**From The Principal’s Desk**

Rome was not built in a day, or so the saying goes, and the same can be said of our fitness track. Mind you, after two days of work by members of the school community it is certainly well progressed. We have installed four of the stations and mulch has been delivered for all and spread for some. In consultation with the company providing the equipment school council has approved it to install the remaining items this Friday (23rd November). The reduced cost of this compared to the original quotation means that the two day’s work has saved the school a little over $2000, so thanks to all those involved.

Last weeks’ workers included Shane and Kirsten O’Callaghan, Andrea Hart, Cos Chiera, Lisa Amalfi, Jacqueline Tennant, Rob Hoysted, Greg Plier, Brad Carroll, Mervyn and Lorraine Green, Karen Storer, Mark and Lisa Edwards and Craig Norton. A very special thanks to all of the children who came along and helped in moving the grass to the hopper- this saved us an enormous amount of time- Brooke, Molly, Amber, Tegan, Kayla, Madi H, Holly, Andy, Jack, Connor, Andrew and Balin – a great effort! To Rob, Greg and Michele, Steve, Alex and Aaron, thanks also for your help at various times this week to spread the mulch.

Our hurdles and jump and touch beams are now open for the children to use and it is expected by Monday that our balance beam will also be available. By the end of next week the whole of the circuit will be open and in their phys ed lessons the children will be shown how to use each piece of equipment safely and in a way that will improve their fitness levels.

Please be aware that this is a Community Fitness facility and is available for the wider community, even those not connected to the school in any way to use the circuit outside of school hours. Please make your family and friends aware of this.

It is our intention to have an official opening of the fitness circuit on Friday December 14th at the commencement of our Gala Sports Day, at approximately 9.30 a.m.

Our P –year 4 swimming program has got off to a great start and everything is running very smoothly. The people at the Paul Sadler Swim School have been very accommodating and are running an excellent program of swimming instruction for those participating. Our participation rate has been extremely high with the majority of those not participating doing swimming training already out of school hours. The program has meant a range of changes to the timetable at school and I commend the staff on the way that they are flexible to accommodate this program. Thank you to Mr Hayes who has spent a considerable amount of time to make sure everything goes smoothly with transport, pool arrangements and arrangements back at school.

Please keep your eye on the Diary dates as the coming weeks include many important dates for your diary.

Regards

Michael.
CELEBRATING OUR CHILDREN’S ACHIEVEMENTS:

The above children received their “You Can Do It—Persistence” awards at assembly last Friday.

Jemma showed us her medal for Kumon achievements at assembly last Friday.

Chloe showed us her trophy for Most Valuable Player and her medal for playing basketball with K P Giants.

Congratulations Nicky on your selection in the National Special Olympics Swimming Games.

Tammin won the Artist Of The Week award sponsored by the Seaford Pharmacy. She was presented with her Beeny Bear and certificate at assembly last Friday.

New and Pre-Loved Uniform Shop
Open Fridays 9.00am - 9.30am

Dresses
School Dresses are now available for purchase from the uniform shop.

Pre-Loved Uniform
All donations of pre-loved uniform are gratefully accepted at the office.

Uniform 2013
Please note that the uniform shop only holds stock for sizing. If you are considering buying uniform for the start of the year we ask that you place your order prior to the end of this year as orders can take 4-5 weeks to be delivered.
CYBERBULLYING (part 4)

The cyber-bully connection

Many students who cyber bully are also bullied face-to-face...

However, cyber bullying may be more harmful than face-to-face bullying in a number of ways. Technology provides a means of 24/7 access to a medium through which youth can be bullied. Cyber bullying can occur at any time and place. Through technology such as the internet and mobile phones, harmful messages can be broadcast to a very wide audience, even repeatedly, causing more distress. Young people who cyber bully others can be anonymous. Perpetrators of cyber bullying can use pseudonyms in chat rooms and use identity blocking mechanisms.

Cyber bullying can be more pervasive as students who are being bullied cannot easily escape from the person bullying.

Consequences of cyber bullying:

Youth who are cyber bullied are significantly more likely to report depressive symptoms, and to have higher rates of delinquency and substance abuse. Consequences of cyber bullying may include:

- Low psychological well being
- Poor social adjustment
- Psychological distress
- Physically unwell

Strategies that work for face-to-face bullying also work for cyber bullying....positive parent-child communication is an important factor!

For strategies parents can use to promote cyber safety in their home, visit the following online safety websites:

- Safekids http://safekids.com/
- Symantec Family Resource http://snipurl.com/29p5h

Wayan’s Cooking Class

On Wednesday 5th December 2pm to 3pm our resident food guru, Wayan, will be showing parents how to make a few Christmas treats in the canteen. Please let me or Erica know by Monday 3rd December if you will be attending and how many of you there are so that we can ensure that there is enough for all to sample.

Year 7 / Grade 6 reunion

Next Tuesday 27th November 3.45 – 4.15pm, the Year 7 students of 2011 are invited back to discuss their experiences with this year’s grade 6 students. This is an annual event which the students all look forward to as they prepare to transition to high school. Invites were sent out this week.
COMMUNITY NEWS

Displayed on the Noticeboard in the front foyer of the Office.

♦ Two Fit—personalised training programs
♦ Seaford Little Athletics Trivia Night 24th November
♦ Children’s Carols by Candlelight 1st December
♦ 1st Seaford Scout Group Christmas tree sale.
♦ Cameo Tigers Netball Club season 2013

ELC Visual Arts

Dear Parents

I would greatly appreciate it if you could start collecting small glass jars for a Christmas art activity I would like to do in December. It would also be super awesome if you could wash them out for me too please!!

Thankyou

Kind Regards

Kerri Giles

BOOKLISTS REMINDER

Families wishing to purchase their school books through the school must have their booklists back by 6th December 2012.

SEAFORD PRIMARY SCHOOL WOULD LIKE TO THANK THE FOLLOWING PEOPLE FOR HELPING WITH OUR LEAP PROGRAM

netsetgo

Junior netball
Frankston & District Netball Assoc. Inc.
Netsetgo! Junior skill Program
For boys & girls aged 6-11 years
Tuesdays 4.00 - 5.00pm
Patterson River SC Stadium

SEAFORD DRAMA SCHOOL

Sarah Bollenberg:
bollenberg@mac.com
As part of the Prep-4 swimming program, the 3/4’s have been learning about water and beach safety. On Tuesday we went to the beach and ran some Life Saving Competition beach sports, using equipment from the Frankston Lifesaving Club, as well as some ball skills. We did flags, beach sprints, beach relays and Beach Newcomb.
♦ THIS YEAR’S KIDS CARNIVAL WILL BE HELD ON FRIDAY DECEMBER 7TH BEGINNING AT 1.30PM.

♦ CHILDREN CHANGE MONEY INTO SEAHORSE DOLLARS AND EITHER PURCHASE GOODS OR USE THEIR TOKENS TO PLAY GAMES FOR PRIZES.

♦ ACTIVITIES SUCH AS JUMPING CASTLE, LUCKY STRAWS, FUNNY FACE BISCUITS, FACE PAINTING, TRASH & TREASURE, BOOKS AND TOYS, LUCKY BALLOONS, CAKES/SWEETS ETC ARE OFFERED.

♦ AT THIS STAGE WE WOULD LIKE ANY DONATIONS OF BOOKS, TOYS, GAMES, PUZZLES IN GOOD CONDITION FOR OUR TRASH & TREASURE STALL. IF YOU ARE ABLE TO DONATE PRIZES FOR ACTIVITIES - THAT WOULD ALSO BE GRATEFULLY APPRECIATED.

♦ MORE INFORMATION WILL BE SENT HOME CLOSER TO THE DAY, BUT FOR NOW……BE PREPARED FOR A GREAT AFTERNOON OF FUN AND GAMES.