**SCHOOL CALENDAR**

### October
- **Tues 13**  
  Tuesday Treats - PK & PC  
- **Fri 16**  
  Whole School Photo  
- **Sun 18**  
  Working Bee  
- **Tues 20**  
  Tuesday Treats - PS & PH  
- **Thur 22**  
  Prep Aquarium Excursion  
- **Mon 26**  
  JSC Pink Dress-up Day  
- **27-29**  
  Gr 1/2 Excursions to Mont de Lancey  

### November
- **Tues 3**  
  Melbourne Cup Day  
- **16-20**  
  Prep - Grade 2 School Swimming  
- **Fri 20**  
  Bike Hike Warburton Trail  
- **Wed 25**  
  Prep Information Night  
- **Mon 30**  
  Grade 3 - 6 School Swimming (begins)  

### December
- **1-4**  
  Grade 3 - 6 School Swimming (cont)  
- **Mon 7**  
  STUDENT FREE DAY  
- **Tues 8**  
  Orientation Day - Prep & Grade 6  
- **Wed 9**  
  Christmas Carols  
- **Tues 15**  
  Grade 6 Graduation  
- **Fri 18**  
  Last Day of Term - 1.30pm Finish

**Other**
- Recess: 11.00am to 11.30am  
- Lunch hour: 1.30pm to 2.30pm  
- Uniform Shop: Wednesdays, 2.45pm to 3.30pm  

**2015 Term Dates**
- **Term 3** - 13 July to 18 September  
- **Term 4** - 4 October to 18 December  

Canteen Lunch orders to be in by 9am Wednesday and Friday

**REMININDER:** All newsletter items must be in by Friday night in order to ensure they are included in the following week’s newsletter.

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**Message from the Principal**

Hi Everyone,  
Welcome back to term 4!  
It was great to chat to the children yesterday about what they got up to during the vacation. I am afraid that my tales of lots of gardening didn’t grab their imagination.  

Many thanks to our Parent Club for supporting the freshening up of the school ground over the vacation. All of the court markings have been repainted, and there are plenty of hopscotch and down ball courts dotted around the grounds. Another example of their great fundraising at work.  

Today is the first Total Fire Ban Day of the season. It is a reminder for all families to revisit their fire plans as well as tidy up around the house. It is also a reminder that on CODE RED Fire alert days Montrose PS will be closed.  

The standard procedure is that 3 days’ notice will be given to allow families to make timely preparation for the school closure. Please note, that no one will be in attendance at school at any time on the designated day.  

But for now, a term 4 reminder that hats must be worn by children in the playground during breaks and for sport.

**2016 Preparation**

The school leadership team is quickly moving forward with plans for 2016. The prep transition program enters its formal phase this term after the Bookworm Orientation sessions throughout August. Taking into account the indicative enrolments across the school as well as many other organisational factors, the school in 2016 will be:

- 4x Foundation (Prep) classes  
- 3x Year One classes  
- 1x One / Two multi-age class  
- 3x Year Two classes  
- 3x Year Three classes  
- 2x Year 4 classes  
- 4x Five / Six multi-age classes  

Our specialist program will be:

Art, Physical Education, Chinese, Drama/Music (on a semester basis)

**Working Bee**

The final working bee for the year is coming up! See the page later in the newsletter for details. If you haven’t been to one yet... make this the day!

**Pupil Free Day Monday December 7**

I take this opportunity to give advanced notice of the final Pupil Free Day for the year. Would parents please add this date to your diaries and make appropriate child care arrangements for the day.

Neil Pollard

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Leith Road, Montrose 3765  
Correspondence to: P.O. Box 123, Montrose  
Ph 9728 2203, Fax: 9761 9359  
Email: montrose.ops@edumail.vic.gov.au  
Web site: www.montroseps.vic.edu.au

Principal: Neil Pollard  
Assistant Principal: Kylie Fisher  
School Council President: Julie McDonald  
After School Care 9728 5491
Welcome back everyone! I hope you all had a great term break.

Thank you Kate Critchley and Gemma Heemskerk for your help in the canteen on the last Friday of term and Emily Watson, Caroline Peat, Ruth Osborne and Darleen Larcombe for helping on the Wednesday for Footy day.

This week’s helpers are Nicole Foster for Wednesday 7th October and Rachel Fichtner, Sandra Rowe and Julie-Anne Carlson for Friday 9th.

**Please remember to use the updated menu for Wednesday.** Meatball rolls and falafel wraps are back along with the chicken tender and Mexican wraps. You are also able to order sandwiches, rolls and salad boxes now on Wednesdays for the summer terms. Also extra treats at the counter are jelly grape cups, yogurt with fruit puree and fruit kebabs.

**Fresh fruit salad is back on Fridays for this term.**

Thanks
Alison

SCHOOL PRODUCTION DVDs

If you missed out on ordering a DVD of the school production there are some spares at the office for purchase.

For those children that forgot their gold coin donation on Footy Day dress up day last term, money is still being collected at the office. All proceeds go to State School’s Relief fund. Thank you

GOOD DEED – WELL DONE!

**Fundraiser for Animal Aid**

In the school holidays I (Anastasia Slattery) organized a fundraiser sausage sizzle to raise money for Animal Aid.

I got my dad to take me out to Coldstream Animal Aid where they gave me a donation tin and pamphlets about their organisation.

My dad’s work (Prime100) donated the sausages and some drinks, the McBain family donated bread and softdrinks, and Montrose IGA gave us sauce, serviettes and bottled water.

Lots of my friends came to help including kids from the McBain family, the Barber family and Beardsley-Allen family. My family helped set it all up and dad advertised it on Facebook.

We had lots of customers over the afternoon and managed to raise over $180!

When I took the money back out to Animal Aid they were very happy! 😊
AWARDS

SPORTS STAR: Maddy Mc 6F
MUSIC: Finn M PH
OSCAR: Henry P 1R
PANDA: Leila C PS

Bounce Back Awards

| Zac R  | PC  | George T | 2P |
| Connor R | PH  | Dekoda B | 3GS |
| Charlie S | PK  | Noah C | 3KS |
| Grace B | PS  | James G | 4B |
| Nate B | 1C  | Jessica Mc | 4VW |
| Flynn M | 1P  | Elle B | 5C |
| Noah T | 1R  | Charlotte G | 5N |
| Erin Mc | 1/2G | Jack P | 5/6H |
| Evie S | 2M  | Tristian L | 6C |
| Tristan S | 2N  | Darcy S | 6F |

Pancake Awards

| Chloe G | PC  | Tobias C | 2P |
| Maddie Z | PH  | Megan A | 3GS |
| Piper C | PK  | Chandler D | 3KS |
| Riley R | PS  | Lilly M | 4B |
| Kaleb H | 1C  | Brodie P | 4VW |
| Hayden G | 1P  | Hayden H | 5C |
| Thomas B | 1R  | Jye P | 5N |
| Charlotte V | 1/2G | Ella S | 5/6H |
| Max V | 2M  | Ben J | 6C |
| Keeley M | 2N  | Claire F | 6F |

VALUE OF THE WEEK:
DETERMINATION

What is it?

Determination is using your willpower and focusing your energy on a task until it is done. It's usually an important task that will make a big difference to you if you succeed.

It means caring so much about doing something that, even when it becomes difficult, you still keep on going. You don't stop until the job is done.
Hand in an A4 or A3 sheet including:
- Question
- Your name and grade
- All maths working out (diagrams, drawings, calculations)
- Written explanation of how YOU solved the problem.

DUE DATE: Thursday 15th October by the end of lunchtime.
Place in the orange Maths Masterclass box at the office.

REMEMBER: You don't need to have reached a correct answer to enter. It is all about the learning process, not the answer.

Good luck!

Mr Storr

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**Maths Masterclass - Prep, Grade 1 & 2**

**Question 2: Buying A Balloon**

Lauren bought a balloon at the circus. She gave the clown four silver coins to pay for it.

1. What could Lauren have paid for the balloon?
   (There are many answers – show all of the different coin combinations, can you find their totals?)

2. What is the lowest price she could pay for the balloon?

3. What is the highest price she could pay for the balloon?

4. Which of your answers seems a fair amount to pay for a balloon?
CHILDREN'S BOOK WEEK

"Books light up our world"

‘How many lollies in the lantern’ competition:
(The answer was 128).
Winner, with an exact guess: (prize - a signed copy of Andy Griffiths & Terry Denton’s new book "The 65-storey treehouse" [kindly donated by the Terry family] & some rainbow sourstrap lollies in a lantern)
Tayla P, 5C.

‘Books in the spotlight’ competition:
(If you’re curious about the answers, come & see me).
44 Winners, with everything correct: (prize - book, bookmark, novelty stationery item & lollies)
Evie C, PK; Charlie S, PK; Lilly S, PS; Xavier Wa, PS; Kayla C, 1C; Kieli, 1P; Oliver W, 1P; Asher, 1P; Matilda, 1P; Henry, 1P; Charlotte E, 1/2G; Mitchell O, 1/2G; Riley S, 1/2G; Declan, 1/2G; Matilda, 1/2G; Sharmika, 2N; Eli, 2N; Ayla, 2N; Lily H, 2M; Shay, 2M; Dylan, 2P; Tobias, 2P; Victoria, 2P; Zachary, 3GS; Hannah, 3GS; Amy, 3KS; Dylan, 4VW; Ellena, 4VW; Hayden, 5C; Maddy B, 5N; Olivia, 5/6H; Charlotte, 6C; Flynn, 6F; Saxon, 6F; Kai, 6F; Amelie, 6F; Brittney, 6F; Jordan, 6F; Toby, 6F; Claire, 6F; Sarah M, 6F; Harzel, 6F; Darcy S, 6F; Nicholas, 6F.
Thank you to everyone who entered - you all did some terrific searching & guessing!
Here are some of the winners - congratulations!
Problematic Internet Use

Young people and the online world are synonymous, but when does it become excessive?

What is problematic internet use?

"The Internet appears to be capable of altering the mood, motivation, concentration, and producing a dissociating and disinhibiting experience for users. For some individuals, patterns of use can transform to abuse, taking on a compulsive quality ... Many of the daily spheres of behaviour, including work, appear to be effected by this powerful technology."

Dr David Greenfield, Centre for Internet Behaviour, USA

Internet addiction has been documented and studied around the world. It is not however currently included in DSM IV (Diagnostic and Statistical Manual of Mental Disorders Edition IV). This means it cannot be diagnosed by a doctor, so access to medical treatment rebates is limited.

Online games

Computer games today may be very different to what parents remember. Games can now be played over the internet with players interacting with other gamers all around the world.

Online games can be very involved and immersive, mimicking real life achievements and interactions, demanding huge investments of time from large networks of players. A commonly cited example is World of Warcraft (WoW for short), an online multi-player virtual world game which has been recognised by researchers and players around the world as extremely addictive.

Online gaming can also be a concern when young children connect with people that they do not know. See the 'Online Grooming' fact sheet for further information on this.

Problematic internet use is addictive behaviour—excessive or poorly controlled preoccupations, urges, or behaviours regarding computer use and internet access that lead to impairment or distress.

The problem is more common in adolescent males than females and is very often linked to playing online games. In severe cases, online activity takes over the person's life to the exclusion of all else.
Problematic Internet Use

Risk factors

Some young people have been identified as particularly ‘at risk’ of developing problems with excessive internet use. A young person could be at risk if they:

- Suffer from depression and/or anxiety
- Have been diagnosed with an ADHD-type illness
- Have been diagnosed with Asperger’s Syndrome
- Lack social support and have few friends in the ‘real’ world
- Are bored or stressed (using games as an escape from problems)
- Have a physical disability or otherwise impaired mobility
- Face a breakdown in family or social bonds

- Withdrawal from daily activities, poor school attendance, withdrawing from sport teams
- Physical symptoms such as carpal tunnel syndrome, dry eyes or strained vision, back and neck aches, headaches, sleep disturbances, pronounced weight gain or loss

What can I do?

Establishing that your child has a problem around their use of the internet or online games can be difficult. Their behaviour may quickly move from manageable to appearing hopeless.

A way to be aware of the possible issues your child is facing is to make sure that from the first game your child plays online, you play too. You need to see the content of the game to ensure suitability and also to understand the way the game works.

Make sure the content is age and developmentally suitable for your child. The fact that others your child’s age play the game is not a good guide as to its suitability for your child.

Check not only the rating of the game, view the content as well.

Set very clear rules about your child’s online gaming and have strict time limits. If you see your child continually trying to push the boundaries, staying online for longer than allowed or logging on when you are out or asleep, then do not ignore these signs.

For further information please visit NIIRA.org.au, the website of the Network for Internet Investigation and Research Australia, an Australian organisation devoted to the issue of problematic internet use. You can download a self-assessment tool called i.m.p.r.o.v.e, that will help you to identify the level of problem you may be experiencing within your family.

Signs of problematic internet use

There is no definitive list of signs that indicate problematic internet use but here are some things to look for:

- Losing track of time online
- Having trouble completing homework or household chores on time
- Isolation from family and friends—replacing real friends with exclusively online friends or other gamers
- Feeling guilty or defensive about the time they spend online—“I don’t have a problem, you are the one with the problem”
- Only feeling happy when in the gaming environment
Welcome back to School Montrose OSHC

Gosh, the last day of term didn’t go the way I planned it to, with myself becoming very unwell, but thank you to Mrs Paps, Mr Pollard and Emily coming to my rescue. I’m much better now.

WELL DONE MONTROSE

As many of you know, last term Montrose OSHC went through Assessment and Rating with ACECQA. There are five rating levels and I’m delighted to say that Montrose has achieved the 2nd highest on the rating board, the highest level any Camp Australia service in the Eastern Region has achieved. EXCEEDING!!!

![Exceeding National Quality Standard](image)

I’d like to say a big thank you to Camp Australia Management and my wonderful service staff for all their help, to the families for their understanding when it comes to requirements, to the school for their continuing support and finally to all the children.....wow you guys are amazing, your input to the games and activities we do at Montrose OSHC made a big difference in our result.

THANK YOU
From Mary – Montrose OSHC Coordinator
School Spring Clean!

Time to blow off the dust and clear away the cobwebs!

Many hands are needed to clear out sheds, move mulch and brush off the cobwebs.

Sunday 18th October, 9am – 1pm
Games will be run for the kids.
BBQ lunch provided for all.

Please bring rakes, shovels, wheelbarrows, pitchforks, goggles, dust masks and cobweb brooms!

This is the last Grounds cleanup for the year — please don’t assume someone else will do it ....
We need YOU to help!!!!
DON'T LOSE THIS NOTICE
TERM 4
ENROL NOW
KEYBOARD LESSONS AT SCHOOL IN-SCHOOL TIME
YOUR CHILD DESERVES THIS CHANCE
THIS IS YOUR OPPORTUNITY
Enrol NOW in ..............
PIANO ON KEYBOARD LESSONS
$16.50 HALF HOUR LESSON
* Convenient - in school time
* Inexpensive
* Learn with friends
* All equipment provided
* INDIVIDUAL tuition
ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

Gray Court Preschool
"A Hidden Treasure"

Taking enrolments now for 3 year old kinder 2016
gray.court.kin@kindergarten.vic.gov.au
graycourtpreschool.com.au

ENROL NOW

6 Gray Court, Mooroolbark 9725 6383
*ADVERTISING MATERIAL INCLUDED WITH NEWSLETTER*

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**5 BENEFITS OF KICKBOXING**

Kickboxing for women

1. Get and Stay Shape Fast
2. Improve your Stamina and Coordination
3. Reduce Stress and Frustration
4. Increase your Self-confidence
5. Keep yourself Motivated Exercise

Womens Only Monday nights
20A William St East Lilydale
97351138 any day after 3PM

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**MILO CRICKET**

@ Mooroolbark Cricket Club

Registration Day
SUNDAY 4TH OCTOBER – 11:00am-12:00pm
Mooroolbark Heights Reserve, Longfellows Ave, Mooroolbark

The season will run over the following Friday nights 6:00-7:00PM:
- November 6, 13, 20, 27
- December 4, 11
- February 5, 12, 19, 26
- March 4

Subscription Fee: $75 per child
Includes Cricket Australia Milo kit (t-shirt, hat, bat, back pack, etc)

For further Information
Contact: Bryn Griffiths
0429 925 242
b.griffiths@waterway.com.au

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**Paleo Piggies**

Paleo/Vegan/Raw Treats
Email: paleopiggies@iprimus.com.au
Facebook: Paleo Piggies
Instagram: @paleopiggies

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**LILYDALE BOWLING CLUB OPEN DAY**

SUNDAY 11TH OCTOBER 2015
11.00am – 4.00pm

Have fun as a family enjoying lawn bowls together. All equipment supplied. All you need is flat-soled shoes.
Sausage sizzle, music and other activities.

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**CHILDREN’S WEEK**

OCTOBER 24TH – NOVEMBER 1ST 2015

Free children’s activities including story time, Teddy Bear’s Picnic, music sessions, arts & crafts and a wide range of interactive and stimulating activities across the Yarra Ranges.

For more information call 1300 368 333 or go to www.yarraranges.vic.gov.au
Wednesday Canteen Menu 2015
Term 4

Please place correct money in a paper bag / lunch wallet with your child’s name, grade and order on the front. Please include 20c if you do not have a lunch bag and we will provide one for you.

Snacks and drinks will also be sold over the counter at play times.

<table>
<thead>
<tr>
<th>Wrap ‘n’ Roll</th>
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<tbody>
<tr>
<td>Meatball Roll (homemade meatballs (4) served with tomato, cheese and lettuce in a long white roll)</td>
</tr>
<tr>
<td>Chicken Tender Wrap (served with grated cheese, carrot, lettuce)</td>
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<tr>
<td>Mexican Wrap (chilli chicken tender, cheese, avocado, tomato and lettuce)</td>
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<tr>
<td>Falafel Wrap (served with tzatziki dip, tomato and lettuce)</td>
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<tr>
<td><strong>Please request if you want tomato sauce, sweet chilli sauce or mayonnaise with any of the above</strong></td>
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<table>
<thead>
<tr>
<th>Salad Box</th>
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<tbody>
<tr>
<td>3.50</td>
</tr>
<tr>
<td>All salads come with lettuce, tomato, cucumber and carrot</td>
</tr>
<tr>
<td>Choose from: Meatball/Chicken Tender/Falafel/Ham/Egg/Tuna or Cheese</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Sandwiches/Rolls</th>
<th>Rolls EXTRA 30c</th>
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<tbody>
<tr>
<td>Salad (tomato, cucumber, carrot, beetroot, lettuce)</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham/Chicken (add 20c per salad item)</td>
<td>3.00</td>
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<tr>
<td>Tuna (plain or tomato, onion flavour)</td>
<td>3.00</td>
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<tr>
<td>Egg and Lettuce</td>
<td>3.00</td>
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<tr>
<td>Vegemite / Cheese</td>
<td>2.00</td>
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<tr>
<td>Vegemite and Cheese</td>
<td>2.40</td>
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<table>
<thead>
<tr>
<th>Jaffles</th>
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<tbody>
<tr>
<td>Baked Bean</td>
</tr>
<tr>
<td>Cheese</td>
</tr>
<tr>
<td>Cheese and Tomato</td>
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<tr>
<td>Ham and Cheese</td>
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<tr>
<td>Ham, cheese and tomato</td>
</tr>
<tr>
<td>Tuna (plain/tom) and cheese</td>
</tr>
<tr>
<td>Chicken and Cheese</td>
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</tbody>
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**Extras for above items: ADD**
Salad item – 20c, cheese – 40c, avocado – 50c, tortilla chips – 1.00, tomato sauce/mayo – 20c each

<table>
<thead>
<tr>
<th>Hot Food</th>
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<tbody>
<tr>
<td>Cruiser Pie</td>
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<tr>
<td>Mini Meat Pie</td>
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<tr>
<td>Pizza - Hawaiian/Margarita</td>
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<tr>
<td>Sausage Roll</td>
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<tr>
<td>Macaroni Cheese</td>
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<tr>
<td>Fried Rice</td>
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<tr>
<td>Corn Cobbett</td>
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<tr>
<td>Tomato sauce</td>
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<table>
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<tr>
<th>Drinks</th>
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<tbody>
<tr>
<td>Just Juice – orange or paradise punch</td>
</tr>
<tr>
<td>Flavoured Milk – chocolate or strawberry</td>
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<table>
<thead>
<tr>
<th>Snacks</th>
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<tbody>
<tr>
<td>Apple Slinky</td>
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<tr>
<td>Apple from home made into slinky</td>
</tr>
<tr>
<td>Milo Crunchy Bites/Wild Berry Bites</td>
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<tr>
<td>Dried fruit – apple – 20c or apricot</td>
</tr>
<tr>
<td>Piranha Veggie Chips – (bbq cheese, S&amp;V, honey soy)</td>
</tr>
<tr>
<td>Popcorn – butter,S&amp;V,cheese</td>
</tr>
<tr>
<td>Sakatas Rice Crackers – bbq/chicken</td>
</tr>
<tr>
<td>Homemade Fruit Muffin</td>
</tr>
<tr>
<td>Choc Chip Go Cookie</td>
</tr>
<tr>
<td>Raisin Toast, buttered</td>
</tr>
<tr>
<td>Fruit and Nut ball (homemade-GF)</td>
</tr>
<tr>
<td>Jam Drop/Honey Butterfly (allergy friendly)</td>
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</table>

**Counter Snacks Only – all $1.00**
Vanilla Yoghurt cups with Fruit Puree – Jelly Grape Cups – Fresh Fruit Kebabs