Student Achievement:
Congratulations to Taylor Faalele 4D who threw the Shot Put 9.24m in the recent Regional Athletics Championships. This massive distance enabled him to come 2nd in his age group which means that Taylor is able to compete at the State Athletics Championships being held at MSAC. Taylor said he felt happy and excited, but also a little bit scared during the competition because he didn’t know how far the other athletes could throw. This is a wonderful achievement Taylor, and the whole school wishes you well!

State Championships:
Further to this, on Monday 26 October, Taylor competed in the State Athletics Championships where he threw another personal best 9.75m! This enabled Taylor to come 4th in the State in 9/10 Boys age group! What an outstanding achievement Taylor!

Promoting good mental health habits in children:
Recently I was reading an article which quoted research by Australian academic Michael Bernard that highlighted the fact that childhood is not always a fun and relaxing time for some children. He found that:
- 40% of 10,000 primary aged children reported low levels of social and emotional problems,
- 31% reported feeling very stressed,
- 20% responded feeling sad or depressed for a week or more.

In other research, the Australian Psychological Society has found that one in seven Australian children experience some type of mental health issue with ADHD, anxiety and depression being the most common.

However it is important to remember that having good mental health doesn’t necessarily mean that children never experience difficulties or worries – feeling sad, worried or fearful is normal.

The difference is that children who are mentally healthy are capable of managing the challenges that come their way.

So how do we assist our young people in building the necessary emotional resilience to deal with their day to day challenges?
At school we prioritise student wellbeing - this is demonstrated through the programs we offer, the experiences the children are afforded and the support we can offer when things get tough.

We are always researching and exploring strategies that we can use as part of our day to day interactions with the children. This year we introduced KidsMatter into our school as a framework to help us identify the areas we are doing well in and also to help us to identify any areas for improvement which will support our students’ mental health.

As a parent there are many things you can be doing to promote good mental health. Here are 5 good habits, of which you may already be doing, but it’s always good to reflect and see if there is an area to build on:

- Sleep – getting the right amount of sleep is a fundamental building block of mental health and wellbeing. Children need 10-12 hours of sleep to enable proper growth and development. Coping with challenges is a lot easier if you have had enough sleep before the day begins.
Exercise - exercise stimulates the chemicals that improve the mood and release the stress that builds up over a day. For different reasons, children these days exercise less than in past generations. An hour a day is recommended.

Help others - social isolation is an indicator of poor mental health. Encourage your child to be connected to others- preferably through real face to face or voice to voice methods as opposed to the internet. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

Talk – A problem shared is a problem halved. Encouraging your child to talk about their worries will avoid them being “bottled up” and catastrophized into something bigger than it really is. Try to be observant and ask gentle questions to find out what is happening that may be causing anxiety.

Relaxation - Having a hobby or special activity is relaxing for children as it allows them to unwind and become absorbed in something they enjoy.

Most of these things are common sense but in the business of our day they may be overlooked or squeezed out due to other demands.

Is your child starting Secondary College next year?
Parents of our Grade 6 students will tell you that it doesn’t seem that long ago that their child was starting school. The primary years seem to fly by and our Grade 6’s are already 4 weeks into their final term of primary school. I know that this term will be a special one culminating in our graduation ceremony in December.

Sometimes there are questions which are not fully answered at information nights and orientation days so the Department of Education and Training have developed an informative site which provides hints and tips on how to support your child through the transition to secondary school. It is very practical and easy to read.

During the school term you will receive emails that will include tips, advice and information on supporting your child to make the transition from primary to secondary school. Recent articles have included Preparing for next year, Homework and Stepping up to Secondary School. To receive articles please subscribe to Beyond Primary at:

BPAY:
A reminder that paying by BPAY is an easier solution for parents and the school, as monies go straight into parents’ accounts rather than into accounts at a later date. Parents’ BPAY number is located at the bottom of your school statement. If you have any queries please call the office.

Parkhill Turns 20!
Our 20 Year Celebration Assembly will commence at 2.30pm in the Hall on Friday, 6 November. Each child will receive a commemorative key ring, donated by the PFA, as a memento of this most significant event in the life of our school.

Pupil Free Days Reminder:
A reminder that our final Pupil Free Day as allocated by DET and approved by School Council is on Monday, 2 November. Students will not be required at school on this day! Also remember that the following day Tuesday, 3 November is also a public holiday and there will be no school.

Have a great long weekend!
 Rod McKinlay
Reminder that all months of the year with an “R” are the months that students must wear HATS.

**SUMMER CLOTHING NEEDED NOW**

We have had many requests from families for second hand uniform.

Donations can be left at the office.

**Sick Bay First Aid Information:**

**Note:** Sick bay visits are notified to parents in the case of serious injury or illness. If a first aid note is sent home please remember to check with your children the reason of the visit.

*We have had reports this week of cases of the following medical issues:*

- Gastro
Science

Science fun continued in week 4 with the culmination of the Little Science, Big Science program at John Monash Science School. Aurelia, Nina, Qing and John have been busily preparing and conducting an experiment based on a topic of interest. Qing and John completed an experiment on acids and bases. Aurelia and Nina on the other hand were interested in microbiology and decided to observe mould growth. On Monday 26th October John Monash Science School hosted a Science Fair evening where our students presented their research projects. Our students confidently spoke to parents and teachers who wandered the hall asking questions about the students’ experiments. Great efforts Little Scientists!

Katrina Watson – Science Teacher
FUN CHINESE WORKSHOP

What: Making Fruit Kebabs & Learning fruit’s names in MANDARIN

When: Tuesday 10 Nov 2015
1pm-2pm (Lunch Time)

Where: LOTE ROOM

Master students Chinese Language skills from Fun Activities. Speaking real world Chinese in the immersion Language environment.

Fun Mandarin Workshop organized by Fun Mandarin Club and School Chinese Teacher

Limited places, for booking: Send SMS to 0433 205 631 or contact Mrs. TU (LOTE teacher)

Future Proofing Kids bilingual languages
Calender of events

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Thursday, 5 November</td>
<td>Staff Thank-you Morning Tea</td>
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<td>Friday, 6 November</td>
<td>Parkhill Primary School 20th Anniversary Assembly</td>
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<tr>
<td>Thursday, 12 Nov</td>
<td>PFA Meeting-- Meeting Room. All welcome</td>
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<tr>
<td>Thursday, Dec 3</td>
<td>Fun, Food and Carols</td>
</tr>
<tr>
<td>Tuesday, 15 December</td>
<td>PFA end of year function</td>
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WALKATHON: Thank you to all those who were there to cheer on the children during their walkathon. The costumes were terrific and we look forward to being able to furnish the LOTE classroom.
A BIG thank-you to Gabriele, Sumi, Kerry, Lisa, Vanessa, Anny, Joanne and April who helped set up and cut up the oranges for the refreshments as well as a big shout out to Bushy Park Orchards who donated the fruit. Please remember to return the pledged monies to the office ASAP. Remember that this is the major fundraiser for the year and there will be a class party for the highest earning class.

FUN, FOOD & CAROLS - Thursday, 3 December: Stalls are now available and we would love anything from crafts, food, plants, cupcakes etc. Please contact Anny for an information sheet. We are also looking for volunteers to co-ordinate various aspects of this event---stalls, entertainment, food etc. All aspects are covered in 'how-to' books available to help you. Please talk to one of the PFA executive if you are interested in getting involved.

ICY POLE ROSTER:

| 30th October | Julie Chaplin | Tania Rose |

The PFA is organising the Icy Pole sales this term. If you are able to help out it would be greatly appreciated 3.15pm-3.45pm is the timeframe. Please contact the committee with your available dates.

CHRISTMAS RAFFLE:
The PFA will be running a raffle this year and we are still seeking donations of brand new items to be included in the prizes. If you are able to donate an item please contact one of the PFA members.

HELPERS STILL WANTED:
Thank you to those who have signed up for the Staff Morning Tea- all places have been filled. We are still seeking assistance with the 20 year Anniversary of Parkhill on Friday, 6 November. Please sign-up on VolunteerSpot:

Sign up for 20 Year Anniversary Afternoon Tea VolunteerSpot: http://vols.pt/QLQ9gb

Enter your email address: (You will NOT need to register an account on VolunteerSpot)
Sign up and choose your spot - VolunteerSpot will send you an automated confirmation and reminders. Easy!

Note: VolunteerSpot does not share your email address with anyone. If you prefer not to use your email address or have any queries please contact Anny @ annymation2@bigpond.com or 0405 559 748