Welcome back everyone to Term Three at Kew PS.

In my first newsletter article for this term I would like to comment on the “R” word- resilience - a word that is increasingly used in today’s fast moving world. We know everyone needs resilience because life’s experiences can include adversities.

As parents you all want your children to be healthy, happy and successful, able to achieve their best at school, confident in forming friendships and able to deal with the inevitable set-backs, failures and disappointments of life.

Decades of research have powerfully demonstrated that resilience is the key to success and satisfaction in life. Where we fall on the resilience curve- our natural reserves of resilience affects our performance in school and at work, our physical health, our mental health and the quality of our relationships. It is the basic ingredient to happiness and success.

However, it is not enough to say to a child, “you need to be more resilient”. As much as everyone possesses some reserves, many need direction, guidance and encouragement to understand how the reserves of resilience can be built.

Martin Seligman who’s field of Positive Psychology has been very influential in helping to discern what it is that underpins resilience- concepts of will, personal responsibility and good character are central.

In our culture strengths are supported through its institutions, rituals, role models, children’s stories etc. This is where we come in – home and school working together to help our students to build on their strengths and virtues and then ultimately their character. With this end in sight I am very pleased to announce that we have organised Hugh van Cuylenberg of the Resilience Project to work with staff, students and parents here at Kew PS.

I had the real pleasure of hearing Hugh speak at the recently held, Boroondara Principal’s Conference and thought he would be brilliant to work with the teachers, students and parents at Kew PS. Please note in your diaries your opportunity to attend a Parent Information night on Thursday August 8th 7:30- 8:45 to hear Hugh speak on resilience and creating a positive perspective to life’s challenges.

On another positive note Kew PS has won the Leader Newspapers Grant for this round and the monies from this grant will be used to plumb our three water tanks and thereby capturing all that run off from our roofs- another move to make the school more sustainable. We have to thank the Grants and Communication Sub- Committee lead so brilliantly by Julie Coleman for this result.
Mentioned in previous newsletters was a choir being formed and Andrea Stevens was very resourceful in finding a person to take on this choir on a user’s pays basis. Thank you Andrea for all your motivation and galvanising us into action. However, two staff members, namely Lee Ann Butchart and Shelley Ware have volunteered to run a junior choir and senior choir respectively. This opportunity is free to any student and the only criteria they will need is a desire to sing.

Robin Grace - Acting Principal

Message from Assistant Principal

Basketball/Netball Towers

During the school holidays four new basketball/netball towers were installed in the yard. These have replaced the existing towers that were in a state of disrepair and passed their used by date. The installation of the new towers was made possible by an extremely generous donation from a Kew Primary School family.

The family wish to remain anonymous, but on behalf of the entire school community we sincerely thank them for their generous donation. This has ensured that the students at KPS will be able to maximise the use of our basketball and netball courts for general play, as well as for the Physical Education program and inter-school sport programs for the next decade and beyond.

Working Bee

The next working bee is scheduled for Sunday, August 4. (12:00 – 3:00) The projects for the day will include: installing a new storage shed behind room 22, clearing the existing tool shed, relocating the chairs stored near the Gym toilets and remulching all of the play equipment areas. General cleaning up and maintenance will also be carried out around the grounds.

The working bee held last term was extremely well attended and a great deal of work was carried out, so if you have some time to spare on the 4th we would appreciate your attendance to complete as many tasks as possible.

Schools Water Efficiency Program

During the school holidays, water flow meters were installed as part of the Schools Water Efficiency Program. The meters detect water leaks and enable us to rectify these problems as soon as possible and help to save water.

The installation of the water flow meters was made possible by the work of one of our PTA representative, Sue Friend and we thank her for her coordination of this project.

Andrew Searle
Acting Assistant Principal

Ipad link for this week:

Each week a class will contribute a news item on Mathematics at Kew Primary School. This week, Class 111 tell what mathematics means to them and why they love it.

Ella loves maths because it makes me think about pluses, and equals and take aways and it makes me think about shapes and money.

Vincent loves maths because it helps you count backwards and forwards from 100 to zero and its fun.

Sienna loves maths because it helps you count on and count back.

Olivia loves maths because it is counting on, and counting back, and adding on, and having fun; and one, two, skip a few, 99, 100.

Susan loves maths because it is mostly about using two numbers to equal another number and its fun.

Lucas says maths is about learning new things about plus, minus, multiplication and division and fractions and learning to practise more. I love maths because it helps me think in my brain. My favourite shape is a sphere because its round and I like the feeling of it.

Fiona loves maths because we learn about money and I like learning about money because I like it

Pal loves maths because I do lots of sums and lots of minus sums that are really hard, and that is good fun.

Jordi loves maths because I like to do minus and take away and I think of minusing and takeaways.

Tom loves maths because we get to do lots of hard sums and its fun. I get to do place value and fractions, and Mathletics and I am good at it.

Stephanie loves maths because I do times tables on Mathletics.

Leanne loves maths because it is fun and because there is all kinds of maths that you can learn about - plusing, minusing, counting back, counting on and counting in 2s, 5s and 10s.

Jessica loves maths because it helps you learn more than usual. Each day you learn different things like time tables, minuses and pluses.

Cully loves maths because I like counting on and backwards, and doing takeaways and pluses and I like doing time tables.

Sabastian loves maths because I do subtracting and fractions and I like using big numbers like two million, one thousand, two hundred and eighty four.

Leo loves maths because it helps my brain think about counting and doing good work and having fun.

Taelee loves maths because I can do a minus and I can do a plus and I like to do maps.

Ollie loves maths because I can count back from 100 and 1000 and I like it because it’s hard and it makes my brain work -once I tried to count back from 100 and I almost lost my breath.

Rachael loves maths because it helps me count higher and it helps me learn more about 2D and 3D shapes.

Cate loves maths because we get to do fractions.
Art Room Donations

4 fabulous scarecrows done, 3 to go! We are seeking the following child size costume items:

Marcel Marceau – black and white stripey top, white pants, black floppy hat/beret, short curly black/red wig

Queen Marie-Antoinette – regal dress (e.g. princess dress up), regal shoes (e.g. ballet slippers), crown/tiara, white or blonde wig, ‘ladies’ gloves, costume jewellery

King Louis XVI – regal clothes e.g. cloak, jacket, pants (velvets or satin would be great), brooches, barrister style wig, boys shoes, sash, crown

Also, we’d love donations of WOODEN SPOONS – old or new, please drop off at the art room

Merci beaucoup, Madame T & Bit McLean

The Arty Smarties have helped the scarecrows to find their new home. Go and wave hello in the Kew Primary Veggie Garden.

If you love to sing...

Junior Choir Members wanted
Term 3 and 4 on Tuesdays
First choir will be held Tuesday 23rd July
First half of lunch will be Prep -Grade 2
Second half of lunch will be Years 3-6

It's going to be fun!
Shelley
Library News
– Term 3

New Books & Furniture
The library has lots of new books and the new furniture will arrive in early August.
Don’t forget students can suggest books for the library to purchase.

Peppercorn Writing Competition
This is a writing competition for all interested students – they can write a story or make a book. The theme is History. There will be prizes and the stories/poems/books will be displayed in the library. Please deliver your completed story/poem/book to Ruth in the Library or Office by Thursday 15th August. The winners will be announced during Book Week.

Book Week
(17th – 23rd August)
Students can vote for their favourite books from the Children’s Book Council shortlist. Some of the books will be read in class over the next few weeks.

Overdue Library Books
Please remember to return all overdue library books. If you have lost a book please send in an appropriate replacement or pay $10.
Dear parents and caregivers. My name is Tom Hamnett and I work for Musicorp, teaching a range of instruments at Kew Primary on Mondays. I am starting up an intermediate level concert band for my students, consisting of woodwinds, guitars and keyboards. Rehearsals will be at the start of lunch on Mondays and will run for 30 minutes. If your child has been playing an instrument for at least a term and would like to be involved in the band, please let the office know your child's name, the instrument they play and how long they have played for. Once I have an idea of numbers I will start rehearsals. Feel free to contact me at t.a.hamnett@gmail.com if you have any queries.

Tom Hamnett

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**Grants Update**

**Kew Primary's Water Recycling Project – Successful**

Our project received the highest number of votes in the Progress Press paper area and will receive a $1,000 Leader Local Grant. Leader Local Grants were overwhelmed at the number of votes our project received and felt that the project at Kew Primary touched and sparked interest in the community.

This grant will enable Kew Primary to have the three rainwater tanks plumbed into the school’s irrigation system to water the kitchen garden and surrounding vegetation. The kitchen garden supplies vegetables to the canteen to promote healthy eating for the children and is an important part of the curriculum at Kew Primary as students learn about the life cycle of plants.

Thank you to all the parents, teachers and staff and those in the broader community who voted for Kew Primary School.

Julie Coleman
Funding, Communications & Marketing Sub Committee

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**RUN MELBOURNE**

**3 DAYS TO GO**

It is not too late to enter now. It is also not too late to make a donation. Entries can be done at the Run Melbourne Expo, presented by Running Fit (Thursday, 18 July - Saturday, 20 July) and on the day at the 'Number pick-up' marquee at Federation Square from 6:00am. If you are planning on entering on the day, please arrive early to avoid queues and ensure you have enough time to drop off your clothes and prepare before the event starts. (Please note that late fees will apply.) When you fill in the fundraising information, please click "I wish to fundraise as part of a team" and when you fill the entry details please select "Kew Primary School" as a team.

If you have already entered and want to be added to the list on the team web page, please email pokhra-33@hotmail.com to obtain the team password.

To support Kew Primary School fundraising team, visit http://runmelbourne.everydayhero.com.au/kewprimaryschool

Your support means a lot, and will have a huge impact in the lives of people in need.

Thank you for making a difference.
Daichi and Patrick
KPS Student Disco

After a year off, the KPS School disco is back. Get your best disco outfits on, do your hair and bring your dance moves.

There will be two sessions, one for junior movers and one for big kids.

Tickets must be booked before Wednesday 24th July at www.trybooking.com/DCCP

When: Friday, 26th July 2013
Where: Baptist Church Hall, Highbury Grove, Kew
Cost: $8 per child

Time: Prep – Year 2, 5.00 – 6.15pm
Year 3 – 6, 6.30 – 7.30pm

Water & cordial will be provided.

Bring your pocket money as there will be glow in the dark jewellery for sale starting at 50c.

Note: All children will need to be signed in and out by an adult and must be a student of KPS

Kew PS Canteen

Volunteers Needed!

Thank you to the canteen helpers who generously donate their time to make our Canteen run smoothly. We have over 30 of these helpful parents who assist Sally & yet we need more to cover our new shorter shifts!

Please contact Sally on 0431 213 289 if you can help out.

Only 2½ hours once a month on:

Monday 9am – 11.30am  11.30am – 2pm
Wednesday 9am – 11.30am  11.30am – 2pm
Friday  9am – 11.30am  11.30am – 2pm

Second Hand Uniform Shop

will be held on

Wednesday 7th August

3.15 – 3.45

KEW BANKING KIDS

Hello all my little bankers,

Welcome to Term 3, I hope you have saved all your pocket money over the holidays to save this term. Remember, it doesn't matter if you deposit 50c or $50 each deposit, you will still be rewarded with a dollar mite token. Save ten tokens and you will receive a gold token which will allow you to receive one of your prizes. The new reward for Term 3 is a calculator as well as any of the other prizes you have missed for Terms 1 & 2.

Just a reminder I will be away for a couple of weeks so there will be no banking TUESDAY 30th JULY AND TUESDAY 6th AUGUST. Banking will resume Tuesday 13th August. Keep saving.

Nic B.
KPS Working Bee

ALL PARENTS AND STUDENTS WELCOME

Sunday 4th August - 12pm till 3pm

Please come and help tidy up Kew Primary School
Stay for an hour or stay for three!

Please bring gloves, brooms, rakes, wheelbarrow, cordless drills, spanners and anything else that maybe useful.
Bring the kids and a water bottle.
Afternoon tea provided.

- We will be putting together a new kitchen garden shed
- Cleaning out existing tool shed and transferring tools to the new shed
- Spreading mulch around grounds including the sandpit and gym areas

KPS WORKING BEE - RSVP
12pm - 3pm, Sunday 4th August 2013

To help with organising the jobs could you please advise Stewart Waters if you can attend.
Stewart is our new Working Bee Coordinator (and also Tom and Freddy’s dad, Grades 2&1).

Please RSVP to Stewart by 2nd August via text on 0418 355 587 or email stewart.waters@optusnet.com.au
including the number of adults and children attending and the approximate time you can help.

Thank you - your help is greatly appreciated.
The Department of Education and Early Childhood Development (DEECD) does not endorse the products or services of any private advertiser. No responsibility is accepted by DEECD for accuracy of information contained in advertisements or claims made by them.

Learn music here at school

Come and join in the fun of learning to play keyboard, guitar, flute, clarinet, saxophone, violin, drums, cello, bass guitar, here at Kew Primary School.

Creative Music for Schools conducts a music program here at school each week.

Small group classes or one-on-one lessons give children an excellent grounding in music where they will learn to read music and play their chosen instrument.

Tuition costs from $16.40 per lesson and enrolments are now being accepted for limited places in Term 3.

Interested parents should call Samantha during office hours on 9818 2333

Order your 2013 | 2014 Entertainment™ Book

FREE DELIVERY only until 31 July
Do your children have asthma or allergies?

Are you a part of the local footy team, scouts club or netball club?

Do you worry about your children’s asthma when they are not at home?

Learn practical strategies for helping your children to live well with asthma each day from people who know. Join The Asthma Foundation of Victoria’s online forum. Ask a question, share your story, meet with others in your area. Call (03) 9326 7088 for more information or follow the link below.

forum.asthma.org.au

Asthma tips for Parents and Carers this Winter

Winter can be a hard time for people with asthma as could weather, coughs, colds and the flu can bring on more symptoms and attacks.

- The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection. The flu is different to the common cold and can be a much more serious viral infection.
- People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.
- Make sure your child’s asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.
- Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.
- Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.
- Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - www.betterhealth.vic.gov.au and the NPS website - www.nps.org.au.

Contact The Asthma Foundation of Victoria on 1800 ASTHMA (1800 278 462) or www.asthma.org.au.
Snowsports Interschool Championships

The 2013 Victorian Interschools Snowsports Championships will be held at Mt Buller from Monday 19 August to Sunday 25 August 2013.

The on-line entry system for the Victorian Interschools is now open. The entry and lift ticketing ordering system closes 1 August 2013.

The website is www.vicinterschools.com.au. I recommend you have a look at the site and sign up to the newsletter. One of the links down the left hand side called important documents has information regarding pricing, event schedule etc... which is also worth reading through.

The Interschools Snowsports Championships are a series of competitions in 5 disciplines:

- Alpine GS - Skiers are timed on a modified giant slalom course
- Skiercross - Skiers are timed on a slope style course
- Freestyle Moguls - Skiers are scored on a bumps/jumps course
- Snowboard GS - Boarders are timed on a modified giant slalom course
- Snowboardcross - Boarders are timed on a slope style course

The Interschools races are conducted under divisions according to school year levels.

- Division 1: Years 11 and 12
- Division 2: Years 9 and 10
- Division 3: Years 7 and 8
- Division 4: Years 5 and 6
- Division 5: Year 4 and under.

So I can register those children interested in participating in the Interschools, can you please email me the following information by 21 July 2013 so I can be sure I get all the information in on time.

- participants name,
- division,
- event,
- school year,
- child’s year of birth,
- child’s postcode,
- name, contact phone number and email address of parent/guardian,
- whether you need a lift ticket or whether you are a seasons pass holder at Mt Buller
- how many days you want lift tickets for if you aren’t a seasons pass holder

Entry into the Interschools costs $43 per child. Competitor Lift ticket are priced according to the number of days you want tickets for. Details about pricing are on the website www.vicinterschools.com.au

Payment for all entries and tickets will need to be made by 21 July 2013. Payment must be done in 1 transaction, so I will need to collect all monies from parents before I make the payment on behalf of our school on 1 August 2013. Please contact me to arrange transfer of monies to my account so I can arrange final payment.

Any questions, please email me at nikki@sraccountants.com.au
OCD & Anxiety Disorders Week 2013
Friday 2nd August – Saturday 10th August
Community Education Seminar
Saturday 10th August

Morning session program: 9.30am-12.00pm
The program includes presentations about anxiety in children. Guest speakers include:

Personal Story: Leonie

Dr Melissa Harto; Anxiety and the Highly Sensitive Child - Counseling Psychologist and Founder of the Centre for Emotion Focused Practice in South Yarra. Her passion is working with people in a person-centred emotion-focused way. Often anxiety is confused with sensitivity but this distinction is an important one to make especially in children. How best as parents can we support our sensitive child in a world where sensitivity is not valued?

Dr Celin Gelgec; A Tool Box for Dealing with OCD in Children - Clinical Psychologist and Director of Therapy FiveIT in Camberwell. Your first instinct as a parent is to help your child feel better; however, this may not always be the case when dealing with OCD, otherwise the entire family can end up participating in lengthy rituals. A practical "how to" guide on balancing the demands of family life and OCD.

Afternoon session program: 1.30pm-5.30pm
The program includes presentations about anxiety in adults. Guest speakers include:

Dr Chris Morgan; Boarding and the Difficulty of Letting Things Go – Clinical Psychologist, Researcher, Educator & Director Richmond Anxiety Clinic with extensive experience of complex presentations of anxiety in in-patient and out-patient settings & training.

Maddock James; The Benefits of Massage - Remedial Massage Therapist. Anxiety is an internal reaction to an external source. Learn how massage therapy is able to enhance conventional therapies (medication and counselling sessions), reduce anxiety, and give psychological benefits.

Personal Story: Milton

Bev Albett, The Art of Managing Anxiety - Author and Illustrator of ten highly regarded self-help books on overcoming anxiety, depression and allied conditions, notably Living with IT and Taming the Black Dog. Bev will provide insight into the nature of anxiety and unique strategies to defuse anxiety triggers, work through crises, increase resilience and confidence and manage anxiety without going into overwhelm.

Dr Sunil Bhat; Living Well with Anxiety or Obsessive Compulsive Disorder - Clinical Psychologist and Senior Lecturer with over 20 years of experience in treating anxiety related difficulties. His talk will provide ideas for living well with anxiety or OCD. It will focus on psychological methods for achieving goals, coping with anxiety and controlling OCD.

Cost: Morning or Afternoon session: members $15 non-members $25
Full day: members $25 non members $40

Venue: Vibe Savoy Hotel, 630 Little Collins Street, Melbourne
(Across from Southern Cross railway station OR 24 hour parking at Wilson Carpark, 242 Little Bourke Street)

For further information or to register visit www.arcvic.org.au
or call ARVCIC Office: 9830 0566
OCD & Anxiety Helpline: 9830 0533 or 1300 269 438
email – admin@arcvic.org.au

The Anxiety Recovery Centre Victoria is a not for profit community organisation supporting people living with Anxiety Disorders and their families and carers