

**Term 4**  
**Week 3 – 21 October 2015**  
*Distributed weekly on Wednesday*

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## Term 4

**5<sup>th</sup> October – 16<sup>th</sup> December**

*11 weeks*

*1 pupil free days – Report Writing Day*

*1 public holiday – Melbourne Cup*

### October

28<sup>th</sup> Wednesday – Satisfaction Surveys due back

29<sup>th</sup> Thursday – Beginning of Life Play Memorial Hall 4.30pm

### November

2<sup>nd</sup> Monday – Pupil Free Day - Report Writing

3<sup>rd</sup> Tuesday – Melbourne Cup Public Holiday

11<sup>th</sup> Wednesday – Remembrance Day 11am

16<sup>th</sup> Monday – 20<sup>th</sup> Friday – Cycle 1 kindergarten parent teacher interviews

17<sup>th</sup> Tuesday – Instrumental student performance evening

25<sup>th</sup> Wednesday – Grandparents Day Cycle 1 10-11am, Cycle 2&3 11-12noon

### December

4<sup>th</sup> Friday – Cycle 1 Prep reports distributed

4<sup>th</sup> – Graduation and Farewell Assembly 1pm, Graduation Dinner 6pm

7<sup>th</sup> Monday – 10<sup>th</sup> Thursday – Cycle 1 Prep parent teacher interviews

7<sup>th</sup> Monday – 11<sup>th</sup> Friday – Cycle 3 Sovereign Hill & Queenscliff Camp

9<sup>th</sup> Wednesday - Volunteer Afternoon Tea 2.00-2.45pm

11<sup>th</sup> – Cycle 2&3 reports distributed

16<sup>th</sup> Wednesday – End of Term 4. 3.15pm finish

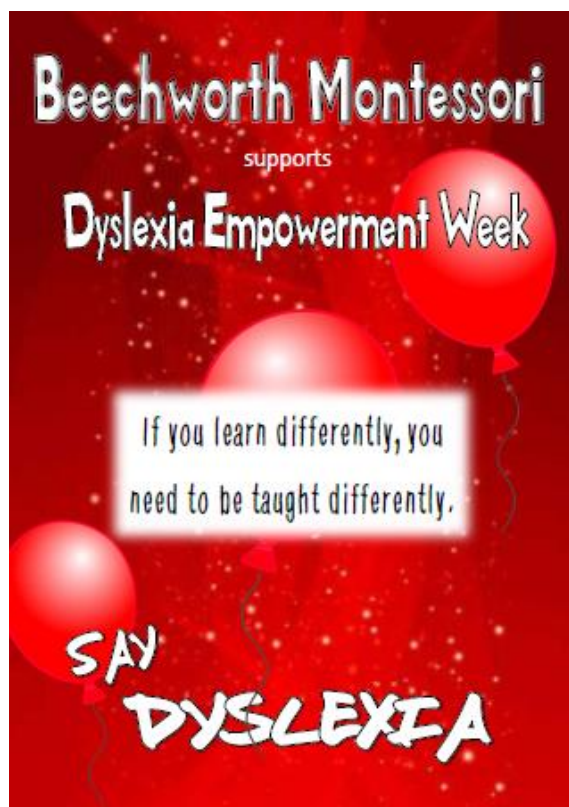
18<sup>th</sup> & 19<sup>th</sup> Thursday & Friday – Pupil free days

## Dyslexia Empowerment Week 18– 24<sup>th</sup> October 2015

The aim of this very important week is to increase our communities' awareness and understanding of dyslexia so that people with dyslexia receive the understanding and support they need.

The incidence of dyslexia is more widespread than realised and it is estimated that there are between 3 – 5 students with dyslexia in every Australian classroom.

Dyslexia is a learning difference that affects a child's ability to develop a strong understanding of written language. Children may have difficulty with hearing the sounds in words, associating the sound to its corresponding letter and with automatic word recognition. This is the child that seems bright and capable but struggles with some aspects of reading, writing, spelling and maths concepts. Early identification is important as time is precious and explicit teaching is essential. Red, is the colour of this campaign, and you may have noticed news items about buildings in our cities being lit up with red lights during this week to raise awareness of dyslexia. You may also notice students and staff wearing red on Wednesday too. If you have any questions please talk with your Directors.



## The HART Resilience Project

Last Tuesday a number of staff attended a talk about the HART Resilience Project. The theme of the project is to help young Australians to be mentally healthy. The presenter, Hugh van Cuylenburg, told of his experiences in the Himalayas where he discovered people were happy and mentally healthy, and how he used his findings to begin the Resilience Project. This program has now been implemented in over 180 schools across Australia and also a number of elite sporting clubs. There are three elements to resilience: **Gratitude** – the ability to focus on what we do have rather than what we don't have. **Empathy** – the ability to be kind and help others when we can.

**Mindfulness** – being in the moment and focusing on what we are doing. These three elements can be incorporated into our day-to-day lives very easily:

- **gratitude** – each day list three things that went well for you or that you are grateful for;
- **empathy** – do an act of random kindness once a week; and
- **mindfulness** – colouring, meditation, or listening to the Smiling Mind app. for 15 minutes a day.

The Resilience Project highlighted the need to ensure we all take an active role in supporting children to be mentally healthy, confirming and enhancing many of the things we do in our classes already.

Thank you to the Gabriella Tange and Anna McKinlay of Beechworth Health Service for inviting our staff to the talk. The presentation was brought to Beechworth by the Healthy Together Achievement Program. This program supports early childhood services, schools and workplaces to develop cultures and environments that promote health and wellbeing. It is aimed that through the Achievement Program, health and wellbeing becomes embedded in the culture - a part of everyday school life.

Beechworth Montessori is now a registered participant in the program and in the coming weeks will be looking for like-minded volunteers to form our working committee. We need staff, parents and students to be a part of this program. Please register your interest by contacting Karen Bowey (from cycle 2) at [karenb@bms.vic.edu.au](mailto:karenb@bms.vic.edu.au). For more information about the program, please see the link below.

<http://www.achievementprogram.healthytogether.vic.gov.au/>

## General News

### Bus News

The school bus was very late in picking up the children from school last Wednesday. In future, we will send notification through Schoolstream. Otherwise, please call Beechworth Bus Lines on 5728 2182 or 0438 836 361

### Medical News

Recently, families were provided with an information/fact sheet pertaining to Chickenpox in response to a diagnosis of a Montessori student. We can now advise you that we have received a medical certificate retracting this diagnosis. Therefore, at this stage, there is no official diagnosis of Chickenpox at Montessori.

However, we can advise as per the sent Tuesday 20<sup>th</sup> October, there is a suspected case of Rubella (German Measles). A fact sheet has been placed in parent pockets.

### Walk to School and Breakfast

Thank you to all who participated in the Walk to School Initiative – we hope you enjoyed the walk, the coffees made by Edan, and the continental breakfast provided by Indigo Shire Council. As part of October's Walk to School events, the Indigo Shire is running a drawing and writing competition. Handouts of these are located in the foyer.

### Term 4 Icyroles for Sale

Icyroles will be available for sale Friday lunchtimes for Cycle 2 and 3 children. Children will only be sold a single icyrole – not multiple. Children will be able to choose from lemonade, raspberry or cola.

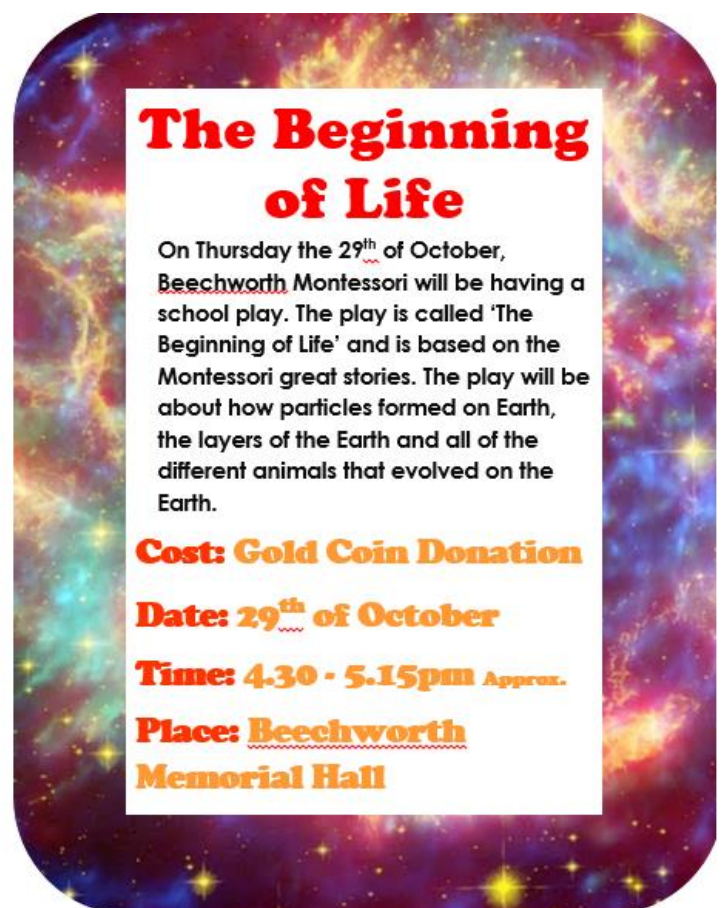
No pre-ordering required, simply bring along your 50c and purchase your icyrole once you have finished eating your lunch. This will continue each Friday unless:

1) children walk around with their icyrole as opposed to sitting and eating, or 2) rubbish is left in the yard.

If these occur, icyroles will not be for sale the following Friday.

Thanks Turquoise.

### Lemongrass Café Lunch Orders



**The Beginning of Life**

On Thursday the 29<sup>th</sup> of October, Beechworth Montessori will be having a school play. The play is called 'The Beginning of Life' and is based on the Montessori great stories. The play will be about how particles formed on Earth, the layers of the Earth and all of the different animals that evolved on the Earth.

**Cost: Gold Coin Donation**

**Date: 29<sup>th</sup> of October**

**Time: 4.30 - 5.15pm Approx.**

**Place: Beechworth Memorial Hall**

Orders need to be handed in by Tuesday morning

- ❖ Every Wednesday in Term 4, \$3.50 per sushi roll
- ❖ Choices:
  - Egg & Salad
  - Tuna & Avocado
  - Teriyaki Chicken

Collect an order form from the foyer, place your order and **correct money** in a **zip lock bag** and place in the Form Lodgement Box in the foyer. No credit possible and money must be in a zip lock bag. Orders to be placed at school by Tuesday 3pm – late orders cannot be accepted.

### Hat Reminder

With the onset of Spring and sunny weather, hats are compulsory attire for outdoor activities. The school is unable to provide spare hats for hygiene reasons. To avoid any future upsets, please encourage children to check that their hats are in the school bag, before they leave for school.

### Lost Property

Cycle 2 & 3 students - the “pile” is growing and growing. Before it turns into a beast, can you please have a quick look through the items (if you recall missing a piece of clothing) or if mum and dad have nagged you about losing a piece of clothing. Any unclaimed items will eventually be donated to a charity towards the end of term.

### Parent Satisfaction Survey

A friendly reminder that one week remains to complete the survey. We would greatly appreciate your valuable time and effort to complete the survey. Your feedback is important and contributes to the evolution of the Beechworth Montessori School.

## Ruby Room News

### Tiny Tots

Hi. As you all probably know I’m filling in while Michaela is away. Firstly I’d like to say thank you to all the parents and children for their help and support welcoming me into their room. It’s lovely to have the opportunity to meet younger siblings and to meet new families.

We are spending more time outside as the weather warms up so don’t forget a hat for your child and spare clothes as the water play ramps up. Bringing a hat for adults to wear outside is an important part of modelling good sun smart behaviour.

Circle time is a group effort and I’m keen to hear your child’s favourite song or story. So please bring along ideas for all to share.

Thanks to Rachel and Charlie for bringing in their chook and chicken.

Pets are curiosities are always welcome.

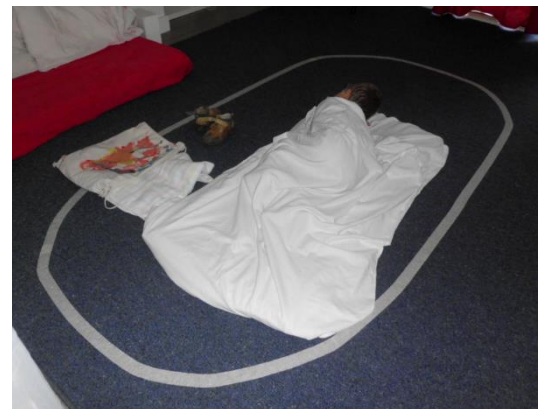
Wiggy

### Early Learning & Occasional Care

Bonjour, parents & children in ELOC, welcome to week 3.

Geraldine & I shall be implementing this 9-5 [Mon-Thurs](#) program until Michaela's return after Melbourne Cup day. Currently Michaela is enjoying an extended break in America.

When you next visit ELOC, Geraldine and I have erected a daily communication whiteboard located near our "sign-in book". This features some general information about your child's day as sometimes it can be difficult to chat with







each family individually. We hope this will help, please provide us with any feedback so that we can make necessary changes.

Part of our daily ELOC routine is ensuring children are well rested. We are noticing some children are very tired. This may be from daylight saving, adapting to longer days following a morning in Cycle 1 or perhaps busy home activities. Considering these factors we are now providing a rest/sleep routine after lunch or as needed. To help make children feel comfortable we will happily accept any small size sheets or blankets you no longer require at home for our Ruby Room supplies.

Spring has definitely arrived and gardens are flourishing. In preparation our ELOC children have been busily weeding

our vegetable patch and filling it up with nutritious compost. Some children have also been potting up small pots (located on our garden trolley) ready to transplant seedlings when they become strong and healthy. Let's hope we get some Spring rain to encourage rapid growth. See you soon Lisa and Geraldine



## Cycle 1 News

It is the time of year when the Sun Smart Policy is in action. All children are required to wear a wide brim hat and sunscreen before going outside to play. Also a reminder that thongs and crocs are not appropriate footwear in the playground.

Donations: We are trying to furnish the Cycle 1 dolls house and wondering if any families have dolls house furniture that is no longer being used and happy to donate to us. Please see Martina for more details.

## Amethyst

We have a number of new children in the classroom: Leo Woodburne and his family are here from the UK, Bryce and Freya Muller have come from Canberra, and Evie Donoso-Harrison, Leonidas Fidge, Gabriel Rodda have transitioned from Ruby room. We would like to welcome all the children and their families to Amethyst class.

Amethyst has purchased a hutch for Charlie, our class guinea pig. We would like to thank Melanie Mayer for the donation that helped to pay for Charlie's new home.



## Martina's Easy Brown Bread Recipe

From my sister in Ireland:

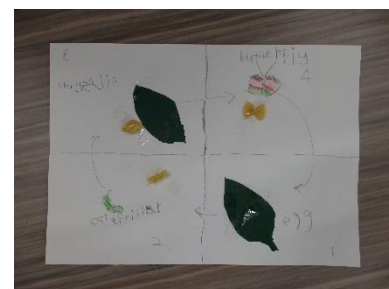
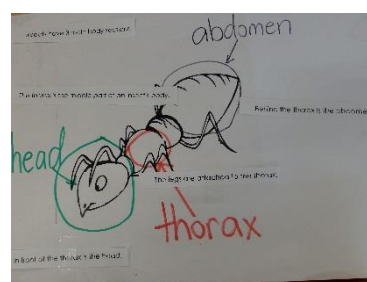
### Brown bread

- 1lb wholemeal flour
- 2 tsp bread soda
- 1 tsp baking soda
- 1 egg
- 1 tbsp. honey
- 1 tbsp. olive oil
- 2 cups buttermilk

Throw the dry ingredients into a bowl and mix well.

Then throw the wet ingredients in and again mix well.

Throw the lot into a well-buttered and greaseproof papered 2lb loaf tin and into the oven at 180°C for approx. 50 mins. When you take it out of the oven, remove the tin and paper and put the bread into a sealed plastic food bag for first half hour after cooking to keep the moisture in – then, you're supposed to let it cool



fully but my advice at that point is to get out your butter and your favourite jam and enjoy!

### Botany

The children have been learning about the difference between a fruit and a vegetable, namely that fruit have seeds and vegetables don't. They were amazed to find out that many foods we think of as vegetables, like pumpkin, zucchini, tomato and corn, are really fruit because they have seeds.

On Thursday the children began an experiment with bean seeds. Some of the seeds will receive water, sunlight and air. Others will not get one or more of these factors. The children hypothesised what they thought will happen and have been excitedly pointing out their sprouting seeds.

- The seeds will die if they don't get water.
- The seeds need water to grow.
- The seeds in the dark will die.



They children also planted cress seeds and have watched them sprout. They are waiting for them to grow 'hair'.

### Insects

The children have been particularly interested in collecting and examining insects, including building a habitat for the insects to live in for the day. They have explored and labelled the three sections of an insect: the head, thorax and abdomen, and studied lifecycles of various insects.

### Art

The children have been exploring the patterns that can be made through tie dying. We are making a bunting with the squares the children have made. The children will continue to practice their tie dying skills by designing and dying their own singlet.

### Emerald

Welcome to Adelaide and her parents Dave and Jenny. Adelaide started in Emerald room this week and is already settling in well.

We have 48 eggs in our incubator. Thanks again to



those families who donated them. We have 8 ducklings and 40 chickens of various varieties. A reminder that our hatchlings will be available to take home overnight to experience their care and then once they are getting big enough, will be available for sale – all proceeds to be donated to a Montessori school in one of the African refugee camps.

To support the children's understanding of the incubation process we have a classroom calendar we are using to mark off the days and to learn about developmental milestones. Older children have developed calendars of their own which they are using to record the development process.

We have made a temperature gauge which sits on the wall above the incubator. The children are using this to monitor the temperature and humidity of the incubator and with the support of staff, to add water to keep our eggs healthy.

Trudi Ryan will support us through this process by visiting to talk about how the chicks and ducklings are developing and will do some candling to check for viability of eggs and to show children as much as can be observed about what is going on inside the egg.

Thanks to Lily and Rachel for the incredibly well timed visit by their hen and new chick. We hope to have a mother hen with her chicks in the room at the same time as our new hatchlings so the children can observe what the mother teaches her babies and the way that we support those chicks without a mother.

On Thursday this week, Felix's mum Lindsey will visit with baby Fred. The children will be able to watch Fred have a bath and will discuss the human body, growth and development as they experience a young baby first hand.

Our new show and tell routine is progressing well with the children enjoying the opportunity to have a focus on them and their contribution. Thanks to everyone for your support with this.

Following the recent community event: Building Resilience, we have begun implementing the 3 key components for developing resilience into daily classroom events:





- Gratitude: we are practicing identifying one thing to be grateful for each day prior to going home.
- Empathy: we are considering how we can help others and are practicing our own ways of supporting each other
- Please see our “Random acts of Kindness” window where you can commit or report a random act of kindness and show your gratitude and empathy for others.
- Mindfulness: we are practicing meditation and mindfulness colouring for a short time each day during our afternoon work cycle

## Community News

**the maker's market**

**BEECHWORTH HANDMADE MARKET**  
DESIGNERS AND ARTISTS FROM NORTH EAST VICTORIA

**SATURDAY  
NOVEMBER  
7TH  
9AM-2PM**



**HOMEWARES  
CERAMICS  
WALL ART  
PHOTOGRAPHY  
JEWELLERY  
STATIONARY  
ORIGAMI**

7 CHURCH STREET **OLD STONE HALL** ART SPACE + VENUE  
[www.facebook.com/oldstonehall](http://www.facebook.com/oldstonehall)

St. Josephs Primary School presents

**Beechworth  
SPRING GALA**  
CELEBRATING ALL THINGS LOCAL

**BOOK YOUR TABLE**

**FRI 23 OCT  
7PM AT GK HOTEL**

**JOHN WALKER  
MC**

**DRESS COCKTAIL**  
Canapes,  
Complimentary  
Drink on Arrival,  
Dinner &  
Live Music!

**\$65 pp**  
(DINNER AT GK HOTEL)

Information on facebook/  
Beechworth  
SpringGala  
2015

To buy tickets visit the  
facebook page booking  
link or contact Jo on...  
**03 5728 1243**

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Rachel Johnston**

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Instrumental Master Classes available Sunday November 15th  
Enquiries & Bookings: [andrewclermont@gmail.com](mailto:andrewclermont@gmail.com)  
[racheljohnston@gmail.com](mailto:racheljohnston@gmail.com)

**All Corners Covered Tour**



**Saturday November 14th - \$25**  
**Hotel Nicholas Beechworth - 8:30 p.m.**  
Dinner available from 6:00 p.m.  
Bookings essential: 57- 28 1051

**NICHOLAS**  
BEECHWORTH

## Movie for the kids and a night out for you?

Consider this...

Give the children an early tea, put them in their PJs, drop them off at school at 6pm where they can enjoy a G rated movie with friends, or quiet reading, colouring etc...

Then you and your partner enjoy a meal out without the children!

Collect the children by 8pm, and tuck them into bed.

Sounds appealing doesn't it?

**Cost? Only....**

**\$10 for 1 child, \$15 for 2 children**

**\$20 for 3 children**

All money contributes towards Amber's China fund.  
Supervision provided by Amber and Karen Bowey

When? October 23rd, November 6 & 20

Book at [karenb@bms.vic.edu.au](mailto:karenb@bms.vic.edu.au)



# Priory Cup Day

## Tuesday 3rd November

Get out your racing digs and come to The Old Priory to celebrate the "Race that stops a Nation".

12.30pm ~ 5.30pm

Tickets: \* \$40 per Adult \* \$10 per Child (3yrs & above)  
\* \$90 per Family (2 adults & 2 children)

Includes: Antipasto and complimentary glass of sparkling on arrival.  
Platters of chicken and cold meats, spring salads & savoury tarts.

Live Music by The Kissin Cousins

Fashions on the Field

Dress for the races and walk the red carpet  
for your chance to win a prize.

Cup Sweeps | Race on the Big Screen | Drinks at bar prices

Bookings advised. Call 03. 5728 1024.



8 Priory Lane, Beechworth.



## BEECHWORTH BOWLS CLUB

beechworthbc.bowls.com.au - beechworthbowlsclub@hotmail.com  
PO Box 108 BEECHWORTH VIC 3747 - (03) 5728 1573



## THE 2015/16 BAREFOOT BOWLS CHAMPIONSHIP

Friday Nights Starting On The 6th Of  
November 2015

How much will it cost?

\$5.00 per player a night

What do I need?

A sense of fun, the club provides the bowls

How long does it take?

2 Games per night with each taking about 1 hour

How many players per team?

Minimum numbers is 3 however teams can have  
substitutes and players can be any age

More information can be found on our website

To register your team or find out more  
info visit our website and follow the  
links to the Barefoot Bowls page at  
[www.beechworthbc.bowls.com.au](http://www.beechworthbc.bowls.com.au) or  
like us on Facebook



## Positive Parenting Telephone Service



This Program is offered to parents, grandparents &  
carers of children aged 2 – 10 years

Our ten week program aims to assist you to:

- \*Develop a stronger and more positive relationship with your child/children
- \*Manage everyday behaviour problems
- \*Set rules & limits
- \*Teach new skills
- \*Developing behaviour strategies

Through our service you will receive a workbook and weekly phone calls with a parent educator. All of this can be done from the comfort of your own home at a time that suits you.

### Interested?

For more information or to enroll phone  
**FREECALL 1800 880 660**

ENROLMENTS TAKEN ALL YEAR ROUND

*Start now and make a positive start last a lifetime*

gatewayhealth

This service is funded by Department of Human Services Victoria

## WOORAGEE TENNIS CLUB

### MONDAY NIGHT TENNIS COMPETITION

- Individuals are roughly graded into teams
- Competitive tennis with loads of fun
- Register your name by phoning

Ali 02 60269318 / 0438 269319 or Maree 0357 287347 or  
email [alisonm@bordnet.com.au](mailto:alisonm@bordnet.com.au)

**Names must be in by 28 October 2015**

- Competition starts 9 November 2015



## **Beechworth Secondary College Uniform Information for 2016**

### **FCW UNIFORM SHOP NEWS**

#### **Transition Day - Tuesday 8<sup>th</sup> December –Open 8.30 to 4.30pm**

Parents are encouraged to come in and select uniforms, pay a deposit and then collect and pay for items at the start of the school year. (see dates below for collection)

To avoid the “Back to School” queue, please note the following extended trading hours:

Sat 23 Jan, 10 am to 12 noon. Wed 27 Jan, 8.30 am to 4 pm . Thur 28 Jan, 8.30 to 4.30pm.

For families unable to attend those times: Email: [catherine.baines@bigpond.com](mailto:catherine.baines@bigpond.com)

As I am deaf, I am unable to take phone calls/orders.

#### **Or**

Uniform can be collected/paid through school office during normal school hours.

Eftpos facilities available. Cheques should be made payable to “FCW”

**SPECIALS:** Still a fair range of sizes in boys/mens fitted waist (non elastic) shorts for just \$10.

A good range of SECOND HAND uniforms are also available.

Normal shop hours (except school/public holidays):

Tuesday 12.30 to 2pm Thurs 3.30 to 4.30 pm 1<sup>st</sup> Sat every month 11am to 12.30pm .

Catherine Baines.

## **For Sale**

Second hand red bricks – all clean!

\$1 per brick although price is negotiable

Based on the quantity you want.

Up to 2000 bricks available.

Call 5728 1779