



Lalor Gardens Primary School

NEWSLETTER

25th July 2013

Issue 21

*** Respect * Learning * Empathy * Resilience * Responsibility***

Dear Parents, Students and Friends of the Lalor Gardens Primary School Community

BLOOMING GREAT KIDS TERM 3 – WEEK 1

SCHOOL VALUE: BEING ASSERTIVE

Being ASSERTIVE means standing up for yourself. The best way to do this when you feel under pressure is to tell the person(s) to stop annoying you or firmly ignore their behaviour and walk away. Speak in a firm but not angry voice. Look at the person(s) directly but not in a threatening way. Stay in control of yourself. If you are not assertive then the following things can happen to you:

- You will give into others when you do not want to
- You will let other people continue to do bad things to you
- You will talk quietly and mumble or speak hesitantly when under pressure
- You will cry or sulk or sob without trying to deal with the problem yourself first
- You will look down at the ground when you are speaking
- You will stand small, as if you are trying to hide.



At different times, people find it hard to resist pressure from others to do things they don't really want to do things which are mean, wrong and dangerous. We all need to practise Being Assertive and Saying No confidently and calmly, but still remaining friendly and firm.

Some important Dos and Don'ts of Saying NO are:

Dos

- Look the person in the eye
- Tell them you do not want to do it
- Briefly say why (eg No I want to do something else after school)
- If it is a mean thing or against the rules or dangerous, point out the consequences
- Sometimes you may want to thank them for including you so you could say (Thanks anyway but not this time)
- Keep your tone of voice and expression calm and friendly
- Continue to calmly say NO even if they keep asking you. Try not to get angry



Don'ts

- Don't look away or down at the ground
- Don't say Yes just so they will like you
- Don't say Yes because you are scared that they will do bad things to you or say bad things about you
- If what they ask you to do is mean, dangerous or against the rules do not give them a lecture about it
- Don't get angry or upset



Anne Hulett

Calendar of Events

Happy Birthday

Aug 7

- ◆ 3/4 Excursion to Melb Museum & Imax

Aug 16

- ◆ McDonald's Hoop Time (basketball)

Aug 20

- ◆ School Council Meeting—6.30 pm
- ◆ Footsteps—all grades—Tuesday until 17/9/13

Sept 17

- ◆ School Council Meeting—6.30 pm

Sept 20

- ◆ **Last Day Term 3**
Students finish
2.30 pm

Congratulations to the following students who have had a birthday or will celebrate their birthday during the week.

Andy Luu
Anson Chen
Alex Nguyen
Gemma Dimitrijevski
Paul Rubino
Minh Nguyen
Theo Livingstone



EFTPOS IS NOW AVAILABLE

This will include Credit Cards & Debit Cards with a minimum amount of \$10.00.

Parents will be able to pay for Subject Contributions, Excursions, Camps etc. via EFTPOS in person at the School Office.

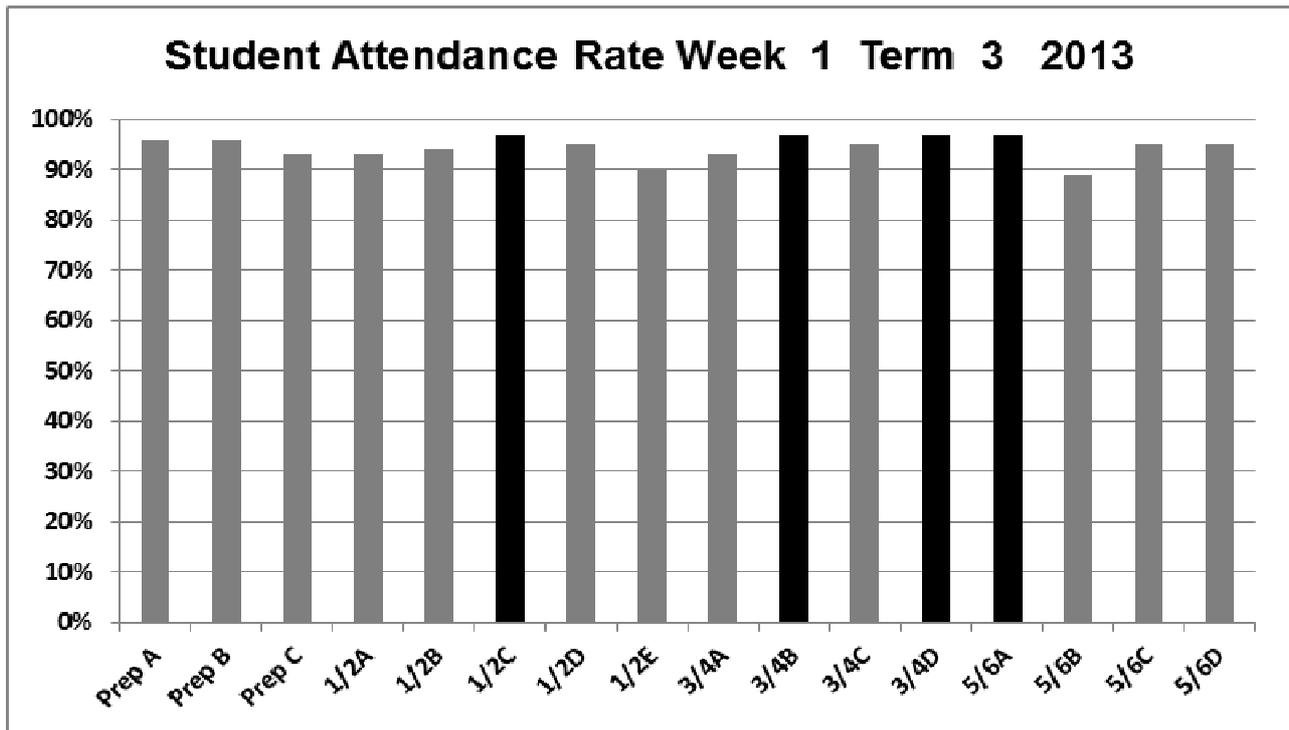
We hope this will be a useful convenience to all families.

Please speak to us at the office for any further information.

Thanks, Admin Staff
(Janet, Diane, Julie)



Student Attendance Report:



Congratulations to 1/2C, 3/4B, 3/4D & 5/6A who all had 97% attendance in the first week of Term 3. Well Done!

**Remember: 'It's NOT OK to be Away' – unless you are sick
&
school starts at 9:00 each day and it is very important that you are at school
ON TIME!**

REFUGEE FOOD COLLECTION

A big thank you to all of those families who so generously donated to our food collection for the asylum seekers and refugees in the area of Lalor.

Lalor North College collected the food at the end of last term and are planning to distribute it to those most in need over the coming weeks. Once again a huge thank you in joining us in bringing our community closer together.

Veronica Stuart



Lalor Gardens Student Of The Week

“CONFIDENCE”

- Prep A Jack Wang** For demonstrating increased confidence during his sharing of work. Well done Jack.
- Prep B Sammy Maroush } For working confidently at school.**
Paige McKenzie }
- Prep C Marcus Sakaria** For beginning to show more confidence in completing his work and sharing his ideas.
- 1/2A Tahlia El’Khatib** For showing a positive attitude towards her learning and an improved confidence in contributing to class discussions.
- 1/2B Tamara Grmusa** For speaking with confidence to her classmates and teachers and for working hard and trying her best all week.
- 1/2C Albert DeWalt** For making presentations and sharing his work to the grade with confidence.
- 1/2D Michael Perna** For always having an ‘I Can Do It’ attitude and completes all work with confidence.
- 1/2E Claudia Ali** For being really positive this week and for showing lots of confidence—Excellent effort Claudia !
- 3/4A Aiden Baker-Flynn** For having great confidence and self-belief, even when trying something new. Keep it up !
- 3/4B Jasmine Angielella** For having the confidence to believe in herself and knowing what she is good at ! Well done Jasmine !
- 3/4C Ali Al-Hassan** Ali has shown confidence in his ability to ask for help with his work and make new friends.
- 3/4D Kim Nguyen** For being a helpful confident member of our classroom.
- 5/6A Jason Le** For showing confidence in things new to him. Keep up the great work Jason !
- 5/6B Mohamed Hafda** For having the confidence to share his ideas in front of the class. Well done Mohamed ! Keep it up !
- 5/6C Muhammad Al-Moukhles** For sharing his ideas and being confident with other people. Well done !
- 5/6D Hiba Fakhrualdin** For becoming more confident when speaking in a group and giving presentations. Also for being much more confident in her abilities to complete her work to a high standard.
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Education Maintenance Allowance 2013: Instalment Two



Education Maintenance Allowance

Instalment Two

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

Parents and guardians may be eligible for the EMA if they have a valid Centrelink Health Care Card or Pensioner Concession Card.

The second instalment of the Education Maintenance Allowance (EMA) payment is due to be paid from mid-August onwards for parents/guardians who chose the 'direct deposit' or 'pay direct to school' payment option on their application form.

Parents/guardians who chose the cheque payment option will receive their payment from late August / early September.

Parents and guardians who lodged an EMA application at the beginning of the year do not need to lodge another EMA application to receive the second instalment EMA payment.

Parents/guardians whose children have transferred to this school since 28 February 2013 will need to submit a new EMA application form. Applications close on **2 August 2013**.

Eligibility information can be obtained from:

www.education.vic.gov.au/aboutschool/lifeatschool/ema/default.htm

Contact: School Office for an application form and further information.

Key Dates:

- Eligibility day - **15 July 2013**
- Parent applications close - **2 August 2013**
- Direct Deposit payments - **Mid August 2013 onwards**
- Cheque payments - **Late August / Early September 2013**

SPOTLIGHT

Richard Galbraith visited the school on Monday and Tuesday to teach the students to draw cartoons, here are some samples.



MUROJ AL SHAWI

ZAMIRA RAKIPOSKA



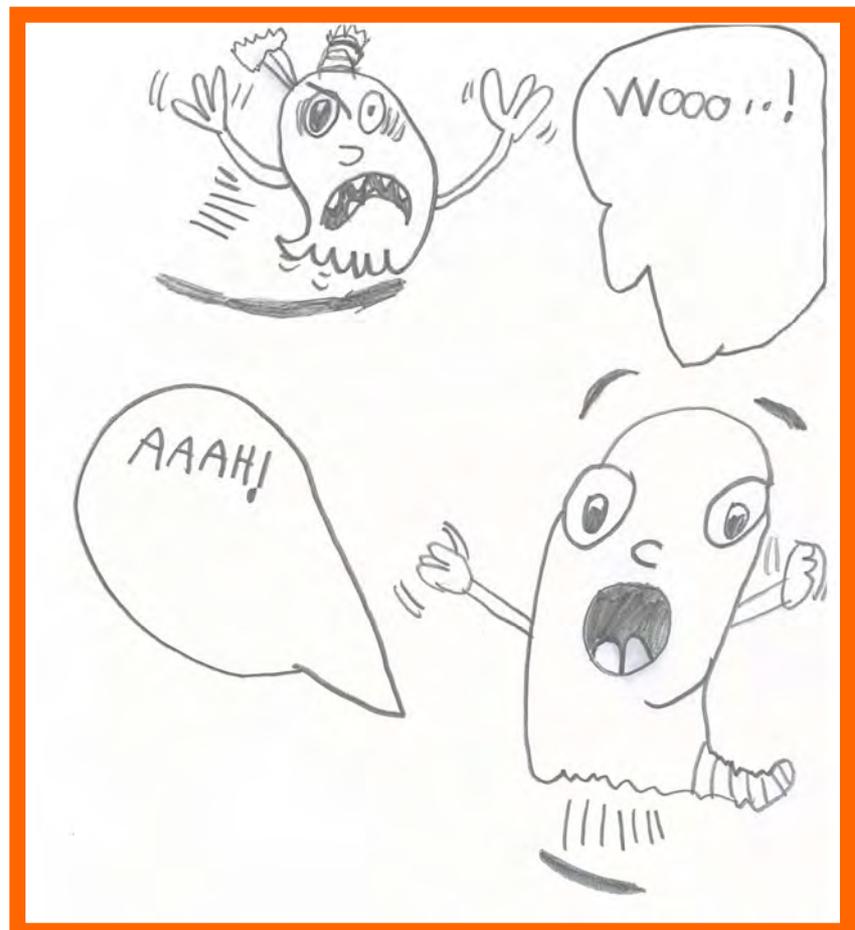
**Zamira
Rakiposka**



ON 1/2A



MOHAMED HAMIE



MARIAM ABBAS



Do your children have asthma or allergies?

Are you a part of the local footy team, scouts club or netball club?

Do you worry about your children's asthma when they are not at home?

Learn practical strategies for helping your children to **live well with asthma** each day from **people who know**. Join The Asthma Foundation of Victoria's online forum. Ask a question, share your story, meet with others in your area. Call (03) 9326 7088 for more information or follow the link below.



forum.asthma.org.au

BREAKFAST CLUB

WHEN ? Tuesdays

WHERE ? 5/6 Area

WHAT TIME ? 8.15 AM/8.45 AM

COME AND HAVE A "YUMMY"
BREAKFAST WITH YOUR FRIENDS.

BIG THANK YOU TO OUR SPONSORS:

BAKERS DELIGHT (EPPING PLAZA)



Bakers Delight

SUPA IGA (THOMASTOWN)





Parenting After Violence

Information sessions for women dealing with the effects of family violence

- Struggling to pick up the pieces after experiencing family violence?
- Coping with your children's trauma and often challenging behaviours, while dealing with your own stresses as a parent?
- Not sure how to talk with your children about what's happening?

Then you may be interested in the following information sessions

Session 1:

August 12: Family violence and its effects on you and your children

Session 2 & 3:

August 19 & September 2: Talking with your children about family violence, their behaviours, feelings and fears (over 2 weeks)

Session 4:

September 9: Surviving as a parent after family violence
- practical information, strategies, self care

Sessions from 10 am. - 1 pm

For further information please contact:

Jackie Anglicare Lalor 9465 0322 OR Sarah on 8470 9999 Anglicare Preston





DATE: SATURDAY 27 JULY
TIME: 10:00AM–12:00PM

Victorian School of Languages
Epping Centre Open Day

Come in and observe classes, ask questions, enrol children and talk to classroom teachers.

Classes will be running normally.
Languages offered: Chinese, Hindi, Greek and Sinhala (Year Levels 1-12)

All Welcome

Address:

*Epping Secondary College
McDonalds Road, Epping
Map Ref 182 D 9*

FOR FURTHER DETAILS CONTACT
KHALAF GREIS:
9464 0848

Open Day



**Special
Introductory
Programme**

ONLY \$35.00

Includes

New Uniform

Ring Terry on

9886-9025

© Australian Goju Karate



**Mill Park Leisure
Centre
Morang Drive
Mill Park**

**5:30 pm Every
Tuesday &
Thursday
10:00am
Saturdays**

Martial Arts Tuition Specialists



Recipe of the Week

CHICKEN PIE

Ingredients:

- 2 sheets of frozen puff pastry
- 400g of chicken breast
- 2 cups frozen diced vegetables
- 1/2 cup corn kernels
- 1/2 cup peas
- 1 onion diced
- 1 can cream of chicken condensed soup
- 1 egg yolk



Method:

Lay the pastry out to defrost.

Preheat oven to 180C.

In a frying pan cook the chicken until it is just done and shred while hot with 2 forks.

In the same frying pan cook the onion until translucent and add the rest of the vegetables with the cream of chicken condensed soup. Add the chicken and bring to the boil.

Spray a pie plate with cooking spray and place a layer of pastry in the bottom.

Pour the chicken and vegetable mixture on top of the pastry and top with the second sheet of pastry.

Press edges together and trim off excess pastry.

Seal edges with a fork and brush the lid with egg yolk.

Poke a few vent holes in the pastry with a sharp knife.

Cook for 30-40 mins.

JOKE OF THE WEEK:

Q. What belongs to you but is used more by others ?

A. Your Name !



How Do I ?

Make a French Knitting Machine

Did you have a Knitting Nancy or a French knitting machine when you were a kid? Now you can make your own and teach your children how to French knit using a homemade device.

Number of players: 1

What you need:

- 1 empty cardboard toilet roll
- 4 paddle pop sticks
- masking tape
- a ball of wool

Optional:

- some coloured contact or patterned paper



Mark each paddle pop stick 2.5cm from the top.

Now tape each paddle pop stick to the toilet roll at equal intervals with 2.5cm sticking up at the top.

Secure the paddle pop sticks with tape.

You are ready to French knit.

Optional:

Cover the body of your knitting machine with coloured contact or patterned paper.

How to French knit:

Thread the end of the ball of wool down through the cardboard tube, so that about 5cm is sticking out at the bottom. This will be your 'leader'.

Now loop the wool around each stick, making sure the wool goes to the inside of the French knitting machine each time.

Continue to wind the wool around the top of the spool until you have two loops on each paddle pop stick.

Pass the bottom loop over the top loop on each stick. Pull down on your leader to tighten the knitting.

Continue looping the wool around each stick until there are two loops on each stick. Pass the top loop over the bottom loop.

It won't take long for you to start getting a nice tail of knitting out of the bottom of your Knitting Nancy/French knitting machine.
