade conjures images of their child being forever behind the pack. Instead of critiquing everyday marks, appreciate your child's persistence and hard work, says Mogel. It reinforces the skills and habits that lead to success.

3. **You find it hard to say no**

Rather than let a child feel disappointment or even hunger, parents are indulging their child, and are afraid to say no to them. Mogel points to the generation of fussy eaters who have learned to be fussy because their parents confuse wants with needs. Work up the courage to say no, is Mogel's advice. You don't always need to reach a consensus.
4. You do everything for your child

You carry their school bag, you shuttle them here and there, you are their personal stylist, cook and cleaner. As children get older, let them do things for themselves, recommends Mogel. Abstain from doing everything for them and let them gain competence in ordinary work.

5. You try and 'fix' your child

You examine your child as if they are your work of art, then unsurprisingly, you find flaws that need to be 'fixed'. Your child is not your masterpiece, states Mogel. Their grades, popularity, or personality traits are not the only measure of them (or you). 'Don't fret over or try and fix what's not broken.'

6. You talk more than you listen

You offer solutions, admonishments and explanations before your child has finished talking. You chime in before they get a chance to finish their sentence. Dr Mogel suggests using this technique before jumping in: Ask, why am I talking (W.A.I.T)? And listen four times more than you talk.

7. You leap quickly into alarm mode

Another fear response in action, explains Mogel. Be alert, yes, but not automatically alarmed. If your child comes to you bleeding, it's not necessarily an emergency situation, explains Mogel. Same for the 'bad' report card or not making the hockey team. Ask: is this alarming, or simply a challenge?

8. You let your child quit quickly

Sometimes children don't like the feeling of being mediocre at something and the learning process before accomplishment can be uncomfortable. Your child can determinedly press their case to quit and you can feel drained by trying to sway their opinion. But quitting is not always the answer, advises Mogel. Listen to your child's concerns and consider them. Also, let your child know that first impressions can change, commitment is honourable, and your investment of time and money is not to be disregarded.

9. You constantly compare your kids with others

Social media is a perfect platform for the brag alert from parents who publish their child's accomplishments and it's easy for parents to react to others' highlights reel. Avoid thinking your child is in some sort of race or competition with other kids, advises Mogel. Don't react as if your child has no prospects for their future—it simply isn't the case. And other parents lie, adds Mogel.

10. Your child has no time to play

Extracurricular activities fill your child's schedule (and yours). In an effort to give your child every opportunity, you deplete your finances and your energy. And everybody else's children are equally busy, so it feels like you are swimming against the tide if you don't provide your child with lots of scheduled activities. Don't undervalue nature and playing outside, utilising all five senses, advises Mogel. Get outside with the kids, or let them have time outside without you hovering by their side.

Mogel's model emphasises guidance and empathy over control and micromanagement. Parents who try and smooth the road for their children are missing the point, asserts Mogel. It's the self-reliant and resilient children and teenagers who will be better prepared for the road ahead of them.
Join Michael Grose for our 4-week online parenting course

**Mood Meter Program for Parents**

Help your kids learn to manage their emotions, improve their mental health and be happier.

**Mood Meter Program for Parents** is one of a series of online courses to teach you how to develop emotional intelligence in your kids:

- Mood Meter is a practical tool developed by the research team at Yale Center for Emotional Intelligence
- Gives parents and kids a common language to talk about feelings
- Empower kids to recognise and then respond to how they feel
- Teach kids self-awareness and put them in control of their emotions
- The Mood Meter is great for kids that are visual learners, particularly boys
- Suitable for all age groups

The 4-week Mood Meter Program for Parents starts on 11 September.

Join now for $57 to take advantage of FREE access to ParentingIdeas Club before the course starts on 11 September.

Or why not join ParentingIdeas Club for $197 annual membership and get access to Mood Meter Program for Parents plus the CLUB plus 5 more online parenting courses planned during the next 12 months.
(details here: www.parentingideasclub.com.au/Parenting-Programs)

Full details and registration at:

Or contact the ParentingIdeas team 03 59631798
office@parentingideas.com.au
**Woolworths Earn and Learn**

Keep collecting stickers everyone! Extra sticker sheets available at the office. Drop completed sticker sheets in the box at the office.

**The Good Guys Moorabbin Fundraiser**

If you purchase something from The Good Guys Moorabbin, please let them know before you pay that you are from Chelsea Heights Primary School. For every $50 you spend, we got a $1 voucher from.

**Old CDs and DVDs to the Art Room**

Mrs Brown is collecting old CDs and DVDs for future artworks. Please send them in with your child so they can be taken to the art room. Thank you.

**CSEF - Camps, Sports and Excursion Funding**

Just a reminder that if you hold a valid Concession Card, you may be eligible to receive this funding. Please come to the school office with your concession card to receive an application form.

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**Staff Footy Tipping Ladder**

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<tr>
<th>Margin Score</th>
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<tr>
<td>Mrs Reiffel</td>
<td>858</td>
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<td>Mr Antoniou</td>
<td>748</td>
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<td>Mr Rosser</td>
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<td>Mrs McDonald</td>
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<td>Ms Schmidt</td>
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<td>Ms Milana</td>
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<td>Miss Evans</td>
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<td>Mr Mace</td>
<td>827</td>
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PARENTING A CHILD ON THE AUTISM SPECTRUM

WHO:
Parents and carers of children with autism aged 6 - 12 years

DATES:
22nd & 29th Oct, 5th, 19th & 26th Nov, 3rd Dec

TIME: 9.30am to 11.30am

VENUE:
Rangebank Primary School,
40-46 Lesdon Avenue,
Cranbourne 3977

For more information & bookings contact
Joanne 5945 2000 or
0499 073 362

BOOKINGS ARE ESSENTIAL

Are you a parent of a child/ren aged 6-12 years who has a diagnosis of autism?

Join in with this free 6 week parenting programme where you will have the opportunity to ask questions about autism spectrum and how this impacts on your child. Parents will be assisted to consider different approaches/strategies to help with parenting.

During the 6 weeks you will:
- Meet with other parents to share ideas and strategies
- Develop skills to further support your child
- Find out about other resources and funding
- Take time to think about how to care for yourself and others in your family

anglicarevic.org.au
03 5945 2000
youtube.com/anglicarevic
twitter.com/anglicarevic
facebook.com/anglicarevic
School Holiday Program

Moonlit Sanctuary Junior Ranger Program

Kids enjoy environmental activities, animal encounters and native animal care.

Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities, fun and games for ages 7-14 years.

Sept/Oct school holiday dates:

Week 1: Monday 21st to Friday 25th September 10am – 4pm

Week 2: Monday 28th September to Thursday 1st October 10am – 4pm

Cost: $65.00 per day, or $175 for 3 days (pro rata for additional days).
Maximum 16 children per day.

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale
Phone 5978 7935
Open daily between 10am and 5pm
KIDZONE HOLIDAY PROGRAM

Hey Kids – come along to our FREE fun holiday program
5 Blantyre Avenue Chelsea

Monday 21 Sept 10:30-12:30
Let’s explore what’s under the sea?

Friday 25 Sept 10:30-12:30
What can you make with wood?

Monday 28 Sept 10:30-12:30
Create with art and craft

Friday 2nd Oct 10:30-12:30
How does your garden grow?

Bookings are essential. Open to primary school aged children of any ability. To book phone Judi on 0423 375 714
CHELTENHAM BASEBALL CLUB

WOULD LIKE TO INVITE ALL GIRLS AND BOYS INTERESTED IN PLAYING TEE-BALL OR BASEBALL TO OUR "Come and Try" Clinics

**TEE-BALL**

TEE-BALL IS A FUN VERSION OF BASEBALL PLAYED BY GIRLS AND BOYS BETWEEN THE AGES OF 5-8 YEARS OLD.

"COME AND TRY" DAYS FOR TEE-BALL WILL BE HELD ON:

- FRIDAYS, 4th, 11th & 18th SEPTEMBER
- STARTING AT 5.30PM

**BASEBALL**

BATTING, PITCHING, CATCHING AND FIELDING COACHING PROVIDED BY EXPERIENCED COACHES...

BEGINNERS WELCOME...

"COME AND TRY" DAYS FOR CHILDREN 8-12 YEARS OLD WILL BE HELD ON:

- FRIDAYS, 4th, 11th & 18th SEPTEMBER
- STARTING AT 5.30PM

PLAYERS ARE WELCOME TO ATTEND BOTH CLINICS

ALL EQUIPMENT PROVIDED. BRING A FRIEND! LIKE SOME MORE DETAILS?

PLEASE CONTACT MARK CAMPBELL  camp@bpgond.net.au  0458 33 00 80

www.cheltenhamrustlers.com.au

CHELTENHAM BASEBALL CLUB, KINGSTON HEATH RESERVE, FARM ROAD, CHELTENHAM 3192

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www.southernmariners.com.au

Benwick, Berwick, Chelsea, Cheltenham, Narre Warren Springvale, Springvale

**Southern Mariners**
MORDIALLOC NEIGHBOURHOOD HOUSE

MAKEUP AND BEAUTY DEMONSTRATION

Topics covered include:
- Skin Care routine
- Complexion concerns
- Make-up selection for:
  - every day
  - work day
  - special day

Come and join us for this FREE session

WEDNESDAY: SEPTEMBER 2, 2015
10.00am – 12.00noon

ACTIVE SENIORS PROGRAM

Every Thursday: 12.30 – 2.30 pm

There will be a different activity each week for you to enjoy.
Activities include: Cooking, Scrapbooking, flower arranging, sewing, mosaic making, indoor games, computer training...and much more.

For further information or to make a booking, please phone:
Mordialloc Neighbourhood House: 9587 4534

TAX HELP IS BACK !!!

Are your tax affairs simple?
Do you earn less than $50,000?
You could be eligible for FREE help with your tax return.
The Australian Taxation Office has appointed a trained volunteer to assist you with your 2014 -2015 tax return.
Appointments will be held every Monday.
Bookings essential.
For further information, or to make a booking, please phone:
Mordialloc Neighbourhood House on 9587 4534

News from Chelsea Heights Community Centre

Starting on Thursday 27th August we will be running a 4 week evening course on ‘Positive Mind, Positive Future’. Classes run 7pm to 8.30 and provide an opportunity to reassess the quality of your life.

On Sunday 6th September nutritionist Sharon Rush will presenting information sessions on women’s health from 10am to 12.30pm, covering tiredness and weight loss.

On Thursday 17th September 6.45pm to 8.30pm – come along for an evening of sampling and information on the Appreciation and Brewing of Tea. Learn about the benefits of tea, taste great speciality teas and enjoy the stories from presenter tea specialist Ranjit Giri. Phone Centre to book your place.

Arthritis Victoria will be presenting an information session on Osteoporosis on Tuesday 8th September 11.15am to 12.15pm. The talk will cover, calcium and vitamin D, exercise, falls and fractures, who can help, how to help yourself and the services of Osteoporosis Victoria.

Phone us for details on 9772 3391
Chelsea Heights Community Centre
www.chelseaheightscommunitycentre.com.au

Children's Parties
Seriously funny kids parties!

Call 0411 957 185
www.melbournemadness.net
Facebook.com/melbaldsparties

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Engage with your local, qualified tax agents
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286 Wells Road, Aspendale Gardens
dental harmony

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If you or someone you know is selling a house, please look into this wonderful deal.

Anyone who signs with iSell Real Estate and mentions Chelsea Heights P.S. receives $500 FREE advertising and Chelsea Heights Primary School also receives $500.