### Issue No: 29— 5th October 2016

**Dates to Remember for Term 4**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday 5th October</td>
<td>Snugglepot &amp; Cuddlepie Performance 1.30pm Civic Hall.</td>
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<tr>
<td>Friday 7th October</td>
<td>Swimming Starts.</td>
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<td>Tuesday 11th October</td>
<td>Touch Footy Workshop. Grade 4/5/6</td>
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<tr>
<td>Wednesday 12th October</td>
<td>Ageless Arts Morning Tea.</td>
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<td>For students who were in Grade 2/3 in 2015.</td>
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<tr>
<td>Friday 14th October</td>
<td>CURRICULUM DAY. NO students are required at school.</td>
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<tr>
<td>Monday 24th— Friday 28th October</td>
<td>KINDNESS WEEK ACTIVITIES</td>
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<td>Saturday 29th October</td>
<td>UPWELLING FESTIVAL and Parade.</td>
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<tr>
<td>Tuesday 1st November</td>
<td>MELBOURNE CUP HOLIDAY</td>
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<tr>
<td>Monday 7th November</td>
<td>CAMP Week -Grade 5&amp;6 (Monday, Tuesday &amp; Wednesday night)</td>
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<td>- Grade 3/4 (Tuesday and Wednesday night)</td>
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<td>Thursday 24th November</td>
<td>Grade 2 Sleepover.</td>
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<td>Friday 25th</td>
<td>F/1, 2/3 Halls Gap Zoo Excursion.</td>
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<td>Thursday 15th December</td>
<td>Student clean up day.</td>
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<td>STARRY, STARRY NIGHT 5.30pm.</td>
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<tr>
<td>Friday 16th December</td>
<td>Portland South PICNIC DAY.</td>
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<td>Last day of normal classes.</td>
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<tr>
<td>Monday &amp; Tuesday 19th &amp; 20th December</td>
<td>Clean Up Days!</td>
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### STAR STUDENT FOCUS FOR TERM 4

**RESILIENCE**

“This week’s star student will be someone who works their way back from an upset.”
Dear Parents, Carers and Families,

Welcome Back Everyone! I trust you all had a very relaxing and fun holiday and are ready for yet another busy and fulfilling Term.

HATS- This term all children are required to have a hat. Our Sunsmart Policy requires all students to wear hats in term 1 and term 4. School hats are available at the office.

SWIMMING- This term we look forward to beginning our swimming program. The swimming program will go for 10 weeks. Every Friday our students will be involved in swimming lessons conducted by the Portland YMCA. Please ensure that money and permission forms are back this week if you haven’t already handed these to Mrs Rogers. Please also ensure that all students have the necessary swimming gear - bathers, towel, goggles, spare underwear etc. If you have any questions regarding the swimming program, please don’t hesitate to ask your child’s teacher.

AGELESS ARTS REUNION- Next Wednesday the 12th October the students who were in Grade 2/3 last year (Mrs. Morton’s 2015 class) will be invited to a Reunion with their ‘special friends’ in the Portland South School library at 10.00am. The Ageless Arts participants would very much like to touch base with their special friends again. Students and participants will meet in the library for a story and then have morning tea together. What a wonderful program!!!!!!!!

CURRICULUM DAY- Next Friday the 14th October is a Curriculum Day. All staff will be involved in a Writing Trait PD which looks at authentic and engaging ways of teaching Writing. NO STUDENTS will be required to attend school on that day. Portland Primary School staff will be joining us on this day.

Have a wonderful Week.
Vicki.

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PARENTS AND FRIENDS MEETING
THURSDAY 13th October
immediately after school until 4pm.
To be held in the library or if weather permits on the front playground. Any questions please ring Angela 0416765492

RACQUETBALL ROCKETS
Racquetball skills for beginners. A 6 week programme aimed at primary school aged children. Anne McIntyre will teach your child basic skills. Cost is $5 per week, commencing 4pm Monday 10th October at the Portland Squash and Racquetball Club, Fitzgerald Street. Please bring non-marching sports shoes.

PORTLAND LITTLE ATHLETICS
Thursday 6th October at 4.45pm
Nelson Park,
Register online at lavic.com.au or help with registrations is available at Nelson Park from 3.45pm.

LUNCH ORDERS
NO SPAGHETTI BOLOGNAISE AVAILABLE UNTIL FURTHER

WANTED
HELPERS TO CLEAN/TIDY GARDEN BEDS

MILO IN2 CRICKET—Hanlon Park—Term 4

Registration: Wednesday 5th October
Program Runs: 12th October—7th December
Age Group: 7—10 years—boys & girls
Cost: $75 per child

All equipment is provided. This is a fast, fun and active program that emphasises maximum participation, basic motor and cricket skill development.

For more information contact Jake Davies on 0459 419 404
FREE MENTAL HEALTH WEEK WORKSHOPS - WARRNAMBOOL:
Understanding the impact of trauma from childhood sexual abuse:
Trauma from family violence and sexual abuse can have significant detrimental impacts on community health, educational outcomes, mental and physical health and economic productivity. Professor Caroline Taylor AM, founder of Children of Phoenix and a survivor herself, leads these workshops to increase awareness of the impact of family violence and childhood sexual abuse.

WORKSHOP 1 - Professional Development Session:
Monday October 10 – 4.30pm to 8pm - Cost: FREE

WORKSHOP 2 - Community Information Session:
Tuesday October 11 - 7 pm to 8.30pm - Cost: FREE

REGISTER NOW at www.trybooking.com/227688 or email childandfamily@warrnambool.vic.gov.au

If you need assistance or support call Lifeline on 13 11 14 or SW CASA on 5564 4144

Proudly Presented by: Beyond the Bell
Supported by: South West CASA
Sponsored by: Warrnambool City Council, Deakin University, Children of Phoenix Inc.

CHRISTMAS BOXES
Available from Classrooms
This program is a project of Samaritan’s Purse. Samaritan’s Purse is a non-profit Christian organisation providing emergency relief and development assistance to suffering people around the world. Samaritan’s Purse is meeting the physical needs of war, famine, natural disaster and disease.

Opening up a whole new life for a young child is as easy as 1, 2, 3!
1. Printed boxes available from the classrooms.
2. Boy or Girl?
3. Fill with gifts.

- Something to wear.
- Something to love.
- Something special.
- Something for school.
- Something to play with.
- Something for personal hygiene.

Shoe boxes will need to be filled and returned by the end of October.

KYEEMA SPRING SALE DAY
Saturday 8th October 10am to 2pm
Come along and be entertained by live music in our lovely gardens.
Silent Auction
Monster Spring Garden Sale with Seawinds Nursery.
Kids - Showbags, Lucky Dips, Animal Nursery, Jumping Castle, Face Painting.
Food — authentic Indian cuisine

Also — Strawberry pancakes, BBQ, Lentil Veggie Burgers, Hot Dogs & Devonshire Tea, Variety of Coffees.

Queen-sized patchwork quilt, decorated Xmas cake & Kyeema piggy bank to win in the raffle!!
Our unique Kyeema Craft & Woodwork.
Many other stalls to wander around.

Kyeema Support Services,
Cnr Bridgewater Road & Lalore Street, Portland.

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We are SunSmart - a note for families

Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek* and *Slide*!

Our school aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria’s SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures included in our policy.

*During the daily local sun protection times (issued whenever UV levels are three and above), use these 5 SunSmart steps* – even if it's cool and cloudy.

1. **Slip on a shirt** - for free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.

2. **Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Please ensure they get plenty of sunscreen application practice at home so they'll be all set when they are at school.

3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.

4. **Seek shade** – choose shady spots for play whenever possible.

5. **Slide on some sunglasses** - if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

Further information contact SunSmart
P: 03 9514 6419
E: sunsmart@cancervic.org.au
W: sunsmart.com.au