



**Excellence Respect Co-Operation  
Resilience Friendship**

Balmoral Avenue, Bundoora 3083  
Ph: 9467 2601  
bundoora.ps@edumail.vic.gov.au  
[www.bundooraps.vic.edu.au](http://www.bundooraps.vic.edu.au)

Out of School Hours Care: 0467 712 368  
[www.oshclub.com.au](http://www.oshclub.com.au)

## Dates to Remember

### Wednesday 11<sup>th</sup> October

Zone Athletics

### Thursday 12<sup>th</sup> October

Division Basketball Competition

### Tuesday 17<sup>th</sup> October

Parents & Friends meeting 7.00pm (all welcome)

### Thursday 19<sup>th</sup> October

Prep-2 Metro Trains incursion

### Tuesday 24<sup>th</sup> October

2018 Prep Transition session 1  
11.45am-1.15pm

### Wednesday 25<sup>th</sup> October

School Council 7.00pm  
(Finance at 6.00pm)

### Tuesday 31<sup>st</sup> October

2018 Prep Transition session 2  
11.45am-1.15pm

### Wednesday 8<sup>th</sup> November

2018 Prep Transition session 3  
11.45am-1.15pm  
Year 5 Leadership Course

### Thursday 9<sup>th</sup> November

Walkathon – information to come

### Friday 10<sup>th</sup> November

Remembrance Day at Bundoora Primary  
at 11.00am.

### Saturday 11<sup>th</sup> November

Remembrance Day service at Watsonia  
RSL at 11.00



[facebook.com/BundooraPrimarySchool](https://facebook.com/BundooraPrimarySchool)

Download our **FREE Bundoora Primary School App** now!

# Bundoora Bulletin

*From the Principal...*

Welcome to Term 4! It's always so lovely to see how students (and parents) re-enter our school after a holiday break, smiling and eager to see their friends and teachers. Listening to the chattiness of conversations, it's clear a lot of our families enjoyed the break and managed to get out and enjoy some of the wonderful weather we've had. Hopefully, everyone is clear of the winter coughs and colds, and well rested for the final term of the year. There's a lot going on so please remain up to date through our newsletter, App and classroom rep emails.

October is **Walk to School** Month and our students are participating in Walk to School month with eagerness and enthusiasm. Every October, Walk to School encourages Victorian primary school children to walk, ride or scoot to and from school. The Walk to School Program promotes regular physical activity in Victorian primary school students, which helps kids and their families establish active routines for life. It also supports primary schools, local councils and communities to make active travel easy, safe and accessible. Students, in each class, are recording their travel to and from school to encourage others and show how easy it is to get a little bit of exercise each day.

Today our **Athletics Team** have participated in the Zone Athletics Competition, which is a progression from the District Athletics Competition held last term. I trust our team will have participated with enthusiasm and great sportsmanship, knowing we are proud of their achievements regardless of their result. Our winning grand finalist **Division Basketball Team** will tomorrow compete in a round robin basketball competition at Viewbank. Supported by our PE Teacher, Mr Kret, this team won the interschool sports competition in Term 1 and are very keen to get back on the basketball court. The team had regular after school training sessions towards the end of last term to refine their skills in preparation for this competition. We wish them all the best of luck!

I am very pleased to announce that the building plans have been finalised for our new building, with the finer details (e.g. inside design and styles, colours, etc) now being decided. Our architects, Haskell Architects, have released the project to tender, which will take some time to determine and complete. We expect works to begin over the January school holidays, initially with little interruption to our school grounds, aside from the removal of our senior playground. Our landscape architect, Justin Staggard, has met with our students to gain an insight of their ideas of a new playground and play area to be created on the north side of the Palace (outside our Science/STEM room). We expect the new play area plans to be finalised in the next few days, with work beginning this term in order for the new play area to be ready for the start of Term 1 next year, which will mean our students will not be disadvantaged at all.

Our new **online ordering system for uniform orders** is now up and running which means all uniform orders must be placed online via <https://fcw.com.au/schools-online-shops/>. Once you have entered this website, simply select Bundoora Primary School and place your order. Your order will then be passed to your child directly each Monday or be available for collection by parents each Monday between 9.30am and 11.00am.

We are well into preparations for our **2018 class structures** and placement. I encourage any families who are aware of any incoming students, whether into Prep or throughout any year levels, to contact our office as soon as possible to ensure inclusion into our 2018 structure. Likewise, it is important for us to be aware of any possible students leaving our school due to moving suburbs, etc. Our 2018 Prep Transition information was sent out at the end of last term, preparing our Prep families for our transition sessions which will start early next month.

*Enjoy your week!*  
*Lee Pollard*

*We provide our students with the skills to become confident and capable global citizens.*

## Canteen

Please note that we have needed to adjust the prices and menu across the board for our canteen. The new menu/prices are attached to this letter and will come into effect from next Wednesday, 18<sup>th</sup> October.

## Performing Arts – Nerida Newell

Our Ukuleles have arrived! Our Year 1/2 & prep students started this week with the senior school starting next week! Our students have been so excited and look forward to playing and performing songs!



## Visual Arts – Penny Allibon

### FINGER KNITTING WORLD RECORD CHALLENGE

A number of students have set themselves a challenge: To produce a length of finger knitting which is at least 20 kilometres long.

At the time of publishing this newsletter **the finger knitting is**

**515 metres** in length.

The students would like to invite anyone who wishes to join in to bring their finger knitting to school. If you wish to learn how to finger knit, come to Thursday lunchtime Art Club.

We will keep you updated on the progress of the challenge.



تحياتي لكم، أسمى نهلة سعيد. أنا موجودة في مدرسة بندورة. مهمتي أن أساعد الطلاب أصحاب الحاجات الخاصة، و أيضاً المترجمة عربي انكليزي و بالعكس. أوقات دوامي: الأثنين، الثلاثاء، و الجمعة . عنوان بريدي الإلكتروني:

[said.nahla.n@edumail.vic.gov.au](mailto:said.nahla.n@edumail.vic.gov.au)

[9467 2601](tel:94672601)

شكراً

### Seeking Assistance!

We have an abundance of new books that require placing stickers on and stamping. If anyone is willing to help with this, either at home or at school, please see our office staff.

**Our kids matter.**  
kidsmatterprimary.edu.au

**Kids Matter**  
Australian Primary Schools  
Mental Health Initiative



# Ways to love your children confidently

Parents have two things in common. Firstly, every parent experiences some challenges or difficulties at some point raising kids. Whether it's managing challenging behaviour, keeping a child's chin up when life doesn't go their way or helping a young person handle the ups and downs of adolescence – every parent must deal with challenges along the way. Secondly, all parents want their children to thrive and flourish. That means we need to love our kids confidently, rather than protect, pamper and problem-solve for our kids.

Here are some parenting ideas to help your kids thrive and in doing so, may reduce the number of parenting challenges you experience along the way:

## 1. When kids can, let them do

Promoting independence suggests parents could look for as many opportunities as possible to develop self-sufficiency in children. Self-esteem and confidence is built by kids gaining mastery over their world and doing the little things that we as adults so often do for them.

## 2. Encourage them to play

Adults are very fond of organising environments for kids to enable learning and maximising their development. Kids' lives are full of organised after-school activities including sports practice, music practice, swimming lessons, etc. There's not much time for mucking around these days. Self-initiated play, particularly when it occurs outside, is great for kids' confidence.

## 3. Give them some tough stuff to do

Life in the twenty-first century is comfortable for most us. Nothing builds confidence like a deep appreciation for what you have, and an understanding that you can put up with some hardship and discomfort. Having children complete some chores (make their lunch/their bed/feed a pet) is beneficial to all involved.

## 4. Make sure they do something that someone else relies on

So what does your child do that someone else relies on? Does he feed the dog? Empty the dishwasher? Help his sibling with homework? Assuming responsibility builds kids' confidence. We often give responsibility to kids who we know can carry out the responsibilities without a hitch, not the kids who really need it as they sometimes struggle and won't do it right.

## 5. Give them psychological space

Sometimes we know too much about our children's lives. Most times we know if they had breakfast, who their friends are and how their day went at school. All this knowing may keep us in the loop with our kids, but it can also be suffocating for some children. Children benefit when they have some space from their parents' attention and best intentions. Space gives them the chance to solve their problems in their own way and develop their own resourcefulness, which is a fantastic confidence-builder at any age.

## 6. Ask them to help you

Nothing displays faith in a child's abilities like a genuine request for help. Next time you're about to embark on an activity (cooking, washing the car, loading the washing machine) ask a child to give you a hand.

## 7. Let them teach you something

When was the last time you asked your child to teach you how to do something? Kids who see themselves as strugglers can get a boost in confidence when they teach their parents how to do something that they are good at.

## 8. Problem solve together

While kids need a chance to resolve some of their every day problems, they can also benefit from sitting down with a parent and working their way through problems together.

## 9. Help them see beyond the label

A child who defines himself as being stupid because he struggles academically benefits from parents who lovingly point out that they are good at some things. Help them see the strengths that they have in other areas of life such as making friends and the personal qualities that they display such as loyalty, patience and persistence. Help children see past labels that they can place on themselves.

## 10. Help your child rationalise, rather than exaggerate their worries

Children and teenagers can easily jump to conclusions and catastrophise ("I'm hopeless!"), blaming themselves when they experience difficulties. Help your child work through their difficulties so they can rationalise and find solutions. Challenge their self-talk and help them see that a situation probably isn't as bad as they are making out. Building children's resilience and confidence is a basic parenting task.



# Community News



From October 13-27, The Nappy Collective is calling on all babies around Australia to help their fellow babies-in-need.

The Nappy Collective is calling on all babies around Australia to become a Social Change Maker by donating their leftover unused disposable nappies to fellow babies-in-need. With approximately one million babies aged 4 and under in Australia, this movement of babies could make a significant impact in supporting their fellow babies-in-need as well as reducing unnecessary waste.

No left over nappies? Just a single nappy donation from each Australian baby could make a huge difference to families who are struggling to provide this basic yet essential health care item. At an average of 45 cents each and with newborns using up to 3000 nappies in their first year, nappies are one of the largest ongoing costs of raising a young family, adding addition pressures and stress to those experiencing crisis or disadvantage.

Bundoora Primary School is pleased to be participating as an official drop point (in our foyer) where we hope the local community will help support The Nappy Collective.

## HOLIDAY CARD-MAKING BUFFET

(You know, the fun stuff Deb McCleary does!)



*Beginner and Avid card-makers alike are going to love this event.*

Get a head start on your holiday cards or come along to learn what it's all about.

- Your admission price will include the creation of 4 great cards of your choice from the many designs available to choose from (hence the buffet...)
- If you finish your cards early, you can purchase more cards to make while you are there. Make as many cards as you have the time and energy to create.

Find loads of creative inspiration from Holiday projects, all made with quality Stampin' Up! products.

Tea, Coffee and bickies are supplied to provide vital sustenance while you craft away the afternoon.

*A fun-filled, not-to-be-missed afternoon.*

When: Sunday 29<sup>th</sup> October

Time: 12:30 - 4:30pm

Where: The Palace, Bundoora Primary School

Cost: \$25

RSVP: Call Michelle Corbett on 0402 821 010 to book your place or for further enquiries. \$10 deposit is requested at time of booking.

Bookings are Essential so that I can make sure there are enough kits available for you.

**\*\*Mention that you are booking from the school to receive a voucher to create an additional card on the day.\*\***

THE NORTHERN SUBURBS FLY FISHING CLUB INC present

## KIDS, COME & TRY FISHING

SUNDAY 15 OCTOBER 2017, 10 am - 2 pm

Yarrambat Park Lake, Yan Yean Rd, Yarrambat 3091



All equipment, tackle, bait and instruction is provided for **FREE!**

A BBQ lunch and soft drinks will be available at a small cost.  
Contact: Dom 0438 110 862 / Anne 0418 865 419

*It's a catch-and-release only event. Kids under 15 must be accompanied by an adult.*



## JOIN OUR COMMUNITY FAMILY DAY

**FREE**



Enjoy a great day out with the whole family at the Community Family Day & Spring Launch at Bunnings Warehouse Thomastown

**Saturday 14th October  
11am - 2pm**

Jumping Castle, Crazy Daisy Clown/Magic Entertainment, Relaxation Massages, Henna Tattoos, Community Group Demonstrations & much more!

Learn about Garden Care, Power Garden maintenance, Power Tools, Painting and Tiling at our DIY workshops.

For more information email us on [thomastownwh@bunnings.com.au](mailto:thomastownwh@bunnings.com.au) or phone 9462 8000 or visit [www.bunnings.com.au/thomastown](http://www.bunnings.com.au/thomastown)



