**Principal Report**

**Walktober** - We only have a little over a week of October left! Congratulations to all those families that have participated in the Walktober program. Walking to school has certainly been a great way to start the day with some to exercise and chat on the way to school. Members of the community have also commented on the reduction in traffic at drop off and pick up times. The journey to and from school is also an opportunity to reinforce safe travel strategies and road rules. Hopefully Walktober has created a habit and our students and families continue to enjoy walking to school. If you haven’t started yet it’s not too late!

**Dyslexia and Learning Difficulties Parent Workshop** - On Monday evening Mrs Karen Starkiss from Dyslexia Assessments and Support Services ran a very informative and strategy packed workshop at the school. The parent workshop followed a staff professional development session after school. Feedback from parents who attended was very positive and we look forward to running further parent workshops in the future.

**Permission Forms and Important Dates** - Our students have many extra curricula activities to be involved in to support and enhance their learning throughout the year. These activities usually require signed parental permission. Our priority is for return of the permission slips by the due date as this certainly assists organisation of the activity and ensures your child can participate. Thank you for your assistance.

With a busy calendar it is easy to overlook key dates so some important dates to highlight on your calendar are: 2017 Student Supply order forms are due Tuesday 25th October. Payment is not required until Tuesday 6th December (book pick up day). Also on Monday 31st October all remaining 2016 incursion and excursion permissions and payments are due.

**Working Bee** - Our Term 4 Working Bee is this Saturday 22nd October 9am to 12pm. There are always jobs to do in our yard including improvements to re-open the Sensory Garden. There is more information in this newsletter. Hope to see you there!

**Nude Food Day** - a reminder that next Wednesday 26th October is Nude Food Day. These days it can sometimes be a challenge to reduce packaging but well worth a try! I look forward to seeing how we go.

**Assembly** - Tuesday 25th October is our first whole school assembly for Term 4. It starts at 9.10am. Our assemblies are always a great way to share the talents of our students and hear about some of the school activities.

**School Banking** - The school offers school banking from the Bendigo Bank, our local bank. We are establishing Tuesdays as our regular school banking day. Students can bring their savings books with money to the Office and we will deliver it to the bank. Books will be returned to school once processed at the bank. Forms to start an account are available from the Office or Bendigo Bank.

**Year 3 Camp** - The Year 3 School camp held at Somers is only a few weeks away! The children and parents have been busy in pre camp preparations from finding the right sleeping bag to making sure all the clothing items are labelled. Last week a camp information night was held for parents to guide them through the ins and outs of what to expect and how to support their child through their first school camp experience. The students’ first school camp is always very exciting. Thank you to the Year 3 team for providing the evening and helping to demystify the process!

Kind regards

Martin Page

Principal
Music News

Recently, hundreds of local young singers auditioned for a competition, The Voice of Frankston. One of our Year 6 students, Krystabel Forward, entered with an original song that she wrote and made it through to the grand final in the 12 years and under section! Krystabel is a talented singer, musician and composer and we congratulate her on this fantastic achievement!
Using Technology to Make Books Come Alive!

Our children and Mrs Forward have been seriously busy using computer technologies including our green screen to role play and create videos about some books we have in our library. Use your QR scanner to view these books that then come alive! There are more on the wall on display just inside the Library door, including the Book Character Dress Up Day clip included below. This is a wonderful way to improve speaking skills and for children to learn the capabilities of many new computer programs, linking our Information Technologies and English programs in an engaging manner.

IC Book and Movie Dress Up Day

Prep D My Dog Bigsy By Alison Lester
Official My Dog Bigsy Clip

When I Woke up I Was a Hippopotamus

Scan the code to see a video created by Prep A 2016 about this book!

Rumble in the Jungle

Scan the code to see a video created by Prep E 2016 about this book!

Keep an eye out for many other books in the Library with a QR code on the back. These have been created by older children who read the books for younger children to enjoy!
WORKING BEE at MMPS!

Yr 3 & Yr 4 parents - we are asking for your help at our Term 4 Working Bee!

Date: Saturday 22 October 2016

Time: 9am - 12pm.

If you can bring along useful tools like a wheelbarrow, spade, pitchfork (for mulch), shovel, gloves etc that would be very helpful. We do have some equipment but it would be helpful if you bring some too!

Thanks.

There will be a list of tasks to complete around the school.

All children must be accompanied by an adult.

Morning tea is provided.

Please complete this attached slip and return to the office so we can plan and organise the tasks on the day.

Yes, I am able to help out on Saturday October 22 at the school Working Bee.

My name is ________________________ and my child/ren’s names are ________________________

Please return to the office as soon as possible.
Dear Parents and Carers,

Currently our staff, parents, carers and students are being surveyed about the KidsMatter initiative, to ensure that our programs are targeting the needs of our school community. We need as many parents and carers as possible to complete the survey to assist us with our planning and ongoing work in this important area.

By completing the KidsMatter Parent Survey, your constructive feedback and valuable suggestions will enable us to set the future direction for KidsMatter at our school. Through Component 3, we aim to strengthen home-school collaborative partnerships and provide practical and supportive information to families.

Please support our commitment to improving student mental health and wellbeing at Mt Martha Primary School by completing the survey and adding your comments.

The KidsMatter Parent Survey is now available to complete online, for a period of one month, from Thursday the 6th of October. Paper-based surveys will also be available from the office as required. We will continue to provide reminders and links in the Banksia Bulletin over the next few weeks. You can access the survey at:


A direct link will also be available on the Mt Martha Primary website home page.

To select our school you will need to type in:

**Mount Martha Primary School, MOUNT MARTHA, VIC** – The schools should appear as you type. This sometimes takes a minute to load.

Select - 2016 Q4: Oct-Dec

Select the language and Year level.

Complete the survey and add comments at the end.

During the next few weeks, teachers will be asking students to complete the KidsMatter Student Survey online during class time. Please read the attached information about the Student Survey. If you wish to have a look at the types of questions students will be asked, you can go to the KidsMatter website and click on Student Surveys to view the format. The KidsMatter Team will use feedback from the student responses to guide our KidsMatter approach at Mt Martha Primary and to address areas of need identified by students.

We thank you for your great support of both the Parent Survey and Student Survey. If you require further information please don’t hesitate to contact Karen Hodgkins, a KidsMatter Team member or your classroom teacher.

Kind regards,

Karen Hodgkins and the KidsMatter Team.
Student Survey

Information for students and their parents and carers

What is KidsMatter Primary?

Our school is participating in an initiative called KidsMatter Primary to further improve the mental health and wellbeing of students at our school.

What is the survey about and how long will it take?

The survey asks for your views about aspects of the school that relate to supporting student mental health and wellbeing. We expect that it will take about 10 minutes to finish.

Why am I being asked to complete this survey?

It’s good for schools to think about how they are doing things and to hear from all members of the school community. This includes staff, parents and students. All the information plays a part in improving our school.

How is my privacy protected?

Your responses are completely anonymous and it will not be possible to identify you from your answers. The information you provide will be stored electronically in a password secured database, in accordance with the Australian Privacy Act 1988.

What happens to the answers?

Only summarised results are available and will be used by the school to assist with school planning. These results may also be used to inform the national development of the KidsMatter initiative. Please feel free to discuss with your teacher any questions you may have about this important classroom activity.

What choice do I have?

Completing this anonymous survey is entirely your choice and you can choose not to answer some or all of the items. Please feel free to discuss any concerns you may have about completing this survey with your teacher.

What do I need to do to participate?

Please read this information statement with your parent or carer and be sure you understand what it’s about. Your teacher will give you instructions about how to participate or you can visit www.kidsmatter.edu.au/primary/studentsurvey

If there is anything you or your parents do not understand, please talk to your teacher.

Thank you for your support.
Let’s talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression\(^1\).

The University of Melbourne, with funding from beyondblue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed

More information about the guidelines and other tips can be found at [www.parentingstrategies.net/depression](http://www.parentingstrategies.net/depression) or [www.beyondblue.org.au](http://www.beyondblue.org.au).

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It is still *Walk to School* month! There will be certificates for those who walk even once during the month of October.

To receive a certificate all you need to do is walk to or from school once! If you live further away or in a tricky location try one of the two Park and Stride spots and walk the rest of the way (Walara Shops and Mt Martha House). You can walk, ride, skate or scoot during this time. If you choose to skate, scoot or ride please remember to wear the correct safety equipment.

At school students will be encouraged by their teacher to fill in the class calendar on a daily basis, recording the way they travel to and from school.

This is a great time to teach your child to walk to school. Find a route and make it a habit!
Balcombe Pre-school

IS HAVING A HUGE CARPARK GARAGE SALE!!!

Saturday 5th November

8.00am – 1.00pm

144 Bay Road, Mt Martha

*hundreds of quality second hand items for sale at bargain prices.

* lots of kids clothes, books, toys, games, puzzles, dvd’s, homewares, baby items, and heaps more....

* 20cent bucket filled with toys and nic nacs so tell the kids to bring their pocket money.

* sausage sizzle and cake stall too.

* all to raise money for our wonderful kinder!

So come on down and grab a bargain or two and help support

Balcombe Pre-school 😊
STIRLING LINGARD TENNIS COACHING
MT MARTHA TENNIS CLUB

Tennis….fun for life! Coordination, fitness and fun
Tennis lessons from only $15 per week
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slimgard8@bigpond.com or call Stirling 0411 082 723

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COMMUNITY NOTICES

Mt Martha Primary School
Glenisla Dve
Mount Martha 3934
Phone: 5974 2800 Fax: 5974 3634
Absence Line 5973 7700 or visit the school website
E-mail: mount.martha.ps@edumail.vic.gov.au
Website: www.mtmarthaps.vic.edu.au
Office Hours 8.30am - 4.15pm Monday - Friday

COMMUNITY NOTICES

Our kids matter.
KidsMatter helps our school nurture happy, balanced kids.

CONTACTS

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SCHOOL TERMS 2016
TERM 1 29th January to 24th March 2016
TERM 2 11th April to 24th June 2016
TERM 3 11th July to 16th September 2016
TERM 4 3rd October to 20th December 2016

Our school purpose is to ensure a high quality and engaging learning program that builds on the capability of every student.

Dear Members and Supporters,

We hope to see you at our AGM next Saturday 22 October at Mt Martha House Room 7.

9.15 am for a 9.30 start.

Following a brief AGM, we will be treated to a talk by Liz Barraclough OAM our wonderful Field Officer.


Following Liz’s talk a delicious morning tea/light lunch will be served.

We hope to see you there,

Di Lewis.