By now all parents of students in years Prep, 1 and 2 should have received a letter outlining the CASEA Program coming to Seaford next year, a consent form and a short parent survey. Hopefully all parents are happy for their child to participate in this program. If so please ensure that consent forms and surveys are returned to school no later than November 20th. If you have not received this letter, please let me know so that another can be provided to you.

Yesterday was Remembrance Day – a time that we stop each year for a minute to reflect on the sacrifices made by the men and women of Australia in the many wars that we have as a nation been involved in. Our KID reps from years 2 to 6 attended the local RSL where they joined students from all of the local primary and secondary schools to represent Seaford Primary School and its community in remembering those that fell in order for us to enjoy the freedoms we have in this country today. Back at school our School and House Captains led a short but important gathering of staff and students in our own Remembrance Day commemoration.

It is important that we continue to have our younger generation develop an understanding of our history and to develop attitudes that enable them to reflect and give thanks to those who in the past have contributed to what we have today.

Next year we will be able to offer a program entitled Relaxation Therapy. This will be trialled in term 1, and if successful will continue to be offered throughout the year. Attached to this newsletter is an information sheet along with an expression of interest. The program which will be run during lunchtimes has limited numbers, so if you believe that your child would enjoy participating and would gain some benefit from being involved, then an early response would ensure their inclusion.

Next Wednesday afternoon is our Prep to year 2 LEAP Presentation in the ELC. This is a great opportunity for parents, grandparents and friends to come and find out what great things the children have been doing over the past four Wednesdays and once again gives the children an opportunity to present to a large audience which in turn develops their confidence and self-esteem. Please come along to support the children.

Swimming commences on Monday November 30th and will continue for 8 days over the following two weeks. Thank you to the many parents who have already returned their forms to enable their child to participate. If you have not as yet, please do so at your earliest convenience. This program is of great value to children in developing confidence and awareness in and around water and we would hope that all children would be able to participate. If the cost of the swimming program is making it difficult for your child to be included, please contact me so that we can discuss a payment plan or alternative arrangements.

Regards

Michael
CELEBRATING OUR CHILDREN’S
ACHIEVEMENTS

Lilliana, Ryan, Cameron, Tyrone, Jack, Ben, Bridget, Harvey, Auben, Lila, Darcy, Emily, Dalani, Amy, Isabella and Rachael received their Interschool Sports Awards at assembly last Friday.

BOOKLISTS

A reminder that all booklists need to be back at the Office by Thursday 3rd December.

These booklists can be paid for at the office or on the Qkr App (please note if you are paying through this app you still need to return the booklist.)

Eligible families may use the Seaford Primary School Student Support Fund for payment, which will be processed in 2016. These booklists also need to be returned to the office for processing by Thursday 3rd December. Please mark SSF on the booklist form.

Any queries please do not hesitate to call the Office.

Please join us for a
FORUM ON
YOUTH & COMMUNITY SERVICES IN CARRUM DOWNS

WHEN: Tuesday 17 November 2015  TIME: 6PM - 7:30PM
VENUE: Lyrebird Community Centre
203 Lyndhurst Drive, Carrum Downs VIC 3201
RSVP: sonya.kilkenny@parliament.vic.gov.au / P: 9773 2727 for further information.

Sonya Kilkenny MP
MEMBER FOR CARRUM

&

Jenny Mikakos MP
MINISTER FOR YOUTH AFFAIRS
MINISTER FOR FAMILIES & CHILDREN

Together with senior representatives from Victoria Police, community & youth workers.
Australian classification of films, computer games and certain publications by the Australian Classification Board.
(This is a refresher for us all on what is appropriate / not appropriate for our children.)

General (G)

The content is very mild in impact. The G classification is suitable for everyone. G products may contain classifiable elements such as language and themes that are very mild in impact. However, some G-classified films or computer games may contain content that is not of interest to children.

Parental Guidance (PG)

The content is mild in impact. The impact of PG (Parental Guidance) classified films and computer games should be no higher than mild, but they may contain content that children find confusing or upsetting and may require the guidance of parents and guardians. They may, for example, contain classifiable elements such as language and themes that are mild in impact. It is not recommended for viewing or playing by persons under 15 without guidance from parents or guardians.

Mature (M)

The content is moderate in impact. Films and computer games classified M (Mature) contain content of a moderate impact and are recommended for teenagers aged 15 years and over. Children under 15 may legally access this material because it is an advisory category. However, M classified films and computer games may include classifiable elements such as violence and nudity of moderate impact that are not recommended for children under 15 years. Parents and guardians may need to find out more about the film or computer game’s specific content, before deciding whether the material is suitable for their child.

Mature Accompanied (MA 15+)

The content is strong in impact. MA 15+ classified material contains strong content and is legally restricted to persons 15 years and over. It may contain classifiable elements such as sex scenes and drug use that are strong in impact. A person may be asked to show proof of their age before hiring or purchasing an MA 15+ film or computer game. Cinema staff may also request that the person show proof of their age before allowing them to watch an MA 15+ film. Children under the age of 15 may not legally watch, buy or hire MA 15+ classified material unless they are in the company of a parent or adult guardian. Children under 15 who go to the cinema to see an MA 15+ film must be accompanied by a parent or adult guardian for the duration of the film. The parent or adult guardian must also purchase the movie ticket for the child. The guardian must be an adult exercising parental control over the person under 15 years of age. The guardian needs to be 18 years or older.

Restricted (R 18+)

The content is high in impact. R 18+ material is restricted to adults. Such material may contain classifiable elements such as sex scenes and drug use that are high in impact. Some material classified R18+ may be offensive to sections of the adult community. A person may be asked for proof of their age before purchasing, hiring or viewing R18+ films and computer games at a retail store or cinema.
Grade Two Sleepover
by 2A

From the very beginning of the day we were extremely excited because it was the day of the Grade Two sleepover! We kept singing “Grade 2 sleepover” all day long.

At six o’clock we arrived and set up our mattresses. Then the boys had a pillow fight. After that, it was time for the quiz. We went around the school with a partner to find all the answers to the quiz. After a while the teachers called out “Dinner time”. We ate scrumptious sausages with sauce, a drink, some fruit and delicious pancakes.

After dinner we had a talent show. Angus, Josh and Ryan showed their soccer skills, Bec and Zach sang a song called ‘See You Again’ and Hannah and Hind also sang a song.

Then it was time for supper and after supper we cleaned our teeth. We then put on our PJs and watched ‘Mr. Bean’s Holiday’. We all thought he was extremely funny and we laughed and laughed and laughed. Then it was time for bed! Unfortunately some people (the teachers) snored and woke us up in the middle of the night. Then lots of the boys got up and went to the toilet and nearly woke up everyone else. Soon the boys went back to sleep and slept until 7.00 a.m.

Mr. Browne and Mrs Reardon made us a delicious breakfast and then we were off to Myuna Farm.

We all had a fantastic experience and we were great campers. We can’t wait until the Grade Three camp next year.
Moonlit Sanctuary  
by 1A

We were so excited because we were going to Moonlit Sanctuary! First, we went on a really big bus and travelled to the sanctuary.

When we arrived we got into groups. One group went to see the koalas, Tasmanian Devils, wombats, owls and dingo pups. The other group looked at some Australian reptiles. We saw some snakes and we held a long snake called a Diamond Python. It felt squishy and warm because it had been in a glass enclosure with a heat lamp in it.

Then we ate play lunch and swapped activities.

After lunch, we went on a Wallaby Walk and fed the wallabies and the ducks and their ducklings. We saw lots of kangaroos but we couldn’t go near them because some of them had joeys in their pouches. We had lots of fun playing a game of tiggy and then we went back to school.

We had a fantastic time and we can’t wait until the Grade Two Sleep over and excursion next year!
Expression of Interest Form

Kids’ “Relaxation Therapy” Sessions

I am passionate about working with children to help them learn how to self-regulate their own anxiety. i.e.: how to recognise and take control of their own stress and anxiety in all areas of their life and in all settings.

I have worked in the school system as an Aide in both the mainstream and special school settings and I have been running Kids and Teens Relaxation Therapy sessions for the last 18 months with great success. I have been working with kids with Autism for over 5 years now having a son with Autism and working in various roles in the Autism community.

High anxiety is a growing concern and affects all of our kids at some stage. Arming our children with the tools and strategies to handle this when it arises is of the utmost importance to their general wellbeing. Seaforth Primary School and myself acknowledge this and would like to provide your child with the opportunity to attend these sessions.

Each session will be 30mins in duration and will involve a general discussion, a meditation and at least one or more of the following anxiety management techniques: Tai Chi, Yoga, Breathing Exercises, Brain Gym, Hand Mudras and/or Acupressure points.

The successful use of these techniques WILL improve your child’s:

- Self-Esteem
- Self-Confidence
- Sleeping Patterns
- Social Skills
- "Tantrums"
- Focus
- Concentration
- Panic Attacks
- School refusal
- Head Aches

Weekly sessions will run for the last 6 weeks of term, 2016 during lunchtimes. *(Sessions will start week commencing Monday 13th February)*. Students will be divided into the following groups, grades P-3 and then 4-6 and will be run with a minimum of 6 students and a maximum of 8 in each group.

Fees are payable (via bank transfer or paypal) directly to Rainbow Light Therapies as follows:

- $20.00 deposit to reserve your place payable by Friday 11th December.
- $45.00 balance payable by Monday 8th February.

Please complete the lower part of this form and return to the office by Friday 4th December. Consent and Payment Forms will then be forwarded to you. I can be contacted at any time on 0401 561923 with any queries and I look forward to working with your children in 2016.

*Full accreditation, Insurance, Working with Children Check and First Aid Qualifications are assured.*

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**Kids’ “Relaxation Therapy” Sessions**

**Childs Name:** __________________________  **Grade:** __________________________

**Parent / Carer Name:** __________________________  **Phone:** __________________________

**Email:** __________________________