Important Dates

Sat 13th Aug  Working Bee 10am to 12pm BBQ
15th—19th Aug  National Science Week
19th Aug  SKiPPS Olympic Day/Walk-a-thon
22nd—26th Aug  Book Week
Fri 26th Aug  Book Week Parade
29th—2nd Sept  Literacy and Numeracy Week
Sat 3rd Sept  Fathers Footy Match
Sun 4th Sept  Fathers day
Wed 7th Sept  School Council Meeting
Fri 16th Sept  End of Term 3—Students — 2.30pm
Mon 3rd Oct  Start of Term 4
Wed 19th Oct  School Council Meeting
Thurs 27th Oct  Celebration of the Arts
Tues 1st Nov  Melbourne Cup Holiday
18th - 20th Nov  SKiPPS Dads and Kids Camp
Wed 30th Nov—Fri 2nd Dec  Yr 3/4 Camp—Forrest Edge
Tues 6th Dec  Year 6 Transition Day
Wed 7th Dec  School Council Meeting
Thurs 8th Dec  Year 6 Graduation
Fri 16th Dec  End of Year— Students —3.30pm
Mon 19th Dec  Curriculum Day (No Students)
Tues 20th Dec  Curriculum Day (No Students)

Performances

Piano performances at Assembly
Lucia H 1/2S to perform “Bravery at sea’ ‘Rain’.
Lola P 3/4G to perform ‘Jumpin’ Jazz Cat’ and ‘Shave and Haircut’
Matilda H 3/4H to perform ‘Funny Event’ and ‘Little Hush song’

Working Bee Tomorrow!

I encourage all families that have time to attend our Working Bee. This is a great opportunity to help out at school and meet new families.

We really need everyone’s help.
Buildings and Grounds Subcommittee would like to invite the school community to a general Working Bee on:

Saturday 13th August from 10.00am until 12.00pm with a BBQ.
There is much to do to prepare for spring in regards to our school:

ALL WELCOME—Kids included!

Notes Home

5th Aug  District Athletics - Selected Students

Varsha L. FCR
Emilee I. 1/2J
Medha M. 1/2L
Year Six Report

Hi my name is Mads and my name is Kam. And we are the Year Six Leaders for this week. In three days the Olympics will be held. For a fun fact there have been 32 Olympic Games including this one. We would also like to thank Dee for organising Italian Day and the World Awareness Team. The Gelato was great!

In Foundation, students have been learning about mass and using scales to see which object is heavier and lighter. In Literacy the Foundies have been learning the letters X and Y. Also they have been learning the words what, where, why, when and who. For Inquiry the Foundation students went to the zoo and are doing Zoo based activities.

In Year 1/2, during Maths the students have been completing multiplication stories. For Writing they have been learning about explanations. Then in Literacy Students have been finding the main idea in texts. Finally for their Inquiry topic they are focusing on the Olympics.

In Year 3/4, students have been practising their multiplication. For Writing the 3/4s are focusing on poetry. Lastly for Inquiry students are doing activities based on the Olympics.

In Year 5/6 during Maths we have been learning about Area, Perimeter and Volume. Whilst focusing on this area of Maths we have been working on some Zoo projects. Throughout Writing we have been exploring poetry. The poetry we are doing is based on a book called “A Prayer for The 21st Century”. In Reading we are looking at the difference between fact and opinion. Our Inquiry sessions are looking at the body and the choices that will help keep us healthy.

Specialists:

Library: Foundation- learning about how animals camouflage themselves. 1/2 has done Italian activities due to Italian Day. 3/4 also doing Italian activities and presentations on projects they have been working on. 5/6 students are creating projects about space.

Italian: Foundation- has been learning the days of the week. 1/2 students are learning about different parts of the body. 3/4 is focusing on writing about their heroes. 5/6 is focusing on the Olympics.

Visual Arts: The Foundations are creating their own super heroes. The 1/2 students are making the hero’s path of trials using Papier Mache. The 3/4 students are exploring overcoming challenges and the hero coming home. 5/6s are creating maps showing the hero’s journey.

Performing Arts: Foundation- has been practising for their COTA songs. In 1/2 they have been learning new songs on instruments. 3/4 are also practising there COTA songs. For 5/6 students, they have been practising the Tarantella dance for Italian Day.

Kitchen Garden: In Kitchen Garden the students learned how to cook Ricciavelli. This meal is a traditional Tuscan biscuit from chef Christian, from Fitzrovia! Our market stall on Italian Day was very successful raising almost $100 for the garden.
Year Six Report

Hi my name is Scarlett and I am Tyron and we are the Year 6 Leaders for this week.
In Foundation, students have been focusing on using look, cover, say, write and check to spell words in Literacy. In Maths they have been working on drawing graphs and reading their information. In Inquiry the foundations are looking and learning about the Olympics.

The Year 1/2s, this week have been using compare and contrast for reading in Literacy. In Writing the students are beginning writing narratives. In Maths they have been finishing the topic of multiplication and moving to division. In Inquiry the 1/2s are continuing their Olympic rotations.

The Year 3/4s, students have been continuing their ‘Haiku’ poems in Literacy. In Philosophy they have been focusing on smiling minds and calmness. In Maths the 3/4s have been moving onto division skills and inverse relationship between multiplication and division. The students have been set a task to build an Olympic village design using mapping skills. They have also been investigating Olympics with multiple intelligence activity grid.

The Year 5/6s, in Maths they have been learning about the difference between ‘24 hour’ clocks and ‘12 hour’ clocks. In Reading the students have been reviewing what they have learnt throughout the term. In Writing the 5/6s have been focusing on poetry. They have been continuing to work on their Inquiry topic ‘Mechanical Me’ and have also been learning about the Olympics.

Specialists-

In Library, the Foundations have been working on learning about camouflage animals. The Year 1/2s and the Year 3/4s have been discussing the word ‘worry,’ while the Year 5/6s have been discussing what they liked and disliked about the popular book ‘Run, Pip, Run.’

In Italian, the Foundations have been learning about animals. The Year 1/2s have been discussing the body, while the Year 3/4s have been describing their heroes. The Year 5/6s have been focusing on learning about the Olympics.

In Performing Arts, the preps and Year 1/2s have been acting out scenes from ‘Fantasia’ while the Year 3/4s and the Year 5/6s have been creating plays for ‘Celebration Of The Arts.’

In Art, the foundation students have been designing their hero costumes for ‘Celebration Of The Arts.’ The Year 1/2s have been designing symbols to represent ‘The Hero’s Journey’. The Year 3/4s have been doing papier-mâché. The Year 5/6s have been making maps of ‘The Hero’s Journey.’

Scarlett T 5/6M and Tyron D 5/6T
Working Bee

TOMORROW!

Saturday - 10.00am to 12.00pm

Sausage Sizzle at 12.00pm – Bring the family

If you're available we would love you to come along and tackle the following jobs around the school. Please bring along any equipment that you have home.

Performing Arts Room – Coordinator Stephen Stanisic - the end cupboards need tidying and reorganising. It's not too bad but if we put the costumes and props in labelled clear tubs then I think it will generate a great deal more space. Then the musical instruments can be put away easily. This in preparation to the orchestra moving into this space over the next few weeks.

Library - Coordinators Prue Robbins and Mette Pederson - There are many books to be covered. Prue and Mette will have everything set up ready to go in the library.

Year 1/2 Learning Area – Coordinator Liz Sheil - There are two new IKEA bookshelves to be screwed together.

Art room - Coordinator – Chantel Jose and Linda Sastradipradja - Chantel has some costumes that need to be cut out and sewn together for Celebration of the Arts.

Kitchen Garden Room - we need to put a curtain along the cupboards in the storeroom. Someone with a sewing machine and some experience in doing this would be great.

Garden beds – Coordinator Michael Wilson - in the Kitchen Garden and around the school we need a general tidy up including weeding and bark chips around the garden beds. The playground also needs Softfall to be pushed back under the play equipment. We are also installing some hanging baskets and installing a couple more raised garden beds in and around the Kitchen Garden.

Pencil Fence Painting – Coordinator Sally Thornton and Nick Lewis - Our pencils are getting a little worn and need a revamp. We will be undercoating the pencils at the working bee and will then need some more painters during the week at a tie that's convenient for you to paint them with some beautiful colours.

Behind the OSHClub shed – Coordinator Kirstin and Alan Donaldson – It gets very dirty and untidy. That's where the bins sit and it is a dumping ground for unwanted items.

Thanks for your help. Many hands make light work. I look forward to seeing you there!
Principal’s Report

This term is full of many exiting events at our school, focused on bringing awareness and celebration to the core subjects taught. Last week we enjoyed Italian Day packed full of performances and delicious food to eat. Thanks Dee for organising such a wonderful day.

Over these two weeks Learning Areas are celebrating Australia and other Countries in the Olympic Games, with many of our Learning areas making links to the curriculum though Health and Physical Education, biomechanics, nutrition, Mathematics and of course English. There have been some truly inspirational journeys many of the athletes had to make to represent their country. We then have the Walk-Wheel-a-thon on Friday 19th August to finish off this action packed fortnight. Thanks to Matt and all our teachers for timetabling a fun filled Olympic morning with many rotations for students to participate in and Susan for organising the Walk-Wheel-a-thon. It’s going to be a great day!

Towards the end of August we celebrate our love of literature with Book Week, culminating in our Parade at morning assembly on Friday 26th August. Already we have been treated to incursions titled ‘Run, Pip, Run’ for our Year 4 – 6 students, and ‘Mr Huff’ for our Foundation to Year 3 students. The theme for this year's Book Week is “Australia! Story Country”. Students have been reading and discussing this year's shortlisted books. Dress up as a favourite character from an Australian picture story book. Some examples may include: ‘Possum Magic’ (Mem Fox), ‘Diary of a Wombat’ (Jackie French), ‘Animalia’ (Graeme Base), ‘Where is the Green Sheep?’ (Mem Fox), ‘Where the Forest meets the sea’ (Jeannie Baker), ‘Are we there yet?’ (Alison Lester), ‘Wombat Stew’ (Marcia Vaughan), ‘The Lost Thing’ (Shaun Tan), ‘The Complete Adventures of Snugglepot and Cuddlepie’ (May Gibbs), ‘Who sank the Boat’ (Pamela Allen)? Or you may have your own suggestion!

Next week we will connect to National Science Week which focuses on “Drones, Droids and Robots”. This is an area our school has been introducing to students. We look to immerse all students across the school in 2017 with funding for ‘coding’ instruction and to build our resources in robotics. The theme will centre on the real-world application of autonomous technologies in areas including agriculture, mining, manufacturing, medicine and space and deep ocean exploration. Of course, we will also look at how this technology has transformed our day-to-day lives – from robot vacuum cleaners and lawn mowers to automated pool cleaners.

Tomorrow we are holding a Working Bee from 10.00am to 12.00pm around the school to clean up and organize many areas of the school that need attention. As you can see next there is a long list of jobs to do. At 12.00 pm we will cook up a sausage sizzle to finish off a productive morning’s work. Please bring the family down and help out for an hour or two. Many hands make light work!

Coming up on Saturday 3rd September we have our ‘Fathers’ Footy Match’ (mums can play too!). Eight schools will come together on the day. There will be lots to eat and drink as well as competitions for children to join in. We will be competing against Port Melbourne Primary School. I hope to retain the trophy in my office so please come along to training on Sundays at the SKiPPS oval from 3:00pm to 4:30pm and be part of our SKiPPS Team. Thanks to Captain/Coach, James Jarvis who has been coordinating the team for us!

ASBESTOS REMOVAL PROGRAM

Towards the end of last term I was informed that as part of the DET asbestos removal program a company has been engaged to schedule the removal of our three asbestos containing relocatable buildings (our portables). After negotiating that we need some sort of additional classrooms we will now be replaced with 1 new Mod 5 building. The contractors have already engaged in asbestos Schedule 6 audits last week and will move very quickly with the project. I will keep you updated as the works proceed.

Jen McCrabb, Principal
Calm Kids – Teaching Mindfulness to Students

Last Thursday Jac Morphy and I attended a Professional Development session at Crest on Barkly run by a company called Corporate Zen. The focus was on how to teach mindfulness to students in the classroom.

We had a wonderful day and learnt so much from Kate Cooper, the psychologist who was presenting. The opening of the day included the following:

“The Mindfulness movement has taken off around the world, educators are increasingly alert to the possibilities this skill could bring to their students, in fact to the school community. What a huge opportunity this is for educators, not just to tech students a new skills, but to open their minds to a method of increasing self-awareness, of actually being present in their own life and gaining skills to improve not just their educational outcomes, but their mood, their health, their happiness.”

Kate presented some interesting research from around the world on the benefits of using mindfulness, and we participated in some great activities. Something that you might consider using with your child at home when some relaxation is needed is a Body Scan:

11. Mindful Body – Body Scan

The Body Scan is designed to help bring awareness to the myriad of sensations that occur throughout your body. By practicing this meditation regularly, you can improve your body awareness and also better work with difficult emotions in the body. Additionally, people report feelings of relaxation and renewal after this practice.

Body Scan

Lie flat on your back. Place your feet slightly apart, letting your toes fall to the sides. Place your arms by your sides, palms up.

Think about your left toes. How does it feel? Breathe in, and relax these toes. Now think about your left foot, what can you feel there? Relax your ankle. Breathe into your ankle and foot.

Continue: shin, calf, knee, thigh, hips, bottom, waist, chest, spine, upper back, fingers, hands, wrists, forearms, elbows, upper arms, shoulders, neck, chin, mouth, nose, cheeks, eyes, ears, forehead, scalp.

Then bring your awareness to your body as a whole:

Does it feel the same or different than when you started the body scan?

Are there any parts of your body that still feel tense or that need extra care?

The body scan will relax students; some may even fall asleep. It can be used as a sleep aid.

Make sure you have time for this and also enough time to wake up, students can be groggy and sleepy after.

Open eyes slowly, move around and stretch.

Drink water, follow with a peaceful/creative activity.
Assistant Principal’s Report

The most amazing part of the day, however, was when she asked us to participate in some Mindful Coloring – Color Me Calm. You have never seen a roomful of teachers so quiet – we loved it!

Digital Literacy and Cyber Safety Parent Forum
I have had many parent requests to run an information session on Digital Literacy and Cyber Safety and am really excited to let you know that I have a date and time! Life Education are presenting our first student wellbeing parent forum on:

**Digital Literacy and Cyber Safety**
Content Includes:
- Current technology awareness
- Risks of social networking
- Commonly accessed Sites/Apps
- Cyber bullying
- Where to get more information

**When:** Tuesday 6th September 2016
**Time:** 4.00pm-5.00pm
**Where:** Kitchen Dining Room at SKiPPS
**Cost:** Free!

There will be a flyer attached to this newsletter. I hope to see many parents there.

Education and Policy Sub Committee
At our next Education and Policy Sub Committee meeting we will be discussing:
- Sun Smart Policy

**When:** Tuesday 30th August 2016
**Where:** Kitchen Dining Room

*Kerry Bates,*  
*Assistant Principal*
Every day for the first 10 to 20 minutes of Maths, students complete a Number Fluency Task. The tasks are designed to allow students opportunities to practice number facts in a fun and interactive way. Students complete the same game each day for the week to build speed and confidence. Games can be adapted to make them easier or harder depending on student needs.

Here are some games that have been played across the school over the last few weeks!

**FOUNDATION**  
**Pirate Game**  
Students across the school play this game regularly with slight variations depending on what they are covering in Maths. The foundation students have been working on learning their number bonds to 10. E.g. 2+8=10, 8+2=10, 1+9=10, 10+0=10. This is a really important skill which builds their mental calculation strategies.

**Materials**— Pack of playing cards or uno cards. You need number cards to 0-10 if possible.

**How to play**— Taking it in turns, each player draws a card from the pile and puts it over one eye (like a pirate patch, hence the name.)

Their partner says the number which partners the number on the card to make 10. E.g. If the card is 2, the partner will say 8.

The child with the card over their eye tries to work out what number card they have over their eye.

**Variations**— To make it easier just work on pairs of numbers that make 5 and build up to 10 or list the possible combinations at the beginning to make reference to.

To make it more difficult work on pairs of numbers that make 20. Discuss strategies.

**YEAR 1/2**  
1/2’s have been playing a game called ‘Roller-coaster Ride’ for their number fluency task. The game involves chance, addition, subtraction and concentration!

**Materials**— The roller-coaster game board, 1 die, 2 counters, Pencil, Paper for recording

**To play**—
Both players start with 10 points.
Take turns rolling the die and moving the counter that many spaces.
Each space tells you to either add or subtract to the starting 10 points.
Write the number sentence on the recording sheet for each turn.
The player at the end of the game with the largest number wins.

See next page for game board.

**YEAR 3/4**  
**Materials**— One six sided dice, counters and a 100s chart

**How to play**— Decide on a target multiple. E.g. Multiples of 6- 6, 12, 18, 24, 30 etc...
Roll the dice. Move your counter that many spaces. If you land on a multiple of 6 then you get an extra turn. If you don’t then it’s the other players turn

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**Variations**— Circle the multiples before you begin playing or choose two target multiples. E.g. Multiples of 6 and 5.

**YEAR 5/6**  
**Area Dice Game**  
**Materials**— dice, grid paper, colour pencil/textas

**How to play**— Each player chooses a colour pencil or texta they will use in the game.

Players take turns rolling the dice, using the numbers that they rolled to draw the perimeter of a rectangle or square & writing the area in the middle of the shape.

Game ends when players run out of room to draw.

Winner is the player who has used the largest area/most squares.

**Variations**— To make it easier students can skip count or add to find the area. To make it harder students can split their areas E.g. 3x5=15 could be drawn as 1x5=5 & 2x5=10 to fit in the gaps exactly.
ROLLER—COASTER RIDE

- Play with a friend. Put your counters on “Start”.
- Each player starts with 10 points. Write this on a score sheet.
- In turn, roll the dice and move that many spaces.
- Add or take away from your score according to what is on the space.
- Record each move in a number sentence.
- When both players reach “Finish”, the player with the highest score wins.
STUDENT WELLBEING PARENT FORUM #1

Digital Literacy & Cyber Safety

Life Education and SKIPPS are delighted to be offering our first information forum on

Digital Literacy and Cyber Safety.

Content Includes:

- Current technology awareness
- Risks of social networking
- Commonly accessed Sites/Apps
  - Cyber bullying
- Where to get more information

When: Tuesday 6th September 2016
Time: 4.00pm-5.00pm
Where: Kitchen Dining Room at SKIPPS
Cost: Free!

Please send back the RSVP form below to the office as soon as possible

STUDENT WELLBEING PARENT FORUM #1 Digital Literacy & Cyber Safety

I / We will be attending the Digital Literacy & Cyber Safety Forum at SKIPPS at 4.00pm on Tuesday 6th September 2016

Parent/Guardian Name(s):

Student's Names and Grades:
La Biblioteca!

Book Week will run from August 22\textsuperscript{nd} - August 26\textsuperscript{th}. There will be more about special activities at a later date but don’t forget the Book Week Parade on Friday 26\textsuperscript{th} August, where students dress up as their favourite book character.

HELP!
We have lots of new and second-hand books being catalogued so come into the library and read then borrow a book or two!
HELP!
Please email or come and see me if you are available to help out in the library. I will also be asking for some book covering help soon.
robbins.prudence.m@edumail.vic.gov.au
I will update the timetable shortly.

The Premiers’ Reading Challenge officially closes on the 9th September 2016, however students will need to finish by the 2\textsuperscript{nd} September. Please make sure you keep reading and logging all your books.

Thanks,
Prue Robbins, Library Specialist Teacher
The Year 3/4s visited the MSAC on Wednesday 3rd August for the annual basketball gala day event, Hoop Time. We had 13 teams representing SKiPPS and each team did so well with competing against the other schools. The students that have not had much exposure to basketball showed a lot of improvement throughout the day with their basic ball skills, teamwork and communication skills. They kept on having a go and displayed a positive attitude, even in times when it was difficult on the court.

In the Future Stars competition, four SKiPPS teams made the semi-finals! Congratulations to the Steelers and Sharks for qualifying for regionals! The All-star boys competition featured two SKiPPS teams who also met in the final. As the final score was less than four points, both of our teams qualified for regionals, so congratulations boys! Our only representative in the All-star girls had to overcome two overtime periods in the semi-final to then beat a team in the final that had beaten them earlier in day. Congratulations girls!

Winning is always great but competing in the right way and showing respect to your opponents, the officials and the game are far more important. It was fantastic to see the students shaking hands at the end of games, cheering on their teammates and behaving so well, as they have done throughout this school year. Well done 3/4s and thanks to everyone who helped out! Regionals will take place at the MSAC on Monday 7th November. More news to follow in term 4!
5/6 Hoop Time

Last Friday 5/6s travelled to MSAC and participated in Hoop Time. Everyone had amazing time and displayed terrific teamwork and great sportsmanship throughout the day. We would like to thank all the parent helpers for using their time to come help us throughout the day. 11 teams from SKIPPS participated in the day and each one did a spectacular job. Highlights of the day included Luke Mason’s free throw shooting, Zara’s Ibrahim’s sportsmanship and Killian Corbo’s rebounding skills. In the end we had two teams who advanced to the Regionals for Hoop Time.

By Mila P and Levi D-P

Celebration of the Arts

Celebration of the Arts this year will be held on Thursday 27th October 2016. The theme this year is ‘The Hero’s Journey’. Throughout this term in both Visual and Performing Arts students will be exploring ideas around heroes and the challenges they face. This work will link to other areas of the curriculum that will also be explored in their contact groups.

As always we appreciate any support our parent community can offer. If you are interested in being involved please email Chantel and Stephen.

jose.chantel.l@edumail.vic.gov.au and stanisic.stephen.e@edumail.vic.gov.au
Trivia Evening – Wrap Up

Trivia night was a huge success with a lot of fun had by all. Good food, music and friends as well as a few games and questions!

Congratulations to Table 3 who won the case of wine donated by South Melbourne Cellars.

At first count the profit to the school looks to be approximately 10 – 12k. This is an amazing effort so a HUGE thanks to those who worked so hard to put the night on and to all of you for buying a ticket and then generously contributing through games and more on the night.

To the Fundraising subcommittee Catherine Sharples (Maceo 3/4); Kirstin Donaldson (Ella 5/6; Charlie 3/4; Poppy, Ruby 1/2), Chantel Jose, Jac Morphy, Jen McCrabb Chantel Jose, Jac Morphy, Jen McCrabb Chantel Jose, Jac Morphy, Jen McCrabb Chantel Jose, Jac Morphy, Jen McCrabb and the team of parents who planned the night, arranged the Town Hall, Licenses, activities and did many of the odds and ends that needed to be done thanks.

Catering was again deliciously organised by Sally Thornton Sally Thornton Sally Thornton Sally Thornton (Lulu 3 /4; Iris FS). Sally donates a lot of her time and expertise to ensure we are well fed on the night. The Potato Tortillas; Sausage Rolls; Chorizo, cheese biscuits and more were truly tasty. Sally was assisted with cooking over a series of days with wonderful help given by Tirma Lopez Delgado Tirma Lopez Delgado Tirma Lopez Delgado Tirma Lopez Delgado (Yaiza 1/2L); Ilaria Cappuccio Ilaria Cappuccio Ilaria Cappuccio Ilaria Cappuccio (Beatrice 1/2).

Then on the night Cath McMahon Cath McMahon Cath McMahon Cath McMahon (Sofia 3/4) and Raul Zamora Raul Zamora Raul Zamora Raul Zamora (Lulu 3/4; Iris FS) were invaluable in helping things ran to plan in the kitchen. To discuss catering an event call Sally on 0402557912 catering an event call Sally on 0402557912 catering an event call Sally on 0402557912 catering an event call Sally on 0402557912

To the parents who helped set up on the day and ran errands as required Jenni Roper Jenni Roper Jenni Roper Jenni Roper (William 5/6; Darcy 1/2), Mette Aiken Mette Aiken Mette Aiken Mette Aiken–– --Petersen Petersen Petersen Petersen (Milly 3/4), Cath McMahon Cath McMahon Cath McMahon Cath McMahon (Sofia 3/4).

Marshall Hoxley (Gene 3/4) created and donated the most marvellous Cake pops that we had for dessert and oh they were good. Marshall has a small business Spectrum Cakes and you can contact him via 0401663984 or find it at https://spectrumcakes.com/

Ruth Allen Ruth Allen Ruth Allen Ruth Allen (Billy 1/2) did a marvellous job once again organising the Bar. Her management of all things liquid from ordering the alcohol to washing the last glass is always an awesome effort. Karen Nimmo Nimmo (Max 3/4 Josh ½) and Jayson Brewer Jayson Brewer Jayson Brewer Jayson Brewer (Billy 1/2) also deserve special thanks for spending the entire evening behind the bar serving us and keeping everything in order.

Chantel Jose again ensured our students in Year 6 and Foundation created fabulous artwork to be auctioned. They were inspiring pieces and will hopefully be enjoyed by the generous parents who placed the winning bids. Thanks to Jesse Raeburn of Wilsons real estate who filled in as our auctioneer and did a great job on the night.
First Prize for the raffle was a wonderful hamper full of wonderful produce and organic goodies. It was donated by Vic Market Organics. **Paul Heeps** (Yeabsra 5/6) and Andy Heeps are great supporters of the school. For many years they have generously donated fresh produce for many SKIPPS events. **Vic Market Organics can be found at the Market Stall 56, I Shed, (03) 9328 1425** Or check them out at [www.ripeorganics.com.au](http://www.ripeorganics.com.au)

Thanks to **Julie and Stephen Langhammer** (Otto and Abby 3 /4) for donating the Magnum of Champagne and then encouraging many of us on our way in the door to part with a few coins in an effort to win a bubbly start to the night.

Thanks go to **Simon Chatfield** and **Samantha Hutchinson** (Saskia 3/4; Lila FS) for their coordination of the band and all the music we had on the night – an essential effort. The band was truly awesome and the addition this year of a few females was sensational to see and hear. Thanks so much to all of the musicians and singers who spent quite a lot of time practicing prior to the night.

The Dulcet tones, strumming, plucking, drumming and blowing were performed by **Kyla Davies** (Arki FL); **Kahra O’Keefe** (Aubri FS); **Simon Chatfield** (Saskia 3/4; Lila FS); **Sebastian “Bass” Henry** (Olive FS); **Anna Vermooten Rowe** (Keziah 1/2 Maceo FCR); **Gary Maas** (Audrey 3/4, Harriet FS); **Sarah MacLean** (Matilda 3/4; Luca 1/2); **Justin Bernhaut** (Dali 3/4; Jagger 1/2); **Andrew Pearce** (Eamon 1/2). Also an extra thank you to Robert Plant aka Andrew “Simmeau” Simpson from Shed Zeppelin for donating his time to us and singing in the band - [https://www.facebook.com/shedzeppelin](https://www.facebook.com/shedzeppelin)

The night is a fabulous social event and made extra special through the donation of a $3,500 subsidy by **City of Port Phillip** which enables us to hold it at the Town Hall. If you missed out this year never fear there will be next year and you never know the band may get together again before then...

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### All Year 5/6 parent /carers

Drinks at Misery Guts, all invited (no children)

**Date:** Thursday, 18th August  
**Time:** 7.45pm  
**Place:** Misery Guts, 19 Grey Street, St Kilda
BUDDLE AND SQUEAK
Recipe source: Stephanie Alexander
From the garden: spring onion, cabbage
Makes 12 tastes or 6 at home

Ingredients:
3 large potatoes
1 onion
250g cabbage (about ¼ of a cabbage)
2 tbsp Extra virgin olive oil, salt

Prepare potatoes: Peel potatoes, chop into bite-sized pieces. Fill a pot of water and boil the potatoes for about 10-15 minutes until tender.

Drain the potatoes: Set a colander in the sink. Tip the potatoes and boiling water into the colander. Give it a good shake then transfer the potatoes into a medium sized bowl.

Prepare the onion: Peel onion, then chop into half rings: use a large knife to cut it in half from top to bottom. Place the halves flat side down on the chopping board and thinly slice into half rings.

Prepare the cabbage: Cut the cabbage into chunks, then cut away the thick stem and discard (into compost). Slice each chunk into 2cm slices. Fill another saucepan with water and bring to the boil. Carefully drop the cabbage slices into the saucepan of boiling water, stir with the wooden spoon and wait until the water returns to the boil.

Drain the cabbage: Set a colander in the sink. Tip the cabbage and boiling water into the colander. Give it a good shake then rinse the cabbage with cold water to cool it. Tip the drained cabbage into a teatowel then squeeze the teatowel over the sink to get rid of the excess liquid (maybe one person at each end).
Start to fry: Put 1 tbsp of the oil into the fry pan and heat with a medium heat. Add the sliced onion and fry, stirring frequently with the wooden spoon for 6-7 minutes until it is golden brown. Shake the cabbage from the tea towel into the pan and stir to combine with the onion.

Add the potato and mix together. Sprinkle with salt and season with a little pepper. Continue frying over a low to medium heat for another 15 minutes, stirring several times with the spatula and turning the vegetables a bit so most of them get a little brown.

Once everything is looking golden, press down on the vegetables in the pan so that a nice golden crust forms on the bottom. Carefully tip the vegetables on the plate and serve as quickly as possible!

(you could crisp the other side by flipping the bubble onto a large dinner plate then return it to the pan with the top side down)
VIETNAMESE CHICKEN AND CABBAGE SALAD
Recipe from Stephanie Alexander
From the garden: mint, coriander, spring onions, Chinese cabbage
Serves: 24 tastes

INGREDIENTS

<table>
<thead>
<tr>
<th>For the Poached Chicken</th>
<th>Dressing</th>
<th>Cabbage Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 x skinless chicken breast fillets</td>
<td>6 cloves garlic</td>
<td>2 carrots</td>
</tr>
<tr>
<td>4 spring onions</td>
<td>2 long red chillis</td>
<td>2 daikon (Chinese radish)</td>
</tr>
<tr>
<td>2 x 2cm pieces of ginger</td>
<td>½ cup lime juice</td>
<td>1 cabbage</td>
</tr>
<tr>
<td></td>
<td>2 tbsp rice vinegar</td>
<td>1 red onion</td>
</tr>
<tr>
<td></td>
<td>½ cup fish sauce</td>
<td>20 mint leaves</td>
</tr>
<tr>
<td></td>
<td>½ cup vegetable oil</td>
<td>20 vietnamese mint leaves</td>
</tr>
<tr>
<td></td>
<td>2 tbsp sugar</td>
<td>24 stems coriander</td>
</tr>
</tbody>
</table>

METHOD

Prepare the chicken: Set out the chopping board and knives. Trim the outside layer from the spring onions and cut off the tops and ends, then cut the rest into 4 pieces. Peel and slice the ginger. Fill the saucepan with water, add the spring onions and ginger, then bring to a simmering point over a high heat. Carefully slip the chicken breasts into the saucepan and allow the water to return to a simmering point then use the ladel to skim off and discard any froth that rises to the top. Cover with the lid, reduce the heat and simmer for 10 minutes. Remove the saucepan from the heat and leave the chicken to cool in the liquid for 5 minutes. Do not lift the lid during this time. Use the tongs to transfer the chicken breasts to the plate. Cover with plastic film and refrigerate until needed.

Now make the dressing. Peel the garlic. Place the cloves on the chopping board and flatten with the side of the large knife. Finely chop the garlic and place in the large bowl.
Slip on the disposable gloves and slit the chilli in half lengthways. Scrape the seeds into the rubbish bin. Slice the chilli as finely as you can and place in the garlic bowl. Discard the gloves. Wash and dry the chopping board and knife. Juice the lime. Add the lime juice, rice vinegar, fish sauce, oil and sugar to the garlic bowl and stir.

**Make the cabbage salad.** Soak the coriander in a small bowl of water. Peel the carrot and daikon. Using the food processor or the vegetable, shred the carrot and daikon and add to the dressing bowl. Cut away the thick stalk from the cabbage, then cut the cabbage into 2 or 3 pieces. Using the large knife, shred the cabbage and add to the dressing bowl. Peel the red onion and cut it in half lengthways, then place the flat sides on the chopping board and slice each half into fine rings. Aff to the dressing bowl. Place all vegetable scraps in the compost bucket.

Using your fingers, shred the cooked chicken breasts. Add the chicken to the bowl with the dressing and vegetables.

Lift the coriander from its soaking water. Rinse the mint. Dry the herbs by rolling in a tea towel. Set aside about 15 leaves to use as garnish then roughly chop the rest and add to the bowl.

Use a large spoon to mix all ingredients together, then spoon into serving bowls and top with the reserved coriander/mint leaves.
**COCONUT PANDAN CAKE**

**DOUBLE THIS RECIPE TO MAKE 2 x CAKES**

**Ingredients**

- 4 egg whites
- 100gm sugar
- 4 egg yolks
- 125gm plain flour, sifted
- 150ml coconut milk
- 1 tbsp pandan juice

**Method**

Preheat the oven to 180 degrees celcius.

Line the base of a cake pan with greaseproof paper.

Make the pandan juice by grinding 2 x pandan leaves with 1 tbsp water then straining to get the juice.

Mix coconut milk & pandan juice together. Set aside.

Beat egg whites on high speed for 1 min. Gradually add sugar in 3 batches and beat till stiff peaks form.

Add in the egg yolks and beat for another 3mins.

Fold in the flour followed by the coconut milk mixture. Mix well with a wooden spoon.

Pour the batter into the cake pan and bake in preheated oven at 180 deg for about 30-45mins.

Rest the cake in its tin for 10mins.

Unmould cake and cool completely on rack.

Slice to reveal the magic pandan colour!
HEALTH BENEFITS OF PANDAN LEAVES

The Pandanus amaryllifolius is a tropical plant, which is commonly known as a pandan leaf. It is extensively used for flavouring in Southeast Asian cooking. The plant, though rare in the wild, is widely cultivated. Pandan leaves are fan-shaped, long, narrow and blade-like, and spiral the woody roots of the plant.

There are many health benefits of pandan leaves which, along with their use in cooking, are popular for the nutrition they provide.

**Nourishing essential oils**

Pandan leaves are rich in essential oils, glycosides, alkaloids, traces of tannin and isoprene esters that help promote good health.

**Pain relief**

Pandan leaves are said to be great pain relievers, and also have laxative properties. They also provide relief from headache, ear pain, chest pain and arthritis.

**Reduces cramps**

They are traditionally used in reducing stomach cramps and spasms.

**Anti-carcinogenic properties**

The leaves counteract the effects of a toxins or inhibits the development of cancer.

Other benefits

Pandan leaf consumption can reduce fever, improve skin, and speed up the recuperation of women who have just given birth.

There are many ways in which one can consume pandan leaves. Besides adding them to food as flavouring agents, you can make pandan leaf juice by boiling the leaves. Add pandan to your kitchen, garden as well as your diet and enjoy the great benefits.
RAMEN NOODLES
Recipe adapted from Stephanie Alexander
Serves: 30 as a taster
Fresh from the garden: bok choy, spinach, spring onions, broccolini

Equipment:
Chopping board
Knife
Cup measure
Spoon measure
Large saucepan
Strainer
Wooden spoon

Ingredients:
2 packets dry ramen noodles
3 spinach/bok choy or similar and broccolini
3 cm knob ginger
3 cloves garlic
4 tablespoons shoyu
2 tablespoons ketsup manis
6 shallots/spring onions
Olive oil
1 L stock and 1 L water
Seaweed papers

What to do:
Boil noodles until cooked through; drain well and refresh under cold water. Count how many people will be at the table (around 30 usually) and place the noodles evenly into bowls with tongs or clean hands
Peel and finely chop garlic and ginger
Finely slice spring onions and then set aside
Slice the base off the bok choy and slice each leaf through the spine and roughly chop; chop any other greens like broccolini and set aside
Heat 2 tablespoons oil in saucepan and add ginger and garlic; fry off for about 30 seconds to a minute being careful not to burn it
Add greens (spinach or bok choy) to the pan and fry until just wilted (about 30 seconds)
Add shoyu, stock, water and kecap manis and heat through
Ladle stock over noodles and garnish with spring onion
Skipps Dads & Kids
Camp
18 - 20 Nov 2016
Anglesea

Looking for volunteers to assist with the planning of catering, activities and Saturday theme.

For future updates and info join the Dad’s email group. Go to groups.google.com and search for Skipps or email alan@stample.com
FREE Event for Parents

Youth Services presents

Strength Based Parenting

with Marie McLeod

40% of Australian children describe themselves as “being worried too much”. Fortunately parents can have a positive influence on their children’s stress levels. This workshop will introduce a framework for parents to identify and cultivate positive qualities and processes in their children.

Marie McLeod is the Director of Practical Positive Psychology and a mother of three children.

This session will support your ability to:

- Learn tested strategies to manage stress and anxiety
- Understand how the brain functions at various ages
- Identify and utilise strengths in yourselves and your children
- Harness the power of positive emotions
- Unlock the magic of mindsets for building self esteem

When: Wednesday 17 August, 2016
Time: Arrive at 6pm, session 6.30 - 8pm
Where: South Melbourne Town Hall, 208 - 220 Bank St, South Melbourne
Bookings: 9209 6250 or fyccparentinfosessions@portphillip.vic.gov.au
WE COVER EVERYTHING OVER TIME:
Lay-ups, shooting, defence, successful game plans, on court decision making, fitness, break down moves to name a few...

WE ARE THE FIRST TO ADOPT A CURRICULUM APPROACH TO SKILLS TRAINING

A school curriculum design often focuses on one concept or topic for a given period of time, most often 2-3 weeks. At SIDA we have gone through the hassle of researching methods that best support learning and thus selected this approach.

Benefits of this model:
- Increases focus and attention: children learn and master one concept at a time
- Greater utilisation of teaching points
- Allows for full and thorough coverage of ALL skills and concepts
- Allows for accurate goal setting and challenging increments

WHEN? EVERY SATURDAY OF THE SCHOOL TERM
WHERE? PCYC 179 INKERMAN ST ST.KILDA VIC 3182
SESSION TIME: VIEW WEBSITE FOR SESSION TIMES
- HTTP://WWW.SIDABASKETBALL.COM/TUTORIAL-PROGRAMS/
COSTS: $15-$20 PER PERSON, PER SESSION. FIRST SESSION FREE!!
OPENED TO: BOTH GIRLS & BOYS AGED: 6 - 12

INTERESTED?
CONTACT US
PERFORMANCE BASED MUSIC PROGRAMS THAT CATERS FOR MUSICIANS OF ALL AGES & ABILITY

High Voltage Rock School is perfect for individual musicians looking to form a band or established bands looking for extra support. At HVRS, kids get the opportunity to play live shows, record songs in a professional recording studio and most importantly learn and create the songs they want to.

High Voltage Rock School provides a safe and nurturing environment for rockers aged between 5 and 18 years. Term and Holiday programs available.

For more information and to find your nearest location please visit: hvrs.net.au or email: dan@hvrs.net.au
1. Student Information

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
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</thead>
<tbody>
<tr>
<td>Instrument/s:</td>
<td>Length of time playing:</td>
</tr>
<tr>
<td>Influences:</td>
<td></td>
</tr>
</tbody>
</table>

2. Additional Information

<table>
<thead>
<tr>
<th>Does your child have a preference of who he or she wishes to be placed with?</th>
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</table>

<table>
<thead>
<tr>
<th>Are you bringing your own band?</th>
<th>Yes</th>
<th>No*</th>
</tr>
</thead>
<tbody>
<tr>
<td>If yes, please provide band name and members:</td>
<td></td>
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</tbody>
</table>

<table>
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<tr>
<th>What are you hoping your child gets out of the program?</th>
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</thead>
</table>

* confirmation of enrolment is dependent on the availability of other band members

3. Contact Information

<table>
<thead>
<tr>
<th>Parent/s name:</th>
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</thead>
<tbody>
<tr>
<td>Email:</td>
</tr>
<tr>
<td>Phone:</td>
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<tr>
<td>Mobile:</td>
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</table>

$25 per session. $250 10 week program.
Program will run on a weekly basis on a day that best suits the school.

Contact Danniel Smith for further information on 0401 447 367 or via email: dan@hvrs.net.au