INTERSCHOOL SPORTS for our Grade 5/6 students which was scheduled for this Friday, 22nd November has been CANCELLED. We will advise you of further dates when they come to hand.

GRANT SUCCESS—I am very excited to announce that we have been successful in getting two separate grants applied for through the City Of Greater Bendigo’s Community Grants Program. We have received $2360 for Axe Creek Community Playgroup and $2515 for the development of the school Vegetable Garden (thanks to Vanessa Wild for her work on this grant application). This is fantastic news for the school and allows us to move forward with some great ideas. A lot of the Playgroup Grant also included items for the Sensory Garden and a commercial sign so this will benefit the whole school community.

UPCOMING PERFORMANCES
• End of Year Concert/Community Night - Organisation and rehearsals are well underway for our school performance at the Community Night on Thursday 19th December. Students have been working closely with our drama/music teacher, Roxanne Tonzing to ensure a very entertaining show will be on offer. I hope everyone has marked this date in their calendar – it’s a night not to be missed.
• Victoria Heights Visit - On Tuesday 17th December we will once again be making a visit to Victoria Heights Aged Care to sing Christmas Carols and present the residents with a gift and Christmas Card made by the children.
• Strathfieldsaye Community Carols – we have been invited to sing at the Strathfieldsaye Christmas Community Carols evening on Wednesday 11th December at JG Edwards Oval, Uxbridge St, Strathfieldsaye, 6:30pm to 8:00pm. We will be joining with Strathfieldsaye PS and also performing on our own. We realise this is a busy time of year and not all children will be available on this night so we ask that if your child is able to join in and represent the school could you please return the attached expression of interest form. This will be a fantastic way to showcase our wonderful school to the broader community.

BENDIGO SANITARIUM WEET-BIX KIDS TRYATHLON—Yesterday we were very lucky to have a visit at assembly from Mark, a Commonwealth Games Athlete and Triathlete. He spoke to the students about the great health benefits of being involved in sport and the fun you can have taking part in a triathlon. He also told us about an upcoming kids event in Bendigo on Sunday 2nd March 2014. The Weet-Bix Kids TRYathlon starts with a swim at the Bendigo Aquatic Centre, followed by a cycle and then a run around the picturesque Queen Elizabeth Oval. Participants will finish at the Weet-Bix Kids TRYathlon Village where friends and helpers will cheer them across the line and they will be awarded with a Champion's Medal from an Australian sporting hero. If your child is interested registration close Sunday 16th February 2014 unless field limits are reached prior. For further information and some great training advise please go to http://tryathlon.weetbix.com.au/my-location/bendigo
SCHOOL ACCOUNTS
Just a reminder that all 2013 school accounts need to be finalised by the end of November to ensure all accounting is completed for the end of year roll over. Thank you to families who have already finalised their account - if you have not, it would be appreciate if you could do so as soon as possible. If you wish to discuss your account or organise a payment plan, please see myself or Marie.
Banking Details below (please add your name)
Commonwealth Bank—Eppalock Primary School Council Official Account
BSB 063-506 Account Number 10152204

Have a great week .............Mrs Ryan

PREP/GRADE 1 & GRADE 2 students are working on DIVISION (also called sharing) as part of their numeracy program. If you would like to follow up at home by using IXL Maths or Mathletics that would be great.

SUPPORT FROM LOCAL BUSINESSES
Eppalock Primary School receives fantastic support from a range of local businesses in the Strathfieldsaye area. We have received generous support from the following businesses – Supa IGA Strathfieldsaye, Strathfieldsaye Bakery, Edwards Greengrocer, Hume & Iser Home Hardware, Bendigrow Garden & Living Centre, McDonalds Plant Plus Nursery, Strathfieldsaye Hardware and BUFS Pharmacy, Strathfieldsaye.

STRATHFIELDSAYE HARDWARE
Strath Hardware is a family owned & operated hardware store that prides itself on offering the very best customer service. Strathfieldsaye Hardware is located in the heart of Strathfieldsaye at 39 Blutcher St. As well as offering you the best in:

- Timber & Power Tools
- Hardware & Plumbing
- Pool Chemicals & Water Testing
- Sand, Soil and Garden Supplies
- Tanks and Pumps
- Paint & Paint Mixing
- Key Cutting
- Produce & Animal Feeds
- Hardware for the professional and the home handyman.
- Alfresco, BBQ's & Outdoor Living
- DuraBuilt EasySHED'S

They also offer delivery 7 days a week. Trailer hire is also NOW available.
Congratulations to the following students who received awards this week:

Lee - for his terrific drawings
Chloe—for trying hard in class

Our Value for Term 4 is Respect - treat others with consideration and regard; respect another person’s point of view.

The Respect Award for this week is awarded to Mackenzie C

Random Acts of Kindness
For Jaiden in sport—he congratulated Henry for a great catch even though he caught Jaiden out
To all who participated in Operation Christmas Child for making 34 boxes and raising over $200 to make kids happy
Jack for helping the After School Program teacher
Will for giving me a pair of earring that he got from Heather in CRE (from Abby)

Parent Club News

• Next meeting - Monday 9th December—9:15 am in old school building.

• Morning Tea with New Families
On Monday 25th November at 11am, we will be having a morning tea to welcome our new families for next year. Everybody is welcome and we ask that you bring a plate to share. This is a great opportunity to meet the new members of our school community.

• Christmas Hamper Raffle
We ask families to donate an item or two for our hamper raffle. There will be a box in the office area to place donations in. Please check ‘use-by’ dates on items and ensure there are no perishable food items. Raffle tickets ($1.00 each) will be sent home soon.

• Gold Coast Resort Vouchers—$20.00 Each
Various Resorts & Deals - eg. $169 to pay for 2 Adults, 4 nights (children $15 extra, per night). Fully Transferable and would make a great gift for family and friends! For further details please see Marie in the office.

• Stuck On You Kids Labels and Gifts— www.stuckonyou.com.au
Stuck On You provides parents with the option to purchase custom labels which can be used on book, clothing, lunch containers as well as anything that needs labelling, Eppalock PS have created a fundraising account with Stuck On You. If you purchase some labels from Stuck On You, please ensure that you tag Eppalock PS.

• Crazy Camel Christmas Cards—see attached information
## IMPORTANT DATES

### NOVEMBER

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<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday</td>
<td>20th</td>
<td>Prep Transition 9.30 am—11.00 am</td>
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<td>Music / Drama</td>
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<td>Thursday</td>
<td>21st</td>
<td>MARC LIBRARY</td>
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<td>Little Green Wagon Recycling Incursion</td>
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<td>Active After School Program—Dance</td>
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<td>School Council—6.00 pm</td>
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<td>Friday</td>
<td>22nd</td>
<td>LOTE / LIVING GREEN / CLUBS</td>
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<td>Monday</td>
<td>25th</td>
<td>Prep Transition 10.00 am—11.30 am</td>
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<td>Parent Club morning tea</td>
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<td>Tuesday</td>
<td>26th</td>
<td>DRAMA / MUSIC</td>
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<td>Active After School Program—Tennis</td>
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<td>Parent Information Session with Alice Saver (3.30 pm—4.30 pm)</td>
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<td>Thursday</td>
<td>28th</td>
<td>Active After School Program—Dance</td>
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<tr>
<td>Friday</td>
<td>29th</td>
<td>LOTE / LIVING GREEN / CLUBS / Interschool Sports (Grade 5/6)</td>
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### DECEMBER

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<th>Day</th>
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<tr>
<td>Monday</td>
<td>2nd</td>
<td><strong>Pupil Free Day - Report Writing Day</strong></td>
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<td>Tuesday</td>
<td>3rd</td>
<td>Orientation Day</td>
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<td>Active After School Program—Tennis</td>
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<td>Thursday</td>
<td>5th</td>
<td>MARC LIBRARY—last one for 2013</td>
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<td>Active After School Program—Dance</td>
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<td>Friday</td>
<td>6th</td>
<td>LOTE / LIVING GREEN / CLUBS</td>
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<td>Tuesday</td>
<td>10th</td>
<td>DRAMA / MUSIC</td>
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<td>Grade 6 Graduation Dinner</td>
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<td>Wednesday</td>
<td>11th</td>
<td>SCIENCE MORNING</td>
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<td>Strathfieldsaye Community Carols</td>
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<td>Thursday</td>
<td>12th</td>
<td>Active After School Program—Dance</td>
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<td>Prep/Grade1/Grade2 Stay-back activity evening</td>
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<td>Tuesday</td>
<td>17th</td>
<td>Visit to VICTORIA HEIGHTS</td>
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<td>Wednesday</td>
<td>18th</td>
<td>Axe Creek Playgroup Christmas Party</td>
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<td>Thursday</td>
<td>19th</td>
<td><strong>End of Year COMMUNITY NIGHT</strong></td>
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<td>Friday</td>
<td>20th</td>
<td>Last Day Term 4—1.30 pm dismissal</td>
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SCHOLASTIC SUMMER READING CHALLENGE
Keep the reading momentum rolling all summer long. Go online and record the books your read and the number of minutes you spend reading over the summer and our school could win Scholastic Rewards. Visit: www.scholastic.com.au/summer for further information and to register.

Parents can visit www.scholastic.com.au/shop and enter promo code SUMMER for special Club pricing on books, available only during school holidays.

GOLDFIELDS LIBRARY CORPORATION—BENDIGO LIBRARY
Did you know that if you are a member of the Goldfields Library Corporation you can access several wonderful educational sites through them by visiting: www.ncgrl.vic.gov.au and entering your membership number and password. Go to E-Kids and check out all great sites. One of particular interest is Sunshine Online. Sunshine Online is your new digital learning destination! This website offers the very best of animated and interactive learning in literacy and maths. With over 370 levelled animated texts and 1000 fun, interactive activities and games, Sunshine Online is the perfect digital resource for everyone.

If you are not a member of the Library, just call in at 96-98 Pall Mall, Bendigo (Old Bendigo Advertiser site) and make application.
How to help your kids Worry less evening session

During this two hour workshop we will explore the reasons why children worry and ways parents and carers can support them. It will include ideas as well as practical tools to assist children to manage their worries. This workshop is for parents and carers and professionals working with children.

When: Tuesday 3rd December 2013
Time: Arrival & Registration: 6.45pm
Workshop: 7.00pm-9.00pm
Where: Centacare Function Room
176-178 McCrae St Bendigo
(On site parking is available, entrance is via Hargreaves Street, to the right of the Dana School)
Cost: Free (please provide own childcare)
Facilitators: Tony Camilleri and Narelle Williams
For bookings and enquiries contact Ky Gregg
Ph: 54 381300

Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:
- school uniforms and text books
- excursions and camps
- laptops and notebooks
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

Saver Plus is Australia’s largest and longest running matched savings and financial education program, supporting over 20,000 people to build their financial confidence since 2003.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cristean Tilkeridis
your local Saver Plus Worker:
03 5444 9082 / 0409 909 554
cristean.tilkeridis@haven.org.au

Saver Plus was developed by ANZ and the Brotherhood of St. Laurence and is delivered in Greater Bendigo by Haven. Home. Safe.
The program is funded by ANZ and the Australian Government.

-DID YOU MISS OUT ON A 3 YEAR OLD KINDER PLACE IN 2014?

BOOK YOUR PLACE NOW FOR A BRAND NEW ALTERNATIVE:

FUN FRENCH and FUN MANDARIN 3 year old pre-school classes

REGISTRATIONS FOR TERM 1 2014 CLOSE DEC 8TH 2013

SESSION DAYS/TIMES:
Mondays 9.30am-11.30am / 10am - 12noon
Mondays 1pm-3pm
Fridays 9.30am-11.30am / 10am - 12noon
Fridays 1pm – 3pm

BENDIGO
COMMUNITY NIGHT
EPPALOCK PRIMARY SCHOOL
THURSDAY 19TH DECEMBER – 6.00 PM
Picnic Tea (shared)
Drama Performance by students
Presentation to Graduating Students
Visit by a very special person
Disco for all ‘young-at-heart’

All families are asked to bring a ‘meat’ dish to share (enough for your own family) e.g.
casserole, cold meat platter, quiche, sausage rolls etc as well as:
- Salad (families with surname A-M)
- Slice/Cake families with surname N-Z)
- BYO plates, cutlery, drinks and chair
Leading Australian children's author Mem Fox finds it "heartbreaking" to see small children left alone with smartphones and tablets to entertain themselves, saying an increasing reliance on technology to teach children how to read could inhibit their empathy and social skills.

Fox says parents must keep reading books - either paper or ebooks - with their children to interpret the characters and help the child comprehend the story.

"One of the things that bothers me most is that people seem to think that kids can be left alone with technology, [but] they would be less likely to leave the child alone with a pile of books at the age of two or three," she says. "It is the aloneness that is heartbreaking."

Fox said she was also sick of parents boasting about a child's ability to use technology while ignoring the child's concentration skills or ability to handle a book properly.

Her comments come ahead of a national tour for her new book, Baby Bedtime, and were echoed by children's literacy and technology experts. She said sales of her paper books were still strong in Australia, while royalties from ebooks suggested they were not selling. While Fox admits to loving technology and occasionally using it to occupy her own grandson, she feels too many parents had replaced parenting time with technology.

"Really, why do we have children if we can't spend some time with them? It is just not right for the child," she says.

Apps had no beginning, middle and end, and didn't describe forgiveness or courage in adversity, said Fox who has written classics such as Possum Magic and Where is the Green Sheep.

She said emotions such as empathy were only developed if adults helped children see when sad, scary or nasty things were done to characters in a book or an app, she added, citing concerns with apps such as Talking Tom Cat, which encourages players to punch a cat.

Lecturer in early childhood language and literacy at Macquarie University Emilia Djonov said the real benefit of parents or teachers reading to children was the adults' ability to encourage children to relate the story back to their own life. This helped children's comprehension of what they were reading and was missing when technology took the place of an adult.

Kate Highfield, also a lecturer at Macquarie University's Institute of Early Childhood, said interactive books could distract children who were learning to read because the books focused on animations, music, movement and sounds rather than the text's meaning.

"While this adds some 'fun', it's important that ebooks are just one small part of a child's time with text and for this reason we really need to ensure that children still have access to quality books and shared reading with a traditional book," Dr Highfield said.

She also warned against leaving children alone and unsupervised with devices for more than a few minutes.

"I suggest parents think of tablets and mobile technologies as a digital playground and just as you wouldn't leave your child in the park alone, we shouldn't leave them alone in the digital park."

I am a registered generalist psychologist with a Masters in Educational and Developmental Psychology. I work with individuals and families and have experience working with children as young as 3 yrs old and adults to 55 yrs of age. Best practice strategies in supporting children to fulfill their full potential means that I work closely with parents, family members and significant others in the child’s life. I use a strengths based approach and engage with social support networks because they are crucial for long term positive changes to people’s lives.

If you have a Mental Health plan from your doctor, I am able to bulk bill my services through Medicare and you can receive up to **10 free one hour counselling sessions** in a calendar year.

My specific areas of expertise include:
- Support & Guidance for Parents
- Children’s behavioral issues including Autism & ADHD
- Social skills training
- Anger Management
- Depression or Anxiety (including fears or phobias)
- Grief or Trauma
- Cognitive & Diagnostic Assessments

To make an appointment, call Alice on 0413477020.

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**Invitation to provide psychological services to Eppalock Primary School**

I am a registered generalist psychologist with a Masters in Educational and Developmental Psychology. I work with individuals and families and have experience working with children as young as 3 yrs old and adults to 55 yrs of age. Best practice strategies in supporting children to fulfill their full potential means that I work closely with parents, family members and significant others in the child’s life. I use a strengths based approach and engage with social support networks because they are crucial for long term positive changes to people’s lives.

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**Mella Psychology**  
**Strengths based family practice**

**Alice Saver**  
Child Psychologist

Specialist grief & trauma

**Ph:** 0413477020  
mella.psychology@gmail.com  
ABN 48219610664  
APHRA Reg. PSY0001127614

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*If you are interested in attending this session, please ensure you return the attached return slip by next Tuesday.*
STRATHFIELDSAYE COMMUNITY CAROLS

My child / children are interested in being part of the above event on Wednesday 11th December 2013. I will arrange transport to and from the event for my child/children

Child/Children .................................................................

Parent’s Signature ...........................................................

Alice Saver Information Session

I am interested and will be attending the information session on Tuesday 26th November from 3.30-4.30pm.

Name - .............................................................................