

Diary Dates

Wednesday 28th October

- Foundation & Year 1 Chesterfield Farm
- T20 Cricket Competition
- Year 3 Camp

Thursday 29th October

- Music; Count us In

Tuesday 3rd November

- Melbourne Cup Day public holiday

Thursday 5th November

- Mini-fete

Student of the Week - Week 1

Foundation - Damdeep: Always being a lovely friend and trying her best with everything she does in the classroom. You are a super star Damdeep!

Year 1 - Manal: Being a delightful and responsible class student.

Year 2 - Elizeh: Excellent attitude to her learning. She always tries her best and produces 5 star work.

Year 3 - Jyotsna: Making a great start with her writing project by writing a fantastic narrative.

Year 4 - Praveenaa: Outstanding and consistent effort in all areas of the school and being a wonderful role model.

Year 5 - Jacob: Working co-operatively with his team to build a raft during Year Five Camp.

Year 6 - Sam: Working extremely hard in our Science unit and sharing her extensive knowledge of the environment in a group task.

Student of the Week - Week 2

Year 1 - Ekisha: Always working to the best of her ability and being a responsible and respectful member of the class. Thank you and well done.

Year 3 - Nicholas: Completing all class work in a timely manner and writing excellent complex sentences.

Year 4 - Trinity: Excellent work in all areas, superb manners and fantastic teamwork.

Year 5 - Rearch: Demonstrating great confidence when reading out aloud and trying to make eye contact at all times.

School Council Update

At the School Council meeting on Wednesday 21st October, the Uniform Policy was amended. The only jewellery to be worn at school are stud earrings and the only accessories are a watch or Fit Bit. Please refer to our website for the updated Uniform Policy.
<http://www.maramba-ps.vic.edu.au/policies>.

Update:

Within the Department of Education Prep is now referred to as Foundation. We will adopt this classification going forward.

Along with this change we will be referring to Grade as Year, this then comes into line with Secondary College classifications.

St John First Aid Session

On the 19th October 2015 my class had the opportunity to have a first aid session. It was a very informative and exciting session because we learnt lots of stuff about first aid and some of us got the chance to be the casualty (the person who is hurt, unconscious or sick). In the session we went through the St John first aid action plan (the steps you need to do if you see someone hurt, sick or unconscious).

Below is the St John First Aid Action Plan:

Danger, **R**esponse, **S**end For Help, **A**irways, **B**reathing, **C**ardio Pulmonary Resuscitation, **D**efibrillation

We learnt to do the action plan step by step to be successful. Danger means that you need to be aware of yourself and people around you before you help the person hurt or unconscious. Response is to ask the casualty questions to see if they are conscious or not. Send for help is to call 000 and call the ambulance. Airways is to put the victim in the recovery position and scoop out any food, blood, vomit or water. Breathing is to tilt the victims head upwards so they can breathe properly. CPR is to do 30 compressions and 2 breaths on the victim. 5 cycles in 2 minutes. We all enjoyed the first aid session and it was an exciting experience.

By Ryan, Year 5

English

UNSW Test Results

Distinction		Merit	
Pamod	Year 3	Brooke	Year 3
Hasith	Year 5	Jyotsna	Year 3
Credit		Gurkiran	Year 4
Hiruni	Year 3	Ryan	Year 5
Nandan	Year 3		
Johan	Year 4		
Jasmine	Year 4		
Dayadeep	Year 4		
Senith	Year 5		

Mathematics

UNSW Test Results

Distinction		Credit	
Hiruni	Year 3	Dayadeep	Year 4
Jasmine	Year 4	Praveenaa	Year 4
Senith	Year 5	Johan	Year 4
Ryan	Year 5	Pamod	Year 3
Hasith	Year 5		
Danidu	Year 5		
Merit			
Liam	Year 5		
Gurkiran	Year 4		

Payment Due Dates

Grade	Excursion	Amount	Due
Select	T20 Cricket Competition	\$8	23/10/15

Day One

Students travelled to Phillip Island, stopping at San Remo for snack and a play in the park. In the afternoon, we all went for a walk along Smiths Beach and did some rock pooling. In the evening, we went to the Penguin Parade and there were plenty of penguins to see.

Day Two

Today we participated in four group activities: swimming, while the sun shone just enough for a fun warm splash around; disc golf, of throwing frisbees through a challenging course; initiative activities, where we had to work as a team to solve problems; and, mini-Olympics, a session of small competition games. Everyone was kept busy, so the evening concluded with a trivia competition followed by the movie Goonies.

Day Three

Today students begin activities of giant swing, twin flying fox, bouldering, canoeing, circotron, raft-making and more. Some activities will certainly test courage and peer support will be important. The first two days have provided an excellent springboard for team comradery and giving things a go, so now we put that into action.

For some students, this is their first camp, so I asked them about their experience so far.

CAITLYN (Year 5)

I was excited about coming to camp because I was looking forward to the penguin parade, the giant swing and canoeing. So far, I've liked the food and the swimming pool. For my first camp, it's been fun.

DEKI (Year 6)

This is my first camp. I didn't go on the other camps because I'm a really fussy eater and didn't know if I'd like the food. This camp sounded like a lot of fun and at Phillip Island the food has been pretty good and camp has been really fun.

SYLVIA (Year 6)

Phillip Island is my first camp. I thought it was important to experience a new thing in primary school. I like going in the pool and having our own cabins with ensuites. I'm a bit nervous about the giant swing but I will be going to the top and trying not to scream while having so much fun.

ROVINHO (Year 5)

I was excited to come to Philip Island Camp because there are lots of fun activities like flying fox, canoeing, giant swing and more. I would recommend this camp to everyone because the food is really yummy and there's lots of room to play sports like tennis, basketball, volleyball and more.



Hot Shot Tennis

Over the next three weeks, students will be participating in Hot Shots Tennis, an initiative by Tennis Australia. All students receive a Hot Shots Tshirt and coaching by Peter Jedrys, a local tennis coach, during one PE lesson. The school has received rackets and nets to keep the program running. Thanks to Peter and Tennis Australia for helping to deliver a wonderful sports program to our students.



Office Reminders

Reminder to parents when paying for an excursion or activity at the office please remember to bring your completed payment envelope with you.

Thank you



HOW TO GET STARTED

Before using our programs register online for an account. Registering is quick and easy. Visit www.campaustrials.com.au/newparents to begin.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 943

Holiday Clubs
Don't forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustrials.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

we make kids smile
www.campaustrials.com.au

MARAMBA OUTSIDE SCHOOL HOURS CARE

Welcome to Term 4

Hats on for outside activities this term so please bring a hat just for After School Care.

Thank you to everybody who donated to the Smith Family Charity in Camp Australia's back to School appeal. The Maramba kids made a money snake along the wall and we now wait to see the tally from all the Camp Australia Services.

In Term 4 we are supporting an Oxfam project in South Africa. We will create gifts for children attending school in Sophakama, learn about South Africa and raise awareness of being a global citizen.

Of course we will continue to celebrate usual Term 4 themes with lots of craft and spooky cooking for Halloween. There will be lots games-based learning and fitness as always too.

Congratulations to all the children who received STAR Awards recently, we hope your award and photo is proudly on the fridge at home.

A big welcome to our new families, thank you for choosing Camp Australia

Great food, great friends, great learning and great FUN. That's us at Maramba Camp Australia Before and After School Care.

Alan, Jacquie and Lizia.

Healthy Eating Habits

Teaching children from early childhood positive eating habits can set them up for life with healthy eating habits. The importance of eating breakfast daily maximises the child's concentration allowing efficiency in the brain. Encourage your child to eat a breakfast around fruit, eliminating high sugar cereals and breads, also including a drink of water or milk.

Breakfast Suggestions

- porridge topped with fruit, such as banana
- wholegrain bread/muffin toasted with banana
- yoghurt topped with fruit
- fruit smoothie

Lunch Box Suggestions

- fruit: orange, apple, banana, pear, grapes
- vegetable sticks: celery, carrot, cucumber
- plain popcorn
- dried fruit
- rice cakes



Further information and tips on healthy eating for children can be found at <http://healthy-kids.com.au>