



# frankston's Christmas festival of lights

**Saturday 28 November 2015**  
5pm to 10pm • Davey Street, Frankston

[frankston.vic.gov.au](http://frankston.vic.gov.au)

 **Frankston's Christmas Festival of Lights**

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# School Holiday Program



## January School Holidays

### Moonlit Sanctuary Junior Ranger Program

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, fun and games for ages 7-14 years.

#### January school holiday dates:

- Week 1: Monday 4<sup>th</sup> to Friday 8<sup>th</sup> January 10am – 4pm
- Week 2: Monday 11<sup>th</sup> to Friday 15<sup>th</sup> January 10am – 4pm
- Week 3: Monday 18<sup>th</sup> to Friday 22<sup>nd</sup> 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/juniorrangers.aspx](http://www.moonlitsanctuary.com.au/juniorrangers.aspx)

Open daily between 10am and 5pm



# Let's talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression<sup>1</sup>.

The University of Melbourne, with funding from BeyondBlue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, appropriate screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed

More information about the guidelines and other tips can be found at [www.parentingstrategies.net/depression](http://www.parentingstrategies.net/depression) or [www.beyondblue.org.au](http://www.beyondblue.org.au).



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<sup>1</sup> <https://www.youthbeyondblue.com/footer/stats-and-facts>



*Minasan Konnichiwa* (Hello everyone)

Next Monday, we are having the official Japanese Garden Opening Ceremony at 9:00am. I would like to thank the wonderful support from the school community for helping to create this very special place for the students. Many people have been working to create this garden throughout the last two and a half years and we are very grateful to all of them.

I would like to mention a special thanks to Mr. & Mrs. Hearn for their donation of the plants and continuous work to the garden, Mr. & Mrs. Lorimer for donating so many plants to the garden, Mr. & Mrs. Sidwell and Mr. Mallinson for their help during the working bees and the school holidays, Ms. Jacobsen for her assistance in creating an original garden design. I would also like to mention the following families and parents who have come to help during the working bees. Chinnathumby family, Coney family, Price family, Thompson family, Mrs. Camilla, and Ms. White. And there were many other people who have contributed to the maintenance of the garden and we send our sincere thank you to you too.

From Monday, 23d November onward, students are invited to visit the Japanese Garden during recess and lunch time on their allocated days. I hope many students will visit the garden to enjoy our special place.

In addition, during this week, all the students will participate in some Japanese activities. Monday lunch time from 1:30-2:00, Year 6 students will organise special Japanese craft activities in the Art room. Tuesday lunch time from 1:30 to 2:00, Japanese video (i.e. marble running toys video) will be shown in the 5A classroom. We are also having a special meal deal (sushi and rice paper rolls) on Wednesday. Year 1 students will work with Year 6 students to create simple kites together. Year 2 students will make a ball catching toy (called *Kendama*) by using cups and paper. Year 3 & 4 students will be making Origami paper balloons by learning from some of their class mates. Prep and Year 5 students will cook rice balls together on Tuesday 24<sup>th</sup> November. The ingredients for this cooking recipe are rice, salt, seaweed (optional), and water. If anyone has any concern or enquiry regarding the cooking for Prep and Year 5 students, please do not hesitate to contact with me. I will be at school on Monday and Tuesday. Otherwise, please leave a message at the school and I will get back ASAP.

*Arigatoo gozaimasu* (Thank you very much)

Tomoko Yamashita (Japanese teacher)

