SCHOOL VALUES

- **Care and Compassion** – Care for self and others
- **Honesty and Trustworthiness** – Be honest, sincere and seek the truth
- **Respect** – Treat others with consideration and regard: respect another person’s point of view
- **Responsibility**—Be accountable for one’s own actions, resolve differences in constructive, non violent and peaceful ways; contribute to society and civic life, take care of the environment

Principal’s Report

**SUN SMART – HATS**

Eppalock Primary School has a policy that a sun protective hat (broad brimmed / bucket / legionnaire) is worn by all students and staff when outside during Term 1 and Term 4. Baseball caps are not acceptable. From the start of Term 4 children who do not have a hat will have to remain in the outdoor learning area and will be provided with board games, cards etc or will be able to read during recess and lunch.

Given the weather conditions of the past couple of days we highly recommend that students start wearing sun protective hats now.

**From September, 5 things to remember**

1. Slip on covering clothing. If you can see skin, UV can reach it.

2. Slop on SPF 30+ or higher broad spectrum sunscreen. One application isn’t enough so set up strategies for reapplication during the day.

3. Slap on a hat that shades the head, face, eyes, ears and neck.

4. Seek shade.

5. Slide on sunglasses if practical. Make sure they are labelled AS 1067.

**MINDFULNESS**

Our Mindfulness sessions every morning are going really well and the students are getting much better at being still and focusing on their breathing while they go through the mindfulness activities. We are currently using the Smiling Mind program which is a modern meditation for young people. It’s a simple process that gives a sense of calm, clarity and contentment. Smiling Mind offers a Mindfulness Meditation program consisting of a number of levels, each of which is designed to explore the present moment by bringing your attention and awareness of it in a specific way with curiosity and openness.

Research from all over the world has shown that by practicing these types of exercises each day for ten days you can start making your mind smile on a more regular basis. Of course, the more you practice the better you get and the more smiling your mind does!
Research has shown the following results after doing a 10-session program like Smiling Mind everyday:

• It boosts levels of happiness and lowers the impact of stress
• It increases your ability to focus your attention and improves your memory
• It makes you less sensitive to pain and boosts your immune system, making you less prone to getting ill.
• It makes it easier for you to fall asleep peacefully
• It even changes your brain

Smiling Mind is a free tool and is available online or as a smartphone App. If you would like to try it yourself or your children would like to do more sessions at home, I find it is great every night before going to sleep as it stops my brain from thinking about everything that happened during the day and everything I have to do tomorrow, then go to the following website or search Smiling Mind in the itunes store on your smartphone. http://smilingmind.com.au/

Preparing today's students for tomorrow

Today we are teaching differently to the way you were taught in order to prepare students for tomorrow’s world.

Education needs to be different and dynamic to meet the new and exciting challenges of a fast-changing world. Many of the jobs our children will be doing in the future haven’t even been invented yet.

As parents, I suspect you are interested in knowing even more about how we are preparing children for tomorrow.

That is why I would like to draw your attention to a new campaign – ‘Preparing today’s students for tomorrow’.

The campaign features advertising and includes a link to updated content on the Department’s website.

While jobs featured in the campaign, such as underwater infrastructure planner, hover train designer and bio dome gardener may sound futuristic, there is a serious message behind them. Jobs are changing and many of our children will work in professions that don’t exist today.

Our school is doing a lot of work to help prepare our students for this future.

I encourage you to take a look at the new information designed with parents and students in mind.


Orientation Program Dates for 2015 Preps

Below are listed the dates and times for this year’s transition and orientation program for our 2015 prep students. We will also be holding a Prep Parent/Staff/Student Picnic on Thursday 6th November from 5.30pm – 7pm. This will be a great chance for our 2015 prep families to get to know each other and the staff in a friendly, relaxed setting.

Visit 1; Thursday 13th November - 11.30am-1.00pm
Visit 2; Wednesday 19th November - 9.30am-11.00am
Visit 3; Monday 24th November - 10.00am-11.30am
Whole school Orientation Day/Classroom visit 4 Tuesday December 9th - 9.00am-11.30am

School Council

Just a reminder that the September School Council meeting is this Thursday night, 11th September in the Staff Room. The School Self Evaluation will be presented at this meeting and discussion around the further development of the school grounds will be conducted among other things.

Curriculum Day

Just a reminder that next Wednesday, 17th September is a Pupil Free Day. Teachers will be continuing their work with Math’s Consultant Mike Ymer & working with teachers from Axedale & Heathcote Primary Schools to further develop their understanding and knowledge around implementing great math’s sessions. There will be NO school for children on this day.
**IMPORTANT DATES**

**SEPTEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>Tuesday</td>
<td>AASC—Cricket, Drama/Music</td>
</tr>
<tr>
<td>11th</td>
<td>Thursday</td>
<td>AASC—Athletics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>School Council Meeting 6:00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Return Hot Dog Lunch Orders Please</td>
</tr>
<tr>
<td>12th</td>
<td>Friday</td>
<td>Clubs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Living Green</td>
</tr>
<tr>
<td>15th</td>
<td>Monday</td>
<td>Footy Colours Day—Lunch Day—Hot Dogs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Confucius Classroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Parents Club Meeting</td>
</tr>
<tr>
<td>16th</td>
<td>Tuesday</td>
<td>AASC—Cricket, Drama/Music</td>
</tr>
<tr>
<td>17th</td>
<td>Wednesday</td>
<td>Pupil Free Day (Staff PD)</td>
</tr>
<tr>
<td>18th</td>
<td>Thursday</td>
<td>MARC Library</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Prep/1/2 Stay back Night</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AASC—Athletics</td>
</tr>
<tr>
<td>19th</td>
<td>Friday</td>
<td>Last Day—Term 3—1:30pm Dismissal</td>
</tr>
</tbody>
</table>

**OCTOBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>Monday</td>
<td>First Day—Term 4</td>
</tr>
<tr>
<td>11th</td>
<td>Saturday</td>
<td>Trivia Night</td>
</tr>
<tr>
<td>28th</td>
<td>Tuesday</td>
<td>Swimming Lessons 1:00-1:40pm</td>
</tr>
</tbody>
</table>

**NOVEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th</td>
<td>Tuesday</td>
<td>Swimming Lessons 1:00-1:40pm</td>
</tr>
<tr>
<td>18th</td>
<td>Tuesday</td>
<td>Swimming Lessons 1:00-1:40pm</td>
</tr>
<tr>
<td>25th</td>
<td>Tuesday</td>
<td>Swimming Lessons 1:00-1:40pm</td>
</tr>
</tbody>
</table>

---

*Early School Finish End of Term*

Term 1 concludes next Friday, 19th September. Students will be dismissed at 1.30pm and ASC will run till 3.30pm. Please let the school know as soon as possible if your child will be in After School Care on this day. The bus will leave school at 1.30 pm for the afternoon run.

Have a wonderful week ……. Mrs Ryan
Congratulations to the following students who received awards this week …

Prep/1—Mackenzie for great progress in handwriting

2/3/4— Silver for focusing well during mindfulness

5/6— Nicole for trying hard during mindfulness

VALUES AWARD FOR BEING RESPONSIBLE MEMBER OF THE SCHOOL COMMUNITY was presented to Silver Carson— for being responsible member of the school community

Birthdays:  Bella Benetti 8th September
           Jamison Friswell 11th September
           Lee Pasternak 13th September

We hope you all have a special day

Thanks to all families for returning school library books. We are missing two books entitled “Diary of a Wimpy Kid” if your child has finished reading these books could they please return them to school.

PARENT BUS ROSTER

A reminder to those parents who have not yet returned the Bus Roster Form that was sent home on Friday with all students who catch the school bus. Could you please place your name on the roster and to please return it by tomorrow morning. So the roster can be put together ASAP. Thank you
TRIVIA NIGHT REMINDER

Eppalock Primary’s Trivia Extravaganza is coming up SOON! It’s a MAJOR school fundraiser.

Remember that ticket prices go up to $20 per person after the end of this term - so book and pay for your tables asap to get the cheap ticket price per person.

Lots of people have mentioned that they're going to come - but hardly anyone has put their name down and paid for tables. We’re getting nervous that we have no-one coming and it will need to be cancelled. Please save us the stress and book & pay for a couple of tables early so planning can proceed - Ring the office today & confirm!

5-7 people can go on a table - AND - families can go on adjoining tables if you have more than 7 people coming - there will be lots of mixing and interaction between rounds!

You’ll need to bring gold coins with you on the night - LOTS of fun games and prizes to be won

Can you spread the word and help get more tables - who knows the CFA members and can get the word out to CFA families? Who knows Landcare families and can get the word out to the Landcare Network. There is only 2 weeks left for cheap tickets and we’d love for the local community to hear about it and have the chance to register. Can you email your workplaces and friends - how many tables can we get?

THERE IS A SIGN UP SHEET AT THE FRONT OFFICE for you to register your tables

HELP NEEDED PLEASE

We need sponsors, donations and prizes for our upcoming trivia night. Can every family please help us?

Do you know anyone / any business that may be able to contribute or donate a prize?

Can you offer a service or prize (ie. half a lamb, babysitting sessions, hot dinners, gardening, 2hrs of handyman services).

THE MORE PRIZES WE GET THE MORE EXCITING THE NIGHT WILL BE FOR PEOPLE COMING and the more money we will raise

Can you drop off some letters seeking sponsorship/support - Do you know a butcher who could contribute a meat tray?

Can you provide some ‘fencing assistance’ and donate 2hrs of fencing labour

We can give you letters of request / support and will be promoting businesses and supporters in our newsletters, on our fliers, on the night and on social media. Lots of chances to support the businesses that are supporting us.

These are all fantastic items to go into our silent auction on the night!!

These will all help raise $$$ for our wonderful school

We have set up a prize display at the front entrance of the school - along the bench on your left as you walk in

Email Sally-Anne Symes on: sally-anne.symes@lcfclubs.com.au if you’re able to contribute a prize or help with donations.

Parents Special Lunch—Footy Colours and Hot Dog Day

Monday 15th September. Come dressed in your favourite footy team.

Attached below is an order form for Hot Dog Lunch. Please return order form and money by this Thursday.

WANTED: Pie Warmer that can be donated to the school or purchased by parents club for a small price.

WANTED: Second hand/new bricks that can be donated to the school. Parents Club/Living Green is looking at building a Pizza Oven for School and Community Use. If you have any bricks that can be donated to the school please contact the school or Nikki Mannes

WANTED: Pizza Oven Building Specifications. If any one has built a pizza oven before and has plans for one or has the knowledge on how to build one could you please see the school or Nikki Mannes.

Thank You for your help with the above items.
COMMUNITY NOTICES

AXE CREEK COMMUNITY FRESH PRODUCE SWAP

Do you have excess vegetables, fruit, eggs or herbs from your garden?
Not sure what to do with them?
Bring them to the Axe Creek Community Fresh Produce Swap at Eppalock Primary School.

If you have excess vegetables, fresh fruit, eggs, herbs or any other items, please bring them along and be part of our Fresh Produce Swap program. There are baskets on the bench in the school foyer and the process is that you can swap your produce for other produce.

If you do not have produce to swap that’s OK, just help yourself to the fresh produce displayed. You do not need to pay for any of the produce, however if you wish to make a monetary donation for anything it will be put towards our Living Green Program.

BENDIGO BANK SCHOOL BANKING

The staff from Bendigo Bank’s Strath Hill branch visit Eppalock Primary School each TUESDAY MORNING providing a school banking service for students.

Participants in the program will use a Bendigo Piggy Bank Passbook Account and moneybox to learn about the process and the benefits of saving.

With no account keeping fees, no transaction or government fees, no penalties and no deposit restrictions—plus a lot of fun games and rewards—a Piggy Bank Passbook Account makes saving fun.

Please note—the school banking program provides a deposit service only, however, withdrawals can be made at the Strath Hill branch.

Further information is available from the school office or by calling into the Bendigo Bank Strath Hill branch.

FAMILY DAYCARE

Would you consider a career as an Early Childhood Educator?

- Professional Training with Nationally Recognised Qualification
- Work from home and work the hours that suit you
- Great income prospects
- All Educators registered with DEECD
- Full ongoing support provided

For more information please call:

1300 856 463

Providing flexible and affordable CHILDCARE in a nurturing home environment
Eppalock Primary School presents:

**A Trivia Extravaganza**

Funds raised will be put towards the redevelopment of the Axe Creek Community Centre (The old Eppalock School Building) - Facilities for Kids Cooking, Playgroup, CFA & Landcare

**Saturday 11th October 2014** (First Saturday back in Term 4)

$16 per person (for tickets purchased & paid for up until Friday 19th Sept 2014)

$20 per person (for tickets purchased on/after Saturday 20th Sept 2014)

Table of 5 people

"you don't need a full table / 5 people to come along - you can purchase individual tickets and we'll put you together with others on the night to create 'super tables'."

6pm **Masked Wine Tasting - Can you pick the varietal?**

$5 per participant

Shiraz, Cabernet Sauvignon, Merlot, Chardonnay, Sauvignon Blanc, Riesling

Wine tasting & nibbles. No wine tasting experience necessary....

7pm **Trivia Extravaganza kicks off**

4 rounds of Trivia

Lucky number prizes, door raffles and a silent auction on the night

10.30pm Evening End

"***Child minding will be available on the night at a small cost per child***

BYO Drinks

AMAZING PRIZES TO BE WON

---

Each school family to please bring;

- a plate of supper/nibbles for each of your tables
- bag of lollies ie. Éclairs, strawberry creams, Freddo Frogs, Aldi lolly sticks (These will be collected at the start of the night and put into a tray of lollies to be rotated around the tables during the evening - sitting on the winning table each round)

---

**Where:** Eppalock Primary School, Patons Road, Axe Creek

**Enquiries and Tickets sales:** Eppalock Primary School Office (03) 5439 6366

Email: eppalockps@edumail.vic.gov.au (netbanking EFT avail for tickets)

Help us create a fantastic Kids Cooking Kitchen & Community Facility!
For more information you can go to "Goldfields Libraries" <ncglib@ncgrl.vic.gov.au>
YMCA Holiday Program

There is an information sheet and program sheet available for the above holiday programme. There are a couple of copies made for parents to look at. They are located on the bench near the Fresh Produce Swap table.

Bendigo Little Athletics Season 2014/15

Little Athletics involves track and field events for children of all abilities ages between 5 and 15 held Saturday mornings and some Friday nights beginning **Saturday 4th October** at the Athletics Track, Retreat Road, Flora Hill.

Registration is on-line at [www.lavic.com.au](http://www.lavic.com.au). Early bird fee is $100.00 prior to September 30th. From October 1 full fee is $125.00. Come and Try at $5.00 available twice during season.

For more detailed information visit [www.bendigolac.org.au](http://www.bendigolac.org.au) or email bendigo@lavic.com.au. For registration enquiries registrarblac@hotmail.com

City of Greater Bendigo Holiday Programme

**Free Family Fun Days in the Hargreaves Mall during the September school holidays**

**Wednesday 24th September from 10.30am to 2.30pm**

First is our rescheduled fun day with Inflatable amusement, Laser Tag and the Giant Slide, and the large games, free for everyone to come and play and enjoy.

**Monday 29th September from 11am to 2pm**

Second is a visit from Croc Stars, with two scheduled reptile displays and shows at 11am and 1pm as well as reptile themed craft activities and large games to play with.

For more information contact the City of Greater Bendigo on 54346000
Special Lunch Day Survey—Parents Club

We are so lucky and privileged to belong to a small community school. But being a small school means we cannot offer a canteen. We rely on parents to help out with special lunch days. In order to continue these special lunch days we are seeking parent's help. Suggestions on menu for special lunch days is always welcomed. Could you please assist us by filling out the survey below and returning to school by next Tuesday so that Nikki Mannes can put together a roster for next term. Please also note that Nikki is always willing to help and guide those new to the school community.

Name: ...........................................

Are you available to help on lunch days or available to organise a lunch day at least once a term

☐ Monday
☐ Tuesday
☐ Wednesday
☐ Thursday
☐ Friday

Would you like to see more lunch days

☐ Yes  ☐ No

How Often would you like the lunch days

☐ Weekly
☐ Fortnightly
☐ Monthly

Are you happy with the costs for these lunch days

☐ Yes  ☐ No

Please return the survey to school by this **Friday 12th September**, so that Nikki can put together a Lunch roster for term 4. If you have any questions about lunch days or helping out please do not hesitate to speak to Nikki Mannes.
SPECIAL LUNCH DAY

MONDAY 15TH SEPTEMBER 2014

FOOTY COLOURS DAY/HOT DOGS

Order Form

SPECIAL LUNCH DAY—HOT DOG DAY—MONDAY 15TH SEPTEMBER 2014

$2. Per HOT DOG

Number of Hot Dogs ........................................ Money enclosed ........................................

FAMILY NAME ........................................................................................................

Orders and money must be returned to school by this Thursday 11th September 2014
Professional Guitar & Keyboard Tuition

We have an amazing opportunity to offer professional guitar and keyboard tuition to students starting in Term 4. The program is run by Music Stars – Australia's leading provider of school music tuition.

Music Stars provides:
- Group guitar and keyboard tuition
- Weekly 30 minute sessions
- Very Affordable! $110 per term
- Caters for all grades & music levels
- Convenient! Lessons at school!
- 70% less than out-of-school lessons

Guitars and keyboards supplied for every student to use during lessons!

Registrations Close Soon!

If you would like your child to participate please register using one of the options below. Registrations close at the end of Term 3. We are unable to accept registrations after this time! Limited places are available so be quick so you don’t miss out!

Option1: Online Registration (Preferred)


Option 2: Phone Registration 1300 889 179

If you don’t have access to the internet you can register by calling 1300 889 179. Our office is open 9am to 5pm Monday to Friday.

More Information

If you require more information or would like to discuss the program in more detail please contact Music Stars directly using the information below.

Phone: 1300 889 179
Email: info@musicstars.com.au

We hope you can support this program.

Kind regards,