Dear parents and carers, staff, students and community members,

We are all looking forward to the Athletics Faction Carnival that will be held tomorrow on the school oval. All parents, carers and families are welcome to join in the fun of the day and cheer on the students as they compete in their events. A huge thank you to all the parent volunteers who are assisting on the day, without whose help we would not be able to run this type of whole school event. Good luck to all our students and we hope everyone has an enjoyable day.

Please mark on your calendars that Friday, 11 November 2016 is a pupil free day for the Albany Show. School staff will be participating in professional development on this day.

As mentioned in previous newsletter we are now entering the planning stage for 2017 classes. If you know that your child will not be attending LGPS next year, can you please advise the office as soon as possible, if you have not already done so.

Have a great fortnight.

Darryn Martin
Principal

Julie Blogg
Associate Principal

Here are some great tips on dealing with CHILDREN’S ANXIETY

Twenty-first century living is taking its toll, and many children are finding it hard to cope. Some parenting practices can make things worse. As in all parts of our lives, finding the right balance is always the best, if sometimes the most difficult, goal.

Sharing too much. When your child comes home from school with tales of mean girls, aggressive boys and insensitive teachers, remember that children feed off our emotions and can get more distressed when we’re distressed. We need to try to keep our own anxiety in check while sympathising with theirs. We have to be the emotional rock: the person who understands and supports.

Advocating too hard. We all want to stand up for our children, but our eagerness to advocate can sometimes actually raise anxiety levels. If your child shares a school problem with you, your first instinct is often to march into the school and try to resolve it. This tells your children that you don’t have faith in them to fix their own problems. Your first priority should be to help them find a solution they can implement without your help, every time.

Having great values. Sometimes children make poor choices, and the thought of family finding out can seem like a fate worse than death. Let your children know that while values are important, you understand the realities and temptations they face. Don’t create a culture where your children are too anxious to come to you and admit they messed up.

Acknowledgement: Karen Banes
**Remainder:** Canteen is closed on Friday

Open on Thursday for Athletics Carnival

- Sausage Sizzle for Adults
- Morning tea items available for purchase.

**Roster:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thur 27 Oct</td>
<td>Athletics Carnival</td>
</tr>
<tr>
<td>Fri 28 Oct</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Wed 2 Nov</td>
<td>Elise</td>
</tr>
<tr>
<td>Fri 4 Nov</td>
<td>Nicole, Justine</td>
</tr>
<tr>
<td>Wed 9 Nov</td>
<td>Dianne</td>
</tr>
<tr>
<td>Fri 11 Nov</td>
<td>CLOSED SHOW DAY</td>
</tr>
</tbody>
</table>

Jo is looking for new volunteers for next year’s canteen roster. If you can offer your time on a Wednesday or Friday morning once a term, please see Jo in the canteen. You assistance will be greatly appreciated.

**Contributions Payment**

Thank you to the families who have paid their school contributions this year.

These funds are used to purchase resources that benefit students across the school.

Payment statistics for your information:

- **84%** of Kindy contributions have been received.
- **55%** of Pre-Primary contributions have been received.
- **65%** of Primary contributions have been received.

It is never too late to pay your contributions.

Why not come into the office when you are visiting for the faction carnival on Thursday!

**Chaplain’s Chatter**

This term I am spending some focussed time with the year 5 girls talking about friendship. We have been talking about kindness; the quality of being friendly, generous and considerate. I have a ten year old daughter at home so I empathise; it can be a tough time for our girls. I love hanging out with the Little Grove mob, but as a chaplain I will always point them home. You guys are the real Rock Stars in your kids’ lives.

**How Being a Parent is Like Being a Rock Star:**

- Endless hours on the road with too many people in the vehicle
- Your job is to entertain a room full of loud, enthusiastic children
- If you do your job well, people ask you when you’ll produce more
- You ask yourself daily, “Am I tripping? Or did I really just see that?”
- Your name is always shouted, never spoken
- Someone is always pulling at your clothes
- Groupies follow you to the toilet

Each of our children is a precious and unique gift, and YOU are their Rock Star. I hope my ten year old groupie is still following me to the toilet when she’s sixteen even if she’s screaming at me, because I’m her Mumma, I’m her Rock Star!

Belle Grant

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**Information Page**

Did you know that producing 20 cans from recycled materials uses the same energy as making 1 new can from raw materials? Aluminium cans are one of the most recycled products thrown away, although they are one of the few recyclable products which consumers can actually be paid to recycle.

It is estimated that if all the cans thrown away every year were recycled, by taking them to a “Cash for Cans” depot, people would be able to collect over $15 million.

A single can is able to be recycled about six times before it evaporates in the melting process. This makes it one of the most valuable drink containers on the market. Recycling one aluminium can saves enough energy to keep a light bulb alight for up to twelve hours.

**Tips for recycling**

- All aluminium can be recycled, including foil and foil products.
- Rinse cans and foil.
- Crush to reduce volume.
- Put into your recycling bin or take into “Cash for Cans” depots.

**Useful Internet Site:** [www.planetalk.org](http://www.planetalk.org)