**From The Principal..**

Hi Everyone,

Welcome to our new website! How exciting, we have been waiting for so long and now it is finally here. We will be able to enjoy it for the next few weeks until the end of term, so keep an eye out for new items, bulletins, and activities that are being posted daily.

**Hot Weather**

Tomorrow is forecast to be an extremely hot day, so please ensure that your child wears appropriate clothing for this weather and has a KPS Sun-smart hat at school. It might be a good idea to freeze some water bottles so that your child can have cool drinks throughout the day.

**2013 Prep Transition Day**

Our first Transition Day for the new 2013 Preps is on Thursday 6th December between 9.15 and 10.15am. The new students will spend some time doing activities in the Prep Unit and there will be a short presentation and morning tea for the parents in the stadium.

**Parents as Role Models**

It has been brought to my attention that some parents are smoking outside the school gates and fences during drop off and pick up times. I am not able to ask parents not to do this, however, I would like to appeal to these parents to think about the impact that this may have on students at our school.

**Book Packs for 2013**

This is just a reminder that the payment for the 2013 Book Packs is due by 11th December. If you are experiencing difficulty in making this payment, please contact Kim Parker (Business Manager) or myself.

Have a great week,

Denise Barker
Principal

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**Upcoming Events**

**PLEASE NOTE - FORMS/PAYMENTS FOR ANY ITEMS IN THE CALENDAR WHICH ARE NOT RETURNED BY THE DUE DATE CANNOT BE ACCEPTED.**

**NOVEMBER**

29 Book Club due

**DECEMBER**

5 All End of Year Excursion Payments Due
5 Grade 6 Graduation Bear payment due
6 Prep Transition Day
11 Prep Transition Day
11 Stationery Pack payment due
12 The Great Race—Grade 5/6’s
13 Grade 6 Transition Day
17 Grade 1/2 End of Year Excursion
17 Grade 6 Graduation
19 Prep End of Year Excursion
19 Grade 3/4 End of Year Excursion
19 Grade 5/6 End of year Excursion
20 School Picnic
21 Last Day of 2012—School concluding at 1.30pm

**LUNCH ORDERS**

Please note all lunch orders are to be placed with Kilmore Primary School. The bakery will not accept any orders brought directly to the bakery. Parents please note for students who forget to place their lunch order, a sandwich will be supplied from school.
Currently 80% of expected Material Requisite contributions and 46% of Voluntary Contributions have been made. Thank you to the many families who have already made this contribution to the school. It is only with your support that we can provide the innovative equipment, environment and resources for our students. Every contribution does make a difference!

BPAY is also available at Kilmore Primary School. If you are unsure how to use BPAY please contact the office. Please note there is a $10 minimum when paying by Bpay or EFTPOS.

LOST PROPERTY
Lost property that has been handed in at the office include: assorted glasses, keys and jewellery.

Community Association

Is seeking donations for their Christmas Raffle from the School Community. Raffle will be drawn at the school Christmas Picnic on Thursday 20th December.

UNIFORM SHOP

Every Friday
2:15 pm - 3:15 pm
in the Conference Room
adjacent to the Art Room.
Northern Regional Uniforms also have a shop at
Unit 21, 8 Oleander Drive
South Morang 9436 4005
info@northernregionaluniforms.com.au

Parents please Note:
Northern Regional Uniforms will not be attending the school on Friday 7th December 2012:

HEAD LICE
We have had a case of head lice reported to the office this week.

2012 SCHOOL TIMETABLE

8:45 ~ first school bell
Students make their way to classrooms
to unpack bag / silent read.

8:50 – 9:40 ~ First session
9:40 – 10:30 ~ Second session
10:30 – 11:00 ~ Recess
11:00 – 11:50 ~ Third session
11:50 – 12:40 ~ Fourth session
12:40 – 12:50 ~ Eating time
12:50 -- 1:30 ~ Lunch
1:30 – 2:20 ~ Fifth session
2:20 – 3:10 ~ Sixth session

Our school Rock Band “1568” performing at school assembly

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Unit 21, 8 Oleander Drive
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info@northernregionaluniforms.com.au

Parents please Note:
Northern Regional Uniforms will not be attending the school on Friday 7th December 2012:
Conveyance Allowance – Changes in 2013

From 1 January 2013 means testing will come into effect and all new conveyance allowance applications will be subject to it.

Applicants for the conveyance allowance must be listed on a means tested pension concession card or health care card that can be verified by Centrelink. Students who qualify for the Education Maintenance Allowance (EMA) may also qualify to receive the conveyance allowance, subject to the eligibility criteria.

Means testing is a new criterion that has been added to the existing eligibility requirements. The existing eligibility criteria remain unchanged and also must be met.

Transitioning to the new eligibility criteria - grandfathering

To help schools and families transition to the new eligibility, the Minister has directed the Department to ‘grandfather’ existing payments of students for either the duration of their primary years of schooling or for the duration of their secondary years of schooling.

This means all eligible students in receipt of the conveyance allowance in 2012 are entitled to continue to receive it as long as they:

a) remain in either their primary or secondary years at the school from which they received the allowance in 2012

b) remain at the residential address as listed on their 2012 conveyance allowance application.

Primary students attending a P-12 school are entitled to have their conveyance allowance grandfathered until they complete Year 6. Under the grandfathering conditions, Year 7 students attending a P-12 school in 2013 are not entitled to have their allowance grandfathered, irrespective of their continued attendance at the school and receiving the allowance the previous year.

Notice handed out this week...

* Grade 6 Graduation Bear order – form

* All students have been handed an end of year excursion form and 2013 Stationery Pack forms. If you have misplaced your forms please see the office.

BOOK CLUB

End of year Book Club order forms were given to students on Tuesday 20th November.

The due back date is Thursday 29th November

Unfortunately, late orders and unnamed orders will be not be accepted. Please ensure that you put your name on the order.

If you pay online you still need to send your order and your credit card receipt number to school so we can include your order with the school order.

We have had a number of orders without names on them. This makes it very difficult for the ordered books to be given to correct people. Please make sure that your child’s name and class is on the top of the form to ensure that you receive your books.

Icy pole Day Every Friday of Term 4

50c an icy pole with a limit of one per student. Money needs to be placed in an envelope with the students name and grade on the front.
Happy Birthday

November
30 Hayley Meakins

December
1 Chloe Mann, Krystal Buhagiar
2 Aimee Azzopardi, William Van Shaik
3 Brielle Kinnear, Chloe McNamara

Lost Property
Lost Property is located in the hallway in the administration building towards the computer room.
Please remember to label all clothing so it can be returned.

Library Books
This week is the last week for students to borrow library books from the school library.
All library books are due back by Friday the 7th December.

KPS CLUBS PROGRAM
TERM 4

November
30 Carol Warriner

December
7 Nicole Hillard
14 Anne-Louise Ryan
21 Carol Johnstone

ART ROOM
Thank you to all families who have donated items to the Art Room.
We need ASAP some old metal curtain rods to help us display our totem poles (Grade 5/6) in our garden.
If any one has any they don’t need please drop them in.
Thank you
Fiona Dixon

Homework Club
For students in grade 3-6, the Homework Club runs on a Thursday afternoon in the Library. This is a great opportunity to complete homework tasks, to access resources from the library or to get a bit of help from a teacher. Permission forms can be collected from the office.

Please note finishing time of 4.15 pm

Sick Bay Linen Roster 2012
TERM 4

November
30 Carol Warriner

December
7 Nicole Hillard
14 Anne-Louise Ryan
21 Carol Johnstone
If you really, really want something, the best way to get it is to save up for it. Just keep putting a bit of money away in your Commonwealth Dollarmite Account every time you get pocket money— that way you can save up and still have some money to spend.
We have had some recent reports of head lice in the school. It is important to note that:

- Head lice can affect anybody at any time.
- Lice do not discriminate, they love all hair types—Clean, dirty, long or short
- Lice crawl and trapeze from head to head, they are wingless creatures, and cannot fly or jump.

Not all children complain of an itchy scalp.

To check your child’s hair:
1/ Comb conditioner through dry hair. This stuns the lice so they cannot run or hide
2/ Comb sections of hair with a fine toothed comb
3/ Wipe comb onto a paper towel
4/ Look for lice eggs
5/ Repeat over entire scalp

If you detect any lice or eggs the hair should be treated as soon as possible. There are various methods of eradication that are available from your local pharmacy. It is important to repeat the treatment 1 week after the initial treatment.

Please note that children must not attend school with active lice, but can return after the hair is treated.
Community Association News

Thanks to all those who attended our last meeting…very productive indeed.

We have finally been able to decide upon and go ahead with the purchase of sporting team tops for all the students who participate in intra-school sports. These tops are available for use by all the sporting genres. They will remain the property of the school and should last many years. A very worthwhile investment.

The large items for the set-up of the stadium kitchen have now been delivered and set up which is very exciting as these items, fridge, dishwasher, microwave and urn will assist with many school activities. Thanks to Homelectrix, Kilmore for their support.

Our most recent fundraiser of hosting family portraits was well attended with over 20 families taking the opportunity to have their photos taken. The photos and packages are due back early December in time for Christmas.

The Association decided to wholly fund the cost of the Grade 6 Graduation dinner as we wish them well with their transition to the next exciting stage of their educational journey. The Association is also assisting in setting up the dinner so all interested volunteers are warmly welcomed. A reminder to the Grade 6 students who wish to purchase a graduation bear, the form and money need to be returned to the office by the 7th December to ensure your order can be processed.

The prep transition days are being held on the 6th and 11th of December to welcome all new and returning families to the school. The Association will be hosting a morning tea on the 6th to foster a meet and greet for the 2013 prep families. We would love to see all new and returning faces to share a cuppa and a chat.

As we are all too aware Christmas and end of year is very fast approaching. The school Picnic is being held on Thursday 20th December. The Parent’s Association will be selling raffle tickets as well as icy poles (weather dependant) and drinks to compliment the BBQ being hosted by school council. Any volunteers to assist would be greatly appreciated. Santa will also be making a visit during the night.

The next meeting is Friday 14th December, 9am in the Portable. We look forward to seeing you there.

Jodi Sanders
An attitude of gratitude

Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it’s common for them to expect plasma TVs, overseas holidays and marshmallow-strung babyshocks as gifts.

But rising levels of affluence seem to have had an inverse effect on our kids’ levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt ‘thank you’ for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

“We know that grateful kids are happier (and more) more satisfied with their lives,” says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

“They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back. The good news is, it is possible to teach gratitude. One of Froh’s studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn’t, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific “gratitude curriculum” reported more appreciation and happiness than those who didn’t get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he’s not suggesting there’s a “gratitude gene”.

“But I do think environment can play a major role,” he said. “Always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should – be grateful. The other day, James said to me, ‘Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I’m the luckiest boy in the world.’ For a five-year-old to understand how ‘lucky’ – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I’d like to think we played some role.”

At our dinner table, everyone takes turn in answering the question ‘What made you happy today?’ The responses, from ‘having a wrestle with Dad’ to ‘the picnic lunch we had in the backyard’, are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you’ve done for them, all behaviours that conjure independence?

“I know people say this, but I disagree,” he says. “Yes, teens want independence. But who said they can’t acknowledge, let’s say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it’s a balancing act, but it can be done.”

Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude:

1. “Learn to limit kids’ commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in.”

2. “Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text ‘thank you’ to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too.”

3. “Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children.”

4. “Help kids to process benefits with ‘grateful lenses’. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, ‘How nice was it that Olivia went out of her way to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit).’”

5. “Tune into your child’s interests and strengths. Nurturing this in them will give them even more to be grateful for.”

Karen Fontaine is a Sydney-based journalist.
ART CLASSES in Bradford

call Justine on 0421 781 160 or 5784 1665

NETTA START & SKILLS TRAINING PROGRAMS

The Kilmore Junior Netball Club is conducting a Netta Start Program as well as a Skills Training Program in 2013. Netta Start has been developed to provide girls and boys from the age of 5 to 9 years with the best possible learning and playing experience that enables them to develop a positive introduction to netball, ensuring enjoyment and continued participation within the sport.

In conjunction with the Netta Start Program the KJC is offering a Skills Training Program for age 10-15 year olds (under 11, 13 & 15’s).

Commencing: Monday 4th February 2013 from 4pm.

Program duration: 7 weeks.

Location: Kilmore Netball Courts, JJ Clancy Reserve.

Cost per participant is $50.00
(Includes Netball 2013 and a netball for Netta Start participants)

Registration and payment for either Program

Wednesday 28th November 2012
from 3.30pm til 5pm
At the Club rooms, JJ Clancy Reserve, Kelly’s Lane, Kilmore.

Please contact Bronwyn Kinnehmer via kilmore.netball-jnr@hotmail.com to make further enquiries.

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