**Performances**

**Friday 10th**

**Jett A12L** played ‘Twinkle Twinkle Little Star’ on the guitar.

**Maisie 12K** and **Arabella 34G** played ‘Twinkle Twinkle Little Star’ on the guitar.

**Dali B 34L** played an original song on the guitar.

**Friday 17th**

**Stephen** and the **Year 3/4 Choir** performed ‘Ho Hey’ by the Lumineers.

**Jack B 34G** played ‘Waltzing Matilda’ on the guitar.

**Ewan M 34G** played ‘Wipe Out’ on the guitar.

**Milla C 12M**, **Nieve N 12M** and **Beatrice C 12S** to performed a song from Matilda and had a special guest at the end—**Miss Trunchbull!**

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**Tissues**

Could all students please bring a box of tissues to give to their teacher for use in the classroom? The tissues will be used throughout the year. This practice enables SKPPS to allocate funds to other school resources.

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**Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>22nd June</td>
<td>Parent/Teacher Interviews</td>
</tr>
<tr>
<td>Fri 24th June</td>
<td>End of Term 2 - 2:30pm Finish</td>
</tr>
<tr>
<td>Mon 11th July</td>
<td>Start of Term 3</td>
</tr>
<tr>
<td>Fri 16th Dec</td>
<td>End of Year—Students—3.30pm</td>
</tr>
<tr>
<td>Mon 19th Dec</td>
<td>Curriculum Day (No Students)</td>
</tr>
<tr>
<td>Tues 20th Dec</td>
<td>Curriculum Day (No Students)</td>
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</tbody>
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**Notes Home**

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<tr>
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<th>Event</th>
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</thead>
<tbody>
<tr>
<td>10th June</td>
<td>Foundation to Yr 4 Gymnastics</td>
</tr>
<tr>
<td>16th June</td>
<td>Selected students in Year 5/6, Tommy Lahiff Cup</td>
</tr>
</tbody>
</table>
Principal’s Report

HAlFWAY THROUGH 2016

We are now halfway through the 2016 school year and we have had the opportunity to reflect on all that’s been accomplished.

- All teachers have finalised reports to be sent home today. I have had the pleasure reading such comprehensive and personal reports. You could tell just how much our teachers are proud of the individual achievements of all students and I thank all staff for their efforts during this busy time. This is a very time consuming but rewarding task. We will be conducting parent/teacher interviews next week.
- Students have included their own learning goals in the report pack. These goals give you a point in time snapshot of what growth area your child is aiming to improve.
- As part of the school leadership team and School Council we need to monitor the six month progress against the actions we have set out in our Annual Implementation Plan. Of the 36 ‘actions’ as set out in the areas of Achievement, Engagement, Wellbeing and Productivity we are well underway of achieving the targets and success criteria that have been set. Kerry proudly presented these achievements to School Council last Wednesday night and we all agreed just how far we have come in such a short period of time. To be in the first year of a four year Strategic Plan, we are very focussed on the achievement milestones set for each area and are ensuring these are underway or are acknowledged to be implemented in the future.
- Overall all our Teachers, Integration Aides and Administration Staff are providing a very safe and happy environment for students to flourish academically and socially. Our students are very aware of the need to be focussed and diligent in all their learning endeavours as well as respectful and supportive of others.
- It’s great to hear from our parent/caregivers who continually give us feedback about how happy their children are here at SKiPPS or just as importantly, who come and talk with us when there are concerns.

KITCHEN GARDEN PROGRAM

It has been wonderful to see our kitchen being used by the Year Three and Four Students. Niki has been working tirelessly installing compost and a worm farm and has done an amazing job bringing the garden to life. There has been much planning to sow all available beds for another harvest later on in the year. Larissa has coordinated cooking lessons using a plentiful harvest of produce from our garden beds, donated goods from local suppliers such as Georgie’s Harvest. There has also been a great deal of strategic buying to ensure our students are preparing what is in season and fresh. Larissa has also secured Mani from Babu Ji who came to cook with our students over the last two weeks. Every newsletter contains great recipes, photos and what’s happening in the KDR. Definitely worth the read!

NAIDOC Week – Next week and over the holidays and at the beginning of Term Three we will be celebrating and paying tribute to our indigenous cultures. We still have a long way to go but initiatives like this and having Jess as our Indigenous Coordinator to promote Reconciliation are wonderful steps towards our students being culturally aware of the history and contributions that Indigenous Australians make to our country and our society.

Acknowledgement to Country

“St Kilda Park Primary School respectfully acknowledges the Yalukit Wilam Clan of the Boon Wurrung. We pay our respect to their Elders, both past and present. We acknowledge and uphold their continuing relationship to this land.”

TOMMY LAHIFF CUP

Selected Year 5/6 students will travel to the TEAC Oval in Port Melbourne with Taylor, Tom and our parent helpers to compete in the Tommy Lahiff Cup in AFL football next Thursday. We wish our all boys team and all girls team all the best.

HAPPY HOLIDAYS

May you all have a very happy and safe holiday. This will be the fourth July holidays in a row that I will be shifting house. Luckily it is directly next door, but needless to say it will take up the majority of the holidays because I am determined, this time, to sort through the many items I have gathered along life’s journey. I hope you all enjoy the winter break. When we return I am looking forward to visiting the Learning Areas with teachers as we will begin our formal Peer Observation program for all teachers. Once again it looks to be a busy term full of learning opportunities for our students.

Jen McCrabb, Principal
Mindfulness and Children

I am sure you have heard of Mindfulness – it seems to be one of those buzz words at the moment! We all seem to be in such a hurry every day, always busy and perhaps not appreciating little things that can bring balance and happiness into our days. I thought you might find it useful to read the following article – again, from Kidsmatter – outlining what it is and what sorts of things you can do at home with your family to become more mindful:

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future – which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practise being mindful?

• The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Dijkic, 2010).
• The benefits of mindfulness with children
• Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
• Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
• Mindfulness training increases children’s ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
• Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.
• Mindfulness and childhood mental health
• Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.
• Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child’s sense of self-worth and self-esteem.

Mindful play:

• Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that’s fine – that’s just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

Mindful cooking:

• Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.

Mindful dinnertime:

• Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It’s a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

Mindful teeth brushing:

• Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

‘Smiling Minds’ is a great App that you can download for free if you want to explore this further.

Life Education Parent Forums

Thanks to those parents who indicated interest in the Life Education Parent Forums. I have sent off a booking form to Life Education, asking for two sessions to run at our school: “Resilience” and “Digital Literacy and Cyber Safety”. I don’t have dates as yet but they will be held on Tuesday evenings during Term 3 – more information to come as soon as I get it!

Have a wonderful holiday with your family – it may be a good time to practice some mindfulness!

Kerry Bates, Assistant Principal
The Italian Corner

Ciao tutti! Here we are nearly at the end of Term 2! Looking ahead to Term 3 we will have the ever popular Italian Day on Thursday the 4th August. Get ready for pizza, gelati, performances and lots of other fun activities to celebrate the wonderful language and culture of Italy. If anyone would like to help out on the day, it would be great to have some parent 'gelati scoopers' to assist in distributing gelati to the classes from around 12.00pm for about an hour. Please let me know if you’re available. sliskovic.deanne.m@edumail.vic.gov.au

Meanwhile in class, the Foundation children have been doing a great job of learning the colours (I colori). Starting off with the colours of the Italian flag...

![Colours](image)

verde  bianco (a)  rosso (a)

and then moving onto other colours such as...

![Additional Colours](image)

nero (a)  giallo (o)  marrone  blu

rosa  grigio (a)  arancione  viola

A presto!  Dee, Italian Specialist
For Sale

Series 6 60 inch JU6400 4K UHD LED TV* and Series 6 Soundbar – Silver

The TV and Soundbar were bought 12 months ago for $3000 and are now for sale for $2000 (negotiable). Both in excellent condition and perfect working order. It’s an excellent TV and sound system.

If you would like to view it, please give Joe a call or text on 0431 828 339
Holidays are nearly upon us which means half a year over!. The class reps have done a great job organising get togethers for many of the year levels and we thank them for their efforts..

If you want to receive emails from SKIPPA or the reps you will need to make sure you have updated your contact details with the Office. We sent out a whole of school Trivia invite early this week, if you did not receive it you are not on the list and will need to see Kat to rectify that.

Don’t forget if your child wants Sushi next term to get online and place your order you MUST place your order by 5pm, Friday 24th June. Please follow the instructions online.

You can access the St Kilda Park Primary School sushi@school website via the following link:

http://sushi.net.au/school/st-kilda-park-primary-school/

Have a safe and restful holiday.

SKIPPA - Jo, Liz, Kirstin, Samantha, Sally, Cath and Kirstin
July 30th St Kilda Town Hall
7pm doors open. Trivia begins 7:45 sharp
$40 per head
Join in the Trivia for some great prizes
Supper will be provided; Bar will be open
There will be a Band and Lotsa Dancing!!
Put together a table of 10 or
buy a ticket and we will sit you with others
from the same year level.

Get your tickets now they sell fast.

http://www.trybooking.com/ILSN

BEWARE THE TEACHERS ARE
PRACTICING!!!
Get Ready for NO TV WEEK AT SKiPPS
19th – 25th June 2016

Each year SKiPPS celebrates No TV Week and encourages all families to go Screen Free for a week

Screen time is the time you spend watching TV or DVDs, using the computer, and mobile phone. A healthy family lifestyle includes limits on daily screen time.

A wide range of activities is important for children’s development. These activities include active physical play, creative and imaginative play, hands-on fun, and anything that involves relationships and interactions with real people.

Many parents nominate excessive screen time as their biggest health fear for children.

In 2009, it was reported by the Australian Bureau of Statistics that over 40% of children aged 5-14 watched an average of 20+ hours of television per fortnight. In the same report, it was revealed that 40% of children also spent less than 2 hours per fortnight doing informal physical activity (e.g. riding a bike etc.).

In 2009, the ABS also reported that 10% of children aged 5-14 played video games for 20 hours or more on average every fortnight.

Developing healthy screen habits at a young age will assist children and teenagers make better choices about how to use their free time when they’re older. Parents can help by:

Setting screen time guidelines for children
Leading by example, limiting your own screen time
Offering a variety of activities and objects to entertain and stimulate children so they don’t look to the screen so much
Keeping TVs and computers in family spaces and out of bedrooms
Turning the TV off before school and at dinnertime.

We want you to participate in No TV Week at SKiPPS. Make a poster or picture of what you do during NO TV Week, and share your ideas about Screen Free time...

Cook / Craft / Listen to music / Paint / Draw / Write / Walk / Ride / Basketball / Play with your Pets / Go to a Market or the Zoo / Listen to the Football on the Radio / Dance / Play board games / Gardening / and so much more...

Your poster will be exhibited at SKiPPS for everyone to enjoy! Willoughby M 5/6S will collect the posters on Monday 11th July, after school holidays – Have fun!
KITCHEN GARDEN : BABU JI IN DA HOUSE!

Kitchen Garden classes for the last 2 weeks have had wonderful Masterclasses by Mani and Janral from Babu Ji Restaurant around the corner on Grey Street.

The chefs from Babu Ji (the term ‘Babu Ji’ is a phrase used to show a sign of respect to your elder’s i.e Grandfather, Father or Government Employee and used at the start of every greeting) were welcomed by the students and proceeded to teach them how to cook a typical winter home curry – pea, sweet potato and potato, with basmati rice and roti bread.
The chefs taught the eager students about how important it is to add ingredients in the correct order, how to cook the spices before adding them, how to make roti bread and cook rice and the benefits of eating spicy food in hot weather (ask your child for the answer to this one!).

Mani and Janral are both from northern India and they also imparted their wisdom on why they were taught to eat sitting cross-legged on the floor, where they grew up, who taught them how to cook and why spices are good for your health. They also suggested that vindaloo is a western creation as it does not really exist in India!
The students thanked the two chefs wholeheartedly and presented them with a gift of some spices to plant in one of our veggie boxes, some green tomato chutney made by Nikki from our green tomatoes earlier in the year, and a jar of dried mint, which we also harvested and dried earlier in the year.

We used sweet potato and potatoes from the garden, harvested the day before. We have had a bumper sweet potato crop and as we searched the beds for any sign of growth, learned that the vegetable grows much deeper than potatoes!

Thank you neighbours – we loved learning about Indian food!
**Potato & Peas Curry**

**Ingredients**

- Refined Oil - 100 ml
- Cumin seeds - 2 tbsp
- Ginger garlic paste - 4 tbsp
- Onion chop - 1
- Tomato chop - 2
- Cumin powder - 4 tbsp
- Coriander Powder - 4 tbsp
- Turmeric Powder - 1 tbsp
- Curry powder - 4 tbsp
- Salt - to taste
- Sugar - 1 tbsp
- Cooking cream - 100 gms
- Chop Green Coriander - not too much
- Potato - 4 nos
- Green peas - 200 gms
Recipe

Heat oil in a pan add cumin seeds, let them crackle. Now add ginger garlic paste let it cook for 2 minutes Put chop onion to it allow it to brown then add chop toma- to. Sauté it well.
Now add cumin powder, coriander powder, turmeric pow- der & curry powder to it .
Add salt and a little sugar also.
Add peeled and diced potato stir it well & pour water, let the potato get cook
When potatoes are cooked add green peas.
Finish with cream and fresh chop coriander.
Serve it with steamed rice.

with compliments from

Babu ji

The George Building
4–6 Grey Street, St Kilda
www.babuji.com.au
RAITA

Trisha from 3/4H just loves potatoes so we asked her Mum Priyanka if she could give us a simple yet delicious recipe for Raita to have with our potato curry. Priyanka sent us a sample so we could try to replicate it but she also said these dishes are always made as per your own taste, so you can adapt them as you like. Mani explained to us that the Raita is almost like the salad part of the meal – so, like a collection of vegetables with a yoghurt dressing. So you can add whichever salad vegetables and leaves that you desire – we added some winter greens from the garden to the recipe below.

We also include her recipe for Mango Lassi, which is another favourite to eat with curry.

Cucumber+ Mint Raita

Grate cucumber (with skin on) using the largest setting of a cheese grater (or you cut chop them finely)

Add yoghurt (we used greek)

Might have to add a bit of milk so that it’s not too thick

Add salt to taste, some cumin powder and some dried or fresh mint leaves
Mango Lassi

Use canned mango pieces (in syrup) for this...save the syrup and blend the mango pieces

Add this mix to 1 cup of yoghurt

Add 1 tsp cardamom powder, 2 tbsp sugar (or honey) and a few strands of saffron (you can skip saffron and increase the cardamom if it lacks flavour)

Now add the syrup and use the blender again for a minute to blend all these and lassi is ready...serve cold.

*you could add a bit of cold milk of the lassi is too thick...it should not be the consistency of a smoothie...
“Individually, we are one drop...
Together we are an ocean”

FEDERATION SQUARE
23 JULY, 2016

OUR SUNSET MY WORLD

A VICTORIA–WIDE EXHIBITION OF STUDENT ART
CELEBRATING WORKS by VICTORIAN STUDENTS - FOUNDATION to YEAR 10
CREATED WITH OUR HEARTS FOR THE DISADVANTAGED CHILDREN OF CAMBODIA

LIVE AUCTIONS - VICTORIAN STUDENT PAINTINGS - PHOTOS AND PAINTINGS by
YOUNG CAMBODIAN STUDENTS - BY VICTORIA'S TOP AUCTIONEERS iSELL GROUP

VIEWING FROM 10AM - OFFICIAL OPENING FEATURING PERFORMANCES AND LIVE AUCTION AT 3PM

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Soccer | Photography
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Ph: 0412 764 243

WWW.CAMPBLUE.COM.AU
BABYSITTER AVAILABLE

Experienced and responsible babysitter available anytime. Loves children, former SKIPPS student and older sister of Millie. References available. Call Pia on 0421 520 196 (outside of school hours).

BASKETBALL CAMPS

BOYS & GIRLS 5-14 YEARS OLD BEGINNER TO ELITEъ JUNE JULY 2016 SCHOOL HOLIDAYS CLINICS

ALBERT PARK COLLEGE  msac O aqualink

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This Is Going To Be Mad... June Camp 016

Our camps have been considered as the most welcoming, fun and result-yielding (Testimonials on our Facebook page). The June camp will cover essential basketball skills: shooting, dribbling, break down moves, passing, defence: close outs, shuffles, rebounding, offensive and defensive plays, games as well as basketball related fitness training.

- This camp is tailored to the skill level and age group of each individual.

Appropriate for beginners to advance players, with high intensity training provided for advanced players.

Camp Details

Camp dates: 2 days—27th & 28th June 2016

Time: 9am to 3pm. Sign in prior to entering onto court. Pick up no later than 3.15pm

Cost: $135—we are cheaper than most other camps

Opened to: both girls & boys aged: 6-12

Venue: PCYC 179 Inkerman Street, St.Kilda VIC 3182

Snack & lunch breaks are provided. Please bring your own food & drink as well as a basketball.

Interested? Send us an email on contact@sidabasketball.com

Booking close midnight 24th of June. Maximum of 25 spots available. 1 coach per 7-8 players

www.sidabasketball.com
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28TH & 29TH JUNE

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TIME?
9AM-3PM

AGE?
5-15 YRS*

SPORT
SOCCER - RUGBY UNION - RUGBY LEAGUE - AFL - FITNESS

BOYS & GIRLS - BEGINNERS to ADVANCED

COST?
1 DAY CAMP 28th June: 5 - 8yrs* - $60.00
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• Week 1: Mon June 27th – Fri 1st July
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Half Day Options Available Everyday
• 9:00-11:00: Hot Shots Mini (4-5yrs)
• 9:00-12:00: Hot Shots Red (5-6yrs)
• 9:00-1:00: Hot Shots Orange (7-8yrs)
  Green (9-10yrs) and Yellow (11+yrs)
• 1:30-3:30: Doubles and Singles
  Match-play (8-17yrs). Selected Days Only
Full Day Option Available
• 9:00-3:30pm (Tennis & KidZone)

KIDZONE

• 11:00-1:00 or 11:00-3:30:
  Fun Activities including movies on the big screen,
  board games, futsal, Arts, Crafts & Nintendo Wii. (4-
  12yrs)
• Book for 1, 2, 3 or 4 hours
• Continue on with KidZone after Tennis Clinics

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