



OVERPORT NEWS

From the Principal's Desk.

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Dates to remember:

Term 4

OCTOBER

25/10 Yr 3 - 6 House
Ath - Ballam Pk

29/10 Yr 1 Excursion
Cranbourne
Botanical Gdns

NOVEMBER

04/11 Pupil Free Day

05/11 Public Holiday
Melbourne Cup



Thought of the week:

When you can't control what's
happening, challenge yourself to
control the way you respond to
what's happening.

That is where your true power is.
Buddah.

The 9 minutes most important in a the child's day.

Your child's emotional health can be largely impacted by the way you guide them in key moments throughout their day according to Neuroscientist Jaak Panksepp. He explains that "Positive emotional systems capture cognitive (thinking) spaces, leading to broadening, cultivation and development." As a general principle, the larger the circle of influence of positive emotions, the more likely is the child to become a productive and happy member of society."

So, to create a healthy emotional system for your child, here are the 9 Most Important Minutes of Your Child's Day:

- the first three minutes—right after they wake up
- the three minutes after they come home from school
- the last three minutes of the day—before they go to bed.

So, instead of pulling the covers off and rushing, could you spend 3 minutes snuggling up together, or running downstairs to sit and start breakfast together? Maybe when your child gets home from school walk to get the mail together or sit and chat over an afternoon snack. Bed time a story or song is always welcome. Find a way that works with you to spend these 9 tiny minutes together each day. Because all children experience so much throughout the course of a given day, a great way to promote emotional health and processing is to capture your child's attention and make an emotional investment at these key times. (Creative World School).

Prep to 2 Concert:

What a wonderful day and evening our prep to 2 students had performing at the FAC last Monday. They were wonderful and thoroughly enjoyed the chance to perform in such a professional venue. The confidence this builds is beyond measure. I am sure you agree with me that a great deal of credit goes to the staff for their organisation, in particular, Hannah Williams and Katie Forbes who wrote, directed and produced the show. I am very delighted that we can provide this opportunity for our students.





To all students celebrating their birthdays this week next week

Yaxin 2E,
Paige 5A,
Joshua 5A,
Bobbi-Lee 2A, Lily 3D, Diya 56A,
Hazel 4D, Taj 4D,
Ava 5D,
Bobby 4A,
Molly 4C,
Madeleine 5B,
Mason 6B,
Niko PD, Jaxx PA,
Leti 1D, Lily 1E,
Thomas 4C,
Deon 56A,
Kassi 2E, Lila 34A,
Arianna 4A,
Lucy 6D, Evie 4C,
Darcy 56A,
Brixton 2D,
Maja 3D,
Samantha PD,
Sapphire 2C,
Drew 2C,
Jasmine 3C,
Alan 6B,
Gerika 6C,
Abby 56A
Samuel PB
Michael PC,
Lena 56A



Principals Report continued

Energy Breakthrough Challenge.

Last Saturday I visited Casey Fields where our HPV team raced. They performed extremely well with several beating their best times. They certainly had a great time and this is a wonderful opportunity for them. I wish to thank Steph Corvi, Alicia Howard and Ben Bryant for their huge amount of time as well as Matt Leyden for his assistance with the cars. One of our parents, Vik Torick has spent many hours building the HPV cars and I thank him for this. While they were unsuccessful in getting into the Maryborough for the HPV race, they will be racing the push cars from Saturday 24th to Sunday 25th November. We wish them well.



Please note that I am on LSL for a week commencing Thursday 24th October until next Wednesday. Ricky and Jill will be port of call.

*Kind Regards,
Julie Gleeson Principal.*



Book Club LOOP
The EASIEST way for parents to order and pay for Book Club

Parents: Are you registered for LOOP?
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for LOOP receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!

Head to scholastic.com.au/LOOP and register today!

Important Information

ONLINE ORDERS ONLY

NO CASH ORDERS

(Cash orders will be returned to students and not processed)

Book Club Due Date: Friday 25th October 2019

This is a friendly reminder that Overport Primary School has an upcoming Pupil-Free Day on Monday, November 04.

Extend will offer a full day of care on this day.

Operating Hours: 7 am - 6 pm

Day Fee: \$87 (before any CCS has been applied).

How To Book: Please register and book online via [LookedAfter](#).

Please don't hesitate to contact us if you have any questions on 1300 366 437



Assistant Principals Report



Walk to School



Don't forget that the month of October is Walk to School Month. It has been fabulous to see so many families walking, riding and scooting to school. Keep it up over the coming week.

Congratulations to Mia and Blake who won lots of great prizes for submitting their photo on Instagram using the hashtags #frankstonwalktoschool and #frankstonwtscmp. See attached flyer for more details. Classes will be keeping a record of students who walk, ride or scoot to school and stickers and prizes will be awarded. Be sure to enter into the Walk to School photo competition where you can win a family prize of rock-climbing for 4.

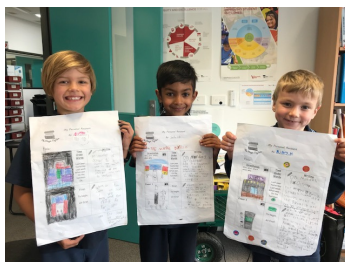
Mental Health Policy.

Leadership and the wellbeing team have been working hard to write a Mental Health Policy for our school. We are extremely proud of the way Overport promotes and supports the mental health and wellbeing of our students and wider community. Please take the time to read the policy which is attached in this newsletter.

The incredible work of the Student Health Ambassadors, combined with this Mental Health Policy, ensure that our school will become officially recognised by the Achievement Program for all of the programs and resources we put in place to support mental health and wellbeing. *"The Achievement Program support Victorian workplaces, schools and early childhood services to create healthy places for working, learning and living."* For more information visit <https://www.achievementprogram.health.vic.gov.au/>

Celebration of Student Achievement.

Congratulations to Noah, Sai and Riley for their incredible planning of a recount on "The Magic Toy Box". These students received a Principal's award and Assistant Principal's award for their effort. I think you can tell from the photo that they are very proud of themselves!



**Have a great weekend everyone.
Jill Wathen and Ricky Joyce
Assistant Principals**

Brock - Our trampolining star

In February 2019 Brock was recognized at the Victorian gymnastics family ball awards night as a finalist in the high performance Gymnast 2018 division.

In April he competed in the Victorian State team champions where he won both his trampoline and Double mini competitions, securing a position to compete for Victoria in the 2019 Australian championships.

At the end of May/start of June he competed for Victoria in the **2019 Australian championships** winning both his trampoline and Double mini events and securing a spot to represent Australia in his Double mini event at the world age games in Tokyo 2019.

September he competed in the **National clubs competition** held in the Gold Coast. He won both his trampoline and Double mini events securing a spot in trampoline and synchronized trampoline to represent Australia at the World Age Games Tokyo 2019.

October Brock won the **Leader newspaper local sports star** award for Frankston, where he got to attend an awards dinner at the MCG.

The 27th World Age Games will be held in Tokyo between 5-8 December 2019. Brock will be representing Australia in Trampoline gymnastics, synchronized trampoline and Double mini Trampoline. This will be Brock's second time representing Australia at the World Age Games. Last year he represented Australia in Russia.





Minasan Konnichiwa (Hello everyone)



During term four, Prep students will revise their mathematical learning elements by using Japanese language and culture. They will continuously learn Japanese numbers 1-10 through oral repetition, number rhythm clapping, Japanese number book making and game activities. The students learnt basic shapes (such as circle, triangle and square) in Japanese and use these shapes to draw pictures. Students will have opportunities to use Japanese objects to enhance their mathematical skills.

Year one students will learn about seasons and weather reflecting on their geography and earth science inquiry studies. The students will learn some of the key concepts in Japanese by repeating after the teacher, reading them aloud to the whole class, writing them, creating posters and playing games. The students will talk about seasons in Australia and look at the seasons in Japan through video and photo viewing. The students will talk about the day's weather using Japanese as well.



Year two students will learn Japanese by making toys in order to incorporate their physical science inquiry studies into Japanese lessons. The students have made paper airplanes and discussed what kinds of strength they use to move their airplane. The students have been learning the importance of following safety procedure in their toy science experiment. After the paper airplane experiment under the different conditions (such as hard push vs gentle push and big paper airplane vs small one), the students will start looking at a traditional Japanese toy called Kendama. The students will create their own Kendama by using a disposable cup, string and recycled paper. One of their experiments is to check whether their cup or big cup will give them better chances to put the ball inside the cup. If anyone has spare clean Yoghurt containers (any bigger than the normal disposal cup) or honey containers (around 1 litre or less), could you kindly donate them to me? I would like to use them as big Kendama cups for the students' experiment.



Arigatoo gozaimasu (Thank you very much)

Tomoko Yamashita (Japanese teacher)



For Bookings:

Phone 1300 366 437
Parent Portal
extend.com.au

2, 4, 6, 8
Come to School
Don't be late
because
EVERY
DAY
COUNTS

Working parent hoping someone can assist with a regular school pick up on Tuesday afternoons and every second Friday. Tuesday would be pickup from school and drop off at gymnastics in Carrum Downs for one child and Frankston for the other. Every second Friday would be pick up from school and drop off in Frankston South. Happy to organise a trade with taking kids to school or payment.



If available please contact Emily 0433338966.

