Dear Parents

Market
Our final market for the year is on this Saturday. The weather will be sunny and warm so we are hoping for a fantastic turnout. There will be Christmas trees, opportunities to purchase presents, great food and of course exceptional coffee.

It will be a great way to catch up with everyone before the end of the year. Our famous cake stall is an opportunity for everyone to contribute to the market from which the school make 100% profit from, so everyone is invited to bake and deliver their tasty delights to the cake stall on Saturday morning. I look forward to seeing as many of you as possible.

I would like to acknowledge one of schools biggest supporters of both the market and the Kitchen Garden program. Leon from Leaf food stores is a very generous long term supporter of our school. Leon is always amazed by our community support and the Kitchen Garden Program. His support is greatly appreciated.

Transition Day
Transition Day is next Tuesday with students finding out their teachers, classrooms and grades for next year. This will take place between recess and lunch. There are 125 new excited Preps joining us to start their journey at EPS.

You Can Do It
Term 4: Confidence

Confidence means….feeling I can do it. Confidence also means not being afraid to make mistakes or to try something new. Confidence also means standing up tall and speaking with a clear voice (not too loud, not too soft).

Work confidence means choosing to participate in new, difficult activities or classes, doing hard work without asking for help, offering to take responsibility and trying problems and answering questions when not too sure of the answer.

Social confidence means meeting someone new, sharing ideas with classmates, speaking in a clear voice so that you are heard and starting up conversations.

This fortnight, we focus on Staying positive.

Staying positive keeps you happy, provides the energy to overcome challenges and makes others around you feel positive too. But if you’re like most of us, staying positive consistently is tough.
Here are 5 ways to stay positive:

1. **One way of staying positive is to** just take a little time each day and think about the things you’re grateful for. Start with the obvious and work from there.

Be grateful for having food, water and a roof above your head to friends and family and adults that care. If you’re facing a challenge, be grateful for the opportunity to learn from it.

2. When you’re struggling or worried you can feel miserable and sad. Even in everyday life, the weight of a million little things can be heavy. But always remember the saying: “This too shall pass.” Your negative feelings won’t last forever; there’s a light at the end of every tunnel. It might not happen today or tomorrow, but you’ll feel better eventually.

3. Having high self-esteem keeps you positive, improves personal relationships and encourages happiness. If you don’t appreciate yourself enough – or are feeling down – try making a mental list of awesome stuff you’ve done recently. You’ll find that, as you go over your awesome actions and choices, you start to feel great about yourself. It’s hard not to when you remind yourself how amazing you are!

4. It’s easy to become worried over the little things: the human mind can blow things way, way out of proportion. To stop that from happening, always ask yourself: **what’s the worst that could happen?** Chances are, “the worst” isn’t that bad. Sure, it would be better if things went according to plan, but sometimes they don’t. When you’re no longer afraid of any outcome, you can focus on having fun and getting things done. Don’t wind yourself up for no reason!

5. If you want to feel great about yourself, try giving to someone else. It takes very little to help someone out. When you make a big difference with just a few minutes you’ll always remember how important and amazing you are. And with an attitude like that, it’s hard to be anything but positive.

**YOU CAN DO IT!**

*Nicole Richards & the YCDI Leaders*

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**ESC Casual Dress Day**

Thank you to everyone who participated in the Colour Day casual dress day last Tuesday 24 November. The day was a huge success and the amount of vibrantly coloured students from Prep to Grade 6 was amazing. The day was in support of the Cancer Council of Victoria, who have supported many of Elwood families in some way. We raised $1,072.55 which is fantastic! A special mention to 5J who were the Grade that raised the most on the day, but thank you to everyone who generously donated.
Manners Matters
With only a few weeks left of school, we can all feel busy and a little stressed. Smiling is such a wonderful friendly thing to do. It’s fun and contagious and you can’t say that about too many things!

And did you know, according to research, smiling takes less muscles than to frown. So, plenty of smiles for the last few weeks together!

MANNERS MATTER at EPS

Our Global Calendar
Our Global calendar is a way to celebrate significant cultural and environmental events and is a terrific springboard for conversations at home! What’s on in the coming weeks?

3rd December: International Day of Persons with Disabilities
Australia celebrates the International Day of People with Disability (IDPwD) every year on 3rd December to acknowledge the valuable contribution people of all abilities make to our community.

8th December: Tara Day (Buddhist)
The eighth of the month is Tara Day. Tara is a female Buddha, whose name means Rescuer; she is the embodiment of swift compassion. If we rely upon Tara sincerely and with strong faith, she will protect us from all obstacles and fulfill all our wishes.

10th December: Human Rights Day
A day to celebrate the basic rights of all humans, and to remember that many people still have to fight for their human rights.

18th December: International Migrants Day
Organizations are invited to observe International Migrants Day through the dissemination of information on the human rights and fundamental freedoms of migrants, and through the sharing of experiences and the design of actions to ensure their protection.

Enjoy your school holidays and whatever you may be celebrating! We wish everyone a well-earned rest with friends and family and we will see you back at school in 2016!

Nicole Richards ... Assistant Principal

The Chickens Need Your Help!
During the long summer holiday we rely heavily on helpful families to visit the garden daily to feed and water the chickens. The plants which are not connected to the watering system also benefit from some water. This is organised through a roster on Google Docs. If you would like to help, please email the garden specialist, Kate Bulling, (bulling.kathleen.k@edumail.vic.gov.au) and she will give you access to the roster. Thank you to the families who have been doing this job on weekends and holidays throughout the year.
ELWOOD OSHC HIGHLIGHTS

Staff Profile:

Hi, my name is Renee Pachos. I’m on the succession plan here at Elwood. In my spare time I love to write songs, sing, and perform regularly. I’m originally from Darwin, but I’ve been living in between, Darwin, Melbourne and London for the last ten years. In that time, I’ve worked as a CRT, and a high school music teacher. I’m really enjoying this job as it allows me the opportunity to combine a few of my passions together which are having fun, sharing knowledge with children, and time in the day to record. I’ve loved my time here so far, and I’m really looking forward to getting to know everyone much better.

Hi, my name is Michael Badrock. I’ve been working as an assistant at Elwood for a couple of terms now. In working with Camp Australia it’s my belief that being able to ensure the kids are enjoying themselves is not just a necessity it’s also a must. My job is to help the kids learn new things, as well as improve their knowledge in the journey to adulthood. Primary School is vital in this sense and it’s my belief that maybe this journey isn’t so much about becoming anything. Maybe it’s about unbecoming everything that isn’t you so you can be who you were meant to be in the first place. Yesterday is the past, tomorrow is the future but today is a gift. That’s why it’s called the present. I make sure to remind the kids of that every day. Cheers!

Hi, I’m Frances Ardern. I’ve been working here at Elwood for 2 years while studying my Masters of Primary Teaching. I see my role as an assistant as not just work; rather it is a privilege to spend a few hours most afternoons a week with the students making, creating and imagining. The students have taught me so much about the myriad roles a teacher performs, and many of the skills I have developed over the course of the last two years I will draw on in my teaching practice. I have just completed my teaching qualification, and will be leaving at the end of this year to take up a job teaching Grade 3 at St Lawrence Primary School, Derrimut. I’m sad to be leaving, as I have truly loved working with the students here at Elwood Primary. I will miss the wonderful Elwood community and would like to take the chance to thank those who support us in our work at Before and After School Care. I’ll definitely continue coming to the market, so I look forward to seeing many familiar faces!

SUMMER ACTIVITY DONATIONS
There are plenty of activities and resources we offer; however, the program is always looking to provide more games/activities. If any families have board games, foosball tables, mini pool tables or would like to donate any other indoor activities to OSHC we would very much appreciate it. Please contact So on 0422 005 489 to make arrangements.

NOTE:
Please remember to cancel your child or notify us if your child is not attending aftercare on any given day. This will save us time in following up whether your child has been picked up or not and will allow us to run the service more smoothly. Furthermore, if you have any questions about the program, please feel free to drop by, meet the team and see what happens in our program first hand.

To find out more about our program, view fees and to register visit www.campaustralia.com.au