**DIARY**

**2016 TERM 3**

**Mon 8th Aug**  
The 5 cent challenge begins

**Tue 9th Aug**  
Grade 5 Scienceworks Excursion

**Mon 15th Aug**  
Grade 2 Mapping Excursion

**Wed 17th Aug**  
Prep Aquarium Excursion  
Grade 1 Edendale Excursion

**Thu 18th Aug**  
Grade 4 Poetry Recital and Exhibition

**Thu 1st Sep**  
ART SHOW  
Helpers required  
Fathers Day Stall

**Fri 9th Sep**  
GK DISCO  
If you have lost a jumper please check lost property at the office.

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**LEANNE'S MESSAGE**

**Sovereign Hill Camp is underway**

Our year 6 students have just returned from a three day Sovereign Hill Camp and as you read this, the year 5 students are in the middle of their time there. Our camping program builds throughout the years with the aim of developing strong independence and community within and away from school. Preps enjoy a breakfast together while year 1 students participate in an activity packed team building day at school. Year 2 students visit a camp site for a full day, experiencing camp life without the sleepover and then of course our year 3 to 6 children head away to various camps over successive years. Thank you to Sherryn Owen for her extensive preparation for the camp and to all staff and parent volunteers for ensuring our children have the best experience possible.

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**CRAZY HAIR DAY@GK**

WOW! Did we have some crazy hair on display in our school on Tuesday. Many students used this day to showcase their talent (or family talent) in creating styles that definitely made us smile. There is nothing better than a bit of colour, crazy and fun to make winter look a little brighter.

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**EARLY DROP-OFF OF KIDS BEFORE SCHOOL**

Just a reminder to parents that students are not supposed to be dropped off very early before school. We have noticed there are some students who are here just before 8am. It is possible that staff members have not yet arrived at school by 8am so the safety of your child is at risk. Staff members are required to supervise students in the yard from 8.25am. If you need to drop your child off very early to school, you can access our Year Round Care Program to ensure they are safe and looked after. Your child’s safety is our primary focus.

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**CONGRATULATIONS TO THE DARKS FOOTY TEAM**

Congratulations to Coach David Blackburn and the boys in the Darks footy team for their success in the Northern Metropolitan Sports Regional finals. The boys played on Thursday last week to try and secure a place in the State Finals, but unfortunately were beaten by Research PS in a close game. Super effort given by everyone involved.

Leanne Tingwell Principal
The GK Winter Escape Raffle is coming....

As we enter the last month of winter, we are excited to announce that the PFA is running our second major fundraiser for the year – our first ever GK Winter Escape Raffle.

One lucky GK family (or friend of GK) has the chance to win a 7 night family holiday to Hamilton Island.*

Other prizes include:

- $500 travel voucher from Delta Holidays*
- $500 Rebel Sport voucher*
- $250 Big4 voucher*

*Conditions apply

A book of 20 tickets (at $2 each) will be sent home to each family via the eldest child next week. Tickets and payment are due back by Thursday 25th August and the raffle prizes will be drawn at the GKabulous Art Show on 1 September at 7pm. Payment for tickets sold can be made via Qkr or returning cash to the office.

Please support the school by purchasing and selling as many tickets as you can... additional books of tickets will be available at the office for those families who can sell more than a single book.
PFA CADBURY CHOCOLATE DRIVE – 2016
PRIZE DRAW WINNERS

Congratulations to the following families

Cunico Family (5K) 1st Prize $200 Myer Voucher
Anestis Family (PL) 2nd Prize $100 Myer Voucher

The family that sold the most boxes of chocolates during the chocolate drive was to be awarded a $100 Myers Voucher. We had two families who both sold 5 boxes each during the drive dates.

Congratulations to the Wade Family (5G) and Campbell Family (4J) who will receive a $50 Myer Voucher each.

WOULD YOU LIKE TO WIN 10 KG OF CADBURY CHOCOLATE?

Well there are 8 more chances available!!!

Could you sell another box of Cadbury Chocolate? If so please collect a box from the school office. Sell a complete box of Chocolates and return full payment to go into the prize draw for the 10kg Cadbury Block (on display in the school office).

Once all these boxes are sold we will draw the lucky winner.

Those families that have already sold multiple boxes will also be entered.

It is recommended that children are supervised by an adult if selling chocolates.

Remember to store the Cadbury chocolates in a cool place, taking care to avoid areas of direct sunlight.

Through fundraising activities such as this we are able to provide additional facilities and resources at GK for our children.

Thank you for your support.

Bridget (0407 243 024)

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<td>N Peerman; B Hecker</td>
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<td>Thurs 11th Aug</td>
<td>N Campbell-Kerr; S Diaz</td>
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<td>Fri 12th Aug</td>
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COUNTER SALE SPECIALS (Until sold out)

OLAF ICE-CREAM - $1 EACH

Firstly I must send a big THANK YOU to Sharon Bowen & Wendy Kilcullen for the fantastic job they did in the canteen while I have been away sunning myself. I have been able to walk straight in and settle back into the swing of things thanks to their fabulous work. MWAH!!

I have a vacancy on the roster for the 1st Wednesday of the month so if anyone would like to join our Canteen Crew, please just contact me here in the canteen Tues to Fri 8.30am to 1.30pm or sms 0408 172 788 or email cunningham.suzanne.s@edumail.vic.gov.au.

Cheers, Suzi
Preps celebrated 100 Days at School!

Wow! Can you believe our gorgeous little preps have hit a milestone of 100 days at school! The children have been counting the days since they started prep by placing a straw each day into a container. When we reached 10 straws we would bundle them to make a group of 10 and as the number grew bigger each week we began to count by 10’s. Last Friday the preps were welcomed into the prep classrooms with a 100 days banner which they walked through and then wore their special hats (10 strips with 10 objects on each strip, to total 100). As a special homework task the children were asked to place 100 items of ‘something’ in a zip lock bag to bring to school. Some children counted 100 grains of rice, breakfast cereal, paper planes, mints, buttons, beads, mini umbrellas and much more.

The preps also came to school dressed as what they would look like at 100 of age and participated in different activities involving the number 100. The highlight of our day was our party where we had a sausage sizzle and party food and even 100 cup cakes!

Congratulations to all our preps and we are so proud of all your achievements so far.

Here are some photos of our celebration.

With thanks,
Miss Downey, Miss Pace, Mrs Longo & Mrs Totino
IACAS

ICAS SCIENCE TEST CERTIFICATES

The following students will be presented with their certificates THIS MONDAY for completing the ICAS
SCIENCE TEST.

Congratulations to all who participated on the 31st May.

Participation certificate/s:

Merit Certificate/s:
This student scored in the top 60th percentile of students who took part in this test in Australia.
Jemima D 3F

Credit Certificate/s:
These students scored in the top 67th to 83rd percentile of students who took part in this test in Australia.
Thomas P 3K, Daniel P 4J, Daniel P 4A, Anton O 5G, Bonnie W 5G, Declan M 6H

Distinction Certificate/s:
These students deserve a special acknowledgement as they have achieved in the top 93rd/94th percentile of Australian students who took part in this test. Congratulations to:
Christelle v d M 3R, Louis C 4A, Cade D 5B,

Certificates for the other ICAS tests will be distributes as they arrive at the school.

Please note that the final ICAS test will be Mathematics and conducted on Tuesday 16th August.

Kind Regards,
Julie Collins
Extension Coordinator

VOLUNTEERS AND DONATIONS NEEDED

_Thursday 1- Sept (all day) & Friday 2- Sept (Morning)_

Do you have a business that could donate anything for the fathers day stall ???

*Chocolates *gifts *mugs,glasses *sox, ties *wrappings *wrapped lollies *hankerchiefs *jars, pens, teas, etc...

Do you have any spare time to help put together gifts for the stall, set up the stall or work at the stall ????
If so please contact Sharon Murphy 0407829036/samualjj@bigpond.com

Please leave all donations in box at front office.
Abulous Art Show

A warm welcome back to all. This term is certainly going to be a busy one in the Visual and Performing Arts Programs. We start by reminding you that this term we will be holding our fantastic biennial GKABULOUS Art Show which is fast approaching!

**When?** 1 September  
**What time?** 6-8pm  
**Where?** Multipurpose Building

There will be displays of art from grades Prep to Six available to view, as well as performances by Year 6 students, the Performing Arts Club and the Senior Choir. Senior students have been busy creating their own ‘Stop Motion’ 3D animations with their iPads which will be shown on the night. Furthermore, there will be some amazing performances to entertain you on the night. This is just a glimpse of what is in store, more information will be forwarded in the weeks to come. There will also be sausage sizzle and the PFA raffle being drawn on the night. Brett Cardwell will also doing caricatures available for purchase!

You may have noticed QR codes in the newsletter this week. QR codes are a fabulous way of providing easy and quick access to information through the use of a variety of hand held devices. These codes can link you to anything from videos, photos and even websites. During this year’s ‘GKabulous Art Show’, you will see that students are very excited to be introducing digital technology into the Program. Scan the below **QR code** to see our wonderful students McKinley and Tom talk more about what to expect at the Art Show.

Scan me using your QR Code Scanner app!

In order to make this night a roaring success, we are in need of the following:

**Set Up Assistance:** We are looking for parents and other family members to help with setting up for the Art Show. This could include pinning up art work, labelling work and moving display boards. This is likely to be on Wednesday 31st August. We are hoping to begin first thing in the morning, however one or two hours will be of great help. **If you are available and are willing to assist in setting up for the Art Show, please fill in this short form below and return it to school ASAP.**

**Do You Have:** If you have any of the following items we can borrow OR know of a contact that may be able to assist could you please let me know by calling the school on 9431 1599 or by returning the form ASAP. Any assistance would be greatly appreciated.

- Large amounts of fabric (preferably black) to drape over the display boards.

---

**Please return to Mrs Cosma ASAP**  
**SET UP ASSISTANCE**  
(Wednesday 31st August)

Name:  
Contact phone number:  
I would be happy to help with:  
Times:  
**Connection to GKPS:**  
Child’s name:  
Grade:  
Relationship to child:  
I have a current “Working With Children Check”  
YES  
NO  
(please circle)

---

**Please return to Mrs Cosma ASAP**  
**DO YOU HAVE...?**

I am able to assist (or have a contact) with the provision of the following items for the Art Show:

**Please Circle**  
Black /dark fabric/ other colours  
Other:  

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PFA UPDATE

Glen Katherine Primary School
Parents & Friends Association

5 Week 5 Cent Challenge starts Mon 8th Aug. Collect 5c pieces to win!

Winter Escape Raffle
Win a family holiday to sunny Hamilton Island for $2!

Volunteers required to assist with the Father’s Day Stall Thurs 1st Sept. Contact Sharon: 0407 829 036

GKabulous Art Show assistance required with cooking & serving at the BBQ. Contact Bridget: 0470 243 024

GK Disco Fri 9th Sept. Volunteers required to assist. Contact Kate: 0409 528 776

Grade Communicators meeting. Date TBA

Next PFA Meeting Tues 6th Sept. 7.30pm Staffroom.

THE CHALLENGE CONTINUES...
We are now about half way through the challenge with only 6 weeks to go.
Are you half way to your goal? Think about how much reading you need to do to achieve your goal in the next six weeks.
Happy reading!

KEEP CALM AND LOVE READING

Further information regarding the above fundraising & events can be found throughout the Linkletter over the coming weeks!
Commencing Monday the 8th August. The 5 cent Challenge will run for 5 weeks.
Simply fill your grade's '5 cent tube' with as many 5 cent pieces as you can. The coins from your '5 cent tube' will be collected and tallied for your grade every Friday morning.

WEEKLY CHALLENGE: Each Monday at assembly the grade with the greatest amount of 5 cent pieces from the previous week will be awarded the '5 cent trophy' for the week. A tally board will be displayed on the PFA notice board.

5 WEEK CHALLENGE: The grade that has collected the greatest amount of 5 cent pieces at the end of the 5 week challenge will be rewarded with a special 'Hot Chips Lunch'!!!

---The 5 week 5 cent Challenge is a PFA fundraiser---
An article about the importance of sound sleep patterns in our young ones. Easier said than done in some homes—I know the challenges with my own two children. However this article may benefit with some handy home support tips from an expert. Leanne Tingwell :)

Why effective learning starts with a good night's sleep

By Jenny Brockis

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all.

5. There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores. www.drjennybrockis.com
Dr Michael Carr-Gregg presents

When to Really Worry....

For Teachers, Teacher Aides, Parents, Sports Coaches, Youth Workers, Scout Leaders, Nurses, Health Workers (and anyone else interested)

This is a Community Event - Everyone welcome!

$20 entry
7pm to 9pm

Thursday September 1st, 2016
Shoppingtown Hotel
19 Williamsonns Rd, Doncaster

Wednesday September 7th, 2016
Berkeley's Events & Catering
(Pioneer Room)
150 Yarra St, Geelong

BOOK your place!
Email rick@criticalagendas.com.au
Include your name, venue and number of tickets required.
Collect and pay for tickets on the night.
No EFTPOS
Enquiries: 0433 616 771

When does normal teenage behaviour become something you really need to worry about? In this seminar When to Really Worry by Dr Michael Carr-Gregg, he will help you find out. In this insightful evening, one of Australia's leading authorities on child and adolescent mental health, Dr Michael Carr-Gregg, offers practical, easy to understand information on how to figure out if your son or daughter is travelling okay. He discusses the signs and symptoms of the high prevalence disorders of anxiety and depression. Michael also includes tips on detecting early warning signs encouraging your child to visit a doctor, finding a youth-friendly GP, counsellor or therapist, navigating the public mental health system. When to Really Worry is an essential night for all parents, teachers, coaches who want to build happy and resilient young people.

Not to be missed!

Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people. His training and approach incorporates cognitive behavioural therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness skills and interventions drawn from positive psychology research. He is a founding member of the National Centre Against Bullying and Chairs their Cybersafety Committee. In October 2010 - he was appointed the official advisor to the Queensland government on cybersafety. He is a Director of the The Young and Well Cooperative Research Centre, an Australian Government Initiative administered by the Department of Innovation, Industry, Science and Research. Michael Carr-Gregg has extensive experience in the media and is currently a regular on the top rating 'Sunrise' program on Channel 7 and on Melbourne radio 3AW and is a frequent contributor to the Australian Print media.
COMMUNITY NEWS

AUGUST 9 IS CENSUS NIGHT.

OUR MOMENT TO PAUSE AND MAKE A DIFFERENCE.

Look out for your household’s Census letter. Use the unique Census Login to complete your Census online on August 9, or follow the directions to order a paper form. Get online on August 9.

NATIVE PLANT & BOOK SALE

10 SEPTEMBER 10am-4pm

Senior Citizens Centre
903 Main Road, Eltham
A ‘Spring Outdoors’ event

Huge range of native & indigenous plants including short & tall grafts
LaTrobe Wildlife Sanctuary Nursery
SunValley Plants Natural Plantscape Nursery
Vaughan’s Australian Plants
SunTuff Plants Member growers

Organised by Australian Plants Society
Yarra Yarra Group Inc.
COMMUNITY NEWS

Ivanhoe Aquatic Centre
July 2016

Floating Inflatable Fun
Ivanhoe Aquatic & Fitness Centre
Monday, Tuesday & Friday
1-3pm
Booking necessary

Learn to Swim Intensives
5 day intensive
Monday 27th June - Friday 1st July
Monday 4th July - Friday 8th July
Cost $74.25
Concession $66.85
Includes pool entry
Bookings essential on 9490 7111

Children's activities
Prep to grade 6
Cost $17.50 (bookings essential)
Activities subject to change or cancellation with 24 hours notice.

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<tr>
<td>Karate</td>
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<td>Cooking</td>
<td>Art &amp; Craft</td>
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<td>Have fun, gain confidence, and be introduced to the fundamentals of Karate, while learning simple, self defence behaviours.</td>
<td>Easy, quick and inexpensive cooking activities the kids can try at home.</td>
<td>Paint, paste, draw, be creative without all the mess at home to clean up</td>
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<td>Circus</td>
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<td>Cartooning</td>
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<td>Experience fun lessons in tumbling, acrobatics, juggling, fire breathing (pool), devil sticks, spinning plates, hoop dancing and more.</td>
<td>Bring stickers &amp; characters to life with 20 flash animations or stop animations.</td>
<td>Easy, quick and inexpensive cooking activities the kids can try at home.</td>
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KUMON
TWO-WEEK FREE TRIAL

Find out how your child can develop essential maths and English skills with Kumon. Contact your local Kumon Centre by 8 August to secure your child’s place in the Free Trial!

Terms and conditions apply. Visit http://au.kumonglobal.com