Welcome to week 3 of Term 3 for 2015.
What a cold week it has been! Don’t forget to send children along to school in warm clothing. If your child has lost their jacket please let us know and we can get them to look through lost property or otherwise we can give them a pre-loved jacket to wear to keep them warm. When children are cold they often feel out of sorts, and uncomfortable and are usually not as productive or focused as they would normally be.

The Juniors are heading off to the Science Museum in Melbourne this Friday 31st July. Students need to be at school by 7.45 as the bus intends to get away at 8.00 so that everyone is on time at Scienceworks. Please set your alarm clocks earlier than usual. The children should be arriving back to school at 3.45pm.

On this Friday July 31st the School Athletics Carnival for Years 3-6 will be held at the Flora Hill Sports track in Retreat Rd. This venue is renowned to be cold, cold and even very cold! All children will need to have very warm clothes on so they can take layers off when performing and then put them back on afterwards. Parents, family and friends are most welcome to attend- please make sure that you rug up. Another day for students to shine and demonstrate their skills in the sporting arena.

The term calendar is filling up and it is looking very busy- full of fun learning opportunities. We are trying to ease the load for Term 4 which always seems to be extremely busy. Events coming up later in the Term are: Fri 14th Aug will be a Science Day, The Working Bee is at 3.30 on Thursday 6th August, Men and Kids Night on Thursday 27th August, The Father’s Day Stall on Friday 4th Sept, Somers Camp for a group of Grade 6 students, the school will be featured in the Bendigo Advertiser on Monday 10th Aug, Book/Literacy and Numeracy week will be in week 7 with the highlight being a dress-up day. The final 3 weeks of the term will be dedicated to 3 weeks of Wellbeing. On the last Thursday of the term there will be the Junior Fun night with the Grade 2 Sleepover. In between we have the Country Hockey Championships, the Divisional Basketball comp and heaps more. Phew! What a busy few weeks ahead and such an engaging and exciting educational program for all students.

I have spoken to some children this week about the connections that they have made on the internet. Unfortunately some of the stories were quite alarming and it brings to all of our attention the importance of close supervision and vigilance when children are on the internet and to always check the sites that they have visited and who they are speaking to. There can be very positive things about the internet but there also can be very sinister or troubled operators or participants on line. Please monitor all use very closely to maintain safety for everyone concerned. Remember that children on the internet should be in a public area in the home to enable close monitoring.

We are including a Depression Proofing your Kids information sheet in the newsletter. It is full of very helpful advice for adults as well as for children. Please take the time to read this article and to share this information as a family. Any concerns please don’t hesitate to contact the school.

Thank you to the families collecting the stickers from Woolworths. We have received many bonuses in the past from this competition and every sticker helps.

Wishing everyone a wonderful week,

Di Craig - Principal
**CLASS NEWS**

**SENIOR CLASSES**

G’Day Speci readers!

Welcome to week 3. Students continue to study the ins and outs of their ‘Learn to Earn’ unit with many enthusiastic entrepreneurs displaying a keen focus. They are learning about percentages and spreadsheets using Google Sheets during mathematics which will establish a solid foundation towards helping them in their integrated unit. If students can remember to start to bring in material for their models they will be creating later in the term, this will help them immensely and allow for creative pieces to be crafted. Check with your classroom teacher regarding this.

Last week saw the boys and girls football teams have a wonderful day out at Junortoun where they competed in many football matches and had a great experience that they will cherish for many years to come. Both teams showed fantastic qualities throughout the day and it was fabulous to see the level of sportsmanship that they displayed throughout.

This week is the Athletics Carnival for the school on Friday. Students will participate in many track and field events throughout the day and possibly a Teachers vs Students race to conclude the events. We are expecting students to have a wonderful day where the weather holds but it is important for students to come prepared for cold weather with warm clothing. Students will spend a lot of time waiting to participate or at events that involve short power activities such as discus and shot put. This is the perfect time for students to remain warm in preparation for their events. If parents, families or friends want to come and view this great day, they are more than welcome to come and cheer us along.

Please remember to have students reading 20-30minutes each night. It is essential that students have their diaries signed by an adult who has witnessed their reading. Asking questions about the text they are reading helps students to understand and comprehend better. If you can ask your child 3 questions about their reading each night, this will go a long way to improving their reading levels.

Until next week….. Thanks for reading!

Regards, Bec, Sophie, Adam and Scott.

**MIDDLE CLASSES**

Athletic sports are on Friday. Please ensure your child is at school promptly as we depart at 9am for the Athletic Centre. Children will need to have appropriate attire for both the activities and to keep warm as well as their lunch and a drink.

We are studying biographies in English as part of our Integrated Studies. Over the weekend the children are required to interview a parent about their life. The information they obtain will be used at school on next Monday to write a biography about the parent they interviewed.

It has been good to see more of the children wearing warmer clothing over the past two weeks. It certainly has been very cold and jackets have been needed. During gardening sessions this term the children will be cooking with Ruth or investigating the concept of sustainability in the classroom.

Keep up the nightly reading. Being able to read helps in all subject areas and all aspects of our daily lives.

Julian Regan, Kim Manley & Hayden Polglase

**JUNIOR CLASS**

Week 3 is now upon us and that means we’re off to Science Works for our excursion!! A reminder that we require all students to be at school at 7.45am (the bus is departing at 8:00am). Please ensure you arrive on time and with your lunch, a snack and your drink bottle in clearly labelled plastic bags. We expect to arrive back at school at 3:45pm. It should be a fantastic day, filled with lots of learning and fun.

Over the past week we have continued to learn about space. Everyone has been thoroughly engaged and some fantastic pieces of work continue to be produced across the classrooms. We have a few weeks left of our space unit, which will be packed full of engaging and rich learning experiences.

**Reminders**

- Please ensure your child has weather appropriate attire (jumpers/jackets for colder months)
- Tissue boxes for runny noses
- Nude Food Day is every Thursday
- Home reading should be completed each night

We hope everyone has a great week!

Thanks,

Natalie, Stacey, Brad, Jacqui, Jo and Kylie.

**PREP NEWS**

We have been thoroughly enjoying our topic on Space! The students love learning new things about the planets and have been doing some wonderful work around Space in preparation for our big trip to Melbourne THIS FRIDAY!!!

This week we are learning how to write the letters Uu and Xx correctly. We are using the words it, to and me during our writing and looking for them in our reading.

Some students will be coming home with a new word list in their reader bags. This is to learn new words and help them to solve unknown words. Please read through these with your child and encourage them to practise spelling them.

As Bu Turpie has gone on leave, our LOTE time will now become a Library session with Mrs Garwood. This means, students will be able to return and borrow books every THURSDAY.

Your child should have brought home a note yesterday outlining the ‘Teddy Bear Hospital’ that will be coming TOMORROW! Please remind your child to bring a teddy bear or soft toy with them tomorrow.

**EXCURSION!!!** It’s almost here! The children are getting very excited about our big trip. Please read through information sent home. If you have any questions or concerns please pop in and see us e.g. if your child is feeling nervous, suffers from travel sickness etc. **Don’t be late! 7:45am**

Emily and Joan

**WARM CLOTHES**

Many students are coming to school with very little clothing on in this cold weather. Teachers are encouraging students to rug up before they go out at break times and I would ask that you send your child dressed warmly and in what you think is appropriate clothing for this time of the year. I know children do not often feel the cold like adults do, however some students are clearly inadequately clothed for the cold weather and as parents, you need to be the one deciding what is appropriate clothing. Thank you for your assistance.

**3BO Buddy Bench Competition**

3BO is running a competition to win a buddy bench for a school. Could you discuss this with your child and encourage them to log onto the web-site and enter for Specimen Hill Primary to win the bench for our school.


Wendy Jackson (Acting Assistant Principal)
We are acknowledging students with awards, to those who display and follow our school values.

VALUE OF THE MONTH: RESILIENCE
Students who displayed this value in an outstanding manner last week:
Heidi P. Ella P. Corey M. Bailey C.
Ella B. Trinity F. Trae McM. Nicola-Jay P.

It’s On Again

Speci Hill Shopping Tour
Bu Turpie and Mrs Louise are again running the shopping tour as part of the school’s fundraising program.

Why not join us for a day of fun and bargain hunting?

Includes
- Bus trip to Melbourne.
- A full day guided tour to approx. 10 factory outlets.
- Great discounts.
- Morning and afternoon teas – delicious homemade cakes and slices.
- 2 course lunch at a hotel with a glass of wine or soft drink plus tea or coffee.
- Free raffle- lots of prizes.
- Good company and lots of fun.

Date: Saturday Oct 17th 2015
This is the second weekend after the holidays.

Cost: $72.00 Adults
$36 Children (17 & under)
(Not suitable for children under 14)

Bring your friends for a great day out.

Why not pay it off? Just a few dollars a month and you will be able to have a great day out, loads of fun and take advantage of bargain prices at factory outlets.

$20 non-refundable deposit to be paid as soon as possible.

Final payment by Sept 11th
If there are any places you would like included or changed from last year’s Shopping Trip please see Bu or Louise before end of May
See Kaye or Wendy to put your name on the list in the Office

STARS OF THE WEEK
27th July
Room 1 Nevada T.
Room 2 Devlan B.
Room 3 Tiara D.
Room 4 Haylee H.
Room 5 Adam G.
Room 6 Mackenzie C.
Room 7
Room 8 Corey M.
Room 9 Hailie M.
Room 10 Isabelle M.
Room 11 Blaze H.
Room 12
Room 13 Shakira N.
Nude Food Prep Mullen

3/4 Reading Challenge 3/4 Manley 112 Nights

JUNIOR SCHOOL COUNCIL & WHOLE SCHOOL PHOTOS are available as a special order.

Please advise the office if you wish to order.
Photos are $10 each
Leading Image - Ph: 1300 084 586
www.leadingimage.com.au

ORDERS CLOSE THIS WEEK

SCHOOL FEES $100 PER STUDENT
Some families will have received the second payment of School Start Bonus in their bank accounts. Please utilise these funds to pay your school fee, per student.
This is a compulsory fee for all families. Payment at the school office or via the QKR payment app, or Direct Credit.

Preferred Payment Method
Qkr! by MasterCard
Depression Proofing your kids
Andrew Fuller

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some times of depression.

Unfortunately once someone has experienced depression, they are at greater risk of feeling that way again.

While I can’t guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

Sadness is not always bad
Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of human lives and without them we don’t live whole lives.

We all want our kids to be happy but know that there will be times they will be sad. Helping young people to know that they won’t be happy all the time is important. Realising that all feelings pass and that we can learn from the whole range of feelings, sadness included, is part of being human.

Lower the amount of stress
Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can’t avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being re-wound up. Going for a walk, doing some exercise and being active are some of the best ways.

Find some good friends
Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

Eat healthily
What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are the good fats so if you are hesitant about eating them don’t be. Whole grain oats have been shown to help with depression as they have folate acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Foods high in selenium which is found in meat, fish and cereal grains has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

Have some sources of “Flow”
We experience ‘flow’ when we get involved in an activity that captivates us. At the end of these types of activities people often think, “Where did the time go?” There are many sources of flow – computer games, sports, drawing, dancing, reading, swimming and surfing are some. These are the things that you do that absorb you and take you away from your day to day cares and worries.

Losing yourself in a few pleasurable activities that challenge you is highly protective against depression.

Belong to the karma club
Decide to increase good will in the world by doing something positive for someone else. Try this for one week. Pick someone you know and try to “inoculate their socks off” as much as possible. Give them compliments, greet them exuberantly and take time to be with them. You’ll be amazed at how much benefit you get from increasing someone else’s happiness.

Be grateful and lucky
Even people who have had rotten things happen to them can rise above them. They usually do this by deciding to be lucky. While we can focus on the things that have upset us, most of us have many things and people to be grateful for. Focusing on that part of your life and deciding that you are lucky makes an enormous difference to your life.

Get enough sleep and rest
Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful and antidepressant, serotonin, are built and re-built between the sixth and the eight hour sleep.

Over 60% of people who sleep 5 or less hours a night end up obese and depressed.

If you are having difficulty sleeping:
• *increase* caffeine consumption late in the day
• *increase* sugar in your diet
• *go* to bed at the same time everyday and *wak* e up at the same time every day.
• *avoid* late nights
• *avoid* naps especially after 4pm
• *avoid* spicy, sugary or heavy foods before bedtime
• *have* the room at a comfortable temperature (some kids want to heat up the room and sweat the night away)
• *shock* out disturbing noises
• *don’t* sit in bed while studying or get in the habit of re-reading for sleep
• *warm* milk before bed is good as it is high in tryptophan, which aids sleep
• *try* relaxation methods before sleeping
• *write* out a to do list for the next day before getting into bed.
• *have* a pre-sleep ritual eg. reading or warm bath
• *switch* off the electronics especially phones

Get some exercise
Exercise decreases stress hormones such as cortisol and increases endorphins. (Happy chemicals). Exercise also helps release dopamine, adrenaline and serotonin, which work together to make you feel good.

Endorphins are a hormone like substance, produced in the brain and function as the body’s natural painkillers. During exercise endorphins can leave you in a state of euphoria with a sense of wellbeing.

The most effective type of exercise for the release of endorphins is cardiovascular exercise and swimming.

Moderate exercise for 10 minutes a day is enough to improve your mood and increase energy but it is suggested that you do 30 minutes per day.

Laugh more.
Laughter raises our levels of serotonin and dopamine. Make a point of watching TV shows or movies that make you laugh. Share funny stories and jokes with friends. People report that laughing even when they don’t feel happy improves their mood and some feel well-being.

PostScript of the week?
In the #12 and #13 years age group depression can be harder to pick because it is obscured by heightened emotions and times of moody swings.

Some signs of depression are:
• Loss of interest in usual activities - their up and go, has got up & gone.
• Increased use of drugs and alcohol
• Sleep problems
• Changes in energy levels – either sluggish or agitated and restless
• Changes in eating patterns - change other discomforted in food or over eating
• Speaking about death and hopelessness
• Increased and inscrutable irritability
• Your own feelings of anxiety about your child.

It is worth getting some help if your child or adolescent is appearing to be depressed. One way to do this is to say, “I’m worried about you and I want you to come with me to see someone so that I can work out whether I should be worried or not.” Try to find a good local psychologist, psychiatrist or doctor who can relate to young people.

SCHOOL VALUES: Resilience, Excellence, Persistence, Honesty & Respect

Working Bee - Thursday 6th August 3.30 - 5.00PM

We are looking forward to a great turn up by all families to our second Speci Working Bee of 2015. With many willing helpers we will have our children’s learning and playing environment looking amazing.

Bring along gardening gloves and any equipment you could use for weeding and general gardening and maintenance.

Please note: There will be a short induction at 3.30 in the staff meeting to discuss safety procedures and specific tasks to be done. All staff, parents and children need to attend the induction. Those who miss the induction still need to report to the staffroom upon arrival to read and sign the Induction sheet.

Our children’s future in the very best of hands

Page 4
FRUIT! FRUIT! FRUIT!
A huge thanks to the McKern Foundation for their donation of fresh fruit every week for all our students to enjoy. It is delicious and very healthy. Also thanks to the staff who cut up the fruit each week.

Joan Mullen.
Fruit Coordinator

Washed & Dried Milk bottle tops are required for the Art Room please.

By law, your child must have an immunisation status certificate to enrol in primary school.

How do I obtain an immunisation status certificate?

From the Australian Childhood Immunisation Register

- phone 1800 653 809 or
- email acir@medicareaustralia.gov.au
- www.medicareaustralia.gov.au/online
- visit your local Medicare Office.

The most common type of immunisation status certificate is a Child History Statement from the Australian Childhood Immunisation Register (ACIR). You will be sent this statement when your child turns five years old, however you can request a certificate at any time. You should also contact ACIR if you:
- are moving or have recently moved, to ensure your contact details are up to date
- think your child’s statement is incomplete or incorrect.

Our children’s future in the very best of hands.............
THE THREE R’s
Routine, Relationships, Remaining Calm

Children feel secure in having predictable and structured routines and knowing what to expect and when.

BEDTIME
A regular bedtime that allows for an age appropriate bedtime and time to rise.
It is suggested that 10-12 hours sleep is required for young students.
Prep to Grade Two children - bedtime of 7:00 - 7:30pm
  - Bedtime also needs a routine:
    - Bath / shower
    - Quiet reading time with parent
    - Clean teeth, toilet
    - Cuddles
Some children like to listen to relaxing music as part of their bedtime routine.
Once in bed, limit the times that children can get out to go to the toilet/drink.
Research strongly advises against TV / DVD’s / iPads in bedrooms. It is socially isolating, and it can hype up the child. It is also hard to monitor what is being watched and it is not a child “minding tool”. It is recommended that families watch some quality TV programs together.
Footy-Netball Day
Speci V Square

Our children’s future in the very best of hands..............
### 2015 EVENTS CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>8:15am Breakfast Program</td>
</tr>
<tr>
<td>Thurs</td>
<td>Walking School Bus Commences this week</td>
</tr>
<tr>
<td>Thurs 30th</td>
<td>Teddy Bear Hospital - Preps</td>
</tr>
<tr>
<td>Fri 31 July</td>
<td>Scienceworks Excursion Grades Prep - 2 Gr 3-6 Athletics Day</td>
</tr>
<tr>
<td>Thurs 6th</td>
<td>3:30-5pm SCHOOL WORKING BEE</td>
</tr>
</tbody>
</table>

---

### Scienceworks Excursion

- Grades Prep - 2
- Gr 3-6 Athletics Day

---

### BENDIGO UNITED CRICKET CLUB

**Junior Registration Night**
Friday 14th August 2015

5pm to 6pm @ Harry Trott Oval Clubrooms, Neale St, Kennington

**Fees for 2015 are:**
- Under 10,12,14,16 & 18’s - $70.00 each player

New and past players are most welcome; come and meet the coaches.

New online registration open on 10th of August, visit our website below for fast, easy convenience. Recommend to register before the 14th. Online payment preferred.

Any questions contact Jason Dean - jandsdean2@bigpond.com

http://www.bendigounited.com/juniors.html

---

### WHITE HILLS CRICKET CLUB

We are holding our **Junior Registration Day**

**FRIDAY 14th August**
4 - 5:30pm at the Scott Street Clubrooms.

A BBQ will be provided on the day.

We have teams from Under 10's to Under 16's, including an All-Girls team.

For Registration Forms and more information visit [www.whcc.org.au](http://www.whcc.org.au) or contact Andrew Stewart stewartan@bankofmelbourne.com.au

PH: 0403 942 551

---

### BOOKINGS ARE ESSENTIAL FOR BEFORE & AFTER SCHOOL CARE

**Some days are full!**

*Please phone the correct phone number for bookings*

- **ASC Phone**: 0447 788 636
- **BSC Phone**: 0438 062 561

Please Phone or Text Leah Johns

Please Phone or Text Karen Emerson

---

**Students currently enrolled must provide an immunisation certificate**

---

### TRUMPET AND ORGAN CONCERT SERIES, PART 2

**Sunday 2nd of August, 2pm**

St Andrews Uniting Church

**Entry by Donation**

**FEATURING:**
- Jenny Gogolin: Flute
- Peter Butler: Piano
- David Castles: Organ

Funds raised will support Louis’s Masters program in Scoring for Film and Visual Media, September 2015-2016, in Dublin, Ireland.

---

**WHITE HILLS CRICKET CLUB**

We are holding our **Junior Registration Day**

**FRIDAY 14th August**
4 - 5:30pm at the Scott Street Clubrooms.

A BBQ will be provided on the day.

We have teams from Under 10's to Under 16's, including an All-Girls team.

For Registration Forms and more information visit [www.whcc.org.au](http://www.whcc.org.au) or contact Andrew Stewart stewartan@bankofmelbourne.com.au

PH: 0403 942 551

---

**BENDIGO UNITED CRICKET CLUB**

**Junior Registration Night**
Friday 14th August 2015

5pm to 6pm @ Harry Trott Oval Clubrooms, Neale St, Kennington

**Fees for 2015 are:**
- Under 10,12,14,16 & 18’s - $70.00 each player

New and past players are most welcome; come and meet the coaches.

New online registration open on 10th of August, visit our website below for fast, easy convenience. Recommend to register before the 14th. Online payment preferred.

Any questions contact Jason Dean - jandsdean2@bigpond.com

http://www.bendigounited.com/juniors.html