



Oak Park Primary School will work collaboratively to provide a stimulating, safe and challenging learning environment that promotes resilient, innovative thinkers.

CALENDAR OF EVENTS

December 6th	Family Carols Night
December 7th	Grade 2 Sleepover
December 7th	Foundation Breakfast
December 11th	Year 7 Transition Day
December 12th	Grade 6 Big Day Out
December 18th	Grade 6 Graduation
December 21st	Last day term 2018

Lunch Orders

There will be NO lunch orders next week (Thursday 6th December). Lunch Orders will resume the following week.

Uniform Award

This weeks
Uniform Wearers of the Week Award

goes to
CAPRICE YOUNG 4J/W

Congratulations Caprice for setting such a terrific example to the rest of the school!



Principal's Column

Our Grade 6 students will be leaving the school at the end of this year to start their secondary schooling. Most of them have been with us since 2012. In reflecting on what I might say to them at their graduation this year, I was reminded of a few things that Bill Gates said to a group of High School students at their graduation a few years ago. Gates' speech surprised many because it was challenging in tone and didn't contain the usual 'inspiring messages' people look for at these times.

He talked about how feel-good, politically correct teachings had created a generation of kids with little concept of reality and how this concept had set them up for failure in the real world (this was a few years ago). Gates put forward eleven rules:

1. Life is not fair - get used to it!
2. The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.
3. You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.
4. If you think your teacher is tough, wait till you get a boss.



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5. Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping - they called it opportunity.
6. If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.
7. Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rainforests from the parasites of your parent's generation, try delousing the closet in your own room.
8. Your school may have done away with winners and losers, but life HAS NOT. In some schools they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer.

This doesn't bear the slightest resemblance to ANYTHING in real life.
9. Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.
10. Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

11. Be nice to nerds. Chances are you'll end up working for one.

PLEASE NOTE

The last day of school is Friday December 22nd. The final assembly will start at 1.00pm and students will be dismissed following the assembly. Please ensure arrangements are in place for the picking up of your children at the earlier time.

2019 School Fees

The fees support the school in providing resources for the students. Payment is to be made prior to the 1st February 2019. You will find the Oak Park Primary School Parent Payment Policy on the school website: www.oakparkps.vic.edu.au Please do not hesitate to contact the Business Manager Annette D'Elia delia.annette.a@edumail.vic.gov.au if you have any queries or wish to set up a payment plan.

Calling All Crafters

In preparation of the Family Carols night on Thursday 6 December, the craft club will be meeting Thursday 29th November and Tuesday 4th December, in order to make Christmas cards to sell at the carols night.



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Materials will be supplied. Everyone is welcome to attend these sessions which will be held in the library after school.

Aussie Dollar Drop

On Saturday, student volunteers braved the cold to support the Aussie Dollar Drop. The money raised goes to existing charities that support the homeless, including The Big Issue, Kids Undercover and many more.

Our Grade 5/6 student volunteers included:

- Dean, Oliver, Jacob, Alex B, Stephanie (5/6C)
- Harvey, Alessio, Fabian, Charlie, Selin (5/6G)
- Hudson, Isaac, Yasemin (5/6P)

A special mention to James (4A), Kyle (3E), Ethan (3P), Pyper (1M), Tabitha and Angus for joining in as well!

On the day, a massive \$649.20 was collected by our volunteers, donated by members of our school community as well as the broader Oak Park community.

The fundraising efforts of the Grade 5/6 students from the STEM Festival during Term 3 were also contributed. Students built sustainable homeless shelters and raised \$324.45.

All together, a total of **\$973.65** has been raised to support the homeless in Victoria. What an incredible effort!

Thank you to the parents and students who made this fundraising effort possible, and to all who donated to this worthy cause.



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Frog Census

The Frog Census group were at it again last Wednesday, this time working around the area behind Oak Park Tennis Club. We were lucky enough to record the presence of two species of frog; the eastern banjo frog and the common brown froglet. The growling grass frog has eluded us so far, but we hope to find evidence of this frog in our next adventure. Thanks again to Kirti Crute and Jenni Moffatt for helping us out.



Family Carols Night!

Pack your family a picnic dinner and catch up with other families to celebrate the end of school.

The music will be playing (thanks DJ Jo!), the students will be singing, the sun will be shining (hopefully!) and Santa may just make an appearance!

When- Thursday 6th December (it's a school night so it's a shorter program this year) **See you there!**





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Student Wellbeing

Can you believe that this Saturday is the 1st of December? How quickly this time of the year comes by. For many people this time of year is filled with catch-ups and festive times, but for others it can be a time of stress, chaos, upheaval and change. It is important that at this time of year we check in with ourselves and those around us to make sure we are all managing the changes this time brings and using positive and soothing mental health strategies in order to cope.

For children in particular this time can be confusing. There is the excitement and buzz of finishing a school year with class celebrations and shared enthusiasm from friendships made throughout the year, the nervousness of what the next school year may bring, the worries about have they got their friends with them in class next year and the what will the new teacher be like. This combined with the excitement from thoughts of possible presents, many late nights catching up with family and friends, new activities and holidays. It is a lot for a little person to take on.

At this time of year, it is important that we continue to ask each other are you okay and to continue to raise awareness around wellbeing in our communities.

Beyond Blue statistics, state that 1 in 7 young Australians (4-17 years) experience a mental health condition, which is equivalent to an estimated 560,000 Australian children and adolescents.

Around 1 in 35 young Australians aged 4-17 years, experienced a depressive disorder.

1 in 14 young Australians (6.9%) aged 4-17 years experienced an anxiety disorder

Evidence suggests three in four adult mental health conditions emerge by age 24 and half by age 14.

These statistics are alarming and highlight the importance of speaking to young people around their own mental health early. We often have conversations with young people around their physical health; healthy eating, physical exercise etc. Just as we would discuss these issues, we need to have proactive conversations around what thoughts children are having and how they are feeling.

Sometimes we can feel our problems seem too big to sort out on our own. If you are feeling like this, one of the best things you can do is talk to somebody. Sometimes we all need encouragement to do this and it helps if someone provides the opportunity by asking "are you okay?" While it is important that young people can talk to friends about how they are feeling, it is often best to talk to an adult or a professional, just because they are more likely to know what to do. Make this conversation easier for them by setting aside some time to check in with them and ask them important questions about their mental health.

If you require support in regards to your child's, or your own mental health, seeing a gp is a good place to start. GP's are used to recognising and treating common problems, including depression and anxiety. They can help you to work out the best ways to cope with feelings and make a plan to get

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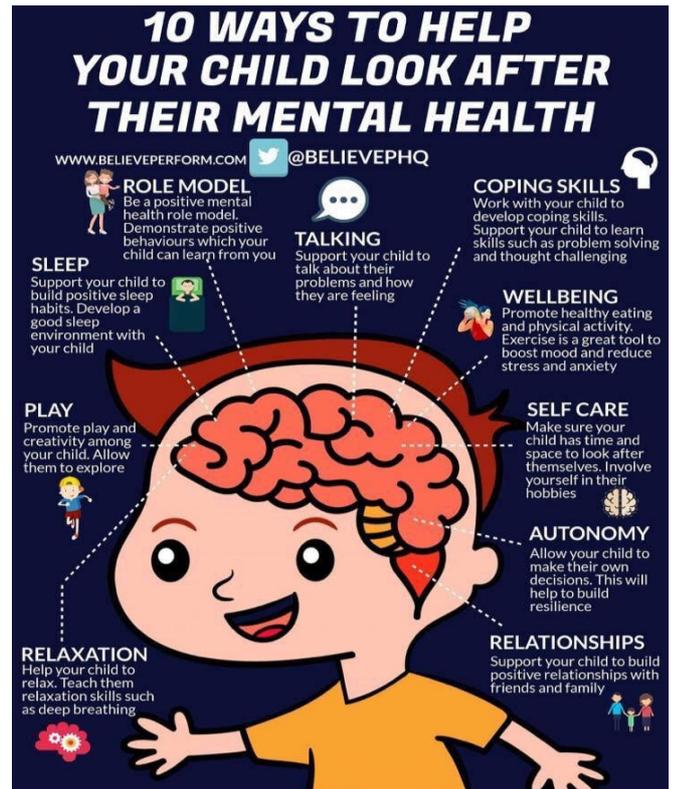
through it. If you or your child needs to speak with someone right

away and don't feel ready to see a counsellor or doctor, you could try telephone counselling services, such as Lifeline or Kids Helpline, which are available free or the cost of a local call, or online counselling.

Below is a graphic I came across in my reading. It is a simple graphic that has great reminders on how as adults, we can assist children in looking after their own mental health. After the graphic, I have listed resources for you that may be of help in supporting you and your children's own mental health journeys. Please keep these resource suggestions close by so you are able to access them if need be.

If you need support around your child's wellbeing, or would like to talk further about this or related issues, I am available at the school on Mondays and Wednesdays.

Natasha Niemann
[\(Niemann.natasha.l@edumail.vic.gov.au\)](mailto:Niemann.natasha.l@edumail.vic.gov.au)



MENTAL HEALTH RESOURCES

Helplines

[beyondblue Support Service](#)

Call or chat online with a trained mental health professional. We listen, offer support and point you in the right direction. Call 1300 22 4636 24 hours a day. 7 days a week. Chat online between 3pm to 12am, 7 days a week or email and get a response within 24 hours. For more information view their website.

[Lifeline](#)



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For urgent assistance call Lifeline which is a 24-hour telephone counselling service.
13 11 14 (cost of a local call)

Kids Help Line

A free, private and confidential telephone and online counselling service specifically for young people between five and 25. 1800 55 1800 (free call from land line).

Online interactive programs

e-couch

Interactive self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.

MoodGYM

A popular interactive program that teaches cognitive-behaviour therapy skills for preventing and coping with depression. Participation is free and anonymous.

BRAVE

Online program to help you manage worry and anxiety. Includes up to 10 sessions that you can work through at your own pace.

ReachOut NextStep

This online app can help young people who are going through a tough time to access the most appropriate support services for them, based on their own unique symptoms and experiences.

Useful websites

[headspace](http://headspace.org.au)

Provides support to young people aged 12 to 25 who are going through a tough time, including anxiety, depression, bullying and body image.

ReachOut.com

An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.

connectEDSpace

connectEDSpace is a website provided by Relationships Australia Victoria with tipsheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents.

Bite Back

Share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities.

What Works 4 U

Share treatments that worked and learn what treatments other young people found helpful.

Supporting family members with a mental health condition

Young Carers

Gives you tips on how to look after yourself and the person you are caring for. You can also call their help line on 1800 242 636.

Children of Parents with a Mental Illness (COPMI)

Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to



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help you get your head around it all. There's also great information for parents too.

Commonwealth Respite and Carelink Centre

Information to organise services such as home respite care, support workers and residential respite care. You can call them directly on 1800 052 222.

itsallright

Website for young people with a parent or friend affected by mental illness. As well as factsheets and podcasts, you can submit questions and get a referral for more support.





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WOW AWARDS

Class	Name	Awarded for
FH	Evelyn Dickson	For always volunteering to help with the organisation and clean up of our classroom. Thank you for always being so helpful
FP	Keira Branagan Ava Bogle	For taking on teacher feedback about your work, and working hard to improve it. Well done! For showing determination and resilience in learning your weekly take home words. You are a superstar!
1/2C	Noor'e Fatima Jahna Tranter	For the excellent improvement in your reading and for showing resilience. Well done Noor'e and Jahna
1M	Coco Evans	For making a huge improvement in subtraction
1H	Samik Ghimere	For making an epic effort to keep our classroom tidy by cleaning up and putting away everyone's stuff!!
2D	Charlotte Miller Ayla Vurgun	For being an outstanding role model in class. You are a responsible student who always encourages others to do the right thing. You are an asset to our class. For doing a wonderful job with your poetry writing this week. You have worked hard and taken on feedback to create some imaginative poems. Well done!
2M	Toby Finch & Ava Kalimeras	For working hard to apply yourself and showing resilience when you find work tricky
3P	Noah Chun	For remaining focussed in class and showing respectful and responsible behaviour towards your peers
3E	Barnaby Trimble	For your outstanding efforts in everything you do in the classroom. Your knowledge and confidence in mathematics has also been fantastic. Well done
4A	Lathan Satele	For demonstrating resilience throughout this year
4JW	Amine Kobak	For your excellent effort and hard work when completing your homework
5/6LD	Hugo Wright	For reading with improved fluency



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5/6C	Ceren Hikmet	
P.E	Ben Argent	

COMMUNITY NEWS

Feel the snow fall in our spectacular Snowland

All new live Christmas Show

Meet Santa & Receive a Free Gift

Magical Enchanted Christmas Walk - Through

Amazing Rides & Attractions

Gingerbread Decorating

Christmas Art & Craft Village

smoothfm 91.5 PRESENTS

SANTA'S MAGICAL KINGDOM

Have you seen the magic?

Caulfield RACECOURSE

23 November - 23 December

Book now at [ticketmaster](http://ticketmaster.com.au) or call 1300 307 740

www.santasmagicalkingdom.com.au

Hour of Code

The Hour of Code is a global movement introducing tens of millions of students worldwide to computer science, inspiring kids to learn more, breaking stereotypes, and leaving them feeling empowered.

Digital Shift: Code Club
4 pm, Wednesday 5 December
Brunswick Library

Digital shift: Sphero Robots
4 pm, Wednesday 5 December
Glenroy Library

Save Christmas: Coding with the Grinch
4 pm, Friday 7 December
Fawkner Library



This program is for children 8 years and over. Children under 10 years must be supervised by a parent.

Register online: moreland.vic.gov.au/libraries/children/children-activities/the-digital-shift

or phone any Moreland library.

Christmas Family Night

FREE

Thursday 6th December 6-8pm

Bring the family along for a great night of fun!

- Santa's little helper workshops
- Gift wrapping station
- Meet Santa in store
- Light refreshments will be provided

Give the gift of choice with a Bunnings Gift Card

For more information ask one of our team in store or visit www.bunnings.com.au

BUNNINGS warehouse

LOWEST PRICES ARE JUST THE BEGINNING...

PLEASE SEE DETAILS FOR BUNNINGS COLOURING COMPETITION ON FOLLOWING PAGE.



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To see Bunnings' amazing range of BBQ's go to www.bunnings.com.au/bbq

Name: Age: Telephone: Local Store:

Bunnings Group Ltd is giving you the chance to win \$50 worth of products or branded merchandise in our colouring competition. There will be 3 winners at each store.

All you have to do is colour in the scene above & deliver it to your local warehouse by 6pm Sunday 16th December 2018. The winners will be notified on Monday 17th December by phone.

- Competition to open to ages up to and including 12 years old
- 1 entry limit per person
- The judge's decision is final & no correspondence will be entered into
- Bunnings Group Ltd employees, suppliers & their families are ineligible to enter
- Personal information will only be used to contact the winners





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