Dear Parents,

This week we welcomed our Chinese students Jenny and Lucy and teacher Cherry. They have all settled in really well and are adjusting to Australian life remarkably quickly. Jenny is staying with the Harrison family and Lucy with the Allan family for four weeks. They will then be moving to the Stone and Geddes families. They are demonstrating great resilience in coming to Australia for eight weeks and it is a wonderful opportunity for our students to learn about another culture. All students, especially our student ambassadors, have made them feel very welcome.

Again I would like to remind parents that we have begun planning classes and staff for next year. It is important that if your child won’t be attending Epsom next year that you let us know as soon as possible. Thank you to the parents who have already done so.

Also, again, if you know of new children who are not yet enrolled please encourage their parents to do so as soon as possible. Prep orientation has been mailed out and we look forward to having our prospective preps visit our school.

On Tuesday all classes began dance lessons in preparation for our school concert on the 26th November. Look out for the information about tickets coming soon as the concert is going to be a fantastic community event.

Kind Regards
Kerry McGuffie
Principal

AFTER SCHOOL CARE

As you know we are very interested in providing an after school care service at Epsom and asked all interested families to complete a short survey online.

**IT IS ESSENTIAL THAT INTERESTED PARENTS COMPLETE THE SURVEY**

The log in details are on the front page of the newsletter or type:

https://www.surveymonkey.com/s/epsomprimaryschoolbeforeaftercare

If you would like assistance with this or a hard copy of the survey to complete please contact the school office.

NATIONAL BANDANNA DAY

Children have been purchasing bandannas in support of the CanTeen organisation which helps young people living with cancer. Tomorrow is National Bandanna Day. Bandanna’s are $4, pens are $3 and they are on sale before school.

HOCKEY ARTICLE

Epsom starred in the Advertiser on Tuesday.

Please see below link to an article that went in the paper today with children from Epsom Primary


CHANGED YOUR PHONE NUMBER??
CHANGED YOUR EMERGENCY CONTACTS??
CHANGED YOUR ADDRESS??
Please let the Office know.

Owen, Zac W, Billie, Tayla, Jack Cr, Phillip, Holly, Maddy Le, Blake H, Jack C,
DATES TO REMEMBER:

Mondays  Active After-School Communities Gr 3-6 start 3.30-4.45pm
Tuesdays  Student Banking
Wednesdays  Active After-School Communities Gr P-2 start 3.30-4.45pm
Fridays  Subway lunch orders (Must be in before 9am on Friday)

TERM 4  7TH OCTOBER-20TH DECEMBER

WEEK 2
Friday 18th October  National Bandanna Day

WEEK 3  October 21st– October 25th
Mon 21st October  AASC Starts—Grades 3-6—GOLF
Mon 21st October  School Council Meeting
Wed 23rd October  AASC Starts—Prep—TENNIS

WEEK 4  October 28th– November 1st
Wed 30th October  BENDIGO CUP—NO AASC FOR PREP—2
Friday 1st November  Festival of Tennis for Gr 3-6 @ Tennis Complex

WEEK 5
Thurs 7th November  Prep Orientation Program 9.15am-12pm
Friday 8th November  Junior Excursion to ScienceWorks, Melbourne ($25)

WEEK 6
November 11th-15th  Swimming program (5 sessions—P/1S, 1/2F, 3/4S and 5/6F)
Thurs 14th November  Prep Orientation Program 9.15am-12pm

WEEK 7
Mon 18th November  School Council Meeting
Mon 18th November  Prep Orientation Program 12pm-3pm
November 18th—22nd  Swimming program (5 sessions—P/1H, 1/2O, 3/4D and 5/6B)
Mon 25th November  Prep Orientation Program 12pm-3pm
Tues 26th November  Whole School Extravaganza
Mon 2nd December  LAST AASC for Term 4—Gr. 3-6
Tues 3rd December  Orientation Day
Wed 11th December  LAST AASC for Term 4—Prep-2
Thur 12th December  Grade 6 Graduation at White Hills Cricket Club Rooms
Mon 16th December  School Council Meeting
Friday 20th December  Last day of Term 4

PAYMENT OF FEES
To deposit directly into school’s account
BSB: 633000  Account No: 107661738
Account Name: Epsom Primary School
Please use child’s surname as your reference.

You have an opportunity to guide your children to develop direction in their lives, motivate them to aim high & not sell themselves short. - TD Jakes

Respect ● Integrity ● Excellence

Proudly Sponsored by Weeroona College Bendigo
NAPLAN REPORTS
Years 3 & 5 student Naplan reports are available for collection from the office. If you would like them sent home with your child please let the office know. Please contact the class teacher if you have any queries or concerns about your child’s report.

ACTIVE AFTER SCHOOL COMMUNITIES
AASC starts next week. Monday the grades 3-6 will participating in golf and Wednesday night the Prep-2’s will be doing basketball.
If your child is registered to participate in AASC and will not be attending, please advise me in order for attendance data to be updated.
Parents/carers are reminded that the children should be picked up promptly at 4.45pm.
Jake Saddlier
Coordinator

GARDENING DUTIES FOR OUR SCHOOL
Keys are sent home to families each week and they are asked to donate one hour of their time during that week to help keep our grounds tidy. Many families attend to the grounds for longer than an hour and we thank them for that. There is always weeding, sweeping or general tidying to be done around the place. Thanks to Nat Bishop we also have a Green Bin which is emptied fortnightly.
Gardening families this week are Lee, Leech and Lefevre.
Thank you

OFFICE NEWS
HATS ARE NOW $11.50 and I have some in stock.

Family Statements were sent home early this week.
Please ensure the swimming is paid before the program begins and that your account is settled in full before the end of the year. The school bank account details are on this newsletter and payments can be made directly into the account.

Remembrance day goods are for sale at the Office. Items range from 50c to $5.

MR POCOCKS AMAZING SPORTS RAFFLE
Thank you to Mr P for organising some great raffle prizes. The amount raised was $578. Thank you to all our families who supported this raffle.

COIN LINE
The coin line held on the last day of term 3 raised $276.45. Once again the Junior school really got into the spirit of it and Mrs Stones grade took the honours.

TECH TALK
This term we are focusing on “programming” in our IT lessons. We have been able to purchase some Beebots, Probots, WeDo sets and Makey makeys. All of these items along with some software and apps like cargobot, beebot, scratch and logo are being used by the classes. Coding and programming today is a requirement many of our students will need to be able to do in the future. In fact it has been said that coders are the rock stars of the future. Ask your child about how their programming is going using the Beebots.
Asthma tips for Parents and Carers this Winter  

Winter can be a hard time for people with asthma as could weather, coughs, colds and the flu can bring on more symptoms and attacks.

The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection. The flu is different to the common cold and can be a much more serious viral infection.

People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.

Make sure your child’s asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.

Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.

Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.

Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - www.betterhealth.vic.gov.au and the NPS website - www.nps.org.au.

Contact The Asthma Foundation of Victoria on 1800 ASTHMA (1800 278 462) or www.asthma.org.au.

Giggle your way to good health  

You may have already heard about Squash Vic’s innovative female only learn to play program, affectionately known as ‘Hits & Giggles’. With many women from the Bendigo area having already completed a program, the ‘Hits &Giggles’ program is on again in October providing more local women with the opportunity to learn the sport of Squash in a unique way.

Run over six weeks from Wednesday 30th October, the Bendigo Squash Club ‘Hits & Giggles’ Program introduces women and girls to the sport of Squash in a supportive and judgement free environment that promises a bit of fun as well as fitness. Participants will receive coaching designed to their fitness level and playing abilities all whilst in the company of like minded women, helping to boost their self confidence, self esteem and form new friendships.

For more information or to sign to Hits & Giggles program, visit www.squashvic.com.au. Or visit the Bendigo Squash Centre, Barnard Street, Bendigo.

COMMUNITY NEWS  

(please check notice board for more information)

1. GOLF for boys and girls aged 5-16 years. Beginners and experienced are welcome. Wednesdays from 16th October 4-5.30pm. Meet at Neangar Park Club House, $3 per session.

2. FUNLOONG FUN DAY—Free Community Event on Saturday October 19th 11am-2pm

3. BUNNINGS THANK YOU BBQ  
Tuesday 22nd October 6-8pm in the timber yard at Bunnings. BBQ Tea will be supplied. Short info session on sausage sizzles and cake Stalls for 2014. Please RSVP by 14th October for Catering purposes by email (bendigoactivitiesorganiser@bunnings.com.au) Or phone Kirsty or Dani on 5444 8555.

4. GREAT STRIDES FOR SYSTIC FIBROSIS MELBOURNE & BENDIGO  

5. Annual General Meeting  
The Annual General Meeting of the White Hills Junior Football Club will be held on MONDAY 28TH OCTOBER 2013 commencing at 7.30pm at the clubrooms in Scott Street, White Hills. Everyone welcome.

Tian’s Mountain Home  
Was as high as the beautiful fluffy clouds,  
So silent you could hear the breeze passing by,  
As cold as a chilly winters day,  
As white as snow,  
As lonely as the stars above,  
as beautiful as the white cranes wings

By Darcy

Tians Mountain Home  
Was as peaceful as a leaf blowing in the wind,  
as tall as a thousand year old Oak,  
as beautiful as a meadow covered in flowers,  
as white as a Pegasus wing,  
as quiet as a breeze,  
as lonely as a desert,  
as cold as a murders soul  
and as his house so high,  
its like a star in the dark night abyss.

By Meg