



TOOTGAROOK TELEGRAPH

Weekly newsletter of

TOOTGAROOK PRIMARY SCHOOL

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Issue 34

4th November, 2016

CALENDAR



| | | |
|------------------------------------|---|---|
| Friday 4 th November | - | Leap Into Learning continues @ 2:15pm |
| Wednesday 9 th November | - | Lunch for Everyone - forms due 7/11 @3.30pm |
| Friday 11 th November | - | School Concert @ Eastbourne PS |
| Monday 14 th November | - | Prep – Gr 2 Swimming begins |

Lions Club Quiz 2016 Tootgarook Champions

On the 27th October, **Jai Daniels O'Connor**, **Oliver Humble** and **Sarah Wallace** represented Tootgarook in the final of the Lions Quiz at 6:15pm at Rosebud P.S. Our students did so well last week and along with **Emily Inglis** prepared all week for the final.

On the night there were 4 teams: Tootgarook, Dromana, Red Hill and Fatima.

There were 3 rounds and the students were each asked 4 questions.

At the end of the 1st round - Spelling - Tootgarook were coming 2nd.

They moved in to the lead along with Red Hill by the end of the round 2.

The final round was General Knowledge, the students were able to talk to each other and Sarah would give the answer. They only got one question wrong!



Final scores:
Tootgarook 84
Dromana/ Red Hill 72
Fatima 66



Staff Training Day Report

Teachers had a very productive day last Monday as they participated in the final staff training day for 2016. Extensive work was undertaken in teams to plan for the smooth introduction of the new Victorian Curriculum in 2017 in areas such as History & Geography, Civics & Citizenship, Economics and Health, Design & Technology, as well as the new capability areas. Further work in this area is planned for early 2017 whereby the new teaching teams at each level will update all of our policies in Literacy and Numeracy.

**Students will be presented with their certificates at assembly on
Thursday 10th November @ 2:45pm**

Student of the Week



Prep R – (Mrs Read) – Charlotte Humble – *for always displaying the RICH school values. You are a kind and helpful member of our class and you celebrate the achievements of other students. Well done!*

Prep S – (Miss Staley) – Sophie Leahy – *for her great word recognition and always being happy and friendly.*

1A – (Miss Arnold) – Sienna Kelly-Arena – *What a great job you did on your long weekend recount writing! You took your time and your handwriting was beautiful.*

1P – (Miss Perkins) – Swae Quarrell – *Every morning you enter the classroom with a huge smile and a story to tell. Thankyou for searching for your school library books over the long weekend, I'm sure the library will be happy to have them back.*

2B – (Mrs Prossor) – Kaiden Woulfe – *for his enthusiasm in Maths and for his good explanation of how to do vertical subtraction.*

2J – (Mrs Johnstone) – Mia Anthony – *for always trying her best in school activities and being a helpful and involved member of the class.*

3B – (Mrs Bos) –

3W – (Mrs Bruin) – Charli Vis – *Congratulations for the extra effort you have put into all of your learning. Keep up the great work.*

4B – (Miss Broomfield) – Taylah Hawley-Morsillo – *Taylah has been working hard in Maths and at home to learn her timetables. Keep up the great effort Taylah!*

4F – (Miss Kain) – Brooklyn Llewellyn – *for completing a great cold write! Well done Brooklyn!*

4/5K – (Mr Kitchin) – Kayden Carver – *You little star! Competing against students a year older than you. You did a great job at the rugby day and showed no fear. Well done!*

5/6M – (Miss McGhee) – Hunter Nicholas – *WOW Hunter – You were an absolute super star at our Rugby Day. You encouraged your team mates and lead them to victory!*

5/6Q – (Miss Quintin) – Brayden Hardwidge – *Your efforts at our Rugby Day were outstanding Brayden. You played extremely well and encouraged your team mates. Well done!*

Art / Craft – (Miss Davey) – Mason Hocking Duke – 1A – *Well done Mason on your wave painting. You have done a fantastic job on the drawing part of your artwork! Great to see such concentration!*

Indonesian – (Ms Hone Prep – Gr 4) –

Music – (Mrs Young) – Talon Neale – 3B – *You are such a natural performer. You are super focused during all rehearsals and it is so great to see your enjoyment during all practises. I can't wait to see you at the CONCERT!*

Phys Ed – (Miss Daley) –

A BIG thankyou goes to **Matilda Sambrooks** parents for their donation towards the "FOOD FOR EVERYONE ♡ " Program!

Every Day Counts:



-because school helps children build social and emotional skills such as communication, teamwork and resilience.

Children do better when they go to school all day, every day

Spooky Halloween Disco

We had a terrific night last Friday as our Prep-Year 6 students enthusiastically participated in their Spooky Halloween Disco. The costumes looked absolutely amazing which certainly added to the wonderful atmosphere of the event. The students actively bopped away to Axel's latest tracks at the disco. It was an absolute delight to watch their excitement and positive participation in all aspects of the event. The photos in this newsletter capture all of the action!

I would like to take this opportunity to extend a big thank you to our wonderful Parent Volunteers who did such a fantastic job in organising the event and to the other staff who also helped out. A huge thank you also to Axel Foley (parent) for being such a 'cool' DJ at yet another Tootgarook event!



**Concert Tickets Are Now
On Sale @ \$7.00 each
Available from School Office**

Should kids have computers in their bedrooms?

At a Glance...



- Education and child safety experts recommend your child doesn't use the internet in their bedroom.
- The reality is a very small percentage of kids will come to physical harm through contact with online strangers.
- Cartoon-like avatars are a great alternative to kids posting images of themselves online.
- Teenagers in particular are prone to sleep problems which are compounded if computers or phones rob them of sleep.
- If your child has an Instagram, Facebook or other social media account, ask to see it. If you can see it anyone can so there is no argument about respecting privacy.

The internet has changed the way kids socialise. It's an amazing place that allows your child to make friends with another teen living on the other side of the world, and to discover differences and similarities. Just as you'd make some inquiries about new friends that appeared at your front door to spend time with your child, you'll also need to find out about the people they're meeting online. Of course, monitoring your child's online activities is easier said than done when your child has a computer in their bedroom, with internet access.

Shut the door on cyber predators

While predators are out there, the reality is a very small percentage of kids will come to physical harm through contact with online strangers.

You may have already installed filters to block inappropriate sites and content, but knowledge of potential dangers will help keep your child safe on other computers and their mobile phones.

Australian researchers have found children who don't include photographs of themselves or their email addresses in their social networking profiles are less likely to receive sexually suggestive messages.

But most kids like to have an image of themselves online – and avatars are a great solution. They're cartoon-like characters you can personalise and put on your profile. Better still, they're actually heaps of fun – and often free – to create. Visit www.free-avatars.com.

Keeping bullying out of the bedroom

Education and child safety experts recommend your child doesn't use the internet in their bedroom.

Former Victorian police officer and cyber-safety consultant Susan McLean says the internet can give the bully direct access to your child's bedroom; "the one place that they should be safe".

Leave the bedroom door open, with agreed random visits by parents.

Create a technology curfew. Disable the computer, and remove the mobile phone from the bedroom at a certain time each night.

Lack of sleep can be a nightmare

Another compelling reason to make your child's bedroom technology-free is to allow adequate rest.

Jennifer Hudson, a professor of psychology at Macquarie University, says teenagers in particular are prone to sleep problems, which will only be compounded if computers or phones rob them of vital sleep.

"As soon as adolescents start to take an extra half-hour off their sleep to check their emails in bed, or just texting someone (and that's often happening throughout the night), that can lead to an accumulated sleep debt for the week," Dr Hudson says.

Setting cyber rules your child will keep

Dr Hudson suggests some strategies to help you make realistic rules your child can agree to and keep.

1. Keep the lines of communication open – Negotiation with your child relies on having a good relationship. The way to maintain your relationship is by regularly spending time together, such as family meal times.

"In our busy lives it can be difficult to find time to spend together, particularly when an adolescent is resistant to that because they believe it's a 'daggy thing' to spend time with your parents," Dr Hudson says.

By making time for your child, you're also making space for them to tell you about their life.

2. Make it safe to tell – Your child needs to know from the outset that if they are contacted by a predator or are being bullied, they can tell you without fear of losing their internet or laptop access.

The fear of being 'cut off' from the online world could prevent your child from speaking up.

3. Decide together where and when technology can be used – Dr Hudson suggests shared problem-solving techniques to get kids on board with your rules – especially when they hit the teen years.

Tell your child you're concerned about their sleep and their safety, and ask them to help you write down as many solutions as possible. "When you've both come up with a list, decide which ones you can toss out and which ones you can both live with," Dr Hudson says.

4. Be consistent with rules – "It's necessary for parents to set boundaries for their child," Dr Hudson says.

She suggests consequences for breaking rules could be loss of recreational screen time or other privileges.

5. Get involved and stay in touch – If your child has a Facebook or Instagram account, ask to see it. Google their name to see what they've posted that's publicly available. (If you can see it, anyone can, so there's no argument about respecting privacy.)

Discuss anything you're not comfortable with and suggest how it can be changed.

**Tootgarook Primary School "TOOTSTARS"
RACV Energy Breakthrough Challenge
Would like to thank the following sponsors:**



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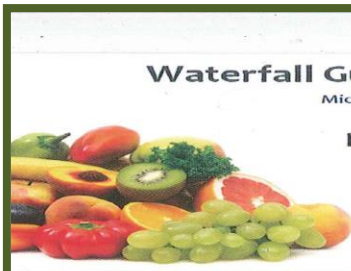
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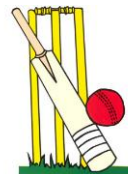
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MILO in2 Cricket started yesterday Wednesday 26th October at Tootgarook Primary School - 4pm - 5pm
Spread the word, everyone is welcome! Anyone interested in registering their child needs to register them via the following link:
<http://playcricket.com.au/club-finder/club-details?Id=849&postcode=tootgarook>



Peninsula Training and Employment Program Inc
trading as **Advance**
1/16 Henry Wilson Drive (PO Box 524) Rosebud 3939
Tel: 5986 4623 Fax: 5986 8377
admin@advance.vic.edu.au www.advance.vic.edu.au

The kids are off at school. Now, how about some time for you to...

Explore Your Options

Come along to our relaxed, informal group information sessions where parents, grand parents and friends, will meet to talk about:

- Moving from looking after family to looking after yourself,
- Your goals for work or further education,
- Building confidence and personal skills.

Over seven three-hour sessions, our experienced careers practitioner, Anita, will lead you through a range of activities that will help you discover who you are, what you have to offer and how to plan to take the next steps.

Pathways:

Participation in Explore Your Options will assist you in determining career pathways and requirements to gain your ideal employment position. In addition, we will provide you with support to investigate learning options and refer you to suitable learning programs to help you achieve your goals.

Delivery:

The Kitchen
Tootgarook Primary School
Tuesdays 9:15 am—12:15 pm
Starts Tuesday October 11th, 2016

Course fees:

There are no hidden course costs. No extra resource or amenities fees apply to our courses.

Tuition Fee: \$75.00

Concession: \$15.00

For further details and enrolments:

Phone: 0439 547 615
Email: anita.w@advance.vic.edu.au
Web: www.advance.vic.edu.au



The student tuition fees are subject to change given individual circumstances at enrolment.

Individuals with a disability are encouraged to apply.

This course is funded by the Victorian Government through Adult, Community and Further Education (ACFE)

Advance has been providing training and employment pathways for over 30 years and is a respected training provider on the Mornington Peninsula.

A member of the Learn Local Mornington Peninsula Network (LLMPN)

TOID: 4016

Career Development & Pathways