Dear Families,

WOW, what a start to term three it has been. Camps, cricket and swimming has been the theme of the past week with fantastic students and dedicated teachers and parents as well as the return of Roz. Yeah!

A huge thank you to Marcus Luz, Marcelle’s dad for coming on Melbourne Camp with the grades 5/6 students. It was a hugely successful camp with lots of tired students arriving back at SRPS on Wednesday afternoon. The students were brilliant although a little tired for the last day activities of a ferry ride to Science Works. It was a jammed packed camp with lots of walking and catching of trams. The students visited: Old Melbourne Goal, M.C.G, Parliament House, Immigration Museum, Southbank for dinner, ice-skating, a ferry ride to Williamstown and Science Works. Mrs Gifford and Miss Truscio were magnificent in their organisation and leadership of the camp. Thank you to all the students who attended. It was a pleasure to experience Melbourne Camp with you and get to know you all better.

The funniest thing that happened on camp was Mrs Gifford telling the door off for not opening (she thought there were students in the room not listening). There were no students in the room and she gave that door quite a good telling off! Syon and I laughed out loud when we realised the students had accidently locked themselves out.

On Friday the junior school travelled to Wonthaggi Aquatic Centre for the first session of their swimming program. All the students were extremely excited and were quivering in anticipation. Everything ran very smoothly. We had lots of parent helpers organising the students after their lesson to get dressed and not leave anything behind. Mr Steel and Mrs Wilson ran a very well oiled machine. I loved seeing the children’s faces as they bobbed in the water holding their noodles or jumping in at the deep end. Well done everyone. I am sure you are going to enjoy the remainder of the program. Have fun!

News from 3/4 Cricket: Yesterday the grade 3/4 students travelled to Wonthaggi on a beautiful Spring day, a perfect day for cricket. It sounded like everyone had a great time and the students who reported back at yesterday’s assembly spoke confidently to the school community. Some potential future leaders popped their heads up yesterday.

Welcome back Roz after long service leave. We hope you had a fantastic break. You certainly look fit and healthy.

Mr Steel is leaving us for a week in order to get married. We wish him and Kate all the very best for a happy, healthy, long life together. Rusty and Kate enjoy your special day from everyone at San Remo Primary School.

Thought of the week: “Never say I can’t ALWAYS say I’ll try.”

Regards Sharyne
WORKERS OF THE WEEK  Week Ending 16/10/15

P/1 W  Charlie for consistently working well in literacy groups.

1/2 S  Seth for being a superstar and always working as hard as he can.

3/4 H  Sunny for showing great leadership during 3/4 cricket - supporting and encouraging his team.

3/4 M  Tilly for her effort writing a report on her puppy Benny.

5/6 G  Azayah for his interesting speech about Ferraris.

5/6 T  Jess for her enthusiastic approach to Problem Solving activities.

HAPPY BIRTHDAY
to
Cale Hemmersbach and Hope Oats

Out of School Hours Care (OSHC)
If you require care for the last 2 weeks (end January 2016) of the quickly approaching school holidays then could you please contact Jenny or Roz ASAP.

WALK TO SCHOOL MONTH
October is Walk To School month, so leave the car at home and use those feet! Each class is keeping a tally of children that are either walking or riding to school throughout October.

RUNNING CLUB
Running club begins again tomorrow Wednesday 21st Oct. Meet Ms Baxter outside the Admin Office at 8am.

LUNCH ORDERS
We are looking for a volunteer to deliver the lunch order boxes to Newhaven Store this Friday and Next Friday (23rd & 30th Oct). If you are able to assist please see Roz in the office.

DISTRICT SOFTBALL  Friday 23rd October
Permission forms will go home today for those students selected for the softball teams. Please return forms and payment to school by Thursday.

PUB RAFFLE  Friday 23rd October
San Remo PS is scheduled to run the meat tray raffles this Friday evening. If you are able to assist with selling tickets please contact Lesley Oats or Roz asap.

2016 TRANSITION
2016 Prep sessions:- November 13th, 20th & 27th and 4th and 8th December.

The whole school will participate in the transition sessions on Friday 4th December and Tuesday 8th December. Before this time we will be busy working on our staffing model for 2016 and will endeavour to have children in their expected grades for the December 8th transition session (State-wide Orientation Day).

If any families are expecting to leave San Remo PS at the end of 2015 or if you know any families planning on joining our BIG Family, it would be greatly appreciated if you could contact the school.
Old Melbourne Gaol

On the 5/6 city camp the old Melbourne gaol was one of my favourite activities. When we arrived at the gaol, we had a look around the front while we waited for our guide. When our guide came she took two groups. As soon as we entered the gaol it gave me the creeps. The gaol was three stories high. We all sat in front of a cell. Our guide talked about people that lived in the cells and why the prison was built like it is.

It is designed that way, because they wanted the prisoners to think about what they had done. The walls are about a metre thick so they cannot hear anything, there was also a rug on the outside floor so when people walked past they couldn’t hear their footsteps. When food came if they looked through the little slot all they saw is a wall. They had 23 hours of thinking and one hour of exercise, this sent some people insane.

My 2 favourite parts of the old Melbourne gaol was learning about Ned Kelly and how people were treated in the gaol. This was very interesting.

By Jorja Holmes

THE M.C.G.

On city camp 5/6 did lots of great things but I liked the MCG. All the 5/6 did a tour of the MCG.

5/6 got see where the 50 year members get to sit. We got to see the yellow seat. The seat is yellow because someone hit a six there. In the change rooms there was four ice baths. We got to sit where the players got interviewed after the game.

We got to go into Game On. It had a lot of history. James Hird was in a movie. There was one game I liked it was a netball game.

I would like to go back and do a tour of the MCG again and maybe sit in the yellow seat one day.

By Poppy Corbett
**MELBOURNE CITY CAMP**

Melbourne camp was definitely a trip to remember. It all started on Monday the 12th of October when we caught a bus and went to our motel Melbourne Discovery.

We started our camp with the Old Melbourne Gaol. It was mind blowing, the Gaol was huge and all the cells were filled with a lot of information about who had been in the gaol. We learnt a lot about Edward (Ned) Kelly. The creepiest part was seeing where he was hanged and knowing we were walking in his footsteps (spooky).

One of my other favourite activities was ice-skating. It was my first time and I tried to think I was doing rollerblading. I got used to it pretty quickly, but I fell over three times and I got a massive bruise on my knee. But overall I had fun.

I had a lot of fun on camp and I won’t forget it. I learnt a lot of information and I will keep it in mind forever (I hope). I wish I could do the camp again!

By: Cassie Richards

**THE PLANETARIUM**

On Monday, the grade 5/6 students went on their biennial city camp. We did lots of fun activities like ice skating and the Old Melbourne Gaol, but my favourite activity by far was the planetarium.

The planetarium is attached to Science Works. To get to the planetarium, we caught a tram to Franklin St station and then we walked to the Yarra River which is where we hopped on a river cruise. The river cruise went down the down the Yarra river to the planetarium.

The planetarium was my favourite activity because it was like an illusion, when the screen moved it was like you were moving. The sounds were amazing, if you were to close your eyes it would be like you were actually standing where the place was describing. Also the seats were really comfy.

The planetarium was awesome and I can’t wait to go again someday in the future.

By Hayley Westwood

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**City Camp**

City camp was a 3 day trip to remember. It all started when we arrived at Melbourne Discovery. We went to lots of different places that I haven’t been before. They were amazing!

One of the amazing places was the Old Melbourne Gaol! As soon as I entered the old Melbourne gaol I felt cold and a bit scared. We learnt a lot of history about Ned Kelly and where he was hanged and all the different criminals. One of the stories was about this lady who killed her family by giving them rat poison, it was horrible!

Another place we went to was Ice Skating. At first it was hard but for me but it didn’t get any easier. After about 20 minutes on the ring we all went into the middle of the ring and had to copy someone dance up on the screen, it was so hard because I kept on moving forward but it was fun at the same time.

So over all it was the best camp ever and I can’t wait to go on another one.

By Shioni Borg
**UNIFORM SHOP**

Mondays and Fridays
8.30am-9.15am ONLY (not open in the afternoon)

Tuesdays, Wednesday and Thursdays 8:30am–9:15am and also from 3pm-3:45pm

Uniform orders can be placed at anytime by dropping it in the permission form box in the school office with payment or with a note of your receipt number if paid by direct deposit. All completed orders will be handed out to students by the end of the day if we have it in stock.

**STUDENT SUPERVISION**

Children are supervised in the playground from 8:45am until 3:45pm.

Parents are reminded that all classes begin at 9am sharp. If your child comes to school earlier than 8:45am or later than 3:45pm they need to attend OSHC.

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**Parenting Ideas Insights**

**What to say when kids become anxious**

WORDS: Michael Grose

Anxiety has a way of making everyone feel helpless; those experiencing anxiety and those trying to help it. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s important to be a strong, reassuring influence. You may not be able to take away their anxieties away, but your emotional support and your calmness makes a difference. Children take cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they will care that the other side safely, the language you use will reassure your trust and assure your child that you believe they are safe, as well as the courage to find their own solutions to their anxieties.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

1. **“You’re okay. I’m here and here to help you.”**
   - Such statements indicate warmth, safety, and comfort. Your child may not believe you at first, but that’s okay. What matters is that you’re there for them.
   - An activity is the best assurance to an anxiety attack and help it. This can help the child’s soothe it.

2. **“You’re smart and brave and knowing things.”**
   - Often, anxiety is just the brain trying to learn about the world and make sense of its safety.
   - If you can help your child understand that anxiety is a natural part of life, they’re more likely to feel better.

3. **“Take a deep, big breath.”**
   - Physical activity is the best way to reduce anxiety and help it. This can help the child’s soothe it.
   - If you can help your child understand that anxiety is a normal part of life, they’re more likely to feel better.

Children are faced with the fear of the unknown, the fear of the future, the fear of the past, and the fear of the present. It’s important to help them understand that anxiety is a normal part of life and that they’re not alone in feeling anxious.

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**CUP WEEKEND**

**FETE WEEKEND**

**SATURDAY 31 OCT 2015**

NEWHAVEN PRIMARY SCHOOL

9am - 2pm

**GLASS TODAY SAN REMO**

**RIDE 2 SCHOOL**

**SHORELEG**

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