Billy Cart Workshop

The PTA Billy Cart Workshop is this afternoon starting at 5.30pm in the Staff Centre. It promises to be a lot of fun with some great tips on building a Billy Cart. Hope to see you there!

Market Day

The Grade 6 Market Day is tomorrow. The market will run from 10.45am to 12.45pm. It is the culmination of 9 week’s work with students learning such skills as developing business plans, products and brands, communication, marketing, pricing, cooking, sewing and trialling products. They have also practiced and learnt important team and organisational skills. As well as money to buy from the stalls, students are invited to bring a gold coin donation to wear a Halloween themed costume. Money raised on the day is equally divided between a donation to the Breast Cancer Foundation, a gift to the school and the Grade 6 end of year activity. We wish them every success in what is sure to be another fun whole school activity.

String and Piano Concert

Last night was the String and Piano Concert. It was great event where students showed their obvious enjoyment of their music and showcased their learning. Their skills obviously reflect many hours of practice. Congratulations students and thank you parents and the music teachers!

Walktober

As we rapidly approach the end of October, 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 giving the opportunity to exercise and have a chat on the way to school. Many members of the community have also commented on the reduction in traffic at drop off and pick up times. Hopefully Walktober has created a habit and our students and families continue to enjoy walking to school.

Melbourne Cup Day

A reminder that next Tuesday 4th November is the Melbourne Cup Day public holiday. No students are required at school.

Year 3 Camp

The Year 3 School camp at Somers School Camp commences on Wednesday 12th November and so is not that far away! Last week a camp information night was held for parents giving an outline of the camp and also how to support their child through the camp experience. The students are sure to enjoy the wide range of challenge and environmental activities as well as the social experience of being on a camp with their classmates. Thank you to the Year 3 team and Mr Sweatman for providing the evening.

Planning for 2015: A reminder that now is an appropriate time to inform the Office if your child is not returning to Mount Martha Primary School for 2015. Teachers are starting to plan grades for 2015 and early notification will inform the process. Thank you for your assistance.
Teachers’ News - Spelling is on our radar!

All staff recently participated in a professional development session where they revisited the key components from an earlier presentation by David Hornsby, a very well known and credentialed educator who is passionate about literacy. We revisited current spelling practises including the strategies children require to become good spellers. Many children who struggle with spelling are doing so because they rely too heavily on phonics, and need to place more emphasis on the patterns and meanings of words. Children move through several spelling stages before becoming conventional spellers, and many make this transition more easily than others. Teachers are using the information gained at this session to find out more about the strategies their children use, and how to move them to the next level.

Spelling Showcase — Spotlight on Year 3

Mrs Doye and Mrs Reardon shared some of the spelling activities they have been doing in their classrooms. The children have enjoyed the focus on being “word watchers” and examining patterns in spelling to discover and determine their own spelling rules and observations. Their spelling games are fun too!

Harry, Lenny and Selina researched the ways that we can create compound words from smaller words.

Iris and Niamh used magazines to find all sorts of verbs and look at spelling rules for adding endings on words such as “ed” and “ing”.

Josh and Sean also investigated how words change when a suffix is added.

Kassidy, Freya and Amber found out about the many ways we can make the sound “f” in words, like “f”, “ff” and “ph”.

Julie Moncrieff, Literacy Coordinator.
It's been fantastic to see so many children and families making an effort to walk or ride to school this month. We have all noticed and appreciated the significant reduction in traffic around the school in the morning drop off period, and it's been great to see our students so confidently and responsibly rising to the challenge.

The Travel Smart committee has been impressed by the creative way some families are getting their children safely to school. A few neighbourhoods have organised their own Walking Buses. In one instance, a Walking Bus saved 6 cars from being on the road, and gave a dozen children from multiple families the chance to walk to school. But this isn't the only benefit of a walking to school in a group, it gives the children the opportunity to enjoy the natural surroundings, observe the beautiful part of the world we live in and socialise with their peers. Not to mention the health and confidence benefits, and the benefit to our community more generally. We would encourage parents to reach out to their neighbours and friends to arrange their own group walks to school.

Keep walking!

TravelSmart Committee

CARNIVALE COMMITTEE 2015
PARENTS AND TEACHERS ASSOCIATION

CARNIVALE is the most anticipated event of the year for most school students at MMPS. It is a magical afternoon of rides, games, yummy food and much, much more. This PTA event also makes a massive fundraising contribution to our school and has enabled us to purchase new school playgrounds, shade sails and other fabulous facilities.

We are currently in need of people to volunteer to be on the Carnivale Committee for 2015. Without a committee it will not be possible to run this event. Your involvement in this event can be great or small, depending on the time you can offer. Every contribution is greatly appreciated and through a team effort we can work together in making next year the best Carnivale yet! It is also a wonderful opportunity to extend your social network, as well as have lots of fun!

Please give this great consideration so that we can make the March CARNIVALE 2015 a memorable event for your child at MMPS.

Please fill out the attached slip as an expression of interest and return it to the office by Friday 7th November.

Please feel free to come along and find out more about this event. We shall advise you of the date, where we will meet and discuss this event in greater detail.

Jane Mogensen
PTA President

2015 MT MARTHA PRIMARY SCHOOL CARNIVALE COMMITTEE

NAME: .................................................................................................................................

CONTACT NUMBER: ........................................................................................................

EMAIL ADDRESS: ..........................................................................................................
Everyone's good at something! Supporting kids' confidence

Mateo really likes football but he's not sure about playing with the local team. He thinks: 'I'm not as good as the other kids are. What if they don't pass the ball to me? What if I drop it?' Mateo often stops himself from having a go at new things. He doesn't want to look silly.

He would rather let others go first so he can watch what they do. At school when the teacher asks him a question he often says 'I don't know' even if he does know the answer. Mateo doesn't want to get things wrong. When he makes a mistake on his homework he gives up and says, 'I can't do it.'

His parents want him to try. 'You've got to have a go!' his dad says, 'otherwise, how will you learn?'

Children who lack confidence in their abilities sometimes try to avoid even having a go at some things. This can get frustrating for parents and carers. It can also stop children from developing the skills they need to tackle tasks confidently.

How confidence develops

For most children starting school means spending more time on learning and less on play. It also means more expectations of them — from parents, carers, teaching staff and also from themselves.

Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and teaching staff respond to what they do.

These things influence children's confidence in their abilities. They also influence how willing they are to have a go in situations where they feel unsure.

How parents and carers can help

Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

• explaining to children that skills develop with practice
• encouraging children to persist when they don't succeed straight away
• praising effort, persistence and improvement
• making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
• being ready to help when necessary, without taking over.

Encouraging children to have a go and valuing individual improvement supports children's confidence.
Confident thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something.

Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others.

Dealing with disappointment

Everybody fails to achieve their goals sometimes. Parents and carers (and teaching staff) can help by:

- Responding sympathetically and with encouragement, e.g., "That was disappointing, but at least you had a go."
- Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g., "What can you try that might make that work better next time?"
- Challenging 'I can't' thinking by showing, and saying, you believe in them and reminding them of what they have achieved.

Optimistic thinking

Optimistic thinking recognises what has been achieved more than what is lacking. It looks at the glass as half full rather than half empty.

Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.

Further information on improving self-confidence is available on the website www.kidsmatter.edu.au/resources/information-resources/

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au

Australian Government

Department of Health and Ageing

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SAFEMinds: AT HOME

headspace – the National Youth Mental Health Foundation will be presenting a FREE session in Dandenong for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for schools and families across Victoria.

Time: 7pm to 9pm
Date: 12 November 2014
Venue: headspace Dandenong
196 Lonsdale Street
Dandenong 3175

Parents interested in attending can register via
The following Instrumental lessons may be available during 2015. Please return this page to the School Office if you are interested in having your child:

(1) commence learning an instrument or

(2) continue learning the same instrument at school.

Note: If you do not return this form your child cannot participate in this program. The enrolment form does not provide ongoing permission. Parental consent must be given to the Instrumental Tutor each year.

If you would like to register interest for more than one child, please complete a separate form for each child. Additional forms are available at the School Office.

☐ First time hire of this instrument ☐ Continuation of hire for current instrument

Limited places are available for lessons. Not all instruments are available to all year levels.

Please note that if your child is not immediately placed in the Instrumental Program then his/her name will be put on a waiting list. You will be contacted by the Instrumental Tutor when a suitable vacancy arises.

Student Name: ____________________________ Year Level in 2015: ________________

Parent Name/s: ____________________________ Contact No.(Home): ______________

Email Address: ____________________________ Contact No.(Mobile): ______________

Please note: A copy of Page 1 of this form will be provided to the instrumental music tutor.

AFRICAN DRUMMING

Please circle your preferred option below

2015 Lesson Pricing:
African Drumming

30 minutes lesson - $65 per term (Yr 4-6)
(Group Lessons maximum of 8 students)

PLEASE NOTE: GUITAR may have wait list only

Please circle your preferred option below (Year level availability listed below each option).

<table>
<thead>
<tr>
<th>Clarinet</th>
<th>Saxophone</th>
<th>Flute</th>
<th>Violin</th>
<th>Guitar</th>
<th>Piano</th>
<th>Piano</th>
<th>Trumpet</th>
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<tbody>
<tr>
<td>(Yr 3-6)</td>
<td>(Yr 3-6)</td>
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<td>(Prep-6)</td>
<td>(Yr 3-6)</td>
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<td>(Yr 3-6)</td>
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2015 Lesson Pricing:

30 minutes lesson - $28
20 minutes lesson - $19 (piano only) 30 minute Shared Lesson (Flute only) - $19

IMPORTANT: Completion of the reverse side by parents is required.
INSTRUMENT HIRE

Instruments available for hire from the school are Clarinet, Flute, Saxophone and Trumpet for $168 per year.

☐ I would like to hire an instrument in 2015        ☐ I will supply my child with their own instrument

All instruments are to be returned to the School Office by **Friday 4th December 2015**. A late return fee will be imposed for those instruments not returned by this date. There is no hire available over the December/January school year break. This time is necessary for instrument maintenance and for the school to be able to meet hire needs for 2016.

REFUND POLICY

Refunds are calculated on a pro rata term basis (not on a weekly basis). Parents wishing to cancel their Instrument Hire Agreement due to unforeseen circumstances are to contact the School Office. If a refund is approved it will be calculated as follows; for example: If you return an instrument in Week 1 of Term 2 you will receive a refund for Terms 3 & 4. If you return an instrument in Week 10 of Term 3 you will receive a refund for Term 4. A pro rata refund will be issued for the remainder of the school year.

PARENT PERMISSION

I, __________________________________________________________

(please print parent first name and surname)

give permission for my child ______________________________________________

(please print student first name and surname)

to be withdrawn from his/her class learning program to undertake weekly instrumental tuition during class time.

PARENT’S NAME: ______________________________________________

PARENT’S SIGNATURE: ____________________________________________

DATE: / /
“Stepping Up to Secondary School”

Do you have a child starting secondary school in 2015?

You’re invited to four **FREE** interactive parent workshops – so that you and your child are better prepared for starting secondary school and the challenges that come with adolescence. Book in for one session or all three!

**Session 1 –** Supporting Kids to Build Healthy, Positive Friendships and Exploring the Hopes and Fears about Starting high school  
Date: Wednesday 12th November 2014

**Session 2 –** Adolescent Development, Setting Expectations for Teens  
Date: Wednesday 19th November 2014

**Session 3 –** Staying safe - Cybersafety & Social Media  
Date: Wednesday 26th November 2014

**ALL SESSIONS ARE:** AT THE SAME TIME EACH WEEK AT THE SAME VENUE EACH WEEK

<table>
<thead>
<tr>
<th>Time:</th>
<th>9.45am to 12.00pm</th>
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<tbody>
<tr>
<td>Where:</td>
<td>Mount Eliza Community Hall</td>
</tr>
<tr>
<td></td>
<td>90 – 100 Canadian Bay Road, Mt Eliza</td>
</tr>
<tr>
<td>Cost:</td>
<td>Free and morning tea will be provided</td>
</tr>
</tbody>
</table>

Bookings are essential. For further information or to book, please call –

Barbara on 9871 6787  barbarabiggelaarl@anglicarevic.org.au

or

Matt on 5950 1666  matthew.sudomlak@mornpen.vic.gov.au
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

OSHCP: 0407 438 858
Uniform Shop: 1800 337 396
Tuesdays: 8.45am–9.45am
Thursdays: 3.00pm–4.00pm
Cash, credit card & EFTPOS facilities.
Sorry, no cheques accepted
Online ordering available at: www.psw.com.au
PSW Frankston
21 Playne St, Frankston
(03) 9769 6510
Shop Hours Sun & Mon Closed. Tue to Fri 8.30am-4.30pm & Sat 9am - 2.30pm.

SCHOOL TERMS 2014
TERM 1 30th January to 4th April
TERM 2 22nd April to 27th June
TERM 3 14th July to 19th September
TERM 4 6th October to 19th December

A friendly reminder to families and friends that Melrose Dve is reserved for STAFF PARKING. Please use Eco Park or Glenisla Dve.

Mt Martha Primary School strives to provide a safe environment for students, staff and visitors. Please alert the office to any hazards.

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

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Tennis….fun for life! Coordination, fitness and fun
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PH: 9783 4511

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15% Discount for First Treatment.
Contact Amanda on 0458 946 368

**Aikido- Aiki Shuren Dojo Mt Martha**
The art of peace and harmony has arrived in Mt Martha.
Aikido is a traditional Japanese martial art that emphasises conflict resolution through peaceful means without the need for strength or aggression.
Anyone can do Aikido. We train diligently and safely within a friendly environment.
Call Simon on 0410 536 637
Mount Martha House
Adults Mondays and Thursdays 7.30pm
New TIGER SQUAD- Kids Thursday 6.30pm $30 pm.
Present this ad and your first month is Free
www.mountmarthaiwamaryuaikido.weebly.com

**Coastal Music School Mt Martha**
If you love music and the stage, then this is for you….
For quality piano, violin, guitar, ukulele, flute, cello, drumming, bass and singing.
All ages and levels welcome.
Studio hours by appointment. Lesson times available Mondays, Wednesdays & Thursdays
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Contact Simon: 0412 033 264 or simon@waydesigns.com.au

**Thermomix is the ultimate kitchen solution.**
Create delicious, wholesome food from basic ingredients in a fraction of the time.
Save money, reduce your additive intake and put the fun back into cooking!
To organise a local demonstration contact Anne-Marie Raymond 0437 214 211 or email a-mraymond@bigpond.com

**Charm Friends**
Swap Cards & Display Folders
Series One available online or at chipps children’s boutique,
Treehouse Republic Bentons Square and Mt Martha Newsagency
www.charmfriends.com.au
Download our App from the App Store

**CAPEZIO Dancewear & Activewear**
12-14 Milgate Drive, Mornington
Ph (03) 5975 0266
shop@capezio.com
Sign up to our loyalty program for 10% Off Instore
www.capezioanz.com

**Active Barre - The Hollywood Craze**
Get ready for Summer with a balanced, long, lean body.
Combining Ballet Barre, Pilates, Stretching and Relaxation.
Mt Martha House
Wednesday and Friday 2pm - 3pm
Call Nicole for more information on 0404 030 431 or visit www.activehealing.com.au
Term 4 Events -

This Thursday 30th October is our inaugural Billy Cart Night. Thanks so much to all the families that have supported this event, it looks like it will be a great night for all who attend.

**PORTRAIT FUNDRAISER 22ND NOVEMBER**

Our Annual Family Portrait Fundraiser with Aver & Line Photography is on Saturday 22nd November at the Mount Martha Estuary.

The flyer with all the information is attached to this newsletter. Your personal photography session must be booked online (see flyer for instructions). Payment of $15 should be forwarded to the school office in an envelope marked with your Family Name and actual booking time.

After your private photographic session, just make your way to MMPS where you can choose your favourite photos that same day! Packages will be delivered back to school in time for CHRISTMAS!

It’s that easy! The money from your booking goes directly to the school, along with a percentage of any packages ordered.

We need a minimum of 18 bookings to make this fundraiser a success, so come on, tell your family and friends and help support our great school. It’s essential that you get your bookings in by 11th November to secure your spot. If you have any queries or would like any further information, please contact Simone on 0419 335 013.

Jane Mogensen - PTA president