At assembly last week we were able to celebrate with one of our prep students, her amazing achievements over the past couple of weeks. Renee just loves sport—particularly athletics and soccer. A keen member of the Seaford Junior Soccer Club, Renee plays each weekend and was selected to play in an under 12 match at half time at a recent Melbourne City Game at Etihad Stadium—Renee is only 6! She got to walk out with the team and met a number of the Mathilda’s (Members of the Australian Women’s Soccer Team). On last Sunday week, she travelled to Wagga Wagga to compete in the NSW Athletics Championships where she competed in 6 events—70m sprint, 100m, 200m, 500m, Long Jump and Discus—winning all events and breaking the record in the 500.

On Wednesday of last week it was announced that Renee had been selected as Milo’s Most Valuable Player and had been chosen as “The Face Of Milo”. Entries for this honour had been received from thousands of children all over Australia and New Zealand. Milo recognised Renee for her good sportsmanship, for never giving up, keeping fit and healthy and striving to be the best that she can be. Congratulations Renee!

All of our children have skills and talents—they may not be in sport, like Renee, but they could be in music, IT, writing, maths, motor bike riding, chess, or any other area of interest. The message that we need to give to the children to enable them to develop those skills to be the best that they can be, requires effort, persistence, a positive attitude and above all a belief in themselves. As parents and teachers—the people who have the greatest influence over our young children at this stage in their lives—we need to encourage and support our children in order to give them the best opportunity to succeed, and then to celebrate their successes with them.

At assembly tomorrow, we get to celebrate the success of another of our students, so watch this space next week, and of course Balin is currently in Adelaide competing in softball for the Victorian State Team in the Pacific Games. I am sure we will have a report from Balin at next week’s assembly.

To all of our students who put in the effort to be the best that they can be, congratulations and keep going!

Regards

Michael
CELEBRATING OUR CHILDREN’S ACHIEVEMENTS

Joshua, Jack, Oliver, Annabelle, Peter and Bailey received awards for Tennis Club at assembly last Friday.

Liam and Ashley received their Artist of The Week awards at assembly last Friday.

Briley received her award for participation in the Seaford Primary School Talent Quest.

KIDS CARNIVAL

*WANTED:* - books, toys, games, DVD’s, dress-ups for Trash & Treasure.

*WANTED:* - donated items that could be used as prizes eg lolly pops, cards, unused little toys etc.

*Tokens will be 50 cents each – purchased from classrooms Tuesday 15th after 9.00am.

Fun! Fun! Fun!
We’re very pleased to inform you that our school has implemented a phone app called **Updat-ed** that will make connecting with you so much more convenient.

To download the app just visit the App Store for iPhones or Google Play for Android’s. Search for **Updat-ed** and from the menu select our school. We’ll receive your registration request and will need to approve you before your app is up and running.

So what will the app do?

The app’s great for sending out alerts and reminders with one of its best features being the ability to save events directly into your phone’s calendar.

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**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.

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**Dear Parents and Friends of Seaford P.S.**

You’re invited to join us for an evening of free family fun. Each grade has been busy working hard with Santa’s Elves, to bring you:

**Christmas Carols**

**Date:** on Wednesday the 9th of December 2015.

**Time:** 5pm till 7:30pm.

**Where:** Near the big adventure playground, and new outdoor stage.

**Bring:** A blanket or chair to sit on, and if the weather is hot sunscreen, sun glasses and hat. Organise a picnic dinner, take out dinner, or you can bring a bbq and use the school facilities to cook your evening meal.

And remember Mums, Dads, Grandparents, Friends, Boys and Girls, Santa is always watching.

**HO HO HO**

**Please Note:** This is an alcohol and smoke free family event
Let’s talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression\(^1\).

The University of Melbourne, with funding from BeyondBlue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, appropriate screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed

More information about the guidelines and other tips can be found at [www.parentingstrategies.net/depression](http://www.parentingstrategies.net/depression) or [www.beyondblue.org.au](http://www.beyondblue.org.au).

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\(^1\) [https://www.youthbeyondblue.com/footer/stats-and-facts](https://www.youthbeyondblue.com/footer/stats-and-facts)
ABSolute Muscle Tone and Fitness

★ BOOT CAMPS OR 1 ON 1 ★

Qualified PT with over 15 years experience in the fitness industry

Thursdays & Saturdays 9:30am beginning December

★ Professional assessment before you join
★ Food guidance and diet plan if needed
★ Get lean and toned before summer
★ Constant monitoring
★ Any level of fitness welcome
★ Child friendly

ABSolute Muscle Tone & Fitness
SEAFORD

FOR FURTHER ENQUIRIES CONTACT TARYN - Phone: 0431 391 227
Tuesday December 15th
1.30pm – 3.15pm

books
coins in a pond
Kids Carnival
nails
face painting
cakes
lucky straws
photo booth
lucky balloons
and more...

*WANTED: - books, toys, games, DVD’s, dress-ups for Trash & Treasure.

*WANTED: - donated items that could be used as prizes eg lolly pops, cards, unused little toys etc.

*Tokens will be 50 cents each – purchased from classrooms Tuesday 15th after 9.00am.

Fun! Fun! Fun!