

CALENDAR	
AUGUST	
Pyjama Day	Fri 4
Red Nose Day	Fri 11
Australian history incursion 3-6	Fri 11
Curriculum Day No school for students OSHC available Bookings essential	Fri 18
Book Week Dress Up day	Mon 21
Senior Hooptime	Fri 25
School council meeting	Mon 28
Chess Tournament	Thu 31
Sugarloaf Athletics	Thu 31
SEPTEMBER	
Junior Hooptime	Fri 1
Kaboom Sports P-3	Wed 6
Prep 2024 Info Night	Wed 6
Division Athletics	Thu 7
Market Day #2	Fri 8
Footy Day	Tue 12
Last day term 3 Early dismissal 2.30pm	Fri 15
OCTOBER	
First day term 4	Mon 2
School council meeting	Mon 9
Prep 2024 Storytime	Thu 12
Prep 2024 Storytime	Thu 19
Soccer day	Fri 20
NOVEMBER	
Melbourne Cup Holiday	Tue 7
Prep Transition 1	Fri 10
Prep Transition 2	Fri 17
Prep Transition 3	Fri 24

## 27 July Newsletter 22

From the Principal



### NEW BUILDING UPDATE

We have received some positive news regarding progress with our building project this week.

The Victorian School Building Authority has informed us that they will be undertaking two key tasks while we await the appointment of our new builder.

The tasks are the completion of the first stage of demolition works and the completion of electrical works necessary to start slab preparation for the new building.

The main advantage of these works is that they will be paid for directly by the VSBA and will not be taken from the funding allocation for our new building. This means there will be more money in our project to add further resources such as joinery and the use of higher standard building materials such as brick rather than Colourbond cladding.

We have also received some additional support in the form of a temporary portable classroom. Given the recent disruption the building program has caused, the VSBA has agreed to provide us with an additional 'five mod' portable building (a double classroom) for the duration of the build. This will be a welcome resource for us while we wait for our new building to be completed. Classes will be rearranged to take advantage of the new rooms, giving us the opportunity to remove a class from the central area of the ALC building.

I will continue to update everyone whenever there is any progress or change to our building program.

### CURRICULUM DAY

The last of this year's School Council approved Curriculum Days comes up on Friday 18<sup>th</sup> August. Staff will be focussing on assisting children with learning difficulties and the Victorian Curriculum. Please note this is a pupil free day.

### OSHC

We will be operating our OSHC program on our Curriculum Day. If you intend using this program please contact Marita by Friday 11<sup>th</sup> August. This will enable Marita to book the necessary staff to run the program.

### HOOPTIME

Our grade 3/4 and 5/6 children have the opportunity to play in the Hooptime basketball competition days this term. This is a voluntary event so children can elect to join in if they wish. I'd like to thank the Eltham Wildcats for sending a coach along for some training sessions for our children in the lead up to these events. These training sessions are provided free to schools so we appreciate their generous offer. The training sessions are particularly helpful for those children who have never played basketball.

Laurie Murray

## CONTACT US

Address: 10 Graham Rd, Kangaroo Ground, 3097 Phone: 9712 0292

kangaroo.ground.ps@education.vic.gov.au www.kangaroogroundps.vic.edu.au

Out of School Hours Care (OSHC): 9712 0124 / 0419 893 272 kgpsoshc@bigpond.com



# VALUES OF THE WEEK



Back - Olivia, Isaac, Jack, Oscar, Heath and Lia

Front - Koa, Harley, Emily, Billie-Rose, Mia, Benji, Jedi and Luca

## GETTING TO KNOW OUR TEACHERS!

Written by Amelia 3/4

**First name:** Sarah (a.k.a. Miss Carruthers)

**Grade:** Performing Arts and Visual Arts

**How many years have you been teaching?** 10 years

**What do you like about teaching?** So many things but I especially love seeing my students grow in confidence when they perform on stage.

**What is your favourite food?** Boost juice & fairy floss

**Do you prefer the beach or the pool?** Beach


**Do you have any pets?** Yes., 1 dog who thinks she is human. Her name is Rory.

**Where is your favourite place in the whole world?** The theatre

**What do you love about KGPS?** How awesome, talented and funny our students are. My amazing colleagues and I love the setting of the school with the trees, hills and wild life.



all



**PUT ON YOUR  
PJS AND JOIN  
THE COZINESS!**



# PYJAMA DAY

**FRIDAY 4TH  
AUGUST  
2023**



**THIS IS JUST  
FOR FUN, NOT A  
FUN...DRAISER!**

*Please ensure the PJs you select are appropriate for school!  
You are welcome to wear slippers inside the classroom, however you will need  
to bring shoes to wear at snack and lunchtime in the yard.*





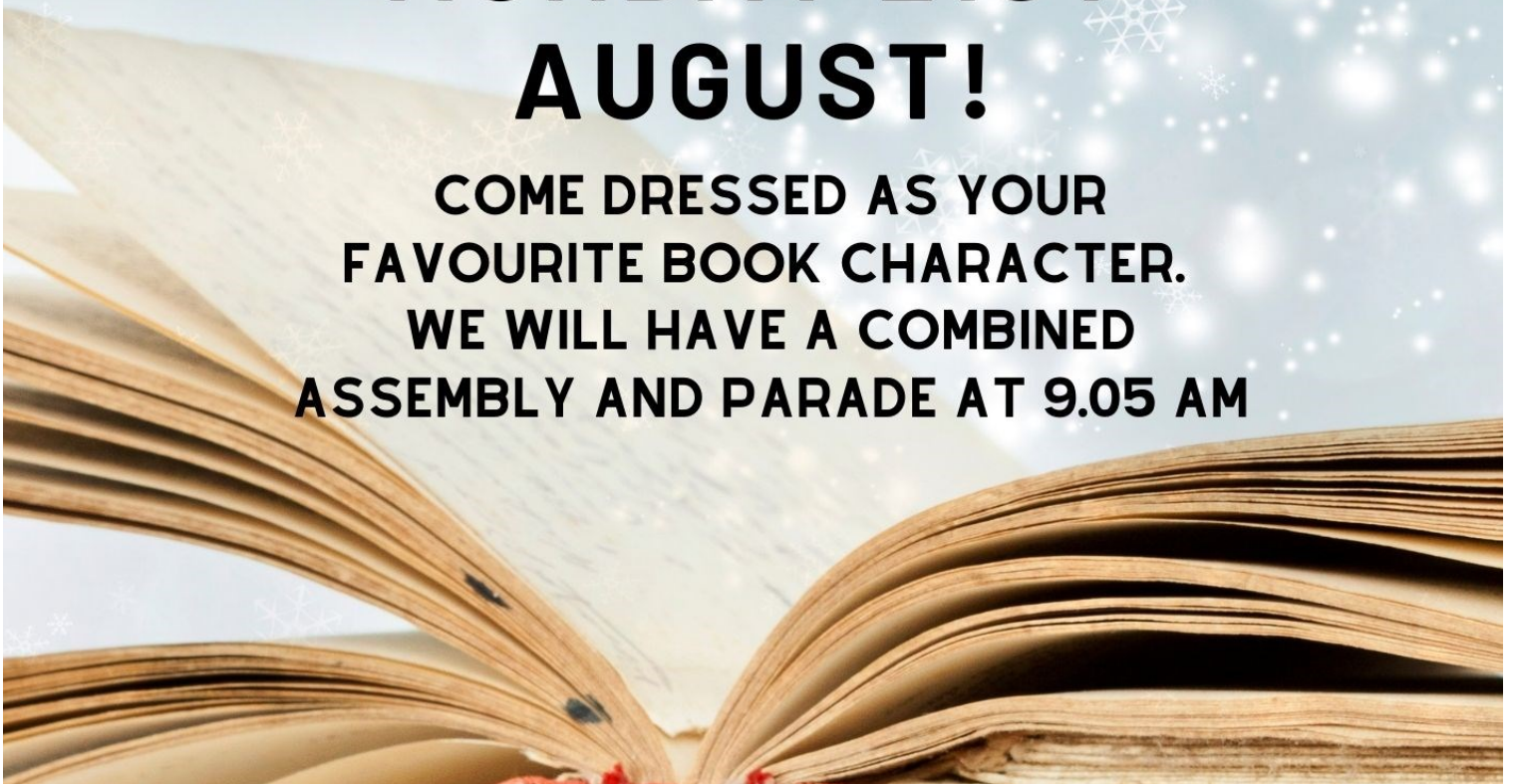
# BOOK WEEK

*Read, Grow, Inspire*



## **DRESS UP DAY MONDAY 21ST AUGUST!**

**COME DRESSED AS YOUR  
FAVOURITE BOOK CHARACTER.  
WE WILL HAVE A COMBINED  
ASSEMBLY AND PARADE AT 9.05 AM**





# MS Readathon

## REGISTRATIONS ARE NOW OPEN!

EMBARK ON THE MOST  
AMAZING ADVENTURE!



Read as much as you can  
throughout August and  
help Aussies living with MS  
and their families.

Claim your FREE T-shirt  
when you register!  
(While stocks last)



[www.msreadathon.org.au](http://www.msreadathon.org.au)



FREE trial  
available

*Art for kids*

Mondays 4:00-5:00pm  
119 Cowin St, Diamond Creek  
\$101 for 6 sessions 6-10yrs

Call to enrol - 9433 3744



# NUTRITION CORNER

## Q&A



### What to do when your picky eater won't eat meat



A common concern most parents have is that their child won't eat meat - other than chicken nuggets, fast food burgers, or deli meats. If you are worried your child isn't getting enough protein without meat, the truth is that most kids meet daily protein requirements quite easily with other foods. However, animal-based foods, including meat and poultry, are excellent sources of essential nutrients, including iron and zinc, necessary for healthy growth & development.

### 5 ways to encourage your picky eater to eat meat:

1. **Start with small bites** - serve small portions to begin with, even only a few cut up pieces of meat to make it less overwhelming for your child.
2. **Make meat easier to chew** - look at slow cooked meats to begin with, rather than going straight to steak.
3. **Start with thin deli meats** - if your child likes deli meats you can use food chaining techniques to branch out to other types of meats.
4. **Use dips & sauces with meat** - some meats can be dry, so having meats either covered in sauce, or for dipping can help encourage your child to eat.
5. **Use crunchy coatings** - breadcrumbs can be great to for kids who are used to meats like chicken nuggets.

Got A Nutrition Question? Send it through!



@familynutritionist\_tracy



bewellnourishment.com



0427 733 485



Be Well Nourishment Family Nutrition

bewellnourishment@gmail.com



PROUDLY RUN BY LOCAL  
POLICE AND VOLUNTEERS



# diamondcreek blue light DISCO

## FRIDAY 4<sup>TH</sup> AUGUST 7-9.30PM

@DIAMOND CREEK COMMUNITY CENTRE  
28 MAIN HURSTBRIDGE RD, DIAMOND CREEK

8 TO 13 YEAR OLDS | \$8 ENTRY CASH ONLY

FOR MORE INFO CONTACT SNR SERGEANT WAYNE SPENCE 9438 8300  
ATTENTION PARENTS! PLEASE ENSURE CHILDREN HAVE AN EMERGENCY CONTACT ON THEM



DIAMOND CREEK BLUE LIGHT DISCO



DIAMOND CREEK BLUE LIGHT



COME ALONG FOR SOME FUN AND BRING YOUR FAMILY AND FRIENDS  
TO THE KANGAROO GROUND CFA

# BARN DANCE

SQUARE DANCE CALLER  
COMPETITIONS

BEST DRESSED  
BEST TABLE DECORATIONS



6.30 pm Saturday 26 August 2023

Eltham Community and Reception Centre  
801 Main Road, Eltham

**BYO Food and Drinks**

Adult \$30 pp plus booking fee  
Child (under 18) \$15 pp plus booking fee

RSVP 17 Aug 23

Booking via Trybooking

<https://www.trybooking.com/CJFSX> or QR Code



*Come with a group (tables of 10)  
Or join in with others  
Lots of fun to be had.*

*Dancing (if you wish)*

*Silent Auction  
Competitions*

**Prizes to be won**

**Best dressed**



**Best table decorations**



Trybooking link:

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

# Parenting with confidence

## Practical tips and strategies to promote positive relationships and behaviour in children.

Through this practical four session positive parenting program, delivered across four weeks and hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies.

Parenting with confidence is suitable for parents with children from 2 to 12 years of age.

### What will be covered:

- Learn tips to parent with confidence
- Practical positive parenting strategies
- Acquire skills to help make parenting less stressful and more enjoyable
- How to promote positive behaviour in your child
- Develop positive relationships

New  
parenting program



**When:** Wednesdays - 16, 23, 30 August and 6 September 23  
**Time:** 9.30am to 11.30am  
**Where:** healthAbility, 917 Main Rd, Eltham

**Cost:** \$80 per adult, \$40 concession and \$140 per couple  
**Bookings:** Essential via [trybooking.com/CJOOC](https://trybooking.com/CJOOC)

### 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**

**Note:** Please note sessions are currently scheduled to occur in person however this may change to online sessions if Coronavirus restrictions change. Participants will be notified if this occurs.



**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](https://healthability.org.au)

# Healthy Masculinity Parent session



Tuesday 15 August  
7pm-8pm



ONLINE via zoom



**FREE event**



For more information  
please contact Jess Sayers  
94-579983  
[jessica.sayers@banyule.vic.gov.au](mailto:jessica.sayers@banyule.vic.gov.au)

Bookings essential  
<https://BNYSNmancave.evntbrite.com.au>

**FREE Parents & Caregivers Workshop**  
The Banyule Nillumbik Youth Services Network is excited to bring you the **ManCave** in this 60min interactive presentation designed to provide practical insights and tools to parents of young men.

After the pandemic some young men have experienced challenges with social-emotional skills. Social media use and the impact of unhealthy influences like Andrew Tate have also contributed to an increase in mental ill-health and wellbeing. This session will support parents with understanding and insight into these challenges alongside practical tools to assist young men to better wellbeing.

**Parents attending this session will walk away with:**

- An understanding of how rigid masculinity impacts the mental health of their sons
- Insights into the experiences and challenges young men are currently facing
- Practical tools and mindsets they can use to better engage their sons at home



This session is suitable for parents of young men and those that work with young people in the Banyule and Nillumbik areas