



Bundoora
Primary School

***Excellence Respect Co-Operation
Resilience Friendship***

Balmoral Avenue, Bundoora 3083
Ph: 9467 2601
bundoora.ps@edumail.vic.gov.au
www.bundooraps.vic.edu.au

Out of School Hours Care: 0467 712 368
www.oshclub.com.au

Dates to Remember

Wednesday 7th November

School Council 7.00pm
(Finance at 6.00pm)

Thursday 8th November



Colour Explosion Run 2.15pm
(Parents/Carers welcome to help/cheer)

Friday 9th November

Remembrance Day Ceremony 11.00am
(all welcome)

Monday 12th November

Prep Transition 11.45-1.15
Parents & Friends Meeting at 7.00pm
(all welcome)

Wednesday 14th November

2019 Year 6 students – Try On session of
Year 6 garments 10.00am (information
coming soon)

Thursday 15th November

Year 3/4 Scienceworks excursion
(information to come via Compass)

Thursday 22nd November

Prep Transition 11.45-1.15
Instrumental Program Recital 2.15pm
(All welcome)

--- **December** ---

Monday 10th December

Family Christmas Carols Evening
(information to come)

Tuesday 11th December

Pupil Free Day (No School)
(OSHC Available – bookings essential)

Bundoora Bulletin

From the Principal...

Excitement is building for our **Colour Explosion Run** event which is being held tomorrow, Thursday, 8th November starting at 2.15pm. Our students are eagerly looking forward to the showering of powder as they walk or run the obstacle course around our school oval. Most of our students have created their profile page at myprofilepage.com.au which will help them to raise sponsorship money and choose their prize. Students who raise as little as \$10.00 will receive a prize. We encourage all students to create a profile page at myprofilepage.com.au. Students are reminded to bring a white t-shirt to change into before the Colour Explosion Run and a towel to dust themselves off, if they need to. Parents/carers are invited to come along and cheer our students on. For safety reasons siblings are not able to participate.

We will be holding a **Remembrance Day** ceremony this Friday, 9th November, at 11.00am in the Palace, to commemorate Remembrance Day this Sunday. All parents/carers are welcome to attend our ceremony at school on Friday. Likewise, families are invited to the Remembrance Day service at Watsonia RSL on Sunday at 11.00am. Each year the Watsonia RSL awards Year 6 Scholarships to neighbouring schools. I am delighted to announce that Arielle and Bill have been chosen as this year's Year 6 Scholarship recipients to reflect their commitment to their education. Arielle is being commended for her outstanding leadership skills, her academic achievements and commitment to her learning. Bill's award is due to his commitment to work hard, always displaying a mature attitude and making good choices. Both Arielle and Bill will be presented with their award following the Watsonia RSL Remembrance Day service. Congratulations to both of these students for this achievement.

We are well in the process of arranging our class structure and student placements for next year and it is important for us to factor in students who will be coming to our school next year, in prep or mid-year level, as well as be aware of students who will not be returning. If your family are planning to relocate housing, which will mean your child will not be returning to Bundoora Primary next year, please let our office staff know as soon as possible.

BUILDING NEWS

Our new building is now at lock-up stage with the internal works being completed over the next month. Internal painting is completed and cabinetry is currently being installed. The outside decking area and ramp are being constructed now, which will make a big difference to the outside of our building. It is becoming more and more exciting as the building reaches completion, with handover expected in the last week of term.

The concrete slab of the old canteen is being lifted this week to prepare for a new asphalted area, followed by the laying of the new basketball ground surface in early December.

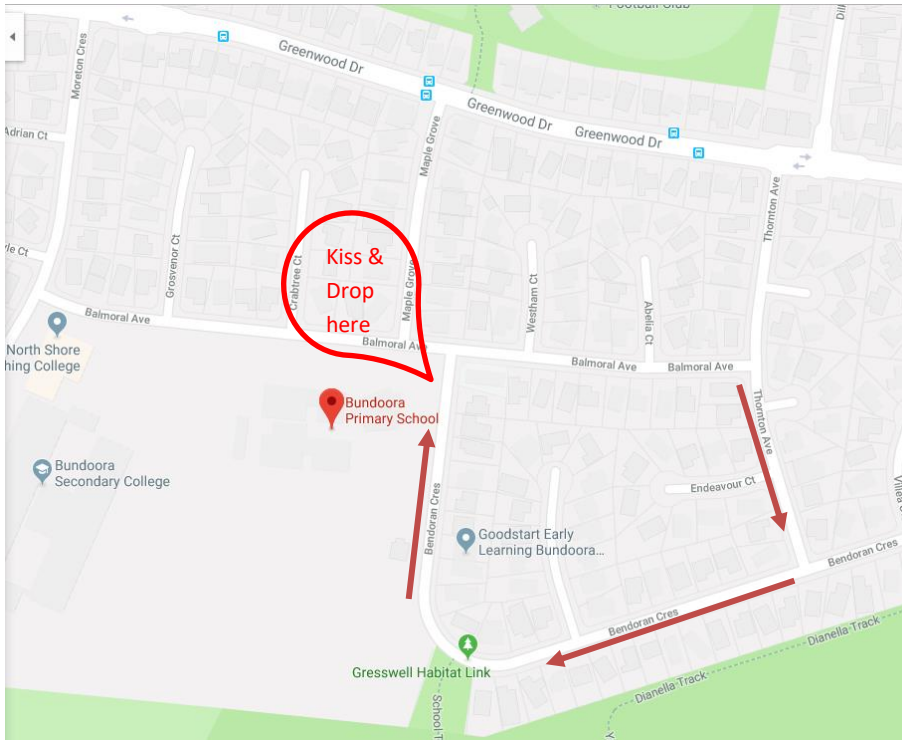
Stage 2 of the building works are currently at the design stage. Plans will be announced, and presented, as soon as they're finalised, once approved by DET.

The fire service upgrade (between Bundoora Secondary College and our grounds) is almost complete.

A reminder that parents are not to use our staff carpark, or driveway, to drop off or pick up their child/ren. Please note our new "Kiss & Drop" Zone on Bendoran Crescent, as well as our new "Disabled Parking" bay (time limited 1 hour). The Kiss & Drop Zone is an easy option for parents, who don't wish to come onto our school grounds, to simply drop their children off or pick them

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

up. Parents can simply drive along Thornton Avenue, turn right onto Bendoran Crescent and then arrive at our Kiss & Drop zone (see map below for information). Parents must not park in this car parking area facing the opposite direction, nor make u-turns (on Bendoran Crescent or Balmoral Avenue) to access the Kiss & Drop carpark area. This zone will alleviate the limited car parking issue and develop a little independence, particularly with our older students. Our newly painted and sign-posted Disabled Car Park is situated on Bendoran Crescent (towards Balmoral Avenue) to assist those parents/carers with a disabled parking sign. If used properly, these new parking zones will be most helpful for our families.



The collection of old mobile phones is still going for another week to support the **“They’re Calling on You”** drive which raises funds to support Zoos Victoria and the Gorilla Doctors to care for wild gorillas. Devices (and cords) can be brought to the collection box in our foyer. Please see their website for more information [“They’re Calling on You”](#).

Enjoy your week!
Lee Pollard

Victorian Premier’s Reading Challenge

A very special morning tea was put on today to celebrate 151 of our students reading more than 100 books during the Premier’s Reading Challenge. Huge thanks to Mrs Allibon for leading this celebration and baking most of the food items, and thank you to those staff members who helped with baking also.



Visual Arts – Mrs Penny Allibon

GRADE 5-6 SHOWCASE

Over the next two weeks, beginning on Monday 12th November, there will be a showcase of grade 5-6 Art works. It includes BluTak models, Solar Systems and the grade 5 photos from the Moran Photography workshop. This display will be in Building 1.

As part of the showcase there will be a BluTak model competition. Cast a vote for the model of your choice and be in with a chance to win the voter's prize.

Come along and enjoy the amazing Art work.

Name: **Bundoora Pre-school Staff and Committee**

Mrs Doutré is Retiring



and we would like to invite you to join us to
honour Ros at kinder on:

Sunday 25 November 2018, from 2pm

Bundoora Pre-school

20 Noorong Avenue, Bundoora

RSVP by Sunday 18 November to:

daniandros@bundoorapreschool.com.au

Thank you.



World Hunger Evening

"Dinner in the shoes of a stranger"

Proudly presented by the Social Enterprise Program of Bundoora Primary School

We are enormously grateful to the following businesses for their support and generosity in sponsoring this evening:

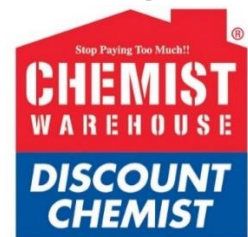


Uni Hill 9468 5457



Jets Eltham

03 9439 6571



Plenty Road, Bundoora

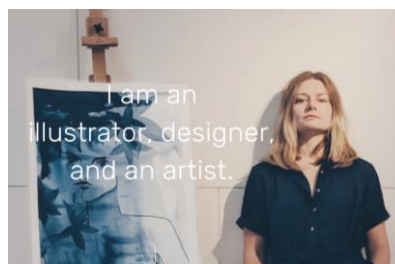


Bundoora Square



Bundoora Square

LYNDSEY KNIGHT



Thomastown



173 Settlement Rd
Thomastown



Bundoora Square



CUTTING EDGE CRICKET

INDOOR CRICKET TRAINING FACILITY • CRICKET COACHING

7/19 Enterprise Drive, Bundoora
Melbourne 3083



27 Susan Street, Eltham
9439 6566



Unit 6 / 19 Enterprise Drive, Bundoora
03 8456 0644

CHRISTONIO

Hair Body Make-up

Phone: 03 9466 8358

Email: christonio.hbm@gmail.com

ELK



World Hunger Evening

“Dinner in the shoes of a stranger”

*Proudly presented by the Social Enterprise Program of
Bundoora Primary School*

We are enormously grateful to the following businesses for their support and generosity in sponsoring this evening:



Melbourne Cricket
Club

Western Plains

Flora



Pinky's
28 Gilbert Road, Preston



Dan Murphy's

Polaris Shopping Centre, 1056-1140 Plenty Road
BUNDOORA



David O'Halloran



**Harvey
Norman**

1322 Howitt Street, Wendouree



Leverett & Kindler
OPTOMETRISTS
•EST 1966•

Shop 307 Main St, Greensborough
9435 4866



44 Newlands Road, Reservoir
Phone 9462 1519

Why emotional intelligence matters

By Michael Grose

Emotions are information

As a parent your emotions as well as your child's emotions give you information that directs your parenting behaviour. Your annoyance about a child's behaviour provides important information about the nature and purpose of the behaviour. Your child's feelings displayed either physically (*slumped shoulders due to disappointment or jumping up and down with excitement*) or verbally (*"I'm annoyed that my sister won't play with me."*) provide cues about how you should handle a situation. It's easy to take your cues from kids' behaviour or language, and at the same time ignore their emotional response. Emotionally intelligent parenting means we consciously take in the emotional cues that children provide, as well as the cognitive and behaviour cues.

Emotions have influence

Emotions have enormous influence personally and socially. In particular, emotions impact on children in these ways:

1. **Retention, memory and learning:** A child doesn't learn in a vacuum, free from their feelings and moods. You'll know from first hand experience that a child who is happy and content is more likely to learn than one who is agitated, anxious or depressed. When children are overwhelmed by emotion it's difficult to think straight; memory and other cognitive functions usually head south when emotions, whether pleasant or unpleasant run high.
2. **Decision-making and judgement:** Ever sent off an email in a fit of rage, only to regret it later? If so, you've experienced how poor our judgement can be when our emotions get the better of us. Reflection and thinking through options goes out the window when we are under emotional duress. Similarly, children make bad decisions when they are under stress, or experiencing the extremes of emotions. Being able to reign in and regulate how they feel means children are able to make better, more thoughtful decisions.
3. **The quality of personal relationships:** Friendships, family and partner relationships thrive on predictability. We need to be able to predict how others react, and when people act on extreme emotion, or they can't regulate their emotions, relationships become tricky. It's not just unpredictability that makes relationships challenging. Anyone who has lived with a continuously angry, anxious or sad person will know that relationships operate on shaky ground. The ability to bring balance to your emotional life will invariably result in more positive relationships.
4. **Physical and mental health:** If anger is your constant companion then it's hard to stay healthy. Your blood pressure is affected; your mental state is impacted negatively and your well-being will be poor. Quite simply, the state of your emotions impacts on your total health. But it's in the area of anxiety management that emotional intelligence is vital. A child needs to be able to recognise his moods before he can attempt to manage, regulate or change them.
5. **Overall effectiveness:** I'm amazed how more productive I am when I pay heed to my emotional state. For instance, as a presenter I welcome the nervous tension I feel before a talk. If it's not there, then I know that I won't perform to my best. Emotional readiness holds true for children and teens. Before they are to perform any task – whether at school, in sport or in the arts – the ability to manage their moods, their nerves and even their enthusiasm will increase their overall effectiveness.

Emotional intelligence benefits kids in so many ways, yet we've been slow to develop it in children and young people. I suspect that most parents intuitively know that emotional smarts is beneficial but they are unsure how to introduce it into their parenting.

Start by tuning into your own emotional life and gradually turn your attention to that of your children. You'll be amazed how even this small step will have a huge impact on you, your parenting and your kids' overall happiness and well-being.

CANTEEN MENU SUMMER, T4 2018 (Open Wednesday, Thursday, Friday)

LUNCH FOOD

\$4.40 – Hot Dog

\$5.00 - Fried Rice *H

\$5.00 - Spaghetti Bolognese *H

\$5.00 - Mac & Cheese *H

\$4.20 - Meat Pie

\$4.20 - Sausage Roll

\$0.40 - ***Tomato Sauce

\$3.00 - 3 Chicken Nuggets *H

\$4.00 - Ham & Cheese Sandwich

Please note our reduced Canteen menu is due to the current building works that is continuing through Term 4. We hope to have our renewed (increased) Canteen menu from Term 1, 2019. We appreciate your patience and support and look forward to opening our brand new Canteen and Canteen service with the completed construction of our school building.

DRINKS

\$1.50 - Water

\$2.50 - Big M (Choc or Strawberry)

\$2.50 - Just Juice (Apple, Orange, Paradise Punch,
Apple/Blackcurrant)

SNACKS AND FROZEN TREATS

\$2.00 - Popcorn – Sea Salt or Cheddar Cheese

\$1.50 - Delights Rice Crackers (BBQ Salt & Vinegar, Sour Cream)

\$1.80 - Choc Chip or Blueberry Mini Muffin

\$0.60 - Zooper Dooper

\$1.00 - Icy Pole (Assorted Flavours)

\$3.00 - Frozen Yoghurt (Mango or Strawberry)

\$2.00 - Paddle Pop - Chocolate or Rainbow

PLEASE NOTE THE PRODUCTS MARKED *H ARE JAKIM HALAL APPROVED

Please add 10 cents to your order if you do not have a paper bag