Dear Members of the Glen Waverley Primary School Community,

Welcome to another very exciting and information packed newsletter! As usual so many marvellous things have occurred at our wonderful school over the past fortnight such as:

Yarra Valley Water Poster Competition
It was a sheer delight to see so many of our students (your children) receive awards as part of this competition. Jenny from Yarra Valley Water was in our school on Monday 17th October to present 13 children with various prizes and to also announce that our school had the first place recipients in all categories which is simply amazing! Congratulations to all of the children who participated and also to Mr Hudson for his fabulous teaching in this area of the curriculum. Please refer to Mr Hudson’s piece in this newsletter. Congratulations and well done everyone!

Congratulations to the following children:

Trisni (Year Prep)
Trisni recently moved to our school, however at her previous school she entered a colouring in competition as part of the NAIDOC Week School Initiative Competitions where more than 113,000 children completed various tasks such as story writing, colouring in and creative writing. The ultimate aim of these initiatives was to provide the children with a greater understanding about the importance of friendship and cultural diversity.

Important Dates For Your Diary

**October**

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**November**

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<td>GWPS Documentary Premier Night</td>
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UNIFORM SHOP
Situated in the West Wing on the School Grounds
Open Monday between 3.00 – 4.30 pm
Closed Public Holidays and School Holidays
Please bring your own bag for purchases as we are an environmentally friendly school
Orders may be left with the office

SCHOOL LUNCH ORDERS
Lunch orders are available from our service provider Balance Living Catering five days a week.
Ordering is done through an online service, details of which are available on our website or visit
I am very proud to announce that Trisni received first place in the colouring in section and last week received a NAIDOC medal of excellence which is a fabulous achievement. Well done and congratulations Trisni as we are all extremely proud of your achievements!

**Rhys (Year One)**
Rhys and his family are committed to making a difference and last weekend they spent their time creating birthing kits for underprivileged people which is an amazing gesture and simply wonderful. Below is what Rhys wrote about this experience accompanied with some photos:

*On Saturday, some of my family and friends came to help us make birthing kits. They are for women who live in countries that don’t have enough doctors or hospitals. Each kit we made had things to help the baby be born safely. Everyone had to wear rubber gloves to keep their hands clean. We made 400 kits and they will be sent overseas by the Birthing Kit Foundation of Australia.*

Chiru participates in dancing and recently she received a trophy for completing an Indian dance accompanied with some dialogue. Well done and congratulations Chiru!

**Saren (Year One)**
Saren attends Sri Lankan classes at the Bharathy Academy and recently he received a medallion for running and a trophy and certificates for completing fabulous writing. Well done and congratulations Saren.
Noah (Year Two)
Noah is an avid swimmer and recently he received a certificate for swimming 25m (backstroke) in a time of 36.72 seconds – well done Noah and please keep up the fabulous effort and commitment with your swimming!

Congratulations to the Fitzgerald Family

It is not often that we celebrate the achievements of parents or grandparents from our school community and in hindsight it is most likely because I am not made aware of it. However recently I was informed of an extremely special achievement for one of our grandfathers, Dr Vince Fitzgerald whose grandchildren Lewis and Rhys attend our school. Dr FitzGerald has been made an officer in the general division of the Order of Australia for distinguished services to business through executive and advisory roles in economic policy development, public administration and financial management organisations, and to the community. Naturally this is an amazing achievement – congratulations Vince and your entire family!

Included in this newsletter is an article which appeared in The Australian newspaper for your enjoyment, some photographs and below a recount by Lewis about this very special family achievement and experience.

Today I attended an Investiture Presentation at Government House. My grandfather received a medal to be an Officer in the General Division of the Order of Australia. He was awarded it for his work in economic policy and government advisory roles.

My mum got me dressed in a nice suit for the day (in her opinion). Lots of important people were there. There were 97 people receiving medals from the Governor. I met the Chief Scientist of Australia, Dr Alan Finkel. His wife was receiving a medal today. He is a friend of my grandfather’s that I hadn’t met yet. They met when they walked their dogs in the park. He told me that he has tickets to fly into space on the first commercial flight.

After the ceremony ended my grandfather told me how he had earned his medal. Then my dad got a coffee and I got a cup of juice and we went into the gardens. You wouldn’t believe how big they were! My dad thought they were 500 square metres. I couldn’t imagine how hard it would be to mow and weed the lawn!
We took a few pictures before we went into the ‘drawing room’ (it’s a room where you draw, just joking! It’s a ‘living room’). There were lots of little buttons everywhere that said ‘Butler Hall’ or ‘Servant Hall’ but they probably called the police nowadays. There was even a great big piano.

After the ceremony I felt so proud of my grandfather. What a beautiful day I thought, as I drove back in my dad’s car. I was probably one of the luckiest kids in Australia to have seen the Governor and been in the Government House!

By Lewis (Year 3)

Outdoor Education Programs
Last week we completed the remaining Outdoor Education programs for this year as the Year One children enjoyed a fabulous “Late Night at School” and the Year Three’s their “Sleepover”. Both events were a fabulous experience as the children were provided with the opportunity to further develop their skills and understanding as they prepare for future programs such as camps.

A sincere thank you to the numerous parents who assisted and to our fabulous staff for not only organising these events but also for making the time to attend them. We should all be extremely proud of the wonderful array of outdoor learning opportunities we provide the children which are scaffolded throughout the year levels.

Thank you to Herosh (Year 3) and his family
A sincere thank you to Herosh and his parents Eranga and Sameetha for their very kind and generous donation of a large number of Mandarin books for our school library. The texts will be added to our school’s multicultural texts section of our library and will be available for everyone to borrow, enjoy and also practice learning Mandarin. Thank you so much to the Malavige family!
School Choirs
Congratulations to the Junior and Senior Choirs for their wonderful performance at the Glen Waverley Uniting Church Fete recently. The children sang beautifully and represented their families, themselves and our school exceptionally well. A sincere thank you to their parents for making the time to assist and transport the children and congratulations to Ms Pfeifer for ensuring the children were well prepared for the event. Included are a few photographs of the event.

Warm Weather
As everyone would be aware, the weather is beginning to warm up hence we strongly encourage all of the students to ensure they bring a drink bottle to school, some sunscreen and naturally their sun smart school hat. A water bottle on the desk will enable the children to have a quick drink and alleviate the need to leave the room and interrupt learning time. If a child does not have a hat at school they will be required to play in the shaded areas.

Uniform Shop
As a means of further assisting our school community and as communicated via Tiqbiz, a reminder that our uniform shop will now be open twice a week:
- Monday afternoons from 3 to 4:30pm and
- Wednesday mornings from 8:15 to 9:30am

Also, a reminder that wide brim hats are available to be purchased from the Main Office at all times.

Parking at the Mountain View Hotel
A sincere thank you to the families who are parking at the south east section of the Mountain View Hotel and not in front of the Bottleshop. As mentioned previously we are extremely fortunate to have access to this parking space however it is extremely important that we do not interrupt their business opportunities.

2017 Enrolments
I would like to remind families with children who will be beginning school in 2017 that we are taking enrolments now and that they are also closing rapidly with only a very small number of positions available as places are filling fast. Hence I strongly encourage you to ensure you return your child’s enrolment form to Jenny, Kylie or Julie as soon as possible.

We also ask that members of our school community assist us by informing any of their neighbours of the enrolment procedures and direct them to the office to collect an enrolment form or our school website – www.glenps.vic.edu.au. School tours are available every Tuesday morning commencing at 9:30 and also upon request. Please call the school on 9802 9938 to book a tour.
CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO RECEIVED A PRINCIPAL’S AWARD RECENTLY:

Prep SM:
- Dillon, Jake, Thesan, Arnav, Ria and Lehara for writing amazing recounts about their weekend

Prep LT:
- Cody, Hriday and Ahmed for being really responsible learners

1CP:
- Henish for writing a wonderful card for my office and for making a fabulous 3D pyramid
- Jack for writing a wonderful letter about how much he loves our school and learning with Ms Jom
- Minuli for being a great friend

1DH:
- Emaan, Saseni, Arman Senuli and Manula for being very responsible members of our school community
- Nevin for completing fabulous maths learning involving multiplication

1DH:
- Mischa, Mia, Dinara and Emaan for outlining the reasons why they like reading in a voracious manner

1EP:
- Karthik and Burhan for making amazing progress with their Chinese learning. The boys wrote a fabulous story involving lots of fruit as per the text “The Very Hungry Caterpillar”
- Krish and Burhan for creating lovely cards for my office

1SR:
- Clare and Japneet for writing beautiful and very descriptive cards
- Yasiru for being a very supportive friend

2MP:
- Akein, Rithila Keen, Dulcie, Jivitesh and Rishan for completing a very challenging learning task which involved 3 subjects - art and craft, writing and maths
- Peter, Bettina, Alexa and Angela for creating wonderful pictures using 2D shapes

2RR:
- Yaneesha, Aditi, Janessa and Needra for making some amazing and very creative posters and cards
- Suprit for creating an amazing poster about water safety
- Mavishka for writing the amazing story "The Dark Cellar" which is fear turned in the Kids’ Corner
- Jehan and Sruthika for being a very supportive friends
- Yaneesha for making a fabulous 3D pyramid
- Avani for writing a fabulous description about computers which is featured in the Kids’ Corner of this newsletter
2RY:
- Yashvi, Sithuli and Tvisha for creating an array of beautiful cards
- Jehan for producing an amazing picture of a snake
- Cheniru for writing a very informative poster about water safety
- Noah for completing a fabulous synthesis of the text “The Adventures of Tin Tin”
- Nuoyan for being an amazing and very supportive friend
- Sithuli for drawing a 3D version of a house

3AJ:
- Aarav for drawing wonderful pictures
- Sevin for being a great friend
- Karma for coming 7th in a swimming competition and for now being able to swim 50m without stopping in the 50 m pool

4SD:
- The whole class for providing accurate and timely feedback to 4PS about their home learning

4TS
- The whole class for providing accurate and timely feedback to 4PS about their home learning

5PK:
- Abi for writing an amazing recount about the recent fire drill
- Aditi for making a fabulous recording of her speech on the iPad
- Esther for being a great friend
Happy Birthday to the following students who celebrated their special day during the second half of October:

Prep CB: Hardhik  
Prep LT: Sashane and Sethumi  
Prep SM: Rex and Akain  
1DH: Manula, Thehan and Jash  
1EP: Burhan, Sasath, Disas and Harshania  
1SR: Hirun and Elena  
2MP: Jordan and Senuth  
2MT: Arish, Matthew and Elizabeth  
2RY: Tvisha  
3AD: Ardhi  
3AJ: Sumitha, Aarav and Ishaan  
3GE: Akshay and Jayda  
3JK: Komal  
4AM: Trecia and Joelle  
4PS: Shivam, Jasmine and Sujay  
4TS: Sujith and Dhayalen  
5JC: Dinith  
5SR: Ava  
5TS: Sulynne and Frank  
6JM: Nifty, Sethmi and Akshaniya  
6LD: Shakya  
6SL: Rahal

Wishing everyone a safe and happy fortnight.

Frank Catalano  
Principal

Kids Corner

The Kids Corner section of this fortnight’s newsletter has been written by Mavishka and Avani (Year 2) who would like to share how much their writing skills have improved:

Computers (By Avani)

For hundreds of years people have used machines to help them to work out sums or other things.

Now a days we use computers to do sums, play games and science stuff like aeroplanes, research famous people like Albert Einstein. Computers can do lots of things but they cannot think!

One of the first computers was an abacus. It was made from strings and beads. It was used to count money and other things. We give commands and then it shows the result.
THE DARK CELLAR

Thump! Thump! Thump! (Foot steps sound from skeleton walking silently in the cellar).

Once there was a little boy named Charlie. He was fast asleep in his bedroom.

Suddenly he heard a big bark. It woke him up. As he realised it came from the cellar, under his room so it did not wake his mom or dad up. He got up and walked down the stairs. He opened the cellar door and entered the dark cellar. Then he saw something shining in the cellar, he reached it and found it was a box. It looked like a treasure chest!

He thought it can’t be true. “Who would put a treasure box in the cellar? Or is it really a treasure box?” Charlie asked himself.

Charlie carefully opened the chest; there was 50 pounds of pure gold inside it. He was shocked and then he closed the chest. He opened the chest again and this time he saw 50 pounds of bread! He was only imagining the bread as gold.

As he was going out of the cellar he heard a jingling noise. So he turned back to see where the sound came from. Next, he saw the cutest puppy he had ever seen in his life.
"Oh you can’t have him, he is my servant” said a skeleton inside the cellar spookily.

"Who are you!” asked Charlie surprisingly.

"I am the skeleton of Melbourne!” answered the skeleton.

"Who?” asked Charlie again.

"You may have heard me as the skeleton of terror” replied the skeleton.

"Nope, never heard of you” said Charlie.

"Never mind” said the skeleton. The dog shrieked as he did not want to go back to the skeleton, and Charlie did not want the skeleton to keep the dog. "Then what’s all the bread for?” asked Charlie. "Well it’s not bread; it’s a fish called bread fish and it’s what I eat of course! What else would it be for?” said the skeleton.

"That would explain how bread fish looks so much like bread” said Charlie.

"Imagine if you were the dog think of what you go through?” said Charlie.

"Who cares, Still, I am not the dog and the dog still serves me” said the skeleton. Suddenly out of the shadows appeared a daddy dog. It leaped onto the skeleton.

"Ok, ok I surrender. You can have the dog and I will never get anyone to serve me” said the skeleton. Finally the skeleton and Charlie had a deal.
Charlie walked up the long stairs and woke his dad up. He asked his dad if he could keep the dog and the puppy.

“The puppy’s daddy had been looking for it for a very long time”, so he said “please”.

Dad said “yes”. Soon they had become friends.

Then he woke up. “It was only a dream” sadly said Charlie as he went out of his lovely bedroom. Or “was it?” as the dog from the cellar barked very happily.

By Mavishka 2RY
GWPS Wins all Categories in the Yarra Valley Water Week Poster Competition!

To help promote and celebrate Water Week, Yarra Valley Water invited all primary students from around our country to create an artwork that reflected the 2016 National Water Week theme: ‘Water, Life, Growth’. Being a CIS member school that cares for our environment and celebrates our strong links to the wider community, the competition provided an ideal opportunity for our very gifted students to showcase their artistic talent.

Amazingly, we were very privileged to discover that thirteen GWPS students were selected as finalists. This wonderful example of the Gradual Release of Responsibility model we strive to instil into the GWPS learning culture, was perfectly illustrated with this fantastic success!

Congratulations to all our outstanding Water Week Poster Competition finalists:

HISHAN (OCB) THINILI (1SR) ELSHA (1SR) AMALI (IDH) SASATH (1EP) SHAYDEN (2MT) SAIUNA (4SD) BUVANAJI (3GE) DINILI (3SR) SULYNE (3TS) KASHYAP (3TS) CHING (6LD) LEITH (6LD)

On 17th October, the National Education Officer of Yarra Valley Water, Jenny, came to our school assembly for a special presentation to our finalists. Unbeknown to all our students, parents and staff, Jenny also arrived to announce some very important news. Not only were there 13 GWPS finalist, we discovered that all four year level categories were won by our students! Heshan (OCB) won the Prep category, Sasath (1EP) won the Level 1-2 category, Buwanaji (3GE) won the Level 3-4 category and Ching (6LD) won the Level 5-6 category!

On behalf of all the staff at GWPS, I would like to extend an enormous CONGRATULATIONS to all our finalists and winners. We are all so proud their outstanding achievement and wish them every success in future poster competitions.

This term there will be a special Year Book front cover drawing competition open to our Level 6 students. We look forward to you receiving your Year Book towards the end of the school year, where you will discover the winning entrant.

Mr Hudson

(Visual Art Teacher)
Music News

Bring out the best in your child with performing arts education!
The Australian Youth Choir programme helps young people discover their vocal talent. Students learn to sing, develop their musicianship and performance skills, make new friends and become part of a wide circle of performers. Visit us at www.nlypaa.com.au
Australian Youth Choir will be visiting Glen Waverley Primary School soon on

Tuesday 15 November 2016 at 11:00am.
If you have any question please contact Lucy Pfeifer.

Music: Count Us In Performance
This semester in the Music program, all classes have been working toward the Music: Count Us in performance. On Thursday 3rd November at 12:30pm Australian Eastern Daylight Savings Time, we will join with over 500 000 students around Australia, singing and playing the same song as we celebrate Music education and promote the benefits, including improved cognitive function and overall wellbeing. You would be most welcome to join us for the performance. If the weather is fine, we will be outside the ELC. Otherwise most students will perform in their classrooms, with the school band and some others in the hall.

Lucy Pfeifer
Music Teacher
Hi Folks,

The last few In Briefs have looked at the ongoing projects and day to day activities of the school. Those things are all progressing, and I’ll touch on some of those at the end, but this time I want to take a moment to talk about the Council of International Schools (www.cois.org).

As you are no doubt aware, we recently hosted a visit from the CIS as a culmination of the accreditation process for Glen Waverley Primary School to become a full member of the Council of International Schools. While the results of the review are not yet in, we are (of course) quietly confident of approval.

The process has been long, complex and involved, taking time and effort and demanding a lot of work from the staff over the last 4 years. However, you may be wondering, at the end of this process, is all the effort worth the reward and what does the school achieve?

In a word: Quality.

Glen Waverley Primary School has been a high performing school for a long time, consistently demonstrated by NAPLAN results, and the extensive government mandated self-assessment and planning processes. The school would still serve the needs of the school community and students perfectly adequately if we did no more than meet the existing performance levels the school has already achieved.

However, the school is committed to the principle of continuous improvement. Incremental, ongoing improvements in quality are harder to achieve, take more effort and are harder to maintain, but the results are a measurably better outcome for students and the school community.

In many ways, the school’s commitment to joining the CIS, and the self-reflection and assessment involved, is an exercise in self-improvement. Raising the bar of the performance of the school above that which was achievable under the (already excellent) Victorian Education Department standards, to an international accredited standard. By opening the school leadership, processes and performance up to external critical review, we have a mechanism by which we can independently gain insight to how we do things, how to improve the rigor of our processes, and where there is room for improvement that we may not have realised.

None of this would work, however, if there wasn’t good alignment between the CIS and GWPS. Our unique school population, the breadth of countries represented and the degree to which our community values education means we align very strongly with the sorts of schools that are members of the CIS. Our cultural and academic goals – an approach to multiculturalism that seeks to achieve a true melting pot of cultures, to see ourselves as global citizens, and where education is valued – means we already resemble many of the aspirations of CIS member schools.

On top of all that, access to the CIS and the international network of high performing schools provides the school with the opportunity to network with similarly driven professionals who value education highly, with the resources of a world of experience to choose from. Just as GWPS is a beacon school to others in Australia, attracting many visiting teachers to see how we do things, seeking ways to improve their schools, now we too have access to a network of high performing schools to improve how we work.

That’s not the end of the story. To maintain CIS membership, reaccreditation is required on a regular basis; commitment to continual improvement and maintaining our high standard of performance are required to maintain membership. This is just the start of the journey.
As part of the Council’s commitment to self-improvement, we are investigating mechanisms to self-assess our own performance as a governing body. This is an unusual step for us, as the performance of the Council, unlike private and many international schools, is highly structured by the state government. The system works very well, however the type of self-assessment required to step up to a higher level of functioning is not built into the framework.

On to more prosaic news, though none the less exciting, the school has decided with support of the School Council to extend the 1:1 iPad program to Year 4. The value of the tablets in education and their widespread use has been clear over the last few years, and the Council welcomes this decision.

There are no pressing updates on the gymnasium as all the work is now behind the scenes with the architects preparing the works for commencement. General grounds improvement works have been performed over the break, including the installation of an additional drain near 4SD and 4AM portables (near the Oval).

The Council approved a list of capital works projects for 2017, including a shade area near the ELC, a covered walk way between the ELC and the new double story portable, fitting out the new portables (air conditioning, blinds, wall panelling, etc.), creating a new STEM study place in the ELC and upgrades and maintenance and ongoing building and grounds work. The major project cost next year will be the fitout of the new Hall, including seating, kitchen facilities and AC, associated carpark works and landscaping. Contributions to the school’s Building Fund will meet part of this cost, with the shortfall coming from school funds.

School Council reviewed and approved the following policies – Student Engagement and wellbeing, ICT Usage and Cyber Bullying, Enrolment, and Anaphylaxis.

The Community Engagement sub-committee are continuing to explore ways to better engage with the community. We have identified a need to have more parents involved in the decision-making process for that committee. If you would like to become involved in the governance of how the school interacts with the community, and can spare a small amount of time on a regular basis, please contact Sarah Donald (donald.sarah@glenps.vic.edu.au).

As usual, I would very much appreciate any feedback and ideas about how we can improve, what you as our community would like to get from us in terms of information and activities. If you have a suggestion or topics you would like to discuss, please email me (vandenbergen.paul.p@edumail.vic.gov.au).

Dr Paul van den Bergen
School Council President
“We humans have a love-hate relationship with our technology. We love each new advance and we hate how fast our world is changing...robots really embody that love-hate relationship we have with technology.”

Daniel H. Wilson

“The job market of the future will consist of those jobs that robots cannot perform. Our blue-collar work is pattern recognition, making sense of what you see. Gardeners will still have jobs because every garden is different. The same goes for construction workers.”  - Michio Kaku

It is said that we are living in the future we envisaged, where robots play a significant part in the development of career opportunities, and highlight which critical skills should be developed within our students to set them on pathways to success. We are mindful that we are preparing students for a future where it is uncertain what specific content they will need to know, making skills such as communication, collaboration, creative thinking, digital literacy and the ability to learn paramount.

The Victorian Curriculum is strategically addressing these needs with the detailed development and introduction of the Technologies Curriculum, with two strands specifically targeting the development of student digital literacy; The Design and Technologies learning area along with the Digital Technologies learning area specifically target the following aims;

The Digital Technologies curriculum aims to ensure that students can:

- design, create, manage and evaluate sustainable and innovative digital solutions to meet and redefine current and future needs
- use computational thinking and the key concepts of abstraction; data collection, representation and interpretation; specification, algorithms and development to create digital solutions
- apply systems thinking to monitor, analyse, predict and shape the interactions within and between information systems and the impact of these systems on individuals, societies, economies and environments
- confidently use digital systems to efficiently and effectively automate the transformation of data into information and to creatively communicate ideas in a range of settings
- apply protocols and legal practices that support safe, ethical and respectful communications and collaboration with known and unknown audiences.

Design and Technologies aims to develop the knowledge, understanding and skills to ensure that students:

- become critical users of technologies, and designers and producers of designed solutions
- can investigate, generate and critique designed solutions for sustainable futures
- use design and systems thinking to generate innovative and ethical design ideas, and communicate these to a range of audiences
- create designed solutions suitable for a range of contexts by creatively selecting and safely manipulating a range of materials, systems, components, tools and equipment
- learn how to transfer the knowledge and skills from design and technologies to new situations
- understand the roles and responsibilities of people in design and technologies occupations, and how they contribute to society.
Glen Waverley Primary School, with the full support of School Council has worked diligently to create a significant Digital Footprint within the school, which ensures maximum access to school devices from Prep to Year Six. Parents who have children in Years 5 & 6 will also be aware of the Bring Your Own Device (BYOD) program that is offered at this level, which we are excited to be extending and making available to our Year 4 students. This is in response to data indicating a deeper connection between home learning and school learning, when the device is able to travel between both locations with the student.

To support the roll-out of this program, we are inviting Year 4 parents to an information session being held next Monday night (31st October) at 6:00pm.

Rather than taking the words of others as my own, I encourage you to prompt your thinking with an article put together by Geoff Thompson, of the ABC’s Four Corners Program that examines how to prepare students for workplaces of the future. It can be found at the following link;


Kindest Regards,
Lisa Gough
Assistant Principal (Curriculum)

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**Daylight Savings, the Summer Months AND Sleep!**

As we head into Summer months and with the recent change to daylight savings it is an opportune time to remind ourselves of the importance of sleep and routines in children’s lives.

Renowned parenting expert, Michael Grose recently published a summary research paper on his website [www.parentingideas.com.au](http://www.parentingideas.com.au) earlier this year, linking the structures of the home environment and the relationship with sleep patterns.

The results of a sleep study conducted in the UK has some fascinating insights.

*The study found that children with irregular bedtimes had lower scores in cognitive tests than students who kept regular bedtimes.*

Researchers studied 11,000 British children’s sleeping habits and cognitive development at age 3, 5 and 7 to see if there were connections between the two. Boys, in particular, with irregular bedtimes were more adversely affected than girls, particularly in the important areas of reading, writing and mathematics. *The negative impact of poor sleep habits in students is not new.* We’ve always known that sleep is good for students’ growth and their health. Lack of sleep impacts on students’ immune systems, making them more susceptible to colds and other bugs. Every teacher and parent knows that tired students often get sick……not to mention irritable.
Interestingly, the key sleep factor that helps students perform better, coping with adversity and behaving better at school is REGULARITY of sleep habits rather than how long students sleep. Students who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends tend to be adversely affected. *Sober habits are important when it comes to sleep.*

Students are routine-junkies. They fight routines of all kinds, but they are actually good for them. Good routines of all kinds (meal-time, bath-time, home learning time, bed-time, wake-up time) are essential to children’s healthy development. Students in chaotic homes use so much of their brain power just working out what comes next.

Routine and regularity is vital for sleep too. *The sleep clock thrives on regularity.* The sleep clock is re-adjusted on holidays and takes some time to get back to normal when students return to school.

How much sleep do students need? Sleep varies from child to child but the University of South Australia Centre for Sleep Research recommends the following:

- 2-5 year olds: 11-12 hours per night
- 6-8 year olds: 9-11 hours per night
- 8-12 year olds: 8-10 hours per night

Here are five ideas to make sure your child’s bed-time stays regular and routine:

1. Don’t let students stay up more than an hour or two later than normal on weekends.

2. Have a regular unwind time before the light goes out, and *don’t let them fall asleep in front of the TV.*

3. Avoid video games, iPads, screentime and intensive exercise before bed as these adjust chemical levels within the body.

4. Establish rituals such as reading a book in bed that triggers the sleep habits.

5. Make their bedrooms cave-like. Melatonin, the chemical the brain releases to bring on sleepiness loves darkness, and hates lights of any kind.
2016 English

Students from Glen Waverley Primary School achieved excellent results when they participated in the ICAS English exam last term. Those students whose achievements were outstanding were awarded Certificates of Merit, Credit, Distinction and High Distinction.

Our average score compared with the whole of Australia was very pleasing:

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The following children will be presented with a Certificate of Distinction or High Distinction at our assembly on October 17th.

**Distinction**

- Year 2: Kheenav, Matthew, Kisara
- Year 3: Rosheen, Ved, Sanija
- Year 4: Jasmine, Randiv, Daniel
- Year 5: Binadie, Kenuli, Vincent
- Year 6: Diyon, Joe, Sethmi

**High Distinction**

- Year 2: Charlie, Keen
- Year 3: Pranav, Hritik
- Year 4: Rose

*Miss Rebecca Young, ICAS Co-ordinator*
2016 Mathematics

Students from Glen Waverley Primary School achieved excellent results when they participated in the ICAS Mathematics exam last term. Those students whose achievements were outstanding were awarded Certificates of Merit, Credit, Distinction and High Distinction.

Our average score compared with the whole of Australia was very pleasing:

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The following children were presented with a Certificate of Distinction or High Distinction at our assembly on October 24th.

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<td>Kheenav</td>
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The advertisements in this newsletter are in good faith but no responsibility as to the quality of the products or services offered is accepted by the school.
Our academy offers training for all levels from beginners to advanced players. Led by Ong Beng Teong, a former world-class player with over 30 years of coaching experience, our coaches have played at both state and international level with many years of coaching experience.

### 11 A ARISTOC ROAD, GLEN WAVERLY VIC 3150

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<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>LEVELS</th>
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<td>Wednesday</td>
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<td>Saturday</td>
<td>7:00 – 9:00 PM</td>
<td>Beginner – Advance Adults Training</td>
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<tr>
<td>Sunday</td>
<td>4:00 – 6:00 PM</td>
<td>Beginner / Intermediate / Advance</td>
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</table>

*PRIVATE LESSONS ARE ALSO AVAILABLE UPON REQUEST*

Ong Beng Teong’s achievements:
- Former Commonwealth Games Gold Medalist in Men’s Doubles (Brisbane, 1982)
- Former BWF World-Ranked No. 2 in Men’s Doubles
- Former BWF World-Ranked No. 7 in Men’s Singles
- Champion in:
  - Malaysian Men’s Singles National (1985)
  - Taiwan Open (1985)
  - Hong Kong Open (1986)
  - Swiss Open (1988)
- Member of the 1988 Malaysian Thomas Cup team (Ranked 2nd)
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Parents of kids with Diabetes often wonder; How will this condition affect not only their child’s school and home life, but also their future?

• Once out of hospital, it can be overwhelming to put into practice all of the information given to you by doctors. This is where PredictBGL steps in. PredictBGL is an app designed to make everyday life more manageable for your family, by:
  - Automatically calculating your child’s Diabetes information
  - Predicting future blood sugars, high and low, 8 hours ahead - making your child safer during school hours and at home
  - Reminding of injections and meal times and follow-up testing, saving time and stress.
  - Alerting of Low blood sugars before they happen, keeping your child safe during school and through the night
  - Sharing of data from school to parents at home or work
  - Linking to your child’s Health Care contacts and allowing quick access to a Health Specialist database – halving the time spent researching
  - The app is now available in Chinese, Russian and Spanish. And shortly in Norwegian, Swedish and Dutch.

For families in suburban and remote areas; this will provide you with easy access to quality management and limit the occasions needing immediate medical care.

Please see our website for more information:
• https://PredictBGL.com
• iTunes - http://itunes.apple.com/app/id980437930

Football Star Academy
TERM 4 | SKILLS ACQUISITION PROGRAMS
Established in 2002, Football Star Academy is Australia’s leading provider of youth football programs

Your local FSA programs are available at:
GLEN WAVERLEY
Wesley College, 620 High Street Rd, Glen Waverley

Sign up today at footballstaracademy.com.au or call 1300 372 300
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GCM ABACUS METHOD
MENTAL ARITHMETIC
with ABACUS PROGRAM

An amazing program is now available to interested parents with children from Aged 5 to Year 6 where students can learn mental and manual arithmetic with abacus. This is a “Whole Brain Development” program with a proven concept that can improve arithmetic skills and also enhances the mental abilities like concentration, observation, visualization, imagination and memory.

Venue: Glen Waverley, Mt. Waverley & Ferntree Gully
Time: After School Hrs & Saturday

To assess suitability of the course for your child, please contact Choon at GCM Abacus Method for a Trial Lesson :

Mobile: 0431 616 364
Email: gcm.abacus@yahoo.com.au

MEDIEVAL RISE PRIMARY SCHOOL
Medieval Festival
Saturday 5 November
11 am-4 pm

Rides Entertainment Yummy Food Stalls
Medieval Re-enactment Group & Troubadours
Unveiling the Sword in the Stone Sculpture
Art Show Raffles Auctions

EVERYONE WELCOME
Galahad Drive, Glen Waverley
— CELEBRATING 40 YEARS—
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South East Netball Club is looking for Players!!

The South East Netball Club is looking for junior players to join our teams.

We are looking for players aged 8 y/o - 15 y/o (boys & girls) to join our teams that compete at the Waverley District Netball Association in Ashwood Vic, on Saturdays. Games are played from February to December (with breaks for the school holidays) and game times vary from 8am to 3pm.

If you are interested in becoming part of a fun social club, making some new friends while learning new skills contact us for more information!

Southeastnetball@hotmail.com OR
https://www.facebook.com/southeastnetball/

*please note some costs will occur, players will need to pay team fees and purchase a uniform*