FROM THE PRINCIPAL:
Reminder Regarding School Uniform:
Parents and students are reminded that next term all students are expected to wear a wide brimmed, bucket or legionnaire style cap or hat in navy blue. This is part of the school’s compulsory School Uniform Policy and Sun Smart program. All students are expected to wear a hat outside for the duration of Fourth Term that conforms to the school’s uniform policy. Baseball style caps are not an acceptable part of our school uniform.

All families are reminded that all children are expected to wear the school’s uniform that is largely navy blue in colour with the jade green t-shirt. Clothing does not need to have the logo of the school but needs to adhere to our colour code. All jumpers need to be navy blue. In the last couple of weeks, due to swimming, some students have started to wear alternative attire. Could all parents and or guardians please ensure that students wear their correct uniform. A copy of the School’s policy is available on the school website or the office. Your assistance in this matter would be greatly appreciated.

Tree Removal:
The large mahogany gum tree outside the BER Building (on the Cardinia Road side of the building) will be removed over the holiday period due to it being declared unsafe by a qualified arborist. It is unfortunate that it needs to be removed but the safety of students, visitors and staff is paramount.

Building Works:
The School has been informed that we will be getting a Mod 5 Relocatable to be sited and replace the existing Art Room near the basketball court. The preliminary site meeting for this work will take place shortly and we will be advised when this will commence. The provision of this building is based on our current entitlements as a school and the need to replace the Mod 2 Building which is outdated and undersized.

DATES TO REMEMBER:

<table>
<thead>
<tr>
<th>Date</th>
<th>Month</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Wednesday 17th September</td>
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<td>Athletics Sports – Division Finals – Casey Fields</td>
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<td>Jelly Beans Music Program – Grades 3 to 6</td>
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<td>Grade 4 Rich Task open afternoon from 3.15pm – 4.00pm</td>
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<tr>
<td>Thursday 18th September</td>
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<td>Whole School Sleep Over</td>
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<td>Meal Deal: Pizza and Garlic Bread and icy-pole just $4.00</td>
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<tr>
<td>Friday 19th September</td>
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<td>Last Day of Term 3 – 2.30pm Dismissal</td>
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<td>Monday 6th October</td>
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<td>First Day of Term 4</td>
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<tr>
<td>Wednesday 15th October</td>
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<td>School Review – Preliminary Visit by School Reviewer</td>
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<tr>
<td>Tuesday 21st October</td>
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<td>Peer Review of School takes place</td>
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</table>
IMPORTANT REMINDERS

- PLEASE take care at all times in the Car Park areas. Caution and alertness needs to be uppermost in everyone’s minds when in these areas.
- It is very important that if any parent or friend of the school has any concerns, queries or problems regarding any aspect of the school to bring it to the attention of your child’s teacher or Allan straight away. Under no circumstance should parents/guardians approach other students in the school grounds.

THUMBS UP

- To our Grade 6 Girls Hoop Time Team who came runners up yesterday during the Hoop Time Tournament being held at Cranbourne. Congratulations girls on a great effort.
- To our 5/6 Boys Team who came third in their grouping and drew the consolation final. Another terrific effort and well done guys.
- To all the parents who came along and supported the students yesterday at Hoop Time, greatly appreciated!
- To all our mums who support the Meal Deal program, week in and week out. You do a fabulous job and we are indebted to you. Thank you.
- To our thirteen athletes who represented our School at the Zone Finals today at Casey fields. (Full report in next term’s newsletter.)
- To Charlotte H who features on the front of the Melbourne Show Bag feature. Congratulations Charlotte!
- To all the students at Cardinia Primary School for all their efforts in The Big Write and VCOP - We won a competition and have been recognised by Andrell Education by having our school name and photo on their website banner. You can see it at [www.andrelleducation.com.au](http://www.andrelleducation.com.au).

This Week’s Meal Deal is a slice of Pizza, Garlic Bread and an Icy-pole treat
Extra slice of pizza : $2 Treat Only: $1
(Remember children are only allowed to have one treat – additional treats are not permitted.)

Please Note: Meal Deals are now $4.00.

WELL DONE to our 27 students who have completed The Victorian Premiers’ Reading Challenge. Thank you to all our parents and students who entered all the books online.

THE WINNERS OF THE MOVIE TICKETS WILL BE ANNOUNCED AT ASSEMBLY TOMORROW!
Car Parking!

When parking on Cardinia Road, on the School side of the road, please park as close to the bollards and barriers as possible. Children and parents need to use the pathway allocated between the fence and bollards to enter School safely. Cardinia Road and the front of the Hall car park are available for parents to park and collect students. There are also limited spaces in the Church car park located off Dalmore Road. Please do not park on the nature strip or block driveways in this area. There is also no parking in front of the School Crossing when the flags are showing.

It is School policy that all students need to be collected by an adult at the end of the day. This avoids accidents from occurring in these congested times. Please also be aware of your surroundings when parking your vehicle. If you are blocking other cars or the flow of traffic it makes it very difficult for other parents to access parking spaces. Your assistance, patience and understanding in this matter would be greatly appreciated.

How do I raise an issue or make a complaint?

It is very important for any school to know if any families or individuals have any concerns about the school their child/ren are attending so that the issue can be addressed, misconceptions corrected or issues followed up. Cardinia Primary School is no different and it’s important that such concerns are taken to the school directly and that the school should always be the first point of contact. We need to know if you have any concerns about your child’s education or well-being. Teaching and learning works best when parents and teachers talk to each other and work together to solve any problems. Here are some tips when contacting the school.

• Plan what you want to say, so you can clearly explain what the problem is. (You might want to take notes)
• Have some ideas as to how the problem could be solved.
• Talk about the problem with your child’s teacher/s or principal by telephone or organise a face to face meeting. Most problems can be solved this way.
• If you still have a concern after talking to your child’s teacher/s you need to speak to the principal.
• Remember you can be supported at any meeting by a friend, colleague or representative from a support organisation if you wish.
Whole School Sleep Over  
**Thursday 18th - Friday 19th of September**

**COST:**  
The cost is $6.00 per child to cover meals.

**CHILDREN WILL NEED TO BRING:**  
- Sleeping bag or bedding  
- Pyjamas / track suit or other appropriate sleep wear  
- Pillow  
- Favourite Teddy (if required)  
- Slippers  
- Change of clothing for Friday  
- Bowl, Mug and Spoon disposable if possible

**ALL ITEMS SHOULD BE CLEARLY NAMED PLEASE.**  
If your child requires medication, please make sure you deliver it to the Office when you drop off your child and remember to collect it from the Office when you pick your child up!

**POSSIBLE TIMETABLE BUT IS SUBJECT TO CHANGE:**  
**Thursday**  
- 5:30 - Sleepover starts  
- 6:00 - BBQ tea – sausage sizzle  
- 6:30 to 7:30 - Junior Disco, Senior School indoor games  
- 7:30 to 9:00 - Senior Disco, Junior Video/Bed  
- 9:00 to 10:10:30 - Senior Movie, Junior School Bed.  

**Friday**  
- Breakfast  
- Aerobics (organised by Grade 6)  
Activity rotations will be similar to last year. Some of the ideas from last year are pancakes and paper planes, Ipads, Qwizzdom, sport, art, board games, fine motor etc. Activities will be approx. 25 mins and will continue until lunch time.

**Home at 2.30pm for a much needed sleep!!**

**Children not going home on Thursday afternoon, prior to the commencement of the Sleep Over will need to bring along their baggage and place it in the Technology Room until we set up for sleepover after school**

**Any electronic devices need to be handed into the office prior to this event commencing – including cameras, phones, ipads, ipods etc need to be handed into the office and will be available to students if required. Such items should only be brought along if they are absolutely needed otherwise we suggest that they stay at home for the night.**
BOOK FAIR 2014

Our 2014 Book Fair will commence on Tuesday 13th October until Friday 25th October. The Book Fair will run before & after school from 8.30am – 9.00am then again in the afternoon from 3.15pm – 3.45pm. More information will follow next term however we will need parent helpers to run the stall. If you can help either in the morning or afternoon time please see Mrs Friend in the Office.

WHAT’S IN THE BOX?

Next Term, for their rich task, our Grade 2 students will be making models of “under the sea” environments. We need a shoe box size box for each student. If anyone has a shoe box could you please bring it to the Grade 2 teachers for them to distribute among the students.

PLASTIC BOTTLES NEEDED

Foundation students are creating an ocean inside a bottle. For this activity we need lots of plastic drink bottles. All donations can be delivered to the Foundation A classroom or Grade 1C classroom.

Grade 5 and 6 Hoop Time

Well done to both girls and boys teams who played some awesome basketball. Congratulations to the girls who made it to the Grand Final, they played well coming runners up. The boys had a great scrap match to come away with a draw. Thank you to all parents who helped with transport.
SCHOOL REVIEW

At the start of fourth term Cardinia Primary School will be having its School Review take place. It is an event that occurs every four years where each school in Victoria is reviewed by the Department to gauge the work the school has done in achieving its aims as expressed in the School’s Strategic Plan, delivering programs in accordance with Departmental Guide Lines, the way it is meeting the needs of its community, parents, staff and students and help set the direction for its future over the next four years. Various data sets are reviewed and judgements are made on the school’s overall performance.

Cardinia Primary School will be having a Peer Review where we have an external reviewer Mr Warren St Clair, three practising principals from neighbouring schools and representatives from our School Community. The initial part of the process is the school producing its own Self Evaluation Document and hosting a visit from the Reviewer. At this meeting the Reviewer receives a copy of the Self Evaluation, plus any other supporting documentation he may request or the school feels important to ensure the Reviewer has a clear picture of the school and the work being carried out by the school. On the Review Day the panel meets and works through the documentation to advise the school of ways in which it can continue to improve and set new targets and goals for the school.

2014 Swimming Program

Last Friday saw the completion of our Intensive Swimming Program for 2014. I’d like to take this opportunity to thank Mrs Alderson for all her hard work in making sure this activity ran as smoothly as possible. Organizing an activity such as this is no mean feat! Mrs Alderson ensured that all our 200 students travelled safely in a bus each day from school to Cardinia Life Pakenham.

All students will receive a certificate detailing their achievements over the 10 day program and these will be included in the December School Report envelope, each child receives at the end of the year.

It was also very pleasing to receive a thank you from the instructors on how much they enjoyed taking our students for their lessons, their manners and co-operation throughout the program. They rated our students and our school one of the best they have had the pleasure to teach, which is a great and very pleasing reflection on our students and school – something we can all take a great deal of pride in.

If any parents or friends of the school have any views on the program offered or feel that it could be improved please email your child’s teacher or see Liz or myself, as we endeavor to make and offer a program that is both effective and beneficial to all participants. As is the usual case, School Council will review the effectiveness of the program when it meets on October 15th.

Thanks also to the parents, friends and grandparents who came along and supported the students in their swimming endeavors throughout the program. It was great to see.
CLYDE – CARDINIA FIRE BRIGADE

Clyde-Cardinia Fire Brigade is turning 70 years old in 2014. To help us celebrate, we are having an open day on Saturday 11th October. Please bring your children to this Family Day. There will be a Jumping Castle, Old Fire Truck, a smoke house and lots of old faces to refresh old memories.

When: Saturday 11th October 2014
Where: Clyde-Cardinia Fire Station, Railway Road, Clyde.
Time: 11am – 4pm
What to Bring: Any old photos, stories, news articles to share with others.

For more information you can call

Mr Daryl Manks Darren Rogers
0416 071 459 0419 353 267

Or email clydecfa@futureweb.com.au

LIFE EDUCATION VICTORIA

As part of our drug and health education next term we are having the Life Education mobile classroom visit our school in the first week back from holidays from Tuesday 7th October – 14th October. Life Education has been visiting our school for many years and is always a highlight of the children’s year. The Mobile Classroom helps to facilitate the development of the life skills in students to prevent and minimise the harm of drug misuse. Lessons are always age appropriate and the children will be covering a wide range of drug and health related topics, ranging from the human body and how it works, healthy eating and nutrition, medicines and drugs, bullying, resilience and social skills. Healthy Harold, the much loved Life Education giraffe mascot is always a much anticipated element of the Life Education visit. The sessions are always fun, interactive and really extend and develop the children’s understanding of the topics covered. We will be further broadening these topics in class both prior to and after the Life Education visit with the student workbook which is included in the cost of the visit. It is important that your child attend this session. A permission slip is enclosed in this week’s newsletter and will also be handed out to students today. Please return the permission form together with your payment as soon as possible to the office.
There seems to be quite a lot of lost property in the boxes at the office. Please look to see if any of these items belong to you. After this week, any non-school items will be donated to a local Opp Shop and School uniforms will be available to purchase from the office for $2 per item. School uniforms will also be used for emergency clothing.

Grade 4 Health - Healthy Cooking

Grade 4 students have learnt about healthy eating this term in Health. They worked in groups to plan a healthy meal and yesterday they prepared, cooked and ate some fantastic healthy foods in their groups.

The foods cooked were:
- Smoothies
- Roast chicken and veggies
- Chicken schnitzel and salad
- Burritos with wholegrain wraps
- Homemade pizzas on wholemeal pita bread
- Salad
- Wedges cooked in an active fryer
- Healthy baked corn chips
- Chicken kebabs and veggies
- Fruit salad

The students worked really well in their teams and learned some valuable healthy eating and cooking skills. They can now go home and cook for their families! Thanks to Mrs Wood, Crystal and the mums who came in to help us!
Does your child complain of heel pain?

Sever’s Disease is a common cause of heel pain, particularly in physically active young people who are about to begin puberty. Boys are slightly more prone to this condition than girls. It most commonly affects boys aged 10 to 12 years and girls aged 9 to 11 years, when growth spurts are beginning. The cause is uncertain, but it is thought that the long calf bones of the leg grow faster than the surrounding muscle and soft tissue, causing the Achilles tendon to pull uncomfortably tight.

A few signs and symptoms point to Sever’s disease, which may affect one or both heels are:
- Pain at the heel or around the Achilles tendon
- Heel pain during physical exercise, especially activities that require running or jumping
- Worsening of pain after exercise
- A tender swelling or bulge on the heel that is sore to touch
- Calf muscle stiffness first thing in the morning
- Limping
- A tendency to tip toe

Factors that contribute to Sever’s disease.
Apart from age, other factors that may contribute to developing Sever’s disease include:
- Physical activity – any form of exercise that is weight bearing through the legs or stresses the soft tissue can exacerbate the pain of the disease
- External factors – for example, running on hard surfaces or wearing inappropriate shoes during sport
- Overuse injury – very active children may repeatedly but subtly injure the bones, muscles and tendons of their feet and ankles. In time, the accumulated injuries cause symptoms.

Diagnosis of Sever’s disease
A doctor or other health professional such as a physiotherapist can diagnose Sever’s disease by asking the young person to describe their symptoms and by conducting a physical examination. In some instances, an x-ray may be necessary to rule out other causes of heel pain, such as heel fractures. Sever’s disease does not show on an x-ray because the damage is in the cartilage.

Treatment of Sever’s disease
Treatment depends on the severity of the condition, but may include:
- Relative rest and modified activity – a physiotherapist can help work out what, and how much, activity to undertake
- Cold packs – apply ice or cold packs to the back of the heels for around 15 minutes after any physical activity, including walking
- Shoe inserts – small heel inserts worn inside the shoes can take some of the traction pressure off the Achilles tendons. This will only be required in the short term
- Medication – pain-relieving medication may help in extreme cases, but should always be combined with other treatment and following consultation with your doctor). Anti-inflammatory creams are also an effective management tool
- Splinting or casting – in severe cases, it may be necessary to immobilise the lower leg using a splint or cast, but this is rare
- Time – generally the pain will ease in one to two weeks, although there may be flare-ups from time to time
- Correction of any biomechanical issues – a physiotherapist can identify and discuss any biomechanical issues that may cause or worsen the condition.

Education on how to self-manage the symptoms and flare-ups of Sever’s disease is an essential part of the treatment. Sever’s disease heals itself with time, so it is known as ‘self-limiting’. There is no evidence to suggest that Sever’s disease causes any long-term problems or complications.
Dear Parents

As part of our drug and health education next term we are having the Life Education mobile classroom visit our school in the first week back from holidays from Tuesday 7th October – 14th October.

Life Education has been visiting our school for many years and is always a highlight of the children’s year, and helps to facilitate the development of the life skills in students to prevent and minimise the harm of drug misuse.

Lessons are always age appropriate and the children will be covering a wide range of drug and health related topics, ranging from the human body and how it works, healthy eating and nutrition, medicines and drugs, bullying, resilience and social skills. Healthy Harold, the much loved Life Education giraffe mascot is always a much anticipated element of the Life Education visit. The sessions are always fun, interactive and really extend and develop the children’s understanding of the topics covered. We will be further broadening these topics in class both prior to and after the Life Education visit with the student workbook which is included in the cost of the visit. It is important that your child attend this session.

As a charity, Life Education relies heavily on the generosity of local organisations to keep its fleet of mobile classrooms on the road delivering positive health and life messages to over 200,000 children in Victoria alone.

**The cost for this incursion is $6.00 per child.**

Please fill out the attached permission slip and payment and return both to school by Monday 6th October:

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**Life Education Victoria 2014 Visit Permission Slip & Payment**

<table>
<thead>
<tr>
<th>My child/children:</th>
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<th>Signature (Parent / Guardian)</th>
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# BELEZA SCHOOL UNIFORMS

## PAKENHAM

### TERM 3 SCHOOL HOLIDAY HOURS

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<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
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**NORMAL STORE TRADING HOURS RESUME BACK AS OF 6<sup>th</sup> OCTOBER 2014**

- **Monday – Friday:** 9AM – 5PM
- **Saturday:** 10AM – 1PM

SHOP ONLINE: STORE.BELEZA.COM.AU
ST JOHNS PRIMARY SCHOOL
FAMILY FETE

Silent Auction
SURF SHACK SLIDE
THOMAS THE TANK TRAIN
Hot Food
SURF RIDER
White Elephant Stall
Fruit & Veg
Animal Farm

Karate
And

Lucky Dip
Major Raffle
Ballroom Dancing Demonstrations
Showbags

Appearing Live

Sunday 19th Oct
10am - 3pm
Cnr Salmon St & Station St, KooWeeRup

All Enquiries
Please call
Amber Ventura
0417 502 927

Face Painting
Tattoos
Fairy Floss
Popcorn
Snow Cones

Chair O Swing
Smil Jumping Castle