From the Principal’s Desk

Last Saturday our State School Spectacular involvement came to a climax with the two performances at Hisense Arena. For those of us fortunate to have been there, it certainly lived up to its name of “Spectacular” - 1500 members of the massed choir, 1400 massed dancers, 20 ensemble dancers, two backing choirs, over 40 backing vocals, a dozen or more soloists, 30 or so musicians in the orchestra- all students at government primary and secondary schools all supported by the musical and dance talents of people such as Troy Phillips, Kelley Abbey, Trevor Jones and Chong Lim.

Whilst we often see schools as a place for academic learning in subjects such as literacy and numeracy, it is always important to be mindful that the talents of our children often sit in other areas, including the performing arts. Our 20 students who participated will all have gained greatly from their participation. The Spectacular will be aired on Channel 7 on Sunday October 14th at 3 pm - certainly worth watching.

As you would all have read in the notice sent home yesterday, there was an incident within the vicinity of the school which led to police presence within the school car park on Tuesday evening. I couldn’t be more satisfied with the way that the school personnel in attendance provided a level of care for an injured person and the speed at which the emergency services were contacted. Once the police arrived they took control. They also complemented the way in which staff had responded. The delay in the arrival of the ambulance was outside the control of school staff. It is human nature that we often fill in gaps or jump to conclusions when we are not fully aware of all the circumstances of an event. Could I please ask that you keep in mind the fact that inaccurate or incorrect information can be a source of anxiety to others in the community and can lead to people making false conclusions, as it did in this case. The speed at which information is communicated on social networking sites such as Facebook makes these considerations even more important.
Yesterday our Fitness Track Committee met with our KID Reps and the representative from Safe Play Australia to finalise the order for our fitness track. We will be purchasing equipment for eight stations around the perimeter of our oval, consisting of a Climbing Frame, Hurdles, Chin Up Bars, Treadmill, Sit Up Boards, Balance Walker, Push and Dip Bars and Jump and Touch Rail. These should be delivered to the school within the first two or three weeks of term 4. Because the equipment will need to be available for use immediately it is installed, we will be doing ground preparation on the weekend prior where all the edging and removal of grass internally will be done. On the following weekend we will install the stations and fill the surrounding edged area with soft fall. On the form attached could you please let us know if you would be able to assist. Whilst we would love to have parents or grandparents who have handyman skills, most of the work will be of a labouring kind, so if you can use a shovel a wheelbarrow, a pick or a rake, then we need you too! I can’t give you exact dates as yet, as it will all depend on the arrival of the equipment, but I will contact those who respond individually once I know. For those of you who became involved in the development of our vegetable gardens and Dave’s Shed last year, you will know the sense of achievement that this creates for the whole community and the personal pride you get from being involved- not to mention the satisfaction that comes when you see the value it brings to your children. So even if you can only spare an hour or two, please register.

A reminder that next week is the last week for term 3 with students being dismissed at the earlier time of 2.30. HOWEVER, as is the tradition of the school, our annual concert, which is held on this day at the Seaford Community Hall in Station St, will conclude at around 12 pm. Students may be signed out at this time. If you wish to have your child signed out by someone other than yourself, please provide written advice to your child’s teacher as to who you authorise to collect your child and what their relationship is to your child- e.g family friend, grandparent etc. Students not signed out will return to school and be dismissed at 2.30pm.

A reminder that as from the first day of term 4, all students will be required to wear a “sun smart” hat – either wide brimmed or legionnaire style. These are available from our uniform shop which is open each Friday from 9 am – 10 am.

Regards

Michael
Seaford Primary School’s Concert 2012
‘Kids Matter’

Friday September 21st
at
Seaford Community Hall
10.00am to 12.30pm
Gold coin donation at the door
Raffles with great prizes to be won
Moonlit Sanctuary School Holidays
Young Ranger Program
Environmental Activities, Native Animal Care, Fun and Games during Spring 2012.
Monday 24th, Wednesday 26th, Friday 28th September
Monday 1st, Wednesday 3rd, Friday 5th October
Cost: $39.00 per day, or $105 for 3 days.
Bookings essential - suitable 8-14 years.
Hours: 10AM – 3PM
Wear closed-toe shoes and long pants and remember your hat.
Lunches: BYO or available for $7.50
Moonlit Sanctuary
550 Tyabb-Tooradin Rd, Pearcedale
Ph. 5978-7935
Web: www.moonlit-sanctuary.com
Open daily between 10am and 5pm

MARINA’S CAFÉ

Please note that there will be no lunch orders available from Marina’s Café on Tuesday 18th September (last Tuesday of term 3)

Lunch orders will again be available on Tuesday, 9th October (1st Tuesday of Term 4)

COMMUNITY NEWS

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

• GKR Karate For Everyone
• Frankston Blues Aussie Hoops Program
• Dandenong Lunar Drive In
• Batterup and Softball—Come and try Casey Softball Association
• Chelsea Basketball Summer Season
• Frankston Softball come and try days
• Bonbeach Bluejay Baseball come and try days
• Central Bayside Community Health Services Oral Health Program (Formally School Dental Service)
• School holiday Football
• Drum Lessons
• Bruce Hyland Karate—Peninsula Blvd Seaford.

CANTEEN

Please note that there will be no canteen on Friday 21st September (last day of term 3)
The school canteen will re-open on Friday 12th October (1st Friday of term 4).

Canteen Committee
FOR YOUR INFORMATION
BY MICHAEL WOOLSEY, School Community Liaison Officer.

BEING ACTIVE WITH ASTHMA

Being active is vital for your health and wellbeing. Sometimes, however, the physical exertion of exercise or physical activity can trigger a bout of asthma. This is called ‘exercise induced asthma’ (EIA). This kind of asthma is usually easily managed and should be a part of any Asthma Action Plan.

Some of the symptoms of exercise-induced asthma include:

- Shortness of breath
- Wheezing
- Chest tightness
- Persistent cough

These symptoms can occur during, or more commonly, after exercise. It is the type of exercise, the amount of time spent exercising and the intensity of exercise that is important. Typically, vigorous activity for six minutes or more in cold, dry air is more likely to trigger asthma. Also consider the environment you are exercising in as you may be exposed to a number of asthma triggers.

You can reduce the risk or prevent exercise-induced asthma by preparing for physical activity in a few simple ways:

Make sure your day-to-day asthma is well managed

If you would like further information about exercise-induced asthma, please call the Asthma Helpline on 1800 645 130 or visit The Asthma Foundation of Victoria’s website www.asthma.org.au

SPRING POLLENS

Spring can be a difficult time for people with asthma and allergies. A combination of the change of seasons and an increase in airborne pollen can trigger an asthma attack. Research from The University of Melbourne’s School of Botany, has identified grass pollens as the major contributor to allergies in the outdoor atmosphere of the city. During spring and early summer, the School of Botany at the University of Melbourne, together with the Asthma Foundation of Victoria offers a pollen count service that forecasts the level of pollen in the air. This service can be accessed through the Asthma Foundation of Victoria’s website, www.asthma.org.au

Whether you are in the city or rural areas here are some tips to prevent asthma and allergy in spring:

- Always carry appropriate medication with you in case you need it
- Try to avoid going out on windy days or after thunderstorms
- Avoid activities in areas where grass is being mowed
- Keep windows closed at home and particularly when in the car and use recirculated air in the car when pollen levels are high
- Avoid hanging washing outside on high pollen days. The pollen sticks to your clothes.

The Asthma Foundation of Victoria also provides brochures on Allergy and Asthma and Low Allergen Gardens, for a copy of these brochures please contact The Asthma Foundation of Victoria on 9326 7088 or visit www.asthma.org.au
CHELSEA BASKETBALL SCHOOL HOLIDAY PROGRAM
25TH, 26TH AND 27TH SEPTEMBER 2012
BONBEACH STADIUM
10.00am-3.00pm
$30 per day or $75.00 for all 3 days
Payment can be made on arrival and all children
must bring basketball, snacks, lunch and drink
BBQ on last day supplied
All children receive a Chelsea drink bottle

We have been advised by our supplier that school dresses will be available to
purchase early in term 4.
If you are considering buying a school dress, please fill out an order form indi-
cating the size and number of dresses you require and return it to the office as
soon as possible.

Sue Dickson
Uniform Shop
UNIFORM SHOP ORDER FORM

It is recommended that clothes be fitted before ordering, as there is NO RETURNS

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<th>PRICE</th>
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<td>Unisex basic pants</td>
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<tr>
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</table>

*Prices are subject to change without notice

Name                        Grade       Date

Contact Phone

Delivery approximately 2-3 weeks. Orders **CANNOT** be taken without a deposit.

To place an order:

Fill in order form and return it to office, with money, in an envelope marked:

Attention, Uniform Shop
Acrostic Poems

Equestrian
Quick
Ultimate
Equine
Starts
The
Race
In
Amazing
Names
By Nicky

Boxing
Olympics
Exciting
In the ring
Nose
Growling
By Dante

Eclipse
Glorious
Purple
Summing up
By Richard

Haiku Poems

Full moon shines brightly.
It shines brighter than the stars.
Daylight comes too soon
By Laine

Waterfalls are loud.
Water falls directly down.
Frothy white water.
By Will

Yellow rose
Looks big.
Is tall but bright in and out.
By Nicky

The waves are crashing.
Against the rocky cliffs.
The fish are swimming.
By Laura

Diamante Poems

Fun.
Playful, running.
Barking, bouncing, protective
Funny, fluffy, biting, licking.
Training, active, smart
Papa

3-4 T
Poetry

Elite.
Evil, alien.
Demolishing, killing, destroying.
They always destroy planets.
Stabbing, shooting, running.
Cool, annoying.
Covenant
By Jack

Cinquain

Christmas
Dancer prancer.
Elves fun Santa
It’s my favourite holiday
Xmas

Halloween.
Scary, creepy.
Screaming, shouting laughing
Having a good time.
Festival

Couplets

In archery you shoot with a bow and arrow.
Sometimes it will be too narrow.
By Reece
Potatoes are very healthy.
For the Olympians to be wealthy.
By Connor
The horse jumps high.
Up in the sky.
By Ilijanna
Swimming is really fun.
Every time I am number one
By Max
Sometimes I hit the ball.
Sometimes I will miss and fall
By Jack
The children in year 3-4 drew diagrams to show how we use push and pull to move objects in sport games.
3/4 Science

In science this term the 3/4’s have been learning about the different types of force. Examples of forces include pushes, pulls, friction, gravity and magnetism. As part of this topic we went to Scienceworks. We saw the Simple Machines show, and Sportworks and Playing with Light exhibit.

We had to pedal as fast as we could in order to light up the light.

We had to push the wheels really fast in order to win the race. It was really hard.

We learnt about, levers, pulleys, wedges and many more. We learnt that simple machines help us in many different ways.

We had to use the energy in our bodies to push our legs with enough force so that we could move this side to side.

We used light to write our names.

We raced Cathy Freeman. We won!
Look, I’m a bowl of fruit.  
Oh no, we shrunk!

Excuse me I’m the toilet.  
Help! The tap is sucking me up  
This was great fun.

Scienceworks had a great playground.  
Strike a pose. We’re glamorous.