

Pearcedale Post



A message from our Principal - Simon Anderson

Issue 17—25th Nov 2016

KYAN—CITIZENSHIP RECOGNITION

Last week I had a phone call from a wonderful lady who wanted to bring to my attention a very thoughtful and kind act by one of our students. Rhonda had broken down on the side of the road and had been there for quite some time waiting for assistance. Kyan and his mum saw her and stopped to see if they could help. There was nothing they could do to help mechanically but Kyan was aware that she had been there for some time and was thirsty and hungry. Kyan is a diabetic and understands the importance of these things. When they left Kyan got his mum to drive to the shops so he could get her a bottle of water and a packet of twisties and then take them back to her still on the roadside.

Rhonda could not believe how kind and considerate Kyan was. She visited the school this week to give a card and a small gift to Kyan.

What an impressive young man you are Kyan—we are very proud of you!



RECENT BIRTHS

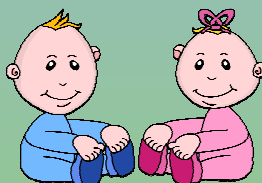
Over the past couple of months a few of our staff members and their partners have had the wonderful gift of a beautiful baby.

Kerry Kingham—Ricky (girl)

Steve Crowe—Billy (boy)

Sarah Blundy—Beau (boy)

Katie Gates—Luke (boy)



Congratulations!

UPDAY— 6TH DECEMBER

Our annual transition day, where children will meet their new teacher and classmates will be held on Tuesday, 6th December. The children will move to their new classrooms during the morning session and will spend the remainder of the day getting to know everyone.. All of our new staff will be here on the day and also new students who are commencing next year, have also been invited for the day. This is also the date our Year 6 students attend their secondary schools and also meet their teachers and fellow students. Our future Prep students will attend during the middle session.

CURRICULUM DAY

On Wednesday, we held our last Curriculum Day for the year. We commenced with retraining and accrediting our CPR. Our 2017 teams met for an hour to plan for Upday and the commencement of school next year. The remainder of the day was spent developing our notion of Quality Teaching and how we as a staff can keep improving our skills. Our mission at this school is for all staff to be as great as we can possibly be, by providing quality teaching and learning for all our students .

Our mission is to enrich and equip all students with knowledge, skills and strategies that empower them to be active life-long learners, productive community members and global citizens.

Baxter-Tooradin Road, PO Box 1474, PEARCEDALE 3912
PHONE: 5978 6250 FAX: 5978 7399
Email: pearcedale.ps@edumail.vic.gov.au

Fri 25th

- Gr 6 Basketball State Final
- Newsletter

Mon 28th

Prep Swimming

Tues 29th

Gr 6 Value for Life Incursion

Wed 30th

Prep Swimming

Thurs 1st December

Retirement Village Music Excursion

Fri 2nd

- Prep Swimming
- Tennis Round Robin
- Assembly

Mon 5th

- Prep Swimming
- Gr 6 Cyber Safety - Life Ed Van

Tues 6th

- UP Day
- State-wide Transition Day

tiqbiz

For all up-to-date
Information.
Download it today!!

Prep

Christmas Concert

Please come and enjoy our Prep Christmas Concert on
Tuesday December 13th.

All parents & friends are welcome to bring along a picnic and
join in the festivities on the grass in front of the deck.

Please arrive at anytime from 5:30 onwards.

The concert will begin at 6:00pm.

Students are to come dressed in a Christmas theme.

This may be Christmas colours or Christmas themed clothes.

All students will be seated with their grade at the front of the deck during the concert.

Out of respect for Pearcedale community and traders, we
would appreciate it if you utilised the large amount of parking
around the football oval and not park at the shops.

This is strictly an ALCOHOL FREE event.

Prep Teachers.

pageborders.org



Grade 1 & 2

Christmas Concert

Please come and enjoy our Grade 1 & 2 Christmas Concert
on Monday December 12th.

All parents & friends are welcome to bring along a picnic and
join in the festivities on the grass in front of the deck.

Please arrive at anytime from 5:30 onwards.

The concert will begin at 6:00pm.

Students are to come dressed in a Christmas theme.

This may be Christmas colours or Christmas themed clothes.

All students will be seated with their grade at the front of the deck during the concert.

Out of respect for Pearcedale community and traders, we
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This is strictly an ALCOHOL FREE event.

Grade 1 & 2 Teachers

pageborders.org



Canteen News

Bellbrook Catering would like to inform you that your last Canteen day for 2016 is

Friday 16th December

and your first Canteen day for 2017 is **Wednesday 1st February**.

We would like to wish all Staff and Students a happy and safe Xmas.

Cheers

Your Bellbrook Team

HUGE BOOK SALE



St.Peter's Op Shop,
PEARCEDALE

Saturday, 26th November
2016

10am - 1pm

All books 50cents each

or

a shopping bag full for \$2

Bonjour! G'Day! Guten Tag! Ciao!

Southern Cross Cultural Exchange will be welcoming some excited and enthusiastic students into Victoria in
FEBRUARY 2017!

These wonderful exchange students will be arriving from **FRANCE, ITALY, GERMANY, DENMARK, SWEDEN, AUSTRIA,** and **JAPAN**



We would love to hear from **WONDERFUL FAMILIES** in your area who are interested in sharing their Australian life and culture.

If you would like to welcome an **AMAZING** exchange student into your home, life, and heart in February 2017, please contact Southern Cross Cultural Exchange.

Call 1800 500 501 toll free or email cheryl.p@scce.com.au

www.scce.com.au



SOUTHERN CROSS
CULTURAL EXCHANGE

One Choice Fitness

"Will is a fresh new Personal Trainer, who is motivated & dedicated to your success & thrives on your goals, gains & questions regarding your health & fitness"

What I offer:

A free consultation including a health & training check and a fortnightly reviewed goal setting plan to ensure we achieve your goals! Depending on you and what you wish to achieve is how I will plan your training.

1 on 1:

Hypertrophy (fat loss) training

Or

Strength and conditioning (muscle gain) training

- \$10- 1hr
- \$50- x4 1hr sessions (per week)

Group class:

HIIT circuit Training:

- \$10- 1hr (per session)

Will is currently studying a **Diploma of Health & fitness coaching** and is certified in:

- | | | | |
|------------------|----------------------------|-------------------------------|-----------|
| *First Aid | *Level 1 Boxing | *Kettle bell training | *Mobility |
| *basic nutrition | *Strength and conditioning | *Boot camp Training | *Fat loss |
| *Sport rehab | *Crossfit circuit training | *Program structure & delivery | |

SUMMER SPECIAL

"\$10 PER HOUR: 1 ON 1 TRAINING UPTO FEB2017"

"Our bodies are capable of anything, it's our minds we have to convince"



Located in: Cranbourne Sth Mobile number: 0438068181 Available 7 days a week



Summer School Holidays Moonlit Sanctuary Keeper Club

Kids enjoy environmental activities, animal encounters and native animal care.
Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

Summer school holiday dates:

- Week 1: Monday 9th Tuesday 10th Wednesday 11th January 10am-4pm
- Week 2: Monday 16th Tuesday 17th Wednesday 18th January 10am-4pm
- Week 3: Monday 23rd Tuesday 24th Wednesday 25th January 10am-4pm

Cost: \$65.00 per day, or \$175 for 3 days (pro rata for additional days).
Maximum 16 children per day.

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale
Phone 5978 7935
Web: www.moonlitsanctuary.com.au
Open daily between 10am and 5pm



36 ACU - FRANKSTON

Information Night

The Australian Army Cadets is a youth leadership organisation Army Cadets is simply another way of having fun and making new mates in a military setting!

As an Army Cadet you will pick up many valuable skills which you will be able to take with you through the rest of your lives! To name a few:

- * Leadership
- * Confidence
- * Mateship
- * Discipline
- * Initiative

You will also be taught different skills which are relevant to the Army itself such as:

- * Drill
- * Navigation
- * First Aid
- * Signals
- * Fieldcraft / Engineering
- * Marksmanship
- * Safe weapon handling

Sounds great doesn't it!
So why not come on down to our information night and see 36ACU cadets showing these skills.

Eligibility for Enrolment

- Be between the age of 12 1/2 and up to 18 years old,
- Have his/her parents or guardians permission to enrol,
- Be a person of Australian Residency,
- Not be a member of the ANC or the AAFC,
- Not be a member of the ADF.
- Complete an application for enrolment form,
- Complete the health declaration form,
- Complete the Next of Kin details form.

When

Thursday 08 DEC 2016 1900 Hrs (7pm)
Thursday 09 FEB 2017 1900 Hrs (7pm)

Where

ADF Cadet Depot
Robinsons Road, Frankston (behind Mt Erin Secondary College)
(Mel. Ref. 102 J10) (03) 5971 3491 36acu@cadetnet.gov.au



Be part of Pearcedales First all Girls Cricket Team

8 to 16 years - no experience required
for more details call 0419 836 729

WWW.LUNARDRIVEIN.COM.AU
Movies correct at time of printing and are subject to change.



115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988

 DEC 1 ADVANCED SCREENINGS NOV 26 & 27	 DEC 15
 DEC 26	 DEC 26
 DEC 26	 JAN 12

TO: _____
FROM: _____

115 South Gippsland Hwy, Dandenong VIC 3175
Phone 03 9706 9988
www.lunardrivein.com.au



Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers



When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

Here are six practical ideas to get you started.

1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

more on page 2



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... How to encourage kids to be problem-solvers ...

5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



IGA

MARKET DAY

THURSDAY 8TH DECEMBER

One Day Sale



Australian Iceberg Lettuce

\$1.49
ea



Australian Rubgold Apples

\$1.99
kg



Australian Valencia Oranges

\$2.99
ea

3kg BAG



Australian BBQ Sausages

SAVE \$3kg
\$4.99
kg



Australian BBQ Lamb Chops

SAVE \$6.50kg
\$6.99
kg



BETTER THAN
1/2 PRICE

SAVE \$8kg
\$5.99
kg



BETTER THAN
1/2 PRICE

Nudie Soda Can
6x200mL
25c per 100mL

SAVE \$4
\$2.99
ea



JC's Walnuts 950g
\$1.43 per 100g

SAVE \$2
\$4.99
ea



JC's Cholesterol Mix 500g
\$1 per 100g

SAVE \$1
\$4.99
ea



BETTER THAN
1/2 PRICE

Sakata Rice Snacks 100g
\$1.19 per 100g

SAVE \$1.28
\$1.19
ea



SAVE \$5.99
\$17
ea

Grand Ridge Beer
6pk x 330mL Varieties
\$60 per 6pk



SAVE \$3
\$13.99
ea

Charles Pallier
Sparkling 750mL

Offers only available at the following stores:

Belgrave 5th 151 Belgrave-Hallam Road, 9754 2293
Bunyip 2-6 Main Street, 5629 5788
Cockatoo 34 McBride Street, 5968 8066
Foster 58 Main Street, 5682 2495
Heyfield 18-22 George Street, 5148 2380
Lang Lang 30-32 Westport Rd, 5997 5244

Narre Warren 5th Amberley Park Shopping Centre,
245 Ormona Road, 8790 2600
Neerim South 147 Main Street, 5628 1462
Pearcedale Shops 10&11 Baxter-Tooradin Road, 5978 722
San Remo 125 Marine Parade, 5678 5337
Trafalgar 5 McCrorey Street, 5633 1124
Upwey 62-64 Main Street, 9754 3013



MARKET DAY

THURSDAY 8TH DECEMBER

One Day Sale



Don Kabana
(from the deli)

\$7.99
kg



IGA Corned Silverside



\$6.99
kg



Australian Lamb Legs



\$7.99
kg



Deli Leg Ham
Sliced or Shaved

\$8.99
kg



Regular BBQ Chicken

\$6.99
ea

BETTER THAN

1/2
PRICE



Twisties, Burger Rings,
Chooties Balls Cheese & Bacon
100-155g Selected Varieties

\$1
ea

SAVE \$1.09

38¢
PER ROLL



Sorbent Toilet Tissue 24 Pack
230 per 100 sheets

\$9
ea

SAVE \$6

1/2
PRICE



Connoisseur Ice Cream
1 Litre Selected Varieties

\$4.84
ea

SAVE \$4.85

1/2
PRICE



Pepsi or Schweppes 30x375mL
Cans Selected Varieties
\$1.25 per Litre

\$14
ea

SAVE \$14

IGA LIQUOR SPECIALS



\$32
ea

Gold Beer
30 Can Block



\$23
ea

Baileys
700mL



\$10
ea

Riccadonna
750mL Varieties

Specials available on Thursday 8th December only.

Pictures used for illustration purposes only. While stocks last. Retail quantities only. No trade supplied. Prices may vary in some country areas due to freight. All prices include GST where applicable. Some products or varieties not available at all stores. Not available at IGA X-press stores. Saves based on Melbourne metropolitan regular prices. In some stores, some regular prices have been reduced to ensure you receive the lowest competitive price. Therefore the savings shown may differ from the saving shown in your store.

