



Overport Primary School
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Dates to remember:

4/8 Trivia Night—7.00pm

10/8 Yr3 Sleepover

11/8 Yr6 Coal Creek
excursion

17/8 Yr4 Polly Woodside
Excursion
Education Subcom
mittee meeting 3.40pm

18/8 2nd Yr5 camp
instalment

21/8 School council m/ings
-B/Grounds 6pm
-School Council 7pm

Thought of the week:

Sleep is the best
Meditation.

Dalai Lama.

3rd August 2017

Volume 3, Issue 2

OVERPORT NEWS

From the Principal's Desk.

Reading Oasis Book Fair and Book Week Parade!

Throughout next week we are holding our annual Book Fair each night from Monday through to Thursday in the school library. The books from Scholastic are of great value and promote a love of reading for your child. Each time you purchase a book your child's name goes into a draw to win some great prizes. On Wednesday our students are looking forward to being part of our book character parade. This will be held on the basketball court, weather permitting. While we hope for lovely weather, if it is inclement, we will hold a junior parade followed by a senior parade in the hall. We will advise parents via Flexibuzz (Tiqbiz). We warmly welcome you all to join us to celebrate our great love of reading at Overport.

Sleep—kids needs it!

When kids get the sleep they need, they may have a lower risk of becoming overweight and developing diabetes as well as fewer learning problems and attention issues. Sleep is as important as nutrition and exercise. It's when the body repackages neurotransmitters, chemicals that enable brain cells to communicate. Seven reasons why your child needs sleep:

1.Sleep promotes growth. 2. Sleep helps the heart. 3. Sleep effects weight. 4. Sleep helps beat germs. 5. Sleep reduces injury. 6. Sleep increases children's attention . 7. Sleep boosts learning.

| Sleep Needs by Age | | |
|--------------------|-------------|----------|
| Age | Total Hours | # Naps |
| 1-8 Weeks | 16-18 Hours | 3-6 Naps |
| 2-6 Months | 14-16 Hours | 3-4 Naps |
| 6-12 Months | 14-15 Hours | 2-3 Naps |
| 1-3 Years | 12-14 Hours | 1-2 Naps |
| 3-5 Years | 10-12 Hours | 0-1 Nap |
| 6-10 Years | 10-12 Hours | 0 Naps |

For more information
please follow the link
below.

[www.parents.com/
health/healthy-
happy-kids/why-
your-kid-needs-
sleep/](http://www.parents.com/health/healthy-happy-kids/why-your-kid-needs-sleep/)

...continued overleaf



Connor 1C, Jess 1D,
Louis 2C, Ryliegh 3C,
Ryan OOB, Steven 6B,
John 4C, Luke 1D,
Cooper 2C, Marshall
3A, Yusuf 3D, Chris 4B,
Ren 6D, Mathew OOE,
Coco 1B, Eliza 2D,
Samuel 4A, Ivy 3A,
Mia 3B, Jordan 5C,
Wynter 1D, Sophie 1D,
Vidak 5A, Yana 1B, Ri-
ley 3C, Alec 5C, Jessica
6D, Cruz 1A, Marley
4A, Joachim 4C,

Continued -

Family Forums.

We were delighted to see all our families attending the Family forums last week. These provided a wonderful opportunity of for your child to share their learning and outline their opinion of their success and goals for the rest of this year. Please remember, should you wish to have a conversation with your child's teacher regarding anything in relation to your child's progress, please contact them to arrange a time to meet.

Curriculum Day.

School Council has approved our next Curriculum Day. This will be held on the Monday before 'Cup Day', 6th November. Staff will undertake professional development with a focus on reading teaching and learning strategies with literacy expert Julie Sheppard.

Kind Regards,

Julie Gleeson Principal.

Year Level Reminders for this week:

Foundation: Thanks for dressing up for the Preps 100th day of school last Monday. Big Write 'talk' homework gets emailed each Monday. Don't forget to return your Prep Father's Day Breakfast notes by 11/8

Year 1: Please remember to bring your reader bag and word book everyday to school.

Year 2: Don't forget 'Big Write' starts again this week. Please complete your talk homework.

Year 3: Next Thursday, 10/8 is our year 3 sleepover! Please make sure you are starting to pack your overnight bags. If you have any questions, please see your child's teacher ASAP.

Year 4: It was great to see so many families at the family forums. Please send back your excursion notes if not already returned.

Year 5: Thankyou to all the families that attended our family forums. It's great to see so many parents showing interest in their child's progress.

Year 6: Remember nutritious snacks for lunch and recess in reusable containers to help support the environment and Overport's Planet Savers.

EVERY DAY COUNTS

In primary school, some students **miss** on average **3 weeks** of school **per year**. That's **half a year** of school by the end of **year 6**.

Going to school every day is the single most important part of your child's education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au

Department of Education and Training

Don't Forget Overport Primary School's

Trivia Night

Tomorrow night 7.00pm!

In the school hall—\$10 per head—BYO Drinks and nibbles

Buy a ticket or book a table!

Assistant Principal's Report

This year's Parent Opinion survey has now been distributed to a random selection of 30% of our families. Many of you will have received an email earlier this week, others will have received notification by mail. An internet link to the survey is included in the notification you received. Please copy this link carefully into your browser. The survey is open from next Monday 7th August. Participation is important to the future planning of our school. Please be reassured that all responses are confidential, and results are sent to the school purely as graphs.

Our Preps have now been here at school for just over 100 days! We started the week with a lot of senior citizens in attendance at our assembly. Congratulations to those students who have attended school for each and every one of those 100 days!

Dressing up continues next week with a Book Parade next Wednesday. All students are encouraged to come along dressed as a book character, and enjoy a celebration for Book Week. A Book Fair has been organised for next week, which will be open for sales each day after school.

Family forums were an outstanding success, last week with our students being given the opportunity to showcase to their parents their learning so far this year, and to talk about the goals they have set themselves for their continued progress. If your child hasn't yet had the opportunity to present their work to you please contact their teacher and make a time to come in. They are all very proud of their achievements.

All students will be taking part in a St John's Ambulance First Aid course throughout the day tomorrow. This is a free program which is entirely self-funded by St Johns through the sale of their First Aid kits and other training courses they offer. The students will again hear of basic first aid techniques, including CPR. We thank Mr Leyden for organising this experience for our students.

Our Trivia Night is tomorrow night. There may still be some seats left for you to book. Tickets are \$10 per head. Doors open at 7.00pm, and the competition begins at 7.30pm sharp. We look forward to seeing lots of our parents supporting this community event. A huge **'thank you'** to Lisa Williams, mother of Isabelle and Harry, for all of her organisation.

Tickets for the major raffle prizes are due back tomorrow. \$2.00 a ticket. Prizes will be drawn at the Trivia Night.

1st prize—\$1200 photography voucher from Verve Photography

2nd prize—a furniture package from Smart Living Furniture www.smartlivingfurniture.com.au

3rd prize—\$600 photography voucher from Verve Photography

Deborah Madder

Assistant Principal

‘OVERPORT CARES’ AWARDS

These certificates are awarded at assembly each week for children who have excelled in an academic or social

endeavour throughout the previous week.

24/7/2017

Yaxin PA, Ethan PB, Addi PC, Liam PD,
William PE, Veron PF, Madox IA, Eva IB,
Amelia IC, Macy ID, Annabella 3C,
Tyler 3D, Deon 4A, Logan 4C, Joshua 5B,
Alwyn 5C, Lucas 5D, Neria 6A, Zach 6B,
Nicholas 6C,

‘OVERPORT CARES’ AWARDS

These certificates are awarded at assembly each week for children who have excelled in an academic or social

31/7/2017

Liam PA, James PB, Isaac PC, Saxon PD, Gracie
PE, Mia PF, All of IA, Stuart IB, All of IC, All
of ID, Lewis 2A, All of 2B, Aleksandra 2C, All
of 2D, Mason 3A, Jackson & Audrey 3B, Marli
3C, Danielle 3D, Dayle 4A, Bonnie 4C, Mikayla
5A, Santo 5B, Bel 5C, Ruby 5D, Dillon 6A,
Makayla 6B, Adam 6D

Assistant Principal's Report

Last newsletter I wrote about a small group of very excited students attending snow camp at Mt Buller. The camp has been and gone, but for the students in attendance hopefully the memory of learning a new skill, making new friends and staying in an alpine environment will stay with them for a long time to come. If you are in grade 5 or 6 next year, look out for the snow camp expression of interest form, it truly is a great camp for all students who are fortunate enough to attend.

As I witnessed our students, and those from other schools, learning how to ski, I began thinking of the process and benefits of learning and mastering a new skill. Learning how to ski is not available to everyone, however the process of learning **any** new skills may have a number of benefits. These include:

Your learning speed increases - Learning a new skill helps you learn things faster over time. By stimulating neurons in the brain, more neural pathways are formed and electrical impulses travel faster across them as you attempt to process new information. The more pathways that are formed, the faster impulses can travel.

You make connections between skill areas - Part of learning a new skill is connecting that skill to information and skills you already know. Prior knowledge helps people relate to new information and build on existing knowledge, which makes it easier to learn even more skills that are new.

It fights boredom - Learning new things keeps your interest level high so you do not get tired as easily. Doing the same things repeatedly can quickly become monotonous, but learning a new skill breaks that cycle of monotony.

You adapt better to change - When you learn something new, your mind and your perceptions change, which in turn makes it easier to adapt to the inevitable changes life always tends to bring.

It releases 'Happy Hormones' - Learning a new sport or exercise type releases 'happy hormones' called endorphins, which reduce stress and trigger positive feelings.

You brain function improves - Learning a new skill works the brain, and like a muscle, the brain needs to be exercised to keep it in good condition. New experiences are a fundamental requirement for mental growth and the brain loves stimulation.

For more information on the benefits of learning a new skill, please follow the links below:

<https://ccsuconed.wordpress.com/2017/01/23/the-top-7-benefits-of-learning-a-new-skill/>

<http://palife.co.uk/news/trying-a-new-activity-or-learning-a-new-skill-benefits-brain-and-body/>

<http://blog.uncollege.org/the-hidden-benefits-of-learning-lots-of-different-skills>

Now that we know the benefits of learning a new skill. What new skill are you going to learn?

Tess Higgins

Assistant Principal



Extend OSHC at Overport Primary School

Welcome back to Term 3 2017!

Last week was a great week, we had some much fun doing awesome activities. All the children were very excited to see Kelly back at the program, as were the parents.

Even though we had some awesome planned activities the children used wool and our threading tubs to create some great art pieces. The children were also drawing loads of pictures of some many different things. We played outside when the weather was nice though we all needed to wear our jumpers, coats and scarves as it was a little cold outside.

Also this week will we be asking all parents to sign a permission slip, as there will be a few sessions this term that we wont be in the hall. Please ensure you ask one of the staff members about this form when you drop off or pick up your child or children.

Kelly and the Gang



Term 3 Week 4 Activities

Monday: Pom Poms
Tuesday : Torn Pictures
Wednesday : Paper plate weaving
Thursday : Picture Puzzles
Friday : Word Art