BOOK FAIR
Our Book Fair has come to a successful close with sales of $1002.80. This has earned the school a commission of $300 to purchase books for our library. Thank you very much to everyone for your support and to the students who have most successfully run the 2014 Book Fair. The year 5 and 6 students who ran the Fair took responsibility for organising displays, selling books, managing and balancing the days sales and displaying and packing up all the books. Thanks to Mr Williams for coordinating the Book Fair and supporting School Leaders to develop organisational and managerial skills. A fantastic effort! Thanks.

JUNIOR BIKE EDUCATION
Congratulations to all the Foundation to year 3 Bike riders. We have had 3 excellent sessions—All students were able to discuss something new they had learnt on a bike—from riding on 2 wheels to scanning for traffic. Students can keep bikes for an extra session tomorrow—and then bikes may be taken home on Friday night. Thanks to the year 6 Leaders for supporting students with this program. Special thanks to Callum Adams for persisting with Lilli to support her to ride by herself on her bicycle.

PLAYGROUND AWARDS
This term we have introduced our new Playground awards. Students who are displaying positive social skills and our REAL school values can receive a ticket during play times. These tickets are put into the raffle draw for the week. The year 6 Leaders coordinate the raffle draw at assembly each week.

Check out page 2 to see who won this week.

MILO T20 BLAST CRICKET
Students in Year 4, 5 and 6 spent yesterday at Buln Buln Rec Reserve participating in the Milo T20 Blast School Cup. Although it was extremely warm, all students persisted throughout with everyone having a fun day. Students involved also demonstrated great sportsmanship and they positively encouraged each other as well as their opponents. Well done to Jack Chesterfield who did a tremendous job captaining one team; Michael Farnham, Jamie Garten, Mitchell Gilmore, Jordan Stone, Riley Keeeven, Meg Griggs and Shakira Kimm. A massive thank you to Deakin Santo for volunteering to support a mixed team that was short on numbers. Congratulations to Jack McGrath, Lachlan Axford, Andrew Burdett, Angus Mulconry, Anthony Scott, Lachlan Crook, Patrick Smythe, Harrison Perry, Max Chesterfield and James Dungey who won all of their games and will now represent Nilma PS at the Regional Finals in Traralgon on November 18. From Ms Matarzyk. Thanks to Ms Matarczyk for coordinating the event. Good Luck for the Regional Finals.

HOOPTIME YEAR 4/3
The Future Star 4/3 team that competed at Hooptime at Warragul were successful in going on to the Regional Finals to be held next Thursday, 30th October at Dandenong. Team members, Daniel Axford, Mitch Chesterfield, Lane Ward, Riley Kleeven, Ella Perry, Kiara Perry and Briana Burnett will represent Nilma at the finals. Monica Berkelmans will accompany students. Leanne Perry will also help transport students to and from the Dandenong Stadium. Good Luck and have a fun time.

HONEY SPINNING—School Incursion
This Friday, Mr Dean Kriesl (Mrs McLennan’s husband) will be coming to school to demonstrate the art of ‘Honey Spinning’ - to the students of Nilma. I’ve always wondered how we get the honey from the hives. (without getting stung!)
R.E.A.L STUDENTS@NILMA

Student of the Week

Recognitions
Homegroup 1/F Red
Jaycobb Archer
For showing huge courage and determination when having a go at riding a bike during Bike Ed this week.
Well done Jaycobb!

Homegroup 3/2/1/ Green
Sheree Casey-Wilson
For showing such determination during Bike Ed. I am very proud of how you kept persisting. You are becoming a great bike rider.
Well done Sheree!!

Homegroup 5/4/3 Blue
Astrid Smith
For your positive approach to all areas of your learning, willingness to “have a go” and demonstrating all the R.E.A.L. values. Thanks for your cheerful nature and smile mate!

Homegroup 6/5 Yellow
Jack Chesterfield
For captaining one of our Milo T20 Blast cricket teams, which involved great organisation along with positive encouragement. Well done!

Callum Adams
For your assistance with Junior Bike Ed. You have worked extremely well supporting and encouraging the students participating.

L.A.U.G.H Program
Learning Activities Under Guidance of Home NIGHTLY READING

150 Nights
Jade Mammolito

200 Nights
Oliver Turner

225 Nights
Sheree Casey Wilson

250 Nights
Sheree Casey Wilson

PLAYGROUND AWARDS

Winners
• Kiandra Polglaze
• Rieley Gunton
• Blake Witney

SPORTS AWARD
• Deakin Santo

Happy Birthday

Piper Bundle
Kirsty Wooster
Zaic Farmer
Rieley Gunton
Bailey Dent
Home Group Happenings!

Bike Education Excitement
For the last 3 afternoons this week the students have been having bike riding lessons with Ms Sutherland. They have been learning new bike riding and safety skills when riding a bike.

Home Group - 1F - Ruby Red
I liked riding past Jessie and my friends. I liked going up and down on the basketball court. Clint
I got to go across the footy oval on my bike. We learnt to straddle. We practiced using our brakes. Deklan
I learnt about always putting our helmet on when riding and keeping it tight. I liked riding on my bike. Larissa
We learnt about power position, That’s when you put your foot up on the pedal and push off. I liked riding round the cones and back paddocks. Shila
I liked riding my bike. We got to ride up the hill. I learnt how to ride safely. Anthony

Home Group - 321 - Emerald Green
During Bike Ed I have learnt how to balance on my bike better. I rode on a bumpy path and I was really good at it. I didn’t know how to ride a bike when we started Bike Ed, but now I can ride a bike. Bike Ed was great. By Sheree

In Bike Ed, I learnt how to stop really quickly using my brakes. I learnt how to ride faster and how to ride around corners properly. I also learnt how to ride over the wood at the end of the bumpy path. By Tari

Last Kitchen Garden Class
In our last Kitchen Garden Cooking Class we made Spicy Red Lentil Soup and Fettuccini with Salsa Verde. We also had a Potato and Rosemary Pizza. I really enjoy the cooking classes. We have to set our tables up and we all eat our meal together. Then we have to do the dishes. By Ella

On the 30th are we playing Hoomtime and my mum is taking Ella and Brianna and me. It will be fun and we are playing in Dandenong. We will be playing basketball and we have 6 people in our team. The 3 boys are going in a different car and Miss B is coaching us. I can’t wait until we play!
By Kiara

In Japanese yesterday we learnt how to use chopsticks. We also played two games. My favourite game was where you have to move blocks to another plate to the end of the line with chopsticks. The plate at the end with the most blocks wins.
By Shelby

We have been working on the ‘Sizzling Starts’ ‘Dynamic Dialogue’ and ‘Show Don’t Tell’ components of Seven Steps to Writing Success for Narrative Story Writing. Here is the beginning of Bayley Gunton’s example…

Superman Vs Aqua Man
“Hello,” Superman demanded nervously.
“Yes?” muttered Aqua Man.
“Come to the desert, there’s an umm, an ummmm person. Yeah that’s it. A person stuck in quicksand. Hurry!!!” he yelled back and hung up.
Aqua man got three texts. He only read one containing the address. The other texts contained very serious info. One was from his wife. “Hi Hon, don’t trust Superman. His twin is impersonating him. Love you. The other was from the pizza place saying, “We have had a major problem….. We have no CHEESE, the main ingredient ….please get some. Thanks”.

To be continued...
Stephanie Alexander

KITCHEN PROGRAM (SAKGPP)
@ NILMA

We dug dirt to mix in the sheep poo. By Levi, Larissa & Jaycob

We ate some mint. It was fresh. By Anthony.

We cleaned the dirt off the new stepping stones. By Shila.

We replanted mint into bigger pots. We watered and pick up left over concrete.
By Jade, Oliver, Lilli, Teylah & Larissa.

We got the onion weed out of the ground. By Cody W, Beth, Deklan

We watered the plants. By Jessie.

Strewing Plants
We put feverfew herb in the chookpen so the mites go away. By Matilda, Emma, Sheree, Mikayla

We planted lavender feverfew and wormwood near the chook pen. These are strewing herbs.

Thankyou for all the donations. Our kitchen is taking shape. The SAKG Program has had a very exciting start. We have had three kitchen classes and three gardening classes. Some parents have commented that their children have offered to cook dishes for dinner and some students have said they are trying foods they wouldn’t normally try and have discovered they like them! We’ve cooked some very tasty dishes and in Term 4 our menu includes curries, pizza, ravioli and all kinds of salads. Ms McLennan and Mrs Hodge will be participating in two more days of training at the end of October.

We are refreshing our donations list to include:

**Donations for our Garden**

- Hay/straw/bark chips/pea straw/sugarcane mulch
- Trays and punnets (used)
- Hammers, mallets, saws
- 2 secateurs
- 6 metal basins
- Gumboot
- Umbrellas
- 4 hoes
- 2 pitch fork
- 2 hedge clippers
- 6 hand trowels
- 2 steel rakes
- 6 metal buckets
- 2 80 litre wheelbarrows
- 6 PH kits

**Volunteers Needed!!!**

We need at least 3 volunteers for every class to make this program work. Volunteers work with groups of 4-5 students in the kitchen and the garden where we grow, harvest, prepare and share the food. Thankyou, Jessie McLennan
LEADERSHIP CORNER

This week in our leadership group we discussed about encouragement to other students and democratic decisions. In the encouragement section we were talking about encouraging words and sentences to say to other students. We also talked about making decisions and how it would affect our lives.

A democratic decision is one made by voting and more than half the people have to agree.

Consensus is when a decision is made that everyone agrees with.

One person decision, or autocratic decision making is made by an individual or a small group in authority and everyone has to do what they say.

We all have to make decisions everyday, and we need to think about how the decisions we make affect us and other people, and what the consequences are.

By Callum, Jack M, Michael & Jordan.

CHAPLAIN’S CHAT

Dealing with anger in your child

Being a parent or caregiver can be so satisfying, and usually a lot of fun. However, it can also have its challenges. Children can sometimes react in anger, and tempers can result in a dilemma for the parent. So how do we help our children to express their feelings without being abusive? How do we cope with so much advice and different opinions out there?

If we react abusively, our children will learn that kind of behaviour is OK. I have heard it said that “we learn what we live.” In other words, our children learn to cope with life mainly by what they see, hear and experience in their own lives.

Children need to learn safe limits to their behaviour for their own security and for the safety of others. They also need to know that their feelings are heard and understood. When this happens, a child feels validated and is helped to develop a healthy sense of self.

We set limits by giving the child the right words to use, such as, “when…….happens, I feel…….because……..I would like/want…….. Or we can be very direct in our approach, especially for little people. “We don’t hit”, or “I won’t let you hit me. Hitting hurts.” “We don’t bite” etc.

To let children know we have understood their feelings we can say something like, “It sounds like you are very angry” or “Wow, you look furious. What is happening?”

Children then can learn that what they are feeling has a name, and that they can use that name to let people know how they feel.

Hope this is helpful. More next week, Glenda

SCHOOL TRANSITION

FOUNDATION TRANSITION FOR
NEW STUDENTS IN 2015.

Nilma Dates for Transition.

- Wednesday 12th November 9-11am
- Thursday 27th November 9-11.30am
- Monday 1st December 9am—1pm
- Tuesday 9th December 9am—3.30pm

YEAR 6 STUDENTS (Common dates)
(Some other times have been arranged for different secondary schools too)

- Summit Camp
  Year 6s from Mt Worth Cluster
  November 28th - 9am—7.30pm

- Statewide Orientation Day
  December 9th— 9am—3.30pm

- Graduation Dinner
  December 17th December
All students are expected to be involved in the swimming program. The dates for the program are: Monday 10th, Wednesday 12th, Monday 17th, Wednesday 19th, Monday 24th and Wednesday 26th November. Students will travel by school bus to the Warragul Leisure Centre at 1.00pm. Parents must collect children from the Warragul Leisure Centre at 3.15pm. Could parents please advise the school if students are currently in swimming lessons and what level they are currently in. Below is a guide to levels within the swimming program, this may help parents to gauge the level that their child/ren is capable of. This helps group students for their swimming lessons based on skill level. The total cost for this program is $60.00 which must be paid by the end of October. Payment arrangements can be made, please speak to the Office or Annette.

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<thead>
<tr>
<th>Reference Guidelines</th>
<th>Indicative class placement</th>
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<td>Information provided by parents can assist with this day programming. Parent information provides an indicator to class placement as outlined below.</td>
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Indicative Class Placement

To assist with indicative student placement into the appropriate class, please tick the boxes that you feel are applicable to your child. We encourage you to involve your child in the process through discussion about their aquatic experiences. Please note, that this is a guide only and the aquatic teachers may change your child when they feel the need.

As we spend much of our leisure and family fun times around water it is essential to have good swimming & water safety knowledge and skill. Your child's aquatic lane undertaking a commitment to include aquatic education as part of their curriculum. Details of the classes are outlined below. To assist with class placement and maximise learning potential please complete these details and return the form to school.

Entry in Octopus
- Minimal experience in Aquatic Environments
- May be able to submerge and blow bubbles
- Is confident participating in group activities

Entry into Bearfish
- Is confident moving through the water unassisted (no floatation aids) with feel clear of the bottom
- Independent back and front float
- Able to submerge and blow bubbles
- Tornado for 5m
- Kick with an aid front and back

Entry into Salmon
- Is able to swim freestyle and backstroke for 5m
- Is confident on their back with feel clear of bottom
- Is confident and comfortable in an Aquatic environment
- Has some knowledge & understanding of pool safety rules
- Body is in an streamlined position
- Able to treads
- Kick with an aid front and back

Entry into Tune (plus Salmon & Octopus)
- Is comfortable & confident in performing continuous sequenced activities that include floating, maintaining an upright body position in deep water, swimming in deep water & confidence, returning to the edge and exit safely
- Understands & displays a degree of confidence and patience in the aquatic environment
- Is confident and comfortable recovering an object from chest depth water
- Is able to competently undertake freestyle and backstroke for 12m
- Is able to demonstrate a survival backstroke

Entry into Dolphin (plus Salmon, Octopus, Tune & Frey Fish)
- Is comfortable & confident in performing continuous sequenced activities over an extended period that include increased endurance in both distance and time, a high level of confidence & comfort in deep water, filling a personal flotation device (5kg loaded) while maintaining an upright body position in deep water for an extended period of time
- Displays a high level of motivation to improve personal aquatic skills
- Undertake competency, freestyle, backstroke, survival backstroke and breaststroke.

NILMA PRIMARY SCHOOL—SWIMMING PROGRAM 2014

(Please return by THURSDAY 30TH OCTOBER 2014)

My child ___________________________________________________________________________________

is in or working at ________________________________________ level for the 2014 swimming program.

My child ___________________________________________________________________________________

is in or working at ________________________________________ level for the 2014 swimming program.

My child ___________________________________________________________________________________

is in or working at ________________________________________ level for the 2014 swimming program.

Signed __________________________________ Date ______________________
The Active After School activities for this term will be Fun and Fitness on Tuesdays beginning on the 21st October and Cricket on Thursdays beginning on 23rd October. Our coach is Sharyn Armour for both sessions. Please return the form below expressing your interest in participating.

Participants are:
- Fun and Fitness: Piper Bundle, Shila Bundle, Tari Booth, Levi Booth, Rieley Gunton, Jade Mammolito, Jessie McCabe, Sine Salt and Zavier Allsopp.

There are still plenty of spots available if you would like to join in the fun!

Please note that there is no AASC on Tuesday 4th November due to the Melbourne Cup Day Public Holiday.

If you or you know of any interested in becoming our supervisor this term please speak to Belinda for more information.

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**AASC TERM 4 — EXPRESSION OF INTEREST**

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<tr>
<th>Name of student:</th>
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Please indicate your preference using 1 or 2.

Signed ____________________________________________

Date: ____________________________________________
Children at primary school age are ready to learn about healthy food and activity. Breakfast is important. Some children are fussy or picky eaters, but snacking or grazing can be a good way to eat. School lunches and canteen food should be healthy and tasty. Family meal times are an important time to share. School age is the perfect time for children to learn about healthy food, bodies and activity. This is the time they start a busy social life, have pocket money and begin to help choose their own lifestyle. Children of this age learn quickly and are also influenced by their friends and popular trends. Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat. When children are busy and active, snacking is important to keep energy levels high. A healthy morning snack at recess and one after school are usually needed each day.

**Breakfast is important** It is important to encourage breakfast. A good night’s sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning and it can help with performance at school. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.

**School lunches** Many schools have a canteen that offers a range of food choices. Most schools follow government guidelines to encourage healthy food choices. The food your child chooses might be high in cost and energy, but low in nutrients sometimes. An alternative is a packed lunch from home, which is a great way for your child to learn about healthy food and to help with preparation.

**Lunch box suggestions include:**
- Sandwiches or pita bread with cheese, lean meat, hummus and salad
- Cheese slices, crackers with spread, and fresh or dried fruits
- Washed and cut up raw vegetables or fresh fruits
- Frozen water bottle or tetra pack of milk, particularly in hot weather.

**School lunches – foods to limit** Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet. Foods to limit in everyday school lunches include:
- Processed meats such as salami, ham, pressed chicken and Strasbourg
- Chips, sweet biscuits, and muesli bars and breakfast bars
- Fruit bars and fruit straps
- Cordials, juices and soft drinks.

**Treats and peer pressure** Peer pressure to eat particular ‘trendy’ foods at this age is strong. Let your child eat these kinds of foods occasionally, such as at parties, special events or when the rest of the family enjoys them. It’s best to limit the amount of money children are given to spend at school or on the way home. The occasional lolly, bag of chips or takeaway food doesn’t do any harm. If they are eaten too often, however, you might find that:
- Not enough nourishing foods are eaten.
- Children become overweight or obese.
- You’re spending a lot of money, it’s much cheaper to provide homemade snacks and lunches.
- You’re missing a chance to teach your child about healthy eating.

**After-school snacks** Children of this age may have swings in appetite depending on activity levels, so allow them to choose how much they need to eat while offering a wide variety of healthy foods. Some children only eat small amounts at the evening meal, so make sure that the afternoon snack is nutritious, not just high in energy. Snack suggestions include:
- A sandwich with a glass of milk
- Cereal and fruit
- A bowl of soup and toast.

**Drinks**
- Children should be encouraged to drink plain water.
- Sweet drinks such as cordials or fruit juice are not needed for a healthy diet and aren’t recommended.
- A glass of milk (or a tub of yoghurt or slice of cheese) equals a serve of dairy food. Three serves are needed each day for calcium.

**Healthy tips for school-aged children**
- Children need a variety of different foods each day.
- Make snacks nutritious, not just high in energy.
- Enjoy talking and sharing the day’s happenings at mealtimes.
- Give your child lunch to take from home.
- Encourage physical activities for the whole family.
- Snacks are an important part of a healthy diet for active children.
- Plan to share meals as a family.
- Let children tell you when they’re full.
- Let children help with food preparation and meal planning.
- Encourage children to drink plain water.

**Where to get help**
- Your doctor
- Dietitians Association of Australia Tel. 1800 812 942
- School nurse
- Parentline (24 hours) Tel. 132 289

This information has been produced in consultation with and approved by:
Royal Children’s Hospital - Nutrition Department
## NILMA PRIMARY SCHOOL CALENDAR

### OCTOBER 2014

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