Dear Parents,

Thank you for your support in ensuring that children have hats to wear on the yard. Whilst we certainly had extremes of weather last week, we need to ensure that despite the unpredictable weather, we are consistent in our hat policy during term four and term one.

Last week I included an article from the “Happiness Project” which highlighted the link between sufficient sleep and a child’s wellbeing. The article suggested that many children are not getting sufficient sleep due to their obsession with technology. Following on from the article last week, today I am including an article by Michael Grose which discusses the role that we as adults play in ensuring our children are engaged in healthy screen time practices. Please see the article on the following two pages.

Jesus, light of the world, lead us to be tolerant and understanding of others, looking for what unites people rather than what might divide and separate.

Inspire us always to discover the best in one another and work together to build up your kingdom in our world today.

Amen.

Jenny Hanrahan, Acting Deputy Principal

Selection of Grades Policy

This policy is an indication of the process that is applied to the development of grade structures and student placement in grades.

If you have a request for your child/children's placement for the 2018 school year, please forward your information, in writing to Jan Fitzpatrick, Acting Principal, by no later than 13th November 2017. Parent requests should be based on individual student needs and not requests for preferred teachers. These will be forwarded onto staff for consideration when placing students. This process for staff begins in November. Therefore requests received after this date will not be considered.

As professionals, our staff use academic, behavioural and social issues to ensure there is an effective balance within grades and across a level to provide the optimum learning environment for your child and all students. Please be aware that your letters are not guarantees. As stated in our policy “Parent letters regarding factors to be considered are based on individual student needs and not requests for preferred teachers”. Our policy also states “Student placement in classes will be formed on the basis of providing a balance between the intellectual ability of children, their social development, gender, previous class and friendship groupings and any other known factors that may have an impact on the class grouping. Individual needs and a whole school perspective must be considered.” Staff will always consider that a student needs to be placed with a child in which they have a positive relationship. This does not always mean that it will be their best friend or friends.

Crazy Sock Friday

Don’t forget to wear your crazy socks and bring a gold coin for the Missions.

The 'sock it to something' concept is an Australian expression that means to strike out at. Catholic Mission invite us to help strike out at social issues, such as poverty, child labour, child trafficking, homelessness and lack of education.

NURSELINE No. 33

DATE: 24th October 2017
The role of parents and screen time

by Martine Oglethorpe

These little devices that connect us, entertain us, provide us with information, show us where to go, keep us organised and allow us to indulge in retail therapy from almost anywhere, have become an integral part of our daily lives. Most of us won’t leave home for long periods of time without being tethered to a digital device.

But when it comes to our children and their screen-time habits, we are often lamenting the role the devices play. These little screens that offer so much and answer so many of our needs also leave us wondering how much is too much for our kids, and how do we keep it under control?

When parents ask me this I urge them to dig a little deeper and look at what else they could really be asking. We need to look at how each individual child is coping with their screen time. Are they still doing the things they always enjoyed before they had access to a screen? Are they able to put the screen away without a fight? What sorts of things are they doing on the screen? Is it a positive experience? Are they learning something? Are they interacting with it or merely consuming media? These are questions we need to be constantly revisiting throughout their adolescent years.

At the same time, we need to make sure they are learning good habits from the beginning and gaining the skills and behaviours they need to stay in control of their screen time. To help form these habits, here are a few things you can do to keep screen time under control … without your kids resorting to techno-tantrums.

Look at how you are role modelling screen-time behaviours

We know our kids learn much more from watching what we do, as opposed to listening to what we say. So how is your technology use affecting you? Are you ignoring others because you are scrolling? Are you falling asleep with a phone or tablet landing on your forehead? Are you able to give yourself over to certain tasks and focus without being distracted by beeps and notifications? Are you giving yourself some time without a device to enjoy family, friends and activities that keep you healthy and balanced?

Have rules that are 'no brainers' for your family

When it comes to technology, the rules often change as our children develop and mature. But we can also make some universal rules for the whole family based on our individual family values and what is important to us. It may be that there are no phones in the bedroom at night. It may be that there is no technology after a certain time of the day. It should certainly be that devices never ever come to the table at dinner time. Aiming for at least a few meals where the family is eating together is crucial. Your kids need this time to talk, connect with family and have a break from being ‘switched on’ to a device. They need to get into the habit of not eating and
scrolling. So make your rules early and stick to them.

Build a culture of balanced play in your home

There is no doubt that we as parents need to work harder today to nurture all the many elements of a child’s development. When a small device appears to provide them with so much it is little wonder our kids have trouble putting them down and going outside to play. Unlike a book or a game there is often no end to what happens with a device. There is always something more to see or do, another level to reach, another city to build or another army to destroy. So we need to get better at providing lots of other ways for our kids to be entertained, informed and connected to others. This may mean we have to physically go outside and play with them rather than simply tell them to go out. It may mean we have to insist on visits to places where devices don’t come out. Kids still want to run and jump and play – they just need to be reminded and encouraged to do so even more today. By building other ways to learn, play and interact into our kids’ lives from an early age, we are helping these things become part of their daily lives – habits that in turn become behaviours.

So while we often feel like the devices are taking over, all of these strategies rely on us – the parents. We need to be the ones to get in early and help show them the way. We need to take a look at what we are modelling to them in terms of our own device use and our own lifestyle. We need to be helping them form the right behaviours. There are many wonderful benefits that come with these devices, so ensuring we are using them in positive ways, and are in control, will go a long way to ensuring we are all reaping those benefits.

Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent
STUDENT OF THE WEEK
Each week students from each class are awarded Student of the Week certificates. These children are nominated for the example they have been within the school. The award winners for Week 2 / Term 4

<table>
<thead>
<tr>
<th>Lewis Manzo</th>
<th>Joshua Huang</th>
<th>Matilda Fenech</th>
<th>Amelie Harper</th>
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</thead>
<tbody>
<tr>
<td>Ryder Johnstone</td>
<td>Will McLuckie</td>
<td>Aston Fue</td>
<td>Tyler Zandona</td>
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<tr>
<td>Campbell Milliner</td>
<td>Macie Vitale</td>
<td>Summer Moretti</td>
<td>Nekeisha Piening</td>
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<tr>
<td>Taylin Moloney</td>
<td>Daisy Campbell</td>
<td>Bella McIntosh</td>
<td>Aleksandra Poursanidis</td>
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<tr>
<td>Miley Wilson</td>
<td>Ava Ross</td>
<td>Lexi Charles</td>
<td>Daniel Toms</td>
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<tr>
<td>Shanay Donchi</td>
<td>Chase Stanistreet</td>
<td>Riley Sutton</td>
<td>Gabriel Paolemilio</td>
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<tr>
<td>Connie Townsend</td>
<td>Ruby Clegg</td>
<td>Andrew Alston</td>
<td>Lola Hegarty</td>
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<tr>
<td>Praise Babalola</td>
<td>Skye O'Loughlin</td>
<td>Sophie Field</td>
<td>Eliza Dunbar</td>
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</tbody>
</table>

VALUES AWARDS
Through a whole school focus on the values of respect, resilience, honesty, responsibility and excellence, St Michael's students are supported in their social, emotional, spiritual and academic development.
Each child who is nominated by a teacher or a peer for living out the values of St Michael's school, will be awarded a certificate acknowledging their efforts. These certificates will be displayed on the tree in our foyer on a Monday and left there for a week for all the school community to view and celebrate the children's efforts. On a Friday, the certificates will be taken down and given to the children to take home and share with their families.

Education News

THE FAMILY MATHS
Sixteen players compete in a 'knock-out' tennis tournament. Each player plays a first match against one other player, and the winners of these matches go on into the second round. There are no draws, and the losers drop out. The process is repeated in the second round and continues until there is only one winner left. How many matches are played altogether?

In the first round 16 players play 8 matches between them. In the second round the 8 winners from the first round, play 4 matches between them. The four winners from the second round play in 2 matches in the third round. In the fourth round the two winners from the third round play each other (one match) to determine the overall tournament winner.

The total number of matches played is $8 + 4 + 2 + 1 = 15$

What is the largest whole number which uses all ten digits just once?
What is the smallest such whole number?

Art Auction Update
Children's Art Auction fundraiser is on Friday, 27th October at 7.00pm
at Café Aura

There is a shopfront display at 62 Seymour Street, Traralgon with 12 of the wonderful Art pieces to be auctioned. The other 3 pieces of art work can be viewed at school.

Many thanks to the following families and businesses who have kindly sponsored the professional framing of our art.

Seymour Street Newsagency
Rodney Gilham at Ropan Financial Services
Said family - Head Street Auto Repairs
Athanasiadis Family - Foodworks Morwell
Addison Family
Lear Family – LV Concrete Polishing
Dr Jacob Varughese – Specialist Orthodontist
GBS Recruitment
Jakob Kelly Architect
The Doc Shop
RJ Low Pty Ltd
Prince Family - Little Prince
Prince Family - Neilson’s Kitchen
GJ & FL Cameron Plumbing
Gippsland Motor Group
Congratulations! To all students who represented our school at the Region Athletics last week, you should be very proud of your achievement. We now have three students who have qualified for the State level, these students will be competing in Melbourne next Monday.

Our best wishes go to:
- Lily Buckley - 100m Sprint
- Bill Wallace – 100m Hurdles
- Lucy Traill - 800m & 200m Sprint

Democratic Principles
The programs of, and teaching in, St Michael’s Primary School support and promote the principles and practice of Australian democracy, including the commitment to:
- elected government
- the rule of law
- equal rights for all before the law
- freedom of religion
- freedom of speech and association
- the values of openness and tolerance.

Student Numbers for 2018 - An accurate prediction of student numbers is a vital part of developing grade and staffing plans for 2018. Please advise the school office as soon as possible if your child(ren) will not be attending St Michael’s School next year. We understand that circumstances change during the year.

After School at St Michael’s:
Teachers will supervise the Seymour Street exit area until 3:30pm for safe departure from school grounds. No playground areas or equipment will be supervised by staff after 3:20pm. If parents and children remain after this time to use the play equipment, parents must provide direct supervision at the playground with the child. All responsibility for the safe and appropriate use of the playground equipment at this time is placed on the supervising parent. No child is allowed on the play equipment without their parent right there with them. All parents are asked to support St Michael’s in this safety requirement.

If students and siblings are using the equipment unsupervised, the need to ban all access after school will be exercised.

Whilst after school training of netball and basketball occurs in our yard, we ask that no siblings are left to wait unsupervised while training is being conducted.

If students are not collected by 3:30pm they will be required to wait for their parent in the office corridor. Due to staff commitments and to minimise students’ distress, parents are asked to be punctual in collecting their children.

CDFpay
Our school has moved to CDFpay, a cash-free solution for our lunch order days, uniform items (such as hats and bag), fundraising and special events. This product is an online platform offering from the Catholic Development Fund Melbourne (CDF).

Please register at: stmtraralgon.cdfpay.org.au

If any families have trouble registering please contact the school or visit the school office where there is a laptop setup to assist families with CDFpay.

Dates to Remember

<table>
<thead>
<tr>
<th>OCTOBER</th>
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<tbody>
<tr>
<td>27th Friday</td>
<td>Liturgy of the Word, in the Church 9.30am - Prep</td>
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<tr>
<td>27th Friday</td>
<td>Crazy Sock Day for Socktober</td>
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<tr>
<td>27th Friday</td>
<td>Lunch Order Day</td>
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<tr>
<td>27th Friday</td>
<td>School Art Auction</td>
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<thead>
<tr>
<th>NOVEMBER</th>
<th></th>
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<tbody>
<tr>
<td>1st Wednesday</td>
<td>All Saints Day</td>
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<tr>
<td>1st Wednesday</td>
<td>Reconciliation Paraliturgy -Gr 3/4 2.30pm in the Church</td>
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<tr>
<td>1st Wednesday</td>
<td>Reconciliation Workshop 2</td>
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<tr>
<td>2nd Thursday</td>
<td>All Souls day</td>
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<tr>
<td>2nd Thursday</td>
<td>Region Summer Sports</td>
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<td>2nd Thursday</td>
<td>Prep Learning Assembly 2.30pm Hall</td>
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<tr>
<td>3rd Friday</td>
<td>Mass 1/2A&amp;B – 9.30am</td>
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<tr>
<td>3rd Friday</td>
<td>School Assembly 2.50pm</td>
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<tr>
<td>6th Monday</td>
<td>School Closure – Report Writing</td>
</tr>
<tr>
<td>7th Monday</td>
<td>School Closure – Public Holiday</td>
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<tr>
<td>10th Friday</td>
<td>School Walkathon 9.30am</td>
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<tr>
<td>13th Monday</td>
<td>Prep, Gr 1 &amp; 2 swimming commences</td>
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<tr>
<td>13th Monday</td>
<td>P&amp;F meeting - 2.00pm</td>
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<tr>
<td>15th Wednesday</td>
<td>No swimming – P, 1 &amp; 2</td>
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<tr>
<td>17th Friday</td>
<td>Gr 3/4C&amp;D Mass – 9.30am</td>
</tr>
<tr>
<td>22nd Wednesday</td>
<td>No swimming – P, 1 &amp; 2</td>
</tr>
<tr>
<td>24th Friday</td>
<td>Gr 3/4A&amp;B Mass – 9.30am</td>
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<tr>
<td>24th Friday</td>
<td>Lunch Order Day</td>
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<tr>
<td>28th Tuesday</td>
<td>2018 Prep Information Night – 7.00pm</td>
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<tr>
<th>DECEMBER</th>
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<tbody>
<tr>
<td>1st Friday</td>
<td>Gr 1/2C&amp;D Mass – 9.30am</td>
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<tr>
<td>1st Friday</td>
<td>School Assembly 2.50pm</td>
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<tr>
<td>4th Monday</td>
<td>State (Hot Shots) Tennis</td>
</tr>
<tr>
<td>8th Friday</td>
<td>End of Year &amp; Giving Mass – 9.30am</td>
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<tr>
<td>8th Friday</td>
<td>School Assembly 2.50pm</td>
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<tr>
<td>8th Friday</td>
<td>School Disco</td>
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<tr>
<td>11th Monday</td>
<td>P&amp;F meeting 2.00pm</td>
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<tr>
<td>12th Tuesday</td>
<td>Orientation Day – Yr 7 &amp; Yr Prep</td>
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<tr>
<td>13th Wednesday</td>
<td>Prep Excursion to Inverloch</td>
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<tr>
<td>14th Thursday</td>
<td>Carols Night &amp; Family Picnic</td>
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<tr>
<td>15th Friday</td>
<td>Year 6 throw hats 3.15pm</td>
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<tr>
<td>15th Friday</td>
<td>Year 6 Graduation Mass 6.00pm</td>
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<tr>
<td>18th Monday</td>
<td>Students visit 2018 teacher &amp; class</td>
</tr>
<tr>
<td>19th Tuesday</td>
<td>School Fun Day</td>
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<tr>
<td>20th Wednesday</td>
<td>Last day for Students – 3.20pm</td>
</tr>
<tr>
<td>22nd Friday</td>
<td>Staff last day.</td>
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During term 4, icy poles will be available for 50cents each, at lunchtime. Students are only to purchase icy poles for themselves or their siblings.

Child Safety Code of Conduct
A copy of the St Michael’s School Child Safety Code of Conduct is on the school app. It is a requirement that all volunteers and regular visitors to our school read this Child Safety Code of Conduct and acknowledge doing so by signing the last page. It would be appreciated if any existing or new families who have not returned their signed form to school to do so as soon as possible.
The silent danger facing the connected generation, and how we can prepare our kids

The exponential growth of technological advancement since the advent of the internet has altered the human experience more drastically, rapidly and globally than any period in history. Powerful pocket computers are widely ubiquitous, enabling instant audio and visual connection to anyone at any time - so why do our children feel so alone? How can our kids be depressed or anxious when their world is full of technological delights, instant gratification, and virtual extravaganza?

The counter-intuitive truth is that this advancement has had a direct and negative impact on the mental health and wellbeing of our youth. Since the adoption of smart phones surpassed 50% of the population, mental illness has been on the rise. ADHD has spiked by 43%, teen depression has grown by 37%, and the suicide rate of kids aged 10-14 has tripled.

We are entering a brave new world with far more drastic and impactful advancements on the horizon. This revolution in human connectivity is difficult to integrate into a healthy and balanced lifestyle as an adult – this same challenge is multiplied manifold for a developing young mind.

This issue is often misunderstood, mismanaged, and most crucially – underestimated. This challenge is too immense for parents or teachers to face alone, a collaborative effort of shared understanding and cohesive management will be required as we move forward as a community. For our children to thrive in this new age, it will take a village.

With an effective and supportive strategy for parents, teachers and guardians to implement at home and school alike, together we can provide a consistent message and skillset for our kids to self-manage their emotional, psychological and digital lives.

On Wed Oct 25th 7pm there will be a FREE information and skills event for teachers and parents to learn how to enable our children to safely navigate and manage the digital minefield in which we spend our lives.

This event has typically been delivered at schools as a compulsory event for parents of year 7 and 8 students as they transition to secondary school. We now provide relevant content to the parents of primary school students.

Club House Boot Camp is a registered holiday program focused on teaching kids life skills to build independence and resilience. In less than 12 months of operating, we have already seen the positive results in children’s lives with just a few subtle shifts in behavioural patterns parental techniques.

Club House is proud to sponsor two experts in this field from Melbourne to share their insights: Luke Martin from ‘In the Know’ Parenting will give an eye-opening insight into what’s new in the rapidly evolving ‘social space’ available to our kids from primary school age and particularly those transitioning to Secondary school.

It’s no secret that raising teenagers is hard. They are excitable, passionate and wonderfully chaotic. But adolescence has its share of experimentation and risk-taking that leaves parents hanging on for dear life.

There are numerous changing trends that dictate social behaviours, not to mention the turbulent friendships and emotional roller-coasters. Add to the equation technology that is moving faster than any other point in history, and the space between parent and teenager has been amplified to a significant chasm.

In The Know parenting, a seminar-based educational service is designed to empower parents with a range of information vital to raising teenagers in the information age.

Aaron Gazzola is a Sleep Scientist, with a research focus on lucid dreaming. Aaron has spent many hours awake, or "lucid", within his dreams. This is not only possible, it is scientifically validated, and proven to be a learnable skill. While his body sleeps, his mind can wake up, consciously experiencing and interacting with the ongoing dream.

Staying Awake in the Digital Dream:

As we plunge into the age of information, our perception of reality is becoming increasingly immersed in the virtual world. Our online presence is seen as an extension of ourselves, with quantifiable measures of approval and attention largely determining our self-worth. Bitcoin is exploding in value, as people recognise the possibility of trusting a digital asset. Video games transport us into alternate realities, unbound by restrictions, and increasingly realistic.

The digital dream is not just coming, it’s already here. But are we ready?

From his research of, and experience within the dream world, Aaron has developed an in-depth understanding of dreams, and their relationship to waking perception. He draws many parallels between the dreams we experience while asleep, and the virtual dreams we share while awake.

This presentation will cover the nature of our relationship with technology, and the digital dream it simulates in our minds. The benefit of mental clarity, conscious attention, or “lucidity" will be presented as a technique to manage the stress and anxiety of this rapidly evolving virtual revolution.

Where: VRI Hall 18 -20 Queens Parade, Traralgon
When: Wednesday 25th Oct 2018
Time: 7pm – 9pm
Light supper provided
Cost: FREE
RSVP: admin@clubhousebootcamp.com.au or 0414 861 442 for catering purposes please.
Tickets can be purchased in the front room next to the office on
Friday 3rd November & Friday 10th November
(before and after school)
Alternatively, detach and return the slip on the back and pay via CDFPay
($25 per head) before
before Friday 10th November

TICKET PURCHASES
Child's name: ________________________
Child's class: ________________________
Shopper's name: ________________________

$25 PER HEAD
(INCLUDES SUPPER AFTERWARDS AT LA PORCHETTA FROM 9PM ONWARDS)

GROUPS OF 8-10
MEET AT GROW MASTER TRARALGON FOR
DRINKS, NIBBLES AND SHOPPING,
ITINERARY PROVIDED AT GROW MASTER

We recommend you browse the shops
in the weeks leading up to the shopping night and have your list ready as each
group will be on a strict timetable.
Most of the businesses are happy to hold
stock until pick up on the night.

CONTACT
Nicole Dunbar 0417 105 859
“payable by CDFpay” (St Michael’s) or
Marilena Thorley 0439 897 185
(St Gabriel’s) to reserve a place.
Alternatively you can place your name
on the list in the front office at school.
REGAL JEWELLERS
HUGE DISCOUNTS STOREWIDE
Come in the week of the shopping night and give yourself time to find that perfect piece of jewellery or choose from the extensive range of Citizen watches.

PANTHERS MENSLAND
20% OFF STOREWIDE
Get in early to beat the Christmas rush and buy something for the men in your life! Stockists of Gazman, Mossimo, New England and Ben Sherman plus a huge range of new season’s polo tops, shorts, shirts & jeans.

TRARALGON NEWS & LOTTO TRARALGON BOOKS
20% OFF
(excluding Darrel Lea, Tatstlotto, magazines & cigarettes): books for all ages, ABC products (toys, books & DVDs), giftware ranging from Candles, Wish Jars, Jewellery, Cristina Re Signature range of teacups and accessories. Also including a great range of Christmas Cards & wrap, sporting memorabilia and a large range of nostalgic tin signs.

GROW MASTER
20% OFF DISCOUNT OFF EVERYTHING
excluding bulk garden supplies and special offers. They offer a beautiful selection of Christmas decorations, bags, jewellery and scarves, homewares and of course plants.

MISS FROU FROU
20% OFF STOREWIDE
this wonderfully eclectic store offers giftware, jewellery, body products, handbags, kitchenware and much more! “Discount offered all day Friday till 9pm”

AUSSIE DISPOSALS
UP TO 50% OFF:
Shop here for all your camping, fishing and hunting goods. Including LED Lenser torches, Leatherman multi-tools, hammock stands, sleep bags & swags.

THE SHOEROOM
20% DISCOUNT
On all new season shoes. Tony Bianco handbags/wallets new range will be in store. Go on, spoil yourself or perhaps that perfect Christmas gift!

THE FEMININE TOUCH BOUTIQUE
20% OFF STOREWIDE
Seafolly swimwear and a beautiful range of bras, briefs and sleepwear. Now stockists of Lorna Jane activewear!

SPORTSLAND
20% OFF STOREWIDE
(excluding sale items): footwear, sporting apparel, swimwear and sporting accessories. Footwear brands include Adidas, Nike, Asics, Sketchers, Converse & Holster.

RAUPE’S LEATHER
20% OFF STOREWIDE
a huge range of luggage and handbags with professional service!

ALLWAYS ANGLING
20% OFF STOREWIDE
(excluding clearance items) Super specials on fishing rods, reels & fishing gear. For all your fishing needs. Don’t miss out! Now located in Church St (next to Sam’s Restaurant)

THE COUNTRY BASKET
20% OFF STOREWIDE
Predominantly home and giftware including fragrance products (soy candles and melts), wall art, linen, throw rugs. 8 week lay by on offer and free Christmas wrapping.

SUGARBABIES
20% OFF STOREWIDE
(excl. sale items): Adorable baby & children’s clothes & baby gifts & ballet wear.

JILLY M
20% OFF STOREWIDE
stylish boutique selling fascinators, leather hand bags, clothing and the largest range of accessories in the valley.

ITALIAN LUXURY
20% OFF
(excluding sale items) For all your surf and fashion needs. Visit from as early as Monday (the week of) and place items on hold.

Tickets can be purchased in the front room next to the office on Friday 3rd November & Friday 10th November (before and after school)
Alternatively, detach and return the slip on the back and pay via CDFPay ($25 per head) before Friday 10th November
From the Community

LATROBE VALLEY
‘ALL-ABILITY’ CRICKET  TERM 4, 2017

‘All-ability’ sports are about fun and participation or EVERYONE! The local All-ability groups are parent-run and driven, so cater directly to the needs of kids with special needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills, activities are modified so that everyone can ‘have a go!’ Participants can also benefit socially by making new friends and feeling part of a team. All school aged children with special needs are invited to join us for ‘ALL Ability’ Cricket, the sessions will run weekly during Term 4, 2017. Sessions will be held at
Traralgon West Cricket Club
‘West-end’ – Jack Canavan Oval, Douglas Pde, on TUESDAYS from 5pm – 6pm, starting October 10th, then every Tuesday till end of Term 4

A parent/carer must attend and be willing to participate with the child
Cost is $20 for the Term – siblings welcome to join in too!
Each participant will receive a Traralgon West shirt and hat to be worn to each session.
For more information phone Sam (coach) or Louise Varsaci on 51750877 or 0414540296 or find us on Facebook - All-ability Sports, Latrobe Valley

PIANO / KEYBOARD LESSONS are available during school hours.
Lessons are provided by well known professional musician and music teacher Anton Fullerton.
Anton is a reputable teacher with over 30 years local teaching experience.
Anton’s after school private practice has a long waiting list. This is an opportunity to jump the queue and have your child taught conveniently, at an affordable weekly rate.
Ring Anton to express your interest and find out more. PHONE 51750464.

Foods to put in a lunch box
Suggestions include:
• Fresh fruit
• Crunchy vegetables
• A meat or protein food such as slices of lean meat, hardboiled egg, peanut butter or nut paste*
• Dairy food such as a cheese stick or slice, grated cheese, milk or yoghurt
• Starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers
• Water.

Latrobe Early Years Partnership
September 2017 Newsletter

Delivering a world of knowledge

Latrobe City Federation Training
Children's Expo
Free & fun in twilight!

Thursday
26 October 2017
2-7pm, Kernto Hall, Morwell
Entry is free

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JUNIOR FISHING DAY
This is a great opportunity for parents and children to spend time together, learn new skills and have a whole lot of fun.

Juniors ONLY between the ages of 4 - 17.
Juniors must be accompanied by an adult.
Only one fishing rod per competitor.

Saturday, October 28, 2017
Lake Hyland, Mathison Park
Mackeys Road, Churchill
Entry includes sausage sizzle and drink

- Plenty of prizes
- Mystery weight
- Lucky Door Prizes
Registration starts at 9.30 am - 1.45 pm. Fishing from 10.00 am - 2.00 pm
Please bring sunscreen, drinks, chairs, hats, insect repellent and shelters
For further information contact 0422 823 179 or Bianca 0488 988 857

Learn to play tennis at the Pax Hill Tennis Club
“HOTSHOTS Tennis”
A program teaching children aged 4 – 12 the basics of the game
“Let’s Play Tennis”
A program for children aged 12 and above. Groups available for those that have never played before and for those that want to improve on their current skills.

FREE trial lesson available for all programs.
FREE junior racquet and Hotshots t-shirt for new players
Call now for more information

Special Come and Try days for women – all ages – all skill levels - beginners encouraged
Oct 11th and 18th from 10:00am – 12:00pm