**DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 10 Sept</td>
<td>Yrs 5 &amp; 6 Planning Day Special Runners Club Breakfast 8.10am</td>
</tr>
<tr>
<td>Fri 11 Sept</td>
<td>Specialists Planning Day Yr 6 Interschool Sport Prep 2015 &amp; 2016 Fairy-tale Parade 9.30am - 10.30am in the school hall</td>
</tr>
<tr>
<td>Mon 14 Sept</td>
<td>Whole School Assembly 2.55pm</td>
</tr>
<tr>
<td>Wed 16 Sept</td>
<td>Yrs 3 &amp; 4 EFA Whole School Concert Rehearsal in the school hall 12pm - 3.30pm</td>
</tr>
<tr>
<td>Thurs 17 Sept</td>
<td>No Canteen today due to the School Concert Coffee and Tea will be served from the hall canteen window for $2 during all 4 performances - 9am, 11.30am, 1.30pm and 6.30pm.</td>
</tr>
<tr>
<td>Fri 18 Sept</td>
<td>Footy Day Dress Up Parade and gold coin donation for the Yr 6 Legacy Project Last day of Term 3, 2.30pm dismissal</td>
</tr>
<tr>
<td>Mon 5 Oct</td>
<td>Term 4 commences 9am No Online Canteen Orders today Whole School Assembly 2.55pm</td>
</tr>
<tr>
<td>Wed 7 Oct</td>
<td>Division Athletics Carnival (selected Yrs 3-6 students only) Yrs 3 &amp; 4 EFA Yr 1 Footsteps Incursion 9am Yr 4 Footsteps Incursion 11am Prep Excursion to Myuna Farm 9am</td>
</tr>
<tr>
<td>Thur 8 Oct</td>
<td>Online Canteen resumes today Yrs 3 &amp; 4 Regional Hooptime Finals at Dandenong Stadium (8 girls only) 8.15am</td>
</tr>
</tbody>
</table>

**ACTING PRINCIPAL’S REPORT**

**SCHOOL CONCERT**

A letter was sent home earlier this week with reminders about the school concert, along with a tear off section regarding student pick up that evening. Children are to be dropped off to their classrooms at 6pm for the night time show and to be collected again from classrooms at 8pm. If you have not signed the return slip to let your teacher know who is picking up your child at 8pm can you please do so as soon as possible. (See attached letter).

There is an article following in this newsletter with important information regarding the School Concert next Thursday as well.

**YEAR 5 CAMP AT SOVEREIGN HILL**

Last Friday I visited our Year 5 campers at Sovereign Hill. It was great to hear that the teaching staff at Sovereign Hill once again enjoyed our school’s involvement in the program this year. A big thank you to all the staff, parents and volunteers who were involved in the organisation and supervision of the camp and spent time away from their families to make it such a great success. Those who attended the camp were: Mrs Ryan, Mr Nicklen, Mr Patane, Mrs Macaulay, Mrs Walsh, Mrs Renault, Mrs Maxwell, Mrs Marston, Mr Yianni, Mr Bucknall, Mr Collis and Miss Davies.

**2016 SCHOOL TRANSFERS**

The school has commenced the process of determining its staffing profile for 2016. To assist the leadership team in this matter, could you please inform the office if your child(ren) will not be at PLPS next year by completing the following form or alternatively you can email your intentions to my email account clohesy.paul.di@edumail.vic.gov.au
HAPPY BIRTHDAY

Happy Birthday to the following students who are celebrating their birthday during the next week. We hope you have a lovely day.

<table>
<thead>
<tr>
<th>NAME</th>
<th>BIRTHDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>James H</td>
<td>10 September</td>
</tr>
<tr>
<td>Dylan A</td>
<td>11 September</td>
</tr>
<tr>
<td>Dillon H</td>
<td>11 September</td>
</tr>
<tr>
<td>Jessikan B</td>
<td>12 September</td>
</tr>
<tr>
<td>Natalie M</td>
<td>12 September</td>
</tr>
<tr>
<td>Isabelle T</td>
<td>12 September</td>
</tr>
<tr>
<td>Ruby K</td>
<td>13 September</td>
</tr>
<tr>
<td>Melinda C</td>
<td>13 September</td>
</tr>
<tr>
<td>Isabelle N</td>
<td>13 September</td>
</tr>
<tr>
<td>Joshua B</td>
<td>14 September</td>
</tr>
<tr>
<td>Abbey T</td>
<td>14 September</td>
</tr>
<tr>
<td>Noah S</td>
<td>15 September</td>
</tr>
<tr>
<td>Blair M</td>
<td>15 September</td>
</tr>
<tr>
<td>Tinkkouth G</td>
<td>15 September</td>
</tr>
<tr>
<td>Tayla J</td>
<td>16 September</td>
</tr>
<tr>
<td>Izzabelle S</td>
<td>16 September</td>
</tr>
<tr>
<td>Eliza D</td>
<td>16 September</td>
</tr>
</tbody>
</table>
MUNCH MONITOR ONLINE LUNCH ORDERS

Lunch Orders are available online on Monday, Thursday and Friday.

How do I set up an account to order online:
Go to:  www.munchmonitor.com
Click LOGIN then REGISTER
Enter School Id: plps and Password: munch3197

Then follow the 4 easy steps to create your account:

**STEP 1**: Create a Parent Profile by entering information about yourself.

**STEP 2**: Add your Students to your account.

**STEP 3**: Transfer money to your account by clicking the Account Top-up button

**STEP 4**: Click MY ORDERS and you’re ready to Order lunches!

Orders can be cancelled on the day as late as 8.30am and should you have any concerns with your lunch order, please call Bellbrook Catering direct on 9796 5888.

ZOOWHIZ LEARNING HOME ACCESS CARDS

ZooWhiz Learning Home Access Discount Cards

Our school is participating in the ZooWhiz Learning Community Subscription Plan.

Through the Community Subscription Plan our school now has FREE access to ZooWhiz Learning (www.zoowhiz.com) during school hours. Parents are able to access ZooWhiz at home at a very special price by using the Home Access Discount Card.

ZooWhiz is the new, intelligent, automated online learning system that enables you to support your child’s progress in maths, spelling, word skills and reading.

Please note: The ZooWhiz Learning Home Access Discount Card must be used to activate a subscription by 19/10/2015 as it will expire after this date.

The ZooWhiz Home Access Discount Cards have been distributed to children earlier this week, if you are unable to locate yours then please contact the office.

FOOTY DAY

PLPS are holding their annual Footy Day on Friday 18th September, on the last day of Term 3. We are inviting children to come to school wearing their favourite team colours in support of this day and also ask students to bring a gold coin donation to put towards the Yr 6 Legacy Project, which at this stage we are looking at the possibility of repainting the mural in the old canteen area and purchasing some new bike racks for the bike shed.

We will be holding a special assembly in the school hall at 9.10am and there will be numerous footy rotations throughout the day.

Your child is asked to wear their team colours in support of this day.

Thank you for your support.

WOOLWORTHS EARN AND LEARN

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school.

We’re now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem.

So this week, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps.

Thanks again for all your support!
Many of the opportunities we provide our students at PLPS could not go ahead without the wonderful help from parents. We often require parent helpers for school sporting events, excursions, fundraising events and classroom programs. If you wish to help out at PLPS you will be required to register your Working with Children Check (WWCC) at the School Office.

Please note there are no fees for a Volunteer WWCC.

For more information visit:
www.workingwithchildren.vic.gov.au

CAMPS, SPORTS AND EXCURSION FUNDS (CSEF)

Camps, Sports and Excursions Fund. (CSEF)

Applications for the new CSEF fund are being accepted until 18th September. If you are eligible and wish to apply please contact the office.

The State Government has recently announced that this fund will be available to all Victorian families who hold an eligible Centre Link Health Care Card, Veteran Affairs Gold Card, Pensioner Concession Card or be a temporary foster parent.

The fund will provide $125.00 payable to the school, to be used for Camps, Swimming and Excursions.

PREP 2015 POLO SHIRTS

I'M A PREP 2015 POLO SHIRTS

We have a small number of 2015 Prep polo’s available for sale at the heavily discounted price of $11.00.

Please contact the office.

MAKING OUR MARK DONATIONS

Each year our Year 5 & 6 students work in teams to budget for, create, market and sell a product at our school market in Term 4. All profits generated from the ‘Makin Our Mark’ program will be put towards a Grade 5/6 legacy project, as a reminder of the students’ great contribution during their time at Patterson Lakes Primary School.

This year Amber Ryan (5A) will be working with a group of students on a project that requires jars, so with this in mind we are asking for donations of jars of any size.

Donations can be brought to the office or taken directly to Amber Ryan in Room 8.

Thank you in advance.

SCHOOL CONCERT NEWS

IMPORTANT REMINDERS FOR OUR CONCERT

All costumes should be organised. If you do not have your costume then please talk to your classroom teacher immediately. Please note the changes to Yrs 5C and 5D costumes, they are to dress as old fashioned school student (Inspired by Angus Young). Yr 6s are aware of their costumes and a list of Yr 6 costumes is also attached to this newsletter.

Dress Rehearsal on Wednesday afternoon from 12pm - 3pm, 16th September. All costumes are to be brought in a plastic bag clearly labelled.

Thursday the 17th is CONCERT DAY. Concert times are 9:00am, 11:30am, 1:30pm and 6.30pm. All students are to arrive by 8:45am on Thursday, dressed in costume. Please provide your child with a sloppy t-shirt, dressing gown or onesie to place over their costume so it remains clean for performances.

Please arrive 20 minutes early to be seated. Concerts must commence on time! Ticket Numbers 1 to 14 enter via the Hall foyer. Ticket numbers 15 to 28 enter via the door closest to staff car park.

It is expected all students perform in the night show. Our school promotes: RESPECT, INTEGRITY and EXCELLENCE. We would appreciate that you respect all show items and remain seated throughout the entire performance with no disruptions. If your child is absent this will change the formations and dynamics of class routine. Please promote the integrity of team spirit. Praise the students for their hard work ethics. From hard practice comes excellence and students are looking forward to performing.

Enjoy the show!
A team of over 60 students from Yrs 3 - 6 represented our school at the District Athletics held at Ballam Park last Friday. The weather was kind to us and the sun was shining. Our relay teams did extremely well with all going through to the next level. We were very lucky to have many students go through to the next round in their individual events as well. The Divisions will be held on Wednesday 7th October at the Duncan McKinnon Athletics Centre (Murrumbeena). A big thank you to Mrs Carmona, Mr Koppens, Mr Wilkins and Mrs Edgar for helping out throughout the day.
FETE NEWS
Sunday
18th October
11am - 4pm

DONATIONS

We are looking for donations for the fete. If you can donate or know someone who could donate any of the following items, we’d be truly grateful.

- Silent auction items - Vouchers, hampers, etc.
- Plants
- Cans of soft drink
- Blocks of chocolate or chocolate bars
- Bottles of wine

<table>
<thead>
<tr>
<th>GRADE</th>
<th>STALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA</td>
<td>Cake stall</td>
</tr>
<tr>
<td>PB</td>
<td>Cake Stall</td>
</tr>
<tr>
<td>PC</td>
<td>s2 Shop</td>
</tr>
<tr>
<td>PD</td>
<td>Cold Drinks</td>
</tr>
<tr>
<td>1A</td>
<td>Groceries</td>
</tr>
<tr>
<td>1B</td>
<td>BBQ 1</td>
</tr>
<tr>
<td>1C</td>
<td>Groceries</td>
</tr>
<tr>
<td>1D</td>
<td>Dunking Machine</td>
</tr>
<tr>
<td>1/2Z</td>
<td>BBQ 2</td>
</tr>
<tr>
<td>2A</td>
<td>Mystery Bags</td>
</tr>
<tr>
<td>2B</td>
<td>Chocolate Toss</td>
</tr>
<tr>
<td>2C</td>
<td>Vegie Garden</td>
</tr>
<tr>
<td>2D</td>
<td>Show Bags</td>
</tr>
<tr>
<td>3A</td>
<td>Fairy Floss</td>
</tr>
<tr>
<td>3B</td>
<td>Coffee Shop</td>
</tr>
<tr>
<td>3C</td>
<td>Popcorn</td>
</tr>
<tr>
<td>3D</td>
<td>BBQ 1</td>
</tr>
<tr>
<td>3/4Z</td>
<td>Coffee Shop</td>
</tr>
<tr>
<td>4A</td>
<td>Donuts</td>
</tr>
<tr>
<td>4B</td>
<td>Hotdogs</td>
</tr>
<tr>
<td>4C</td>
<td>BBQ 2</td>
</tr>
<tr>
<td>5A</td>
<td>Wine Toss</td>
</tr>
<tr>
<td>5B</td>
<td>Hot Roast Beef Rolls</td>
</tr>
<tr>
<td>5C</td>
<td>Hot Chips</td>
</tr>
<tr>
<td>5D</td>
<td>Cold Drinks 1</td>
</tr>
<tr>
<td>6A</td>
<td>BBQ 1</td>
</tr>
<tr>
<td>6B</td>
<td>Vegie Garden</td>
</tr>
<tr>
<td>6C</td>
<td>Hot Roast Beef Rolls</td>
</tr>
<tr>
<td>6D</td>
<td>Silent Auction</td>
</tr>
</tbody>
</table>
All students will be required to wear a costume for their item at the concert (17th September). Refer to the table below as to your costume requirements. Please talk to your child’s class teacher if you have any questions about costumes as soon as possible.

Thank you,
The PLPS Arts Team

<table>
<thead>
<tr>
<th>Grade</th>
<th>Costume requirements Girls</th>
<th>Costume requirements Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep A and Prep B</td>
<td>Colourful shorts</td>
<td>Colourful shorts</td>
</tr>
<tr>
<td></td>
<td>Plain white t-shirt</td>
<td>Plain white t-shirt</td>
</tr>
<tr>
<td></td>
<td>Thongs</td>
<td>Thongs</td>
</tr>
<tr>
<td>Prep C and Prep D</td>
<td>Black Tights</td>
<td>Blue Jeans</td>
</tr>
<tr>
<td></td>
<td>Plain White t-shirt</td>
<td>Plain white t-shirt</td>
</tr>
<tr>
<td></td>
<td>Black shoes</td>
<td>Black shoes</td>
</tr>
<tr>
<td>1A and 1D</td>
<td>Black tights</td>
<td>Blue Jeans</td>
</tr>
<tr>
<td></td>
<td>Plain black t-shirt</td>
<td>Black t-shirt</td>
</tr>
<tr>
<td></td>
<td>Black shoes</td>
<td>Black shoes</td>
</tr>
<tr>
<td></td>
<td>Black hair ribbon (3cm wide x 50cm long)</td>
<td>Black shoes</td>
</tr>
<tr>
<td>1C and 1B</td>
<td>Plain blue t-shirt or top (any shade of blue)</td>
<td>Black pants</td>
</tr>
<tr>
<td></td>
<td>Black pants/ full length leggings</td>
<td>Black top</td>
</tr>
<tr>
<td>2A and 2B</td>
<td>Black Pants</td>
<td>Black Pants</td>
</tr>
<tr>
<td></td>
<td>Black top</td>
<td>Black top</td>
</tr>
<tr>
<td></td>
<td>sneakers</td>
<td>sneakers</td>
</tr>
<tr>
<td>2C and 1/2Z</td>
<td>Black tights</td>
<td>Black pants</td>
</tr>
<tr>
<td></td>
<td>Plain green t-shirt</td>
<td>Plain green t-shirt</td>
</tr>
<tr>
<td></td>
<td>Black shoes</td>
<td>Black shoes</td>
</tr>
<tr>
<td>2D</td>
<td>Black leggings</td>
<td>Black pants</td>
</tr>
<tr>
<td></td>
<td>White t-shirt</td>
<td>White t-shirt</td>
</tr>
<tr>
<td>3A and 3B</td>
<td>Jeans</td>
<td>Jeans</td>
</tr>
<tr>
<td></td>
<td>Plain white t-shirt</td>
<td>Plain white t-shirt</td>
</tr>
<tr>
<td>3C and 3D</td>
<td>Black skirt or pants</td>
<td>Black pants</td>
</tr>
<tr>
<td></td>
<td>Black top</td>
<td>Black t-shirt</td>
</tr>
<tr>
<td>4A and 4B</td>
<td>Blue Jeans</td>
<td>Blue jeans</td>
</tr>
<tr>
<td></td>
<td>Plain white t-shirt</td>
<td>Plain white t-shirt</td>
</tr>
<tr>
<td></td>
<td>Baseball cap</td>
<td>Baseball cap</td>
</tr>
<tr>
<td></td>
<td>Runners</td>
<td>Runners</td>
</tr>
<tr>
<td>4C and 3/4Z</td>
<td>Plain white t-shirt</td>
<td>Plain white t-shirt</td>
</tr>
<tr>
<td></td>
<td>Black pants</td>
<td>Black pants</td>
</tr>
<tr>
<td></td>
<td>Black shoes</td>
<td>Black shoes</td>
</tr>
<tr>
<td>5B and 5A</td>
<td>Blue jeans</td>
<td>Blue jeans</td>
</tr>
<tr>
<td></td>
<td>Plain red t-shirt (Wells House red)</td>
<td>Plain red t-shirt (Wells House red)</td>
</tr>
<tr>
<td></td>
<td>Black shoes</td>
<td>Black shoes</td>
</tr>
<tr>
<td>5C and 5D</td>
<td>Old Fashion School Students</td>
<td>Old Fashioned School Students</td>
</tr>
</tbody>
</table>
YEAR 6 COSTUMES FOR THE CONCERT
THURSDAY 17TH SEPTEMBER 2015

6A  THRILLER
    OLD TOP IN PLAIN COLOURS THAT CAN BE RIPPED AND BLACK PANTS

6A  BAD
    BLACK T-SHIRT – NO LOGOS
    BLACK OR DARK DENIM PANTS

6B  SMOOTH CRIMINAL
    GIRLS  WHITE TOP – NO LOGOS
           WHITE PANTS – NO LOGOS
           WHITE SHOES
           GOLD GLITTERY HAT
    BOYS  ALL BLACK – BLACK TOP AND BLACK PANTS – NO LOGOS
           SILVER GLITTERY HAT

6B  WANNA TO BE STARTING SOMETHING
    BLACK TOP AND BLACK PANTS
    GIRLS ONLY - BLACK GLITTERY HAT

6C  BLACK OR WHITE
    WHITE T-SHIRT – NO LOGOS
    BLACK PANTS
    BLACK OR SILVER GLITTERY HAT

6C  BEAT IT
    GIRLS  RED SINGLET TOP
           BLACK PANTS
    BOYS  WHITE T-SHIRT – NO LOGOS
           BLACK OR DENIM PANTS
           BLACK SHOES

6D  BILLY JEAN
    BLACK TOPS AND BLACK PANTS – NO LOGOS

6D  THE WAY YOU MAKE ME FEEL
    BLACK OR WHITE TOP
    BLACK OR WHITE PANTS
(MUST BE ONE OF EACH – WHITE TOP AND BLACK BOTTOMS OR THE OTHER WAY AROUND)
Dear Parents/Guardians,

All classes have been working extremely hard to perfect their concert items and are looking forward to performing to you in just over a week.

When: Thursday 17th September

Concert times: 9am, 11.30am, 1.30pm and 6.30pm (tickets are still available for the daytime shows).

REMINDEERS:

Theatre etiquette will be expected during all performances.

- Audience members need to arrive 20 minutes early to be seated.
- Seats 1-14 enter via Hall Foyer, seats 15-28 enter via car park entrance.
- Concerts will commence on time.
- No tickets, no entry!
- No food allowed in the hall.
- Remain seated for whole performance.
- Mobile phones to be turned off or on silent.

Enjoy the show!

Tea and coffee will be available to purchase before every show from the canteen window for $2.

Wednesday 16th September – Afternoon Full Dress Rehearsal

All children are to bring their costumes to school on Wednesday 16th in a named plastic bag with all items clearly labelled. Children will be having a full dress rehearsal in the afternoon (1pm-3pm).

Thursday 17th September

All students are to arrive at school by 8.45am and be in full costume. Please provide some form of clothing that can be loosely placed over their costume to keep them clean during the day. Children will be dismissed at 3.30pm from their classroom.

Thursday 17th September 6.30pm NIGHT SHOW - Lights and All!

This performance will be a spectacular experience for students as house lights are out and stage lights will be on. Parents are expected to bring their child/ren to the evening performance, as this is a whole school curriculum activity.

Children are to be dropped off at their classrooms and their classroom teacher will mark them present at 6pm. Please fill out the form below and state who is picking your child/ren up from their classroom teacher at 8pm.

Students have not been allocated tickets and will be in their classrooms with their classroom teacher for the duration of each performance.

Thanking you,
Mark Drysdale and Emma Munnikhuis.

_______________________________________________
Student Name: Grade:

Name of parent/guardian picking up child/ren from the classroom:

Contact Number: Signature:

If your child is not taking part in this evening class performance please advise the classroom teacher.
Holiday Clinic

Let the DC Tennis professionals at Patterson Lakes Tennis Club Inc improve your child's game during the school holidays in a fun, friendly and caring environment.

The DC Tennis professionals will ensure your children have a memorable experience. Suitable for children aged 4-17yrs.

Venue: Patterson Lakes Tennis Club  
Cnr Thompson & Learmonth Rd, Patterson Lakes, 3197

Dates: Clinic 1: Monday 21st Sept - Wednesday 23rd Sept 2015

Cost: $45 a day or $120 inc GST for 3 half days 9.30am-12.30pm  
$55 a day or $150 inc Gst for 3 full days 9.30am-3pm  
(Early drop off available from 8.30am)  
$50 off 2nd child (3 days only)  

Morning tea provided

Payment Options:
- Cash: Please put in an envelope with your name
- Cheque: (Cheque to be made payable to Debbie Carr)  
- Direct Deposit: Quote child’s name as reference  
  Bank: NAB  Account Name: Deborah Carr  
  BSB: 083 293  Account Number: 45 868 6040

Name:.................................................................................................................................
Email:.................................................................................................................................
Mobile:.................................................................................................................................

Payment Method: Cash..... Cheque...... Direct Deposit...... (Please tick)  
(If payment is via Direct Deposit please provide the transfer date   /   /2015)

CONTACT: DEB: 0433 820 088   EMAIL: deb_carr@hotmail.com
All Prices are GST inclusive
SCHOOL FETE
Sunday 18th October

Reserve your arm band early for unlimited rides.
1 ride band prepaid—$30, 2 ride bands prepaid—$55
3 ride bands prepaid—$80, 4 ride bands prepaid—$100
Pre-School Wristband $15
Ride bands $35 on the day, Pre-School—$20

THE RIDES
Bad Boys 2, Cha Cha, Cadillac Dodgem Cars,
Cup N Saucer,
Animal Farm, Fire Rescue Challenge, Rockwall, Jumping Castle, Haunted House Maze, Chair O Plane

FETE WRISTBAND BOOKINGS
1 BAND PREPAID—$30  2 BANDS PREPAID—$55
3 BANDS PREPAID—$80  4 BANDS PREPAID—$100
Pre-School Wristband $15.00

Student Name: ___________________________ Grade: ___
Number of Tickets: _______

Credit Card No: _______________ EXP: _______
Cardholders Name: ___________________________
Signature: ___________________________
Cash/Credit Card: Amount: _______
Number of Tickets: _______ TICKETS ARE NON-REFUNDABLE
Bully-proofing kids

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very pro-active when it comes to making them safe places for kids, bullying unfortunately, is something that's still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand.

Bullying is an insidious behaviour that transgresses a child's right to feel safe and secure. It can adversely affect children's learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn't be confused with bullying.

Bullying is selective and intentional. It's also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to know when they feel unsafe and what to do if they experience or witness bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

1. Acting out: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
2. Acting in: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.
3. Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routines and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don't have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. Listen to their story: It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.
2. Get the facts: Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child's school.
3. Recognise & validate their feelings (anger, fear & sadness are common): Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.
4. Give them some common coping skills & defense mechanisms: Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.
5. Get the school involved: If your child continues to struggle with bullying contact your child's school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.
6. Help build your child's support networks & their self-confidence: Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Learn more about managing bullying. I've set up a bullying section on the Parentingideas website with more information to help you prevent bullying, and manage it if it happens. Visit www.parentingideas.com.au/parents

Share your ideas and experience with other parents about managing bullying on my Facebook page. Visit Facebook.com/michaelgroseparenting and go to the Discussion page and look for the section on Managing Bullying.
City Of Kingston Vacation Care
Enquiries and enrolments are now open for the September/October Vacation Care Program. Please contact Julie on 9581 4846 or Kim on 9581 4875 for details.

Activities at Chelsea Heights Community Centre
A range of activities are on offer from Japanese crocheting, Nutritionists, Child Care, Brewing of Tea, Arthritis Victoria & Positive Mind Courses. Phone 9772 3391 for details.

Chelsea Gulls Basketball - New Domestic Season
Summer season commences Oct 5th and entry forms are now available on website or through email. Junior Rep tryouts also on website for dates/times. Contact Peter on 9776 1895/0448 557 323 or email: manager@chelseabasketball.com.au

Bonbeach St Chads Baseball Club - Summer Season
Bonbeach St Chads Baseball Club is currently preparing for the upcoming summer season of T-Ball & Baseball. For more info visit: www.bonbeachbluejays.baseball.com.au

Chelsea Heights - Aspendale Gardens Cricket Club
Registration day Friday 11th September 4.30pm - 6pm. Beazley Reserve, Thames Pde, Chelsea Heights. For further details contact 9772 2509 or visit www.chelseaheightsscc.vic.cricket.com.au

School Holiday Basketball Program
Bonbeach Stadium, Cannes Avenue (Sept 21st, 22nd, 23rd & Sept 28th, 29th, 30th) 10am - 3pm, $90 for 3 days or $35 per day. Call Peter on 9776 1895 for details or email manager@chelseabasketball.com.au for registration forms.

Fred Hollows Foundation - Awesome Yard Sale
Sun 20th Sept 9am - 3pm. 12 Cunningham Close, Aspendale Gardens. Please come along and support our cause and grab yourself a bargain. 100% of the profit will be donated to the Fred Hollows Foundation. No early callers please.

Mordialloc Community Centre Holiday Program
Bookings now open. Activities include movies, Gravity Zone, Bubble Sports, Don Tatnell Swimming Pool, cooking, arts and sports. Email: gemma@mordicc.org.au for more information and to book or call 9580 3675.

Syked For Sport - Community Netball Academy
Syked For Sport Community Netball Academy are running a school holiday program for children aged 5-14 on the 21st & 22nd September. Call Peita on 0419 338 136 for details.

Bayside Basketball Club - Looking For New Players
Summer Season commences soon and we are looking for the following players to complete our teams. U12 girls & boys (Yr 3), U14 girls (Yrs 5 or 6) and U14 Boys (Yr 5). Please call Ruth Letch on 0419 140 239 for details.
Free Junior Golf Come and Try Days

Date: Monday September 21st 2015 and Tuesday September 22nd 2015,
Times: 9am – 10 am, 10.30am – 11.30am and 12 noon – 1pm
Where: PGA Centre For Learning and Performance, Sandhurst Club, 600 Thompson Road Sandhurst
Fees: Free

Clubs can be provided if necessary. Registration at the PGA Centre for Learning and Performance
To book phone 8320 1902 or email pgaclp@pga.org.au

Peninsula Creative Arts Therapy provides a space that brings together creative arts therapy, counselling and personal development in a therapeutic setting.

This form of therapy can assist anyone wanting to make sense & meaning of stress, anxiety, depression, grief & loss, life direction, relationships, trauma, self-esteem etc.

Art therapy can be helpful for all ages, individuals, groups, families & requires no prior artistic ability.

To make a booking or find out more contact:
Kim Silk - Creative Arts Therapist
Mobile - 0419 308 890
Email - kim@peninsulacreativetherapy.com
Web – http://www.peninsulacreativetherapy.com

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