Dear Parents and Caregivers,

I would like to take this opportunity to thank you for your support this term. Whilst it has been extremely busy we have been able to undertake some wonderful learning programs including; Bluearth, Dance, Kidz Shed, Boite/Choir, History as well as Literacy, Numeracy and our regular specialist programs. Our students have been engaged and enthusiastic about learning, demonstrating this through our ‘Night of the Notables’. They have also taken on responsibilities and projects such as Kids Give, where they are raising money for their chosen charities. They are demonstrating that they are part of a community that cares for each other as well as those who are not as fortunate.

Next term we have a fantastic new project beginning - The Flowerdale Project. Students will make artworks to beautify the external wall of our school. I am so excited by this project and look forward to seeing some fabulous artwork.

I would like to thank all of those volunteers who have assisted us throughout the term. I will not name individual names but you know who you are. Without you, our school would not be the place that it is.

Thank you to all of our teachers and staff. You go above and beyond to make this a warm and welcoming place for all. I will be taking an extended break over the holidays and venturing to Thailand for some warm weather. Mrs Alkemade will be the Acting Principal for two weeks.

Thank you for supporting our school.

Christine Penhall
**FROM THE OFFICE**

**Reminders:**
- Have a great break everyone!

**FORMS TO RETURN**

The Flowerdale Project form – All grades

**PFA**

We hope everyone enjoyed the yummy pancakes at breakfast club this morning! Many thanks to Mel for helping out again. When we return next term the menu will be "back to normal"...porridge, Vita Brits and beans on toast.

We hope to see loads of people at our "Afternoon at the Movies"...which is on in the second week of the holidays....Friday the 8th of July. It will be a great afternoon-and a nice relaxing end to the holidays!

Many thanks to everyone who has helped out with the PFA this term....you are all fantastic!

Have a great holiday break and we’ll see you all in term 3! -Lareesa

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**Chaplain’s Chat**

**how much sleep is enough for your child?**

Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:

<table>
<thead>
<tr>
<th>WHEN KIDS ARE ...</th>
<th>THEY NEED ...</th>
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<tbody>
<tr>
<td>up to 2 months</td>
<td>10.5 to 18 hours</td>
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<tr>
<td>3 to 12 months</td>
<td>9.5 to 14 hours</td>
</tr>
<tr>
<td>1 to 3 years</td>
<td>12 to 14 hours</td>
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<td>3 to 5 years</td>
<td>11 to 13 hours</td>
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<tr>
<td>5 to 12 years</td>
<td>10 to 11 hours</td>
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</tbody>
</table>

If your child comes to school without having had enough sleep, this is what they have to deal with throughout the day:
- Reduced alertness
- Shortened attention span
- Slower than normal reaction times
- Poorer judgement
- Reduced awareness of the environment and situation
- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Increased likelihood of mentally ‘stalling’ or fixating on one tho
- Increased likelihood of moodiness and bad temper
- Reduced work efficiency
- Loss of motivation

Here are five simple things to add to—or eliminate from—your routine to help your child get a better sleep.

**Turn off the TV at least two hours before bedtime.**

Research has shown that the light from a television screen (or computer monitor) can interfere with the production of the hormone melatonin. Melatonin is an important piece of sleep-wake cycles. When melatonin levels are at their highest, most people are sleepy and ready for bed. Just a half an hour of TV before bed can mess with that enough to keep your child up an extra two hours!

**Reduce stress before bedtime**

Another hormone that plays a role in sleep is cortisol, also known as the “stress hormone.” When cortisol levels are high, your child’s body won’t be able to shut down and go to sleep. Keeping before bedtime activities calm, the lights dim, and the environment quiet can help avoid excess amounts of cortisol in your child’s system.

**Provide protection from fears**

Instead of dismissing bedtime fears, address them. If simple reassurance doesn’t work, you can try buying a special toy to stand guard at night or spray the room with “monster spray” before bed. (A can of air freshener with a creative new label works well.)
Week 9 & 10

FOUNDATION – GRADE 3

<table>
<thead>
<tr>
<th>Jake W</th>
<th>Personal Best</th>
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</thead>
<tbody>
<tr>
<td>Silas</td>
<td>Respectful Listening</td>
</tr>
<tr>
<td>Silas</td>
<td>125 &amp; 150 Nights Reading</td>
</tr>
<tr>
<td>Flynn</td>
<td>125 &amp; 150 Nights Reading</td>
</tr>
<tr>
<td>Riley</td>
<td>25 Nights Reading</td>
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<tr>
<td>Riley</td>
<td>Personal Best</td>
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GRADE 4-6

<table>
<thead>
<tr>
<th>Matthew</th>
<th>Personal Best</th>
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<tbody>
<tr>
<td>Sam</td>
<td>Improved Attendance</td>
</tr>
<tr>
<td>Kayla</td>
<td>Bouncing Back</td>
</tr>
<tr>
<td>Kaitlin</td>
<td>Compassion</td>
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</tbody>
</table>

EXCELLENCE IN MUSIC

| Ave       |
| Sam       |

Everyone was really successful at our Kids Give market. We loved how everyone put so much effort into their stalls and made items. Thanks to everyone who came along!

We would also like to congratulate everyone on their great Night of the Notables presentations. We hope you enjoyed learning about famous Australian’s. We also loved seeing how much effort the F-2’s put into their 3D map of Flowerdale.

Footsteps Dance finished today. After 5 weeks we learnt 6 dances, including Ghost Busters, Cuban Pete, Itty Bitty Hip Hop, Que-Sera, Agadoo and Rock this Party. It was really fun and everyone loved it!

Have a great holidays everyone!
MUSIC

As part of the Musical Futures program we have started to run at school we are still on the lookout for some instruments.

If you could help us (or know of someone who could) with obtaining the following instruments we would be very grateful!

We are happy to pay a small fee for these second hand instruments:

- 3/4 guitars
- Keyboards

THE FLOWERDALE PROJECT

This begins next term. Please return your completed permission note before the end of this week or alternatively make a phone call and give your child permission to be involved.

We are very excited about this project and look forward to our surroundings being beautified through art.

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KIDS♥GIVE

To all the parents/caregivers and friends/family that came along and supported our students on our KIDS♥GIVE market afternoon we want to say THANK YOU!

Thank you for baking, cooking and helping your children buy/make items for the market. Also for spending money at the stalls! We love the community support we receive at school.

A special thanks to Lareesa for helping different KIDS♥GIVE groups with various task throughout the term.

VOLUNTEERING AT SCHOOL

Flowerdale P.S. Volunteers

As part of the new Child Safe regulations due to come into being on the 1st August, all school volunteers are required to have completed a Working With Children Check.

Thank you to those parents/volunteers who have completed this. It protects both you and the school. For those who have not done so, can you please complete this task over the holidays and supply your receipt and a copy of your check once you have received it. You can nominate the school as your place of volunteering.

There should be no cost involved other than for photos. Please provide the school with a receipt if you require reimbursement.

The current climate dictates that we must enforce this policy and we will be sharing our new school policies around child safety with the school community next term.

We do not want to turn anyone away but we must insist on the above being completed before you can volunteer at school.

Thank you for your cooperation.

Christine Penhall

You can find an online WWCC form here: https://online.justice.vic.gov.au/wwccu/onlineapplication.doj
Hello travellers!

A round of applause to those who figured out that I had travelled to **Croatia** last week! Can you guess this week’s destination?

Here are some clues to help you:

1. **This country is by far the most popular tourist destination in the world.**
2. **The government of this country gives medals to parents whom have successfully raised several children with dignity.**
3. **This country was the first country in the world to introduce licence plates.**
4. **Potatoes were illegal in this country between 1748-1772.**
5. **The camera phone, stethoscope and Braille system for the blind were invented in this country.**
6. **This country is home to the most visited museum in the world.**
7. **In February 2016, this country banned supermarkets from throwing out unsold food. Instead they must donate it to charities.**

**Research in books and the internet** and when you think you know the answer write it down with your name and place it in the Jelly Bean box.

A name will be pulled out to win a prize at assembly!

Best of luck!

Signing off!

_Journey Jelly Bean_
NIGHT OF THE NOTABLES
Seymour LAN warmly invites all community to join us for our
NAIDOC Week March & Celebration

NAIDOC Week provides an opportunity for Indigenous and non-Indigenous
Australians to join together and recognise the valuable and continuing contribution
that Aboriginal and Torres Strait Islander Australians have made to this country.

Join us on Wednesday 6 July
10.30am Welcome to Country & Smoking Ceremony.
The march begins at 11.00am
Meet at the corner of Station St and Crawford St, finish at Kings Park.
FREE Community BBQ & Activities.
Make your own banner or simply come dressed in red, black and yellow!
Contact Deborah.Evans@dpc.vic.gov.au for more information
This event is taking place on the traditional land of the Taungurung people.

Need a hand with food?

Visit us and access our...

FOOD SHARE
Private, confidential and open to assist you.
Also available, food swap table - turn a lemon into a spud!
Cold weather,
School holidays,
or extra visitors?
Contact Flowerdale Community House
57802664

Tuesday - Thursday
9am - 4pm.

FREE DEBT HELP
1300 227 000
<table>
<thead>
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<th>Mon</th>
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<tr>
<td><strong>11</strong> School Starts Back <strong>Yeah!</strong></td>
<td>12 MACC</td>
<td>13</td>
<td>14</td>
<td>15</td>
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<td>17</td>
</tr>
<tr>
<td>18</td>
<td>19 MARC</td>
<td>20 Foundation—Grade 3 Camp</td>
<td>21 Foundation—Grade 3 Camp</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>25</td>
<td>26 MACC</td>
<td>27 THE FLOWERDALE PROJECT starts</td>
<td>28</td>
<td>29 Tree Planting Day</td>
<td>30 BOITE Polishing Rehearsal 2-4pm Yea P.S</td>
<td>31</td>
</tr>
</tbody>
</table>

**The Flowerdale Project starts**

**Victorian premiers’ reading challenge**

DON’T FORGET to keep writing down the books you’ve read in your reading challenge log.

When they are filled in please give your completed log to Ms Davis.

Remember:

Foundation—Grade 2: Read or experience 30 books
Grade 3-6: Read 15 books.

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**School Program**

**Before and After School Care available**

**Monday to Friday**

Come and join educator Fiona Henson for crafts, games, food and fun!

As always, children should be booked in for the day you require.

Contact Murrindindi Day Care on 57720362 to enrol.