

CARLTON GARDENS PRIMARY SCHOOL News

Website: www.carltongardens.vic.edu.au
Email: carlton.gardens.ps@edumail.vic.gov.au
twitter: @CarltonGardens
Ph: +61 3 9663 6502
Fax: +61 3 9639 1220
Address: 215 Rathdowne Street, Carlton, VIC, 3053



Instagram

We are now on instagram. You can follow us @carltongardens

Twitter

We are on twitter. You can follow us @carltongardens

CGPS BYOD

Families are welcome to source their own iPad for the BYOD program or they can purchase their iPad through our JB HiFi School Portal. **This portal is open to all of our families**

To purchase go to:
www.jbeducation.com.au/byod
Enter the code: CGPS2019

Swimming Payments

Just a reminder that bus payments for our swimming program are due on the 3rd of December. Please be aware that swimming is a compulsory part of the Victorian Curriculum.

Absence SMS

If your child arrives after 9:00am please ensure that your child is signed in by the teacher in the foyer or by the office. If they are not signed in you will receive an SMS stating that your child is away.

Calendar Events

- 26th November - Prep Sleepover Payment Due
- 29th November - Prep Sleepover
- 3rd December - Swimming Payment Due
- 10th - 20th December - Swimming
- 17th December - Reports Available
- 18th December - Grade 6 Graduation
- 21st December - Step Up Day
- 21st December - Last Day of Term 4 1:30 Dismissal
- 30th January - First Day of School Grades 1-6
- 30th January - 1st February - Prep Testing
- 4th February - 1st Day of School for Preps (1/2 Day)
- 5th February - 1/2 Day for Preps
- 6th February - Prep Rest Day
- 7th February - Preps Commence Full Time

School Reports

School reports will be available on Monday the 17th of December. **We are unable to distribute reports before this date.** If you are leaving our school before this please speak to your child's teacher so that we can email you a copy of the report.



This week @CarltonGardens



@CarltonGardens



Public Transport Issues

We are aware that families are having trouble with buses running late and missing stops. Due to the inconsistency of this service we highly recommend that families catch the service that arrives at school at 8:33. Parents arriving at school at this time are welcome to wait in the yard with their children.

Screen Time on iPads

As part of iOS 12 Apple has launched a new feature called Screen Time. This allows you to set limits to when and how children can use their iPad. We highly recommend that parents set it up on their child's iPad. For more information check out our eSmart section later in this newsletter.

Lost Property

Please ensure all clothing and belongings are named so that they can be returned if they are found. This includes drink bottles and lunch boxes. If your child has lost some clothing we recommend that you check the lost property box outside the toilets. The lost property area for lunch boxes and drink bottles is outside the art room.

Empowering Students

A significant element of the Victoria Government's school vision in the area of Positive Climate for learning is to recognise the fundamental importance of empowering students and the contribution that student voice, agency and leadership make to improved student outcomes, health and wellbeing

There is strong evidence that students become more engaged in learning when they have opportunities to:

- exercise agency in their own learning
- contribute to the communities in which they learn
- improve the learning program for themselves and their peers.

What is student agency?

Student agency refers to the level of autonomy that a student experiences in the learning environment. Student voice and agency are intrinsically linked. Agency gives students the power to direct and take responsibility for their learning, creating independent learners. Student voice is not simply about giving students the opportunity to communicate ideas and opinions; it's about students having the power to influence change. Authentic student voice provides opportunities for

students to collaborate and make decisions with adults around what and how they learn and how their learning is assessed.

At Carlton Gardens, we understand the importance of creating learning environments that promote independence, interdependence and self-motivation. We work to build productive and inclusive school cultures for all adults and students.

The teachers work to develop classroom environments that enable students to be active participants in their learning. They are responsive to student feedback and adapt their teaching practice to suit the needs of all students.

As a result of our work in this area we have made some significant gains in the students' positive responses to the attitudes to school survey that is completed annually by the Department of Education.

Some examples of student agency in action could be:

- Creating a student voice team to contribute to a particular school project
- Creating a Junior School Council
- Students setting individual learning goals and contributing to lessons to achieve these
- Providing reflections for camps, events, units of work, lessons
- Students take responsibility for their learning and are self-regulating
- Students can track and measure their own growth
- Are involved in designing and implementing school policy and programs

When students experience a sense of belonging and significance through voice, agency and leadership, they are likely to articulate their sense of empowerment and school pride.

The increase of agency has been linked to a variety of important educational outcomes, including:

- Elevated achievement levels
- Greater classroom participation
- Enhanced school reform efforts
- Better self-regulation by students
- Decrease in behavioural issues

It is important to understand that for student agency and voice to be most effective it must involve adult cooperation. It must involve co-planning, making decisions together, not simply involve a student making independent decisions without support. It also involves the accepting of shared commitment and responsibility for outcomes.



We would like to ask if parents could please start collecting empty jars for the OSH Club Program so we can use them for Science Experiments

Any information needed for the week's Program Planner Activity is displayed in the Art Room-OSH Club.

In coming weeks we will start on Christmas Celebrations.

Thank You
OSH Club



Photo of the Week



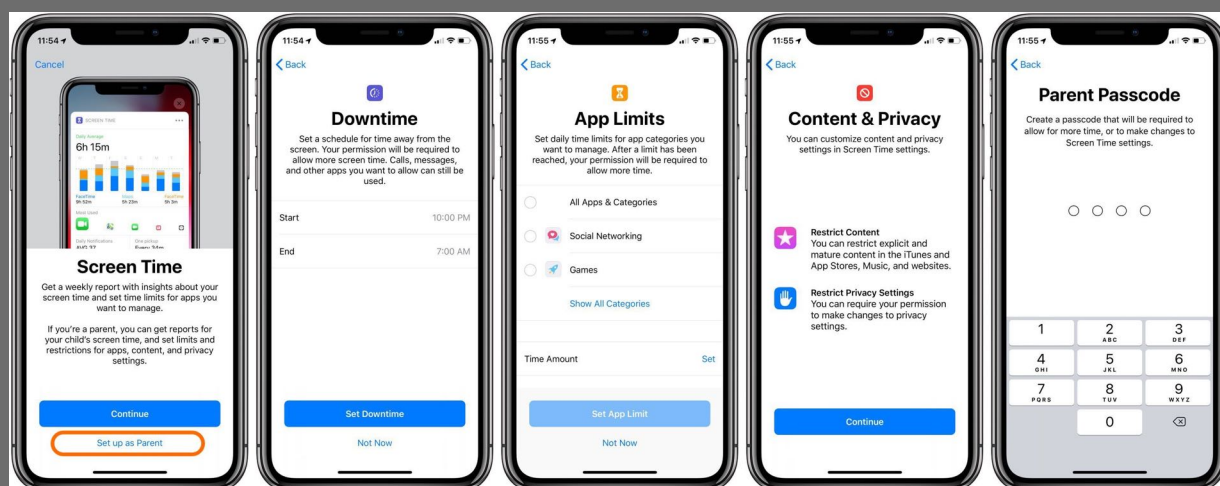
iOS 12 Screentime

iOS 12 introduces Apple's new Screen Time platform to help users with spending their device time more deliberately. An important aspect of that is helping parents guide device use for their children. Screen Time allows parents to limit the amount of time a child can have on their iPad. You can set limits on playing games. You can also schedule down time.

iOS 12: How to set up Screen Time as a parent on a child's iPhone or iPad

1. Open *Settings* on your child's iPhone or iPad
2. Tap Screen Time
3. The first time you open Screen Time, you'll see a splash screen with the option to *Set up as a Parent*, tap that
4. Follow the prompts to customize Downtime, App Limits, Content & Privacy, and creating your Parent Passcode
5. If you'd like to make any adjustments, you can always return to *Settings* → *Screen Time*

Alternately, you can remotely manage devices connected to your iCloud account via Family Sharing. Head to *Settings* → *Your Name* → *Family Sharing* → *Screen Time*.



Here's how Screen Time looks during Downtime and when an app's limit has been reached:



Ignoring the limit will require the parent's passcode for managed devices. For more information visit <https://9to5mac.com/2018/06/21/ios-12-how-to-set-up-screen-time-as-a-parent-on-a-childs-iphone-or-ipad/>

This is a great video that shows you how to set up screen time: https://www.youtube.com/watch?v=T9Q-_Fhifxg



*Order Online up until 8.30am on
the day the Lunch is Required!*

MENU TERM 4, 2018!

Order ONLINE up until 8.30am on the DAY THE LUNCH IS REQUIRED!

A Two Course Lunch is \$8.95 and a Three Course Lunch is \$10.35

LUNCH ITEM ONE

SALADS

Greek Style Salad with Feta and Olives (GF)
Brown Rice & Mixed Bean Salad (GF)
Thai Style Noodle Salad (GF)
Quinoa, Tabouli & Tuna Salad (GF)
Pasta Salad (GF)
Pic(k)nic Box – Vegetarian (GF)
Pic(k)nic Box with Ham (GF)

SUSHI

Sushi - Teriyaki Chicken Hand Rolls (2)
Sushi - Cooked Tuna Hand Rolls (2)
Sushi - Avocado Hand Rolls (2)
Sushi - Cucumber Hand Rolls (2)
Sushi – Vegetarian Hand Rolls (2)

BAKERY

Cheese and Bacon Roll
Cheese and Vegemite Scroll
Supreme Pizza Roll
Topped with Only Cheese Roll

PITA PIZZAS

Margherita Pita Pizza
Ham and Pineapple Pita Pizza
Fresh Tomato and Italian Herb Pita Pizza
Spinach & Feta Pita Pizza

SANDWICHES, ROLLS & WRAPS

Ham, Cheese and Tomato Sandwich
Turkey, Cranberry, Lettuce and Cheese Sandwich
Ham and Cheese Roll
Gluten Free Ham & Cheese Sandwich (GF)
Simple Salad Roll
Gluten Free Ham & Cucumber Sandwich (GF)
Vegemite Sandwich
Mild Salami and Salad Roll
Beetroot and Salad Roll
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
Cheese and Salad Roll
Wholegrain Cheese and Tomato Sandwich
WRAP (GF) Ham and Salad
Chicken and Salad Roll
Wholegrain ROLL Tuna and Salad
Salad with Ham (No Cheese) ROLL

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

Fresh Fruit Combo
Freshly chopped Orange Segments
Freshly chopped Strawberries with Green Grapes
Apple with Lemon Juice, Brown Sugar & Cinnamon
Freshly chopped Cantaloupe & Watermelon
Freshly Chopped Watermelon pieces
Chopped Carrot, Cucumber, Red & Yellow Capsicum
Freshly chopped Pineapple with Orange Pieces
Lightly Steamed Corn Wheels & Broccoli
Sugar Snap Peas, Beans & Cherry Tomatoes
Cherry Tomatoes with Tasty Cheese & Rice Crackers

BAKED GOODS

Choc Chip Cookie
Fruit Bun
Hedgehog Slice
Finger Bun with Sprinkles
Banana Cup Cake (GF, DF)
Iced Cup Cake
Choc Cup Cake (GF,DF)
Blueberry Muffin
Apple & Cinnamon Cake

YOGHURT

Chobani Yoghurt - Strawberry
Chobani Yoghurt - Blueberry
Chobani Yoghurt - Passionfruit
Chobani Yoghurt – Plain
Chia, Banana, Coconut and Strawberry Bowl

DIPS & CRACKERS

Tzatziki dip with Rice Crackers
Avocado dip with Rice Crackers
Spring Onion dip with Rice Crackers

POPCORN/SNACKS

Cobs Popcorn, Lightly Salted
Cobs Popcorn Slightly Sweet, Lightly Salted
Lightly salted Fav'va Beans
Cranberry Freedom Foods Bar (GF)

DRINKS

Apple Juice
Orange Juice
Nippy's Chocolate Milk

For more information check out our website

www.classroomcuisine.com.au

Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

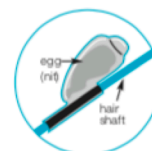
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

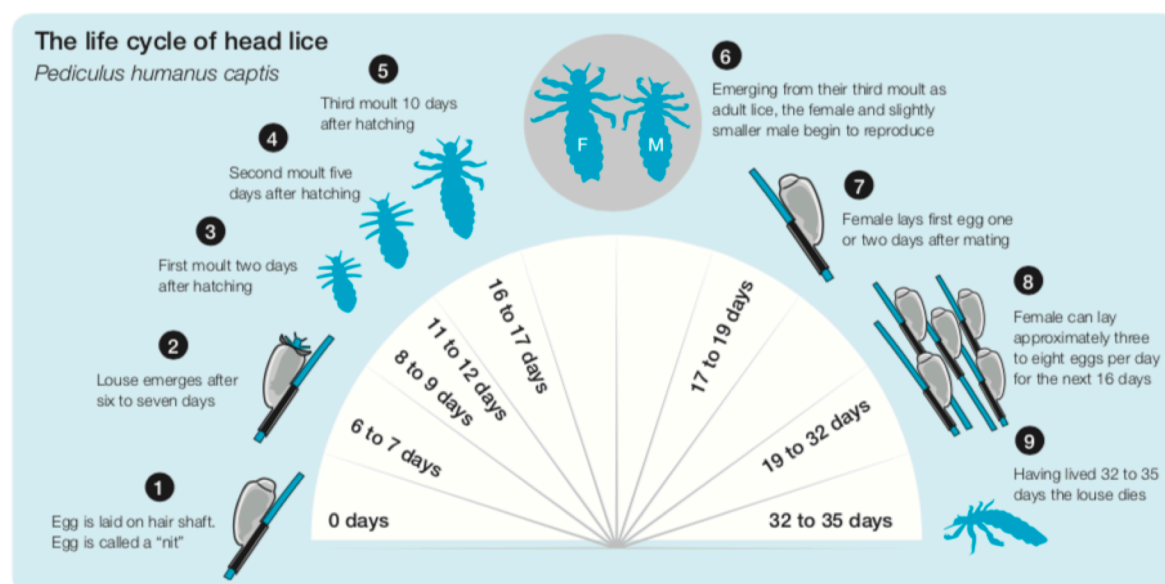
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.
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Treating and controlling head lice



MASTER JULIAN DE BOERS
&
SI MO SOPHIE ARCHIBALD

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SCHOOL
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Level 1, Number 1 Lygon Street Carlton 3053

Price: \$40.00 per month.

Contact: Phone: 0421 809 462

Email: wingchunbingfa@gmail.com

Website: wingchunbingfa.com



After School Art Classes

TERM 4, Wednesdays 4pm - 5.15pm.
AGES 5 to 12. Drop-off classes.

LOCATION Providence Arts Space
Abbotsford Convent, 1 St Heliers St
Abbotsford VIC 3067

**TERM
4**

WEEK 1 • Explore the possibilities of spin, pendulum, bubble art & monoprints.

WEEK 2 • Art City - Create the city of your dreams and get lost in your own imagination! Design buildings, cars, robots & more! We will discuss the exciting work of architect Zaha Hadid.

WEEK 3 • Art Master Chef - Modern still life with doughnut and crazy cake designs. Yes, you can eat the doughnut but only after you've painted it!!

WEEK 4 • Nature art. We'll explore the work of artist Jeannie Baker through her children's book illustrations which use elements from nature in textural mixed media collages.

WEEK 5 • Imagination self-portraits. What does your imagination look like?

WEEK 6 • Painting pets. Discover the role that pets have played on artists and their work throughout history. Paint your own animal inspired artwork.

WEEK 7 • Vivaldi's Four Seasons - Painting music and the seasons.

WEEK 8 • Shimmer & shine - Foil painting, prints and sculpture.

WEEK 9 • The Cat & the Bird - Paul Klee inspired art.

WEEK 10 • Mural work inspired by Keith Haring. We will discuss the famous mural by Haring located in Collingwood.

WEEK 11 • Polymer clay creations. Design and create a special Christmas gift for someone you love.



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