



NOVEMBER

From the Principal

Bike Ed 3/4	School
Prep Transition Session 3	Fri 24
School Council Dinner	Mon 27
Grade 6 Graduation Dinner	Tue 28
Swimming Prep—2	Tue 28
Music Visit	Tue 28
Swimming Prep—2	Wed 29
Chess Tournament	Thu 30

**MUSIC VISIT**

Bairnsdale Secondary College will be doing a music tour in our district next Tuesday 28th November and we are fortunate that they will be performing at KG as part of their tour. 33 students will perform in a concert band, string orchestra, swing band and orchestra. Their program will run for around 50 minutes and is designed for primary school students. The performance will take place at 9:45am on the basketball court and any interested parents are welcome to attend.

We put on a sausage sizzle for the children and their parents at the end of this visit. The Preps will return for a 'meet the teacher' visit at the end of the year.

**BIKE ED**

Our grade 3/4 bike ed program finished today so parents are able to collect these bikes when convenient. There are still a couple of P-2 bikes to be collected. The program has been popular with the children and has given us a good base to develop the program further in 2024. We hope to finish the 2024 school year with a bike ride on local bike paths finishing with a picnic barbeque.

**CHESS TOURNAMENT**

Our final Northern Star Chess tournament for 2023 will take place next Thursday 30th November. Registration details are available at the office for any students who may be interested in taking part.

**PARENT HELPERS MORNING TEA THURSDAY 7TH DECEMBER**

Please don't forget our Parent Helpers morning tea on Thursday December 7th at 11:00am in the Staff area of the ALC building. If you have helped in any way this year – attending excursions, reading, fundraising, assisting with classroom cooking, electives, etc. please take the time to let us thank you for your valued contribution. We would like to have as many parent helpers as possible.

**2024 PREP TRANSITION PROGRAM**

Our 2024 Prep children finish their class transition sessions tomorrow with our 'meet the buddies' visit. This is always a great event as it marks the beginning of the important relationship between the Preps and this year's grade five students. We rely on this pairing to help the Preps integrate into life at school, particularly life in the school ground. They will spend time together next year as the preps venture into the playground during recess breaks and also in timetabled class sessions.

Laurie Murray  
Principal

DECEMBER	
Grade 6 Big Day Out -Fun Fields	Wed 6
Parent Helpers' Morning Tea	Thur 7
Meet the Teacher (Prep 2024)	Wed 13
Meet the Teacher (current P-5)	Thur 14
EOY Colour Fun Run/Picnic	Fri 15
<b>Last day for students</b> Final assembly-G6 farewell 12.30pm Dismissal 1.30pm	Mon 18

**FROM THE FUNDRAISING COMMITTEE**

Mango update

Due to factors relating to the mango season it is looking likely that mango tray delivery will be the week of 11-15 December.

If this causes problems for your ability to pick up please contact the office and we can discuss options such as a refund.

**ELTHAM LIONS CLUB VOLUNTEERS**

The Eltham Lions Club is looking for someone to be their secretary, most of the work can be squeezed in amongst all the other jobs of life we do. We are a small but very active club and we are always looking for new members from 18 to 118, we get to assist everyone from children to senior citizens and everything in between. We roster a couple of hours at our events for our members even if the event goes all day, and they are not expected to do everything the club is doing. We have our meetings on the first and 3rd Mondays of the month at 7:30 PM. And these are hybrid meetings so you can attend online, or be and having a drink and nibbles with the other members at our club rooms. For any enquiries please contact.

Yours sincerely,

Peter Talbot.

President of Lions Club of Eltham.

Phone: 9068 3923.

Email: [elthamlionsclub@gmail.com](mailto:elthamlionsclub@gmail.com)

Website: [www.elthamlionsclub.com](http://www.elthamlionsclub.com)

Facebook: [www.facebook.com/Elthamlionsclub](http://www.facebook.com/Elthamlionsclub)



**CONTACT US**

Address: 10 Graham Rd, Kangaroo Ground, 3097 Phone: 9712 0292  
[kangaroo.ground.ps@education.vic.gov.au](mailto:kangaroo.ground.ps@education.vic.gov.au) [www.kangaroogroundps.vic.edu.au](http://www.kangaroogroundps.vic.edu.au)  
 Out of School Hours Care (OSHC): 9712 0124 / 0419 893 272 [kgpsoshc@bigpond.com](mailto:kgpsoshc@bigpond.com)

# VALUES OF THE WEEK



Back - Zac, Isaac, Hugo, Kylah, Luke and Sienna

Front - Bodhi, Lucas, George, Flynn, Riley



Please join us on MONDAY 27th NOVEMBER 2023



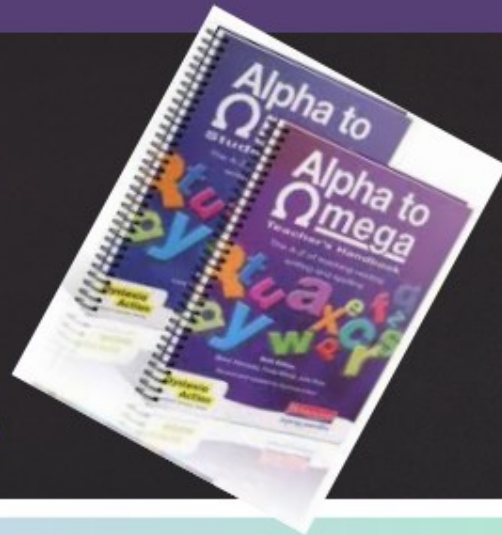
in your child's classroom  
between 2.20-2.50pm (before assembly)



for a gallery walk experience to showcase the  
students dioramas as the culmination of our  
unit on minibeasts.



# Alpha to Omega Intervention Program



**Kangaroo Ground Primary is excited to introduce The Alpha to Omega Intervention Program, scheduled for full implementation in 2024.**

**Staff are currently engaged in Professional Development to ensure the program's effectiveness and a successful rollout.**

**Alpha to Omega is a phonetic and linguistic approach to the instruction of reading, writing, and spelling. This program has proven instrumental in providing essential support for individuals with specific learning difficulties, such as dyslexia and is an evidence based program support by**

**The program will be delivered in small groups consisting of 2-4 students, each supported by a teacher's aide. This program is specifically designed for students requiring additional support in literacy. Students have already been assessed and groups formed to allow a smooth rollout in 2024**

**We are fortunate to have received Professional Development and continuous support from Sandra Sartor at Lasting Lessons. Sandra has been an invaluable source of knowledge, and our school community is lucky to have her ongoing support.**

**If you would like to know a little more about the Alpha to Omega program please watch this clip**

<https://youtu.be/wSbHQjLrjuw>

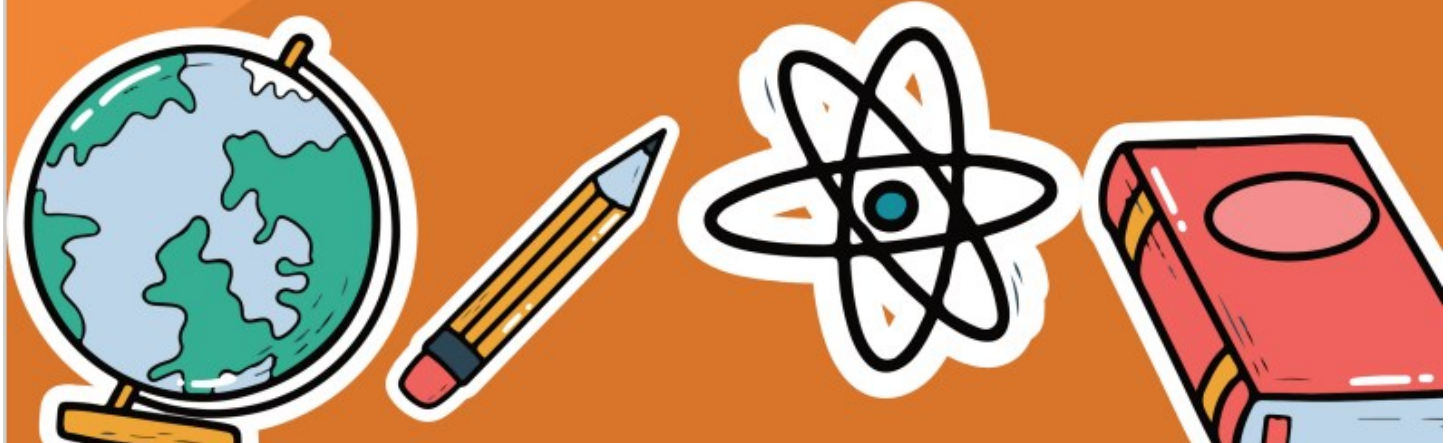
**If you have any questions or would like more information, please don't hesitate to contact me**

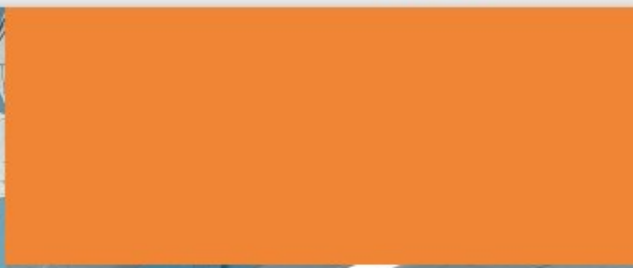
**Christine French**



# Warrandyte High School visit

On the 22nd of November, the year 5's were invited to a taste of high school life at one of our local secondary schools, Warrandyte High School. They were lucky to participate in an art class using spray paint, charcoal and even ink to create a beautiful piece of work which the teacher, Ms White will drop off to KG next week after they have dried. We also enjoyed a science lesson using the microscopes to explore and draw different specimens with Miss Zammit. Morning tea was a delicious highlight for many of the students and we thank the Assistant Principal Joe Caruana for organising this special morning for us.





## Q&A

### Starting Your Morning Right With Breakfast



Breakfast really is the most important meal of the day, with research reporting that children who eat breakfast perform better at school, have healthier weights and eat nutrients that are more essential.

#### Why bother with breakfast?

- ✔ Breakfast is a great way to refuel the body, providing energy for the day ahead.
- ✔ Skipping breakfast can make kids tired, restless, and irritable. Mood and energy can drop by midmorning if breakfast is skipped.
- ✔ People who skip breakfast are more likely to feel hungry before lunchtime and snack on high-calorie foods or overeat during lunch.

#### Make breakfast happen with these simple tips:

- stock your kitchen with healthy breakfast options
- prepare as much as you can the night before (dishes ready, cut up fruit, etc.)
- get everyone up 10 minutes earlier
- let kids help plan and prepare breakfast
- have grab-and-go alternatives (fresh fruit, cereal, yogurt, smoothies, trail-mix) on days when there is little or no time to eat
- If kids aren't hungry first thing in the morning, pack a breakfast they can eat on-the-go, like fresh fruit, cereal, nuts, or a sandwich.

Got A Nutrition Question? Send it through!

 @familynutritionist\_tracy

 bewellnourishment.com

 0427 733 485

 Be Well Nourishment Family Nutrition

 bewellnourishment@gmail.com



School Student  
Broadband Initiative

An Australian Government initiative  
powered by nbn

To support students that do not have access to internet at home, the Australian Government has committed to providing up to 30,000 families with free nbn-powered broadband internet at home for one year.

**You may be eligible for the School Student Broadband initiative (SSBI) if you:**

- Have a school-aged child
- Have no active **nbn** connection or have not disconnected in the last 14 days
- Live in a premise that is serviced by the **nbn** network.




Scan the QR for more information.

**To check your eligibility:**

 Contact the National Referral Centre on 1800 954 610 (Mon-Fri, 10am-6pm AEDT)

 [www.anglicarevic.org.au/student-internet](http://www.anglicarevic.org.au/student-internet)

Callback and webchat functions are also available via the website.

 Translating and Interpreting Services are available.



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## ALL FIRED UP POTTERY NOVEMBER MARKET

Saturday

# Nov 25th

1pm - 5pm

# Ceramics Market

## Pottery made by local artists

### WHERE

Warrandyte Mechanics Institute & Arts Association  
180-186 Yarra Street, Warrandyte VIC 3113



## YARRA PLENTY WAVES

# SCHOOL SPORTS Swimming HOLIDAY PROGRAM



Boost your swim skills & get ready for school **SWIMMING**

Full Program Fees **\$180**

**MON, WED & THURS**  
8-25 January  
**3-PM**

- Improve your swimming skills with focused coaching
- Learn from qualified and experienced coaches
- Get ready for school swimming sports with confidence
- Don't miss out on this opportunity to boost your swim skills and have fun!



**MORE DETAILS**  
[YARRAPLENTYWAVES.COM.AU](http://YARRAPLENTYWAVES.COM.AU)

HERB NORMAN (YARRA PLENTY) INDOOR POOL  
LIAT WAY (OFF SAINSBURY AVE)  
GREENSBOROUGH

FUN SWIM



YARRA PLENTY WAVES

YARRA Swim School



**NSC Chess Tournaments at Kangaroo Ground Primary School**

Northern Star Chess has been running chess tournaments, one per term, at KGPS for more than 15 years! We welcome KGPS students to join in at any of the events hosted at KGPS this year. Online registration is essential, we offer this using Trybooking. Please see below for the link which has been set up especially for KGPS parents.

**Register before the event – Last tournament for the year!**

Due to the nature of this process, your child needs to be registered online before the event. We can only accept KGPS students on the day if they are registered. (unless a parent comes with the child at the start of the tournament to give permission and make a cash payment)

<b>Term 4:</b>	Thursday 30th November 9:30am to 2:00pm (approx)
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**Format:**

- Individual based tournament
- Every student plays 7 games against players of similar skill, regardless of how many games they win or lose (Swiss pairing method)
- Students experience proper tournament rules
- Gold/Silver/Bronze medals awarded to various grade/year level categories
- "Star of the tournament" trophy for top scorer of the day
- Table prizes/giveaways.
- Cost is \$25 per student per event

**How to register – KGPS chess tournaments:**

Register and pay online with Trybooking.com using any of the methods below:

1. **Scan QR code** for booking page
2. **[Click on this link](#)** for booking page (if you see a clickable link)
3. **Type the URL below** in your browser for booking page



**<https://www.trybooking.com/CGLRM>**

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**Enquiries: [info@NorthernStarChess.com](mailto:info@NorthernStarChess.com)**

# Intensive Swimming Program January 2024

All ages  
4 mths –  
teenagers,  
adults  
all standards

## Fast Track Swimming Lessons 5-Day Intensive Program

**30 minute lessons**  
**Cost: \$90** per swimmer

FAMILY LAST NAME: .....

PARENT NAME/S: .....

MOBILE NUMBER: .....

EMAIL: .....



### 5 Day Program (Morning sessions only)

Thursday, 11th January  
Friday, 12th January  
Monday, 15th January  
Tuesday, 16th January  
Wednesday, 17th January

Swimmer Name	Date of Birth	Preferred Time	Current swimmer at ESS?	New swimmer? Your level?
	/ /	1 8:30-9:30am 2 9:30-10:30am 3 10:30am +	Y N	Please check See url below
	/ /		Y N	
	/ /		Y N	
	/ /		Y N	



If you currently attend Eltham Swimming School, we have your Level. For new swimmers, please check our Levels at <https://www.elthamswim.com.au/swimming-lessons/assessment-levels>

To enrol or make an enquiry, scan the QR Code or email us at [enquiries@elthamswim.com.au](mailto:enquiries@elthamswim.com.au)

Eltham Swimming School, 1441 Main Road, Eltham 3095 [elthamswim.com.au](http://elthamswim.com.au)

# Ultra Violet (UV) Water Treatment The safest and the best



### How does it work?

Ultra Violet light has a bad reputation when it comes to UV protection (sunscreens, etc). However for sanitising water, it excels! We keep it totally enclosed in a large stainless system (as pictured) where it works its magic. The pool water is completely sanitised each time it passes through our UV chamber and then treated with low chlorine.

## At Eltham Swimming School, water safety is always our priority.

And that means developing water safe swimmers, using safe water.

### We invest heavily in our water quality.

These days many facilities attempt to 'disguise' how they treat their water. If you have heard of 'SALT' or 'MINERAL' water treatment, think 'CHLORINE'. You cannot legally swim in a commercial pool if it is not treated with chlorine, and that is because it is unsafe.

Our Victorian Health regulations require chlorine. 'Salt' and 'Mineral' pools make chlorine on site (from the salt, etc). But if something goes wrong during the process, you could be in a pool with **no chlorine** and therefore be in an **untreated pool**.

At Eltham Swimming School, we use ULTRA VIOLET LIGHT plus low chlorine. It is the best and the safest way to treat water.

### This is the best system available

It makes our pool the safest and healthiest water to swim in. For more information, take a look at our Hanovia system at [https://www.youtube.com/watch?v=v-mT\\_jFrPDs](https://www.youtube.com/watch?v=v-mT_jFrPDs)



[enquiries@elthamswim.com.au](mailto:enquiries@elthamswim.com.au)

Eltham Swimming School, 1441 Main Road, Eltham 3095 [elthamswim.com.au](http://elthamswim.com.au)

# Parent Support Seminars

## Term 4 2023



### Family wellbeing: ways to reduce family conflict

- How to make the most of family time
- Using routines to support wellbeing
- Communication tips for building positive relationships
- Managing sibling flights and family conflict

**When:** Wednesday 25 October 2023

**Time:** 9.30am to 11.30am

**Where:** healthAbility, 917 Main Rd, Eltham

**Cost:** \$25 per adult, \$40 couple and \$16.50 concession

**Bookings:** Essential via

<https://www.trybooking.com/CLQJS>

### Helping your child with their emotions

Developing emotional intelligence

- Understand why feelings matter
- Help children identify and manage their feelings
- Learn ways to develop your child's emotional skills

**When:** Wednesday 1 November 2023

**Time:** 9.30am to 11.30am

**Where:** healthAbility, 917 Main Rd, Eltham

**Cost:** \$25 per adult, \$40 couple and \$16.50 concession

**Bookings:** Essential via

<https://www.trybooking.com/CLQKJ>



### Helping your anxious child

- Learn how anxiety can affect children
- What you can do to support your anxious child
- Helpful and unhelpful responses to your child's anxiety
- Where to go for further help

**When:** Wednesday 8 November 2023

**Time:** 9.30am to 11.30am

**Where:** healthAbility, 917 Main Rd, Eltham

**Cost:** \$25 per adult, \$40 couple and \$16.50 concession

**Bookings:** Essential via

<https://www.trybooking.com/CLQJL>

**Phone:** (03) 9430 9100 | **Email:** [contact@healthability.org.au](mailto:contact@healthability.org.au)

**Box Hill:** 43 Carrington Road, Box Hill, VIC 3128

**Eltham:** 917 Main Road, Eltham, VIC 3095



healthAbility

By your side

[healthability.org.au](http://healthability.org.au)

# Looking after ourselves as parents



## NEW Parent Support Seminar

In this practical parenting seminar you will learn easy and doable self-care tools to help you parent more calmly and mindfully.

Hosted by Family Support Worker Joan Lauricella, learn how to look after yourself as a parent whilst also tending to the needs of your children.

### What will be covered:

- Why self-care is so important
- Tips for mental wellness
- Strategies for boosting mood
- Other support available

**Please note seminars will not be recorded.**

### For more information

Please contact Joan Lauricella, Family Support Worker at  
[joan.lauricella@healthability.org.au](mailto:joan.lauricella@healthability.org.au)  
or phone **9430 9100**



**When:** Wednesday 22 November 2023

**Time:** 9.30am to 11.30am

**Where:** healthAbility, 917 Main Rd, Eltham

**Cost:** \$25 per adult, \$40 couple and \$16.50 concession

**Bookings:** Essential via

<https://www.trybooking.com/CLPWL>



Phone: (03) 9430 9100 | Email: [contact@healthability.org.au](mailto:contact@healthability.org.au)

Box Hill: 43 Carrington Road, Box Hill, VIC 3128

Eltham: 917 Main Road, Eltham, VIC 3095



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[healthability.org.au](http://healthability.org.au)