A word from our Principal

As this is the last newsletter before the term finishes, I would like to wish all our students and their families a safe and relaxing Spring break. Parents and guardians are reminded that school finishes at the usual time on Friday. The holiday is an excellent time to just kick back and recharge the batteries in preparation for the busy fourth term.

But, will you be getting enough green time this holiday break? A new battlefield has emerged across our nation with parents trying to get their children up and out of the house to spend more time involved in outside activities. The challenge here is for parents to get the right balance for their children between green time and screen time. Getting the right balance is important for children’s health. There is a growing body of research showing the positive effects. Green time is cost free, right on your doorstep and the most fun kids can have. Let’s make sure this holiday our kids get outside and away from the screens.

We will be doing some grounds works in the car park over the school holidays. Work will commence on building a fence to mark the separation between the carpark and the entrance to our school. The company doing the building hope to start work on the second Monday of the holidays, weather permitting. This addition will enhance the entrance to our school, as well as provide better safety options for our students and their families during drop off and pick up times.

The School Improvement Team and school staff members continue to work on improving the outcomes for our students. The two initiatives currently being implemented are the whole school approach to writing skills and the whole school instructional model. The whole school instructional model outlines a blueprint of strategies and instruction for teachers to implement in their classrooms that have proven to enhance the learning of all students. We look forward to continuing this work in term four.

I would like to remind parents again that students will be dismissed at the usual time of 3.10pm on Friday, September 16. We look forward to seeing everyone back at school on Monday, October 3.

Have a great two week holiday.

Sue Holmes, Principal

Students invited for seven day trip to China!

Sherbrooke students have received an invitation from Huizhou No 1 High School in China to visit for 7 days from November 12 this year. The 7 day visit includes 5 days of school activities and 2 days for local sightseeing. Sherbrooke students would be required to pay for their own return international airfares between Melbourne and Guangzhou. If you are interested, could you please contact the school as soon as possible on 9755 2007.
Our school was packed with visitors for the fabulous Science Fair. We hosted other local schools, a kinder and a host of parents as well.

Spread over five separate areas, our students rotated around the displays so they could all get to see the great work done by other students.

In addition there were fun science activities to take part in including egg pilot parachute building, water balloon crash test, a host of techno games, building boats for marbles and slime races.

In addition the kids had to solve a “murder mystery”. The question was “Who killed Bill Nigh the Science Guy?” and all the staff were suspects. There were clues hidden throughout the science fair. They eventually discovered Yasmin committed the crime.

Excellent day - thank you to Joel, Andrew Mc, Leanne, Joe, Jacqui, DD and Rod for presenting and all the parents and friends who helped as guides and with tours on the day.

Winners for their personal projects were: Emily Spirt, Hailie McGuigan, James Roberts, Finley Foster, Nathaniel Golub, Jesse Ralph Payne, the whole 2,3,4 class, Porschia Burns, Darcy Turner, April Vautier, Tessa McGowan, Corbin Edsall, Hannah Jones, Matt Carbaxter, David Fitzgerald, Zac Desiatov-Cheuk and Scott Buckley.
Author visits primary students

Children’s author and illustrator, Glenda Wise, visited Sherbrooke recently as part of our “Celebration of Literacy”. She read one of her stories to the primary students and also taught them to draw one of her characters, “Stinky Witch”.

She talked them through drawing the character step by step and the kids achieved some amazing results. Most importantly, they all had a great time.

The author has kindly offered 20% of sales of her books at Sherbrooke to us as a fundraiser. The order form is below if you would like to order. Please return the form and payment to Gail in the office at the beginning of Term Four.

Thank you for having me at your school to celebrate book week. If you would like to purchase my Fairy Green books, I shall return 20% back to the school by way of a fundraiser.

Glenda Wise

ORDER FORM
NAME: ........................................
GRADE: ........................................
The Fairy Who Couldn’t Fly............... The Circle of Stars..................
Return to Middle Castle.................. The Magic Bracelet..................

TOTAL $ ..............

Fairy Green books
$15.95 each for one = $15.95
$14.95 each for two = $29.90
$13.95 each for three = $41.85
$12.95 each for four = $51.80

PHOTOS:
The primary students engaged in witch drawing with author, Glenda Wise, during a visit to our school this term.
The order form for a selection of her books is below.
Student work from the author incursion

On Thursday Glenda showed us how to draw a Stinky Witch and I did so great at drawing my Stinky Witch!
- Tessa

Glenda came to our school and showed us how to draw a Stinky Witch - Orlando

Glenda came to our school and after snack she showed us how to draw a Stinky Witch and then... we went home. - Kyan

Glenda came to read some books to us and then we had to draw the Stinky Witch. - Rhiannon

Glenda showed us pictures of the Stinky Witch, then we drew the Stinky Witch. - Olivia

... and fun with numeracy too

As part of the fun of Literacy and Numeracy Week students had plenty of hands on maths activities to both challenge and entertain them!

These included:

- matchstick building to grow patterns
- an obstacle course to be navigated using directional language such as “Take a quarter turn East ...” and
- looking at statistics in practical terms using an AFL match as the subject. They used post match statistics to calculate which team had actually won the game.
"It was a really great way for everyone to showcase why they love literacy and numeracy.

It was a really great way for everyone to showcase why they love literacy and numeracy. Well done to everyone who participated in an excellent week!

Students made a great effort in dressing up throughout the week. A whole host of book characters made appearances including several from the Harry Potter series, a hobbit, Oliver Twist, Dracula, knights and damsels and quite a few cute and cuddly animals.
Welcome to country ceremony

We were very lucky to have had Uncle Colin from The Wurundjeri People come visit us this month.

He performed a ‘Welcome to Country’ smoking ceremony that involved the whole school as well as parents and some visitors from other local schools.

Once the school community had been welcomed, the Senior class went with Uncle Colin to listen to stories about Dreamtime and the historical timeline of the Wurundjeri on Country. The Year 12’s are studying two indigenous texts this year with our Identity and Belonging Context.

The talk Uncle Colin gave was an invaluable source of information. He was able to provide the students with real context that they will be able to use within their writing.

It was wonderful to have him visit and hopefully we will see him at Sherbrooke again soon working with our students.
Sleep is so important

Morning Sherbies! A good night sleep is vital to the wellbeing and health of everyone.

The National Sleep Centre say that teenagers require 10 hours of uninterrupted sleep per night, however we know that from time to time we need to set more realistic goals for our children.

Would you have guessed that the biggest factor affecting sleep these days is technology, as it disrupts their wake and sleep cycles. Many students find it challenging to put their phones away at bedtime and their brain tends to worry all night about missing out on their possible friends’ group chat at midnight.

There are a good range of internet and app blockers available such as K9 Web Protection and Our Pact app. The use of these devices come highly recommended and minimise the amount of arguing before bedtime by setting wifi and cellular schedules. But you could also remind them that a low quality of sleep will cause them to get oily skin and hair.

The next important step into improving your quality of sleep is getting plenty of exercise because life has changed since hunter gather and caveman times. We don’t move our body as much as it is designed to do and we need to physically exhaust ourselves more. Maybe try getting off at the bus stop one stop earlier or trampolining or running with the dog or riding your bike.

Another element is limiting caffeinated food and drinks, burgers, fries, pizza, cheese, eggplant, tomato and potatoes after 12pm but particularly in the evening. These foods have all been scientifically found to negatively affect sleep. However, foods such as yoghurt, oats, nuts, cherries, tuna and turkey have all been found to help regulate sleep cycles.

Other important factors into sleep is maintaining sleep hygiene such as considering the light, sound, temperature, comfort and smell of the bedroom. Moreover, avoid using the bed to watch TV, play video games, do school work and play or talk with Ipad or phone.

Lastly, sometimes worries keep us awake at night and this can also be helped. Please visit the Sherbrooke Community School website and look for the Wellbeing tab to find guidance and helpful resources.

Please remember to visit the Wellbeing Centre noticeboard located on the window of the Wellbeing Centre for up to date information on leisure and wellbeing programs offered locally. Or come inside the centre for a chat!

CLOSET CLEANOUT FUNDRAISER ON AGAIN

Bags have gone home already for this recycling fundraiser. You fill the bag with unwanted clothes and return to school by Thursday, October 13. We earn money per kilo for our school and the recycled items will then be sold to raise money for Sids Kids. Win win. See Gail in the office if you want extra bags.
Small group visits Gembrook Observatory

On Tuesday, August 23 a small but enthusiastic group of Sherbrooke students went out past Gembrook to observe the clear bright night sky.

So many of our fellow Sherbies could not make it due to illness, but on the bright side, that allowed us more time on the telescopes.

The Observatory volunteers were knowledgeable and interesting characters and we all thought it was a terrific night.

Through the 18 inch telescope we could see Saturn and its rings and Mars in its 3/4 phase. Outside, we saw the milky way and the brightest star in the Southern Cross, which is actually three stars, but looks like one to the naked eye.

Malakie finds a forever home

Our beautiful boy, Malakie, has found a loving forever home.

He passed all his training but the vets were unable to fix or find a way to manage his bladder issues, so he was reassigned as a pet. As you can see from the photos, his new owners adore him and he is really happy there.
New flyer to promote primary

You might notice a new flyer around town... Sherbrooke now has a flyer promoting all the great things about our primary years.

It highlights some of the benefits of enrolling here and includes comments from students and parents about why they love our school.

The marketing team is busy dropping them off at local kinders, libraries and council offices. If you have any great ideas about where they could be distributed OR if you would like to help contact Laura on 0428 375 227.

You may also have noticed that our school was featured on the display boards at Belgrave Library in August and September.

Want to help promote our school? You can. Simply recommend us to friends and family.

Prep transition days underway

The annual Prep transition days are well and truly underway and we know you will make our smallest students-to-be extremely welcome.

Lara has some fun days planned for them. The remaining dates are:

Term 4

Session 4 – Monday 11/10, 2pm-3pm (sport/drama)
Session 5 – Monday 24/10, 2pm-3pm (sport/drama)
Session 6 – Monday 7/11, 1pm-2pm (Art)
Session 7 – Friday 25/11, 11:45am-1pm (Music)
Session 8 – Tuesday 6/12, 9am –11am (Statewide Transition Day)

Seven day trip to China!

Sherbrooke students have received an invitation from Huizhou No 1 High School in China to visit for 7 days from November 12 this year. The 7 day visit includes 5-day school activities and 2 days for local site seeing. Sherbrooke students would be required to pay for their own return international airfares between Melbourne and Guangzhou. If you are interested, could you please contact the school as soon as possible on 9755 2007.
School Notices:

NOW OPEN!

The long awaited opening of the VCAL’s ‘Sherbean Café’ has finally arrived!

The café opened on Thursday September 1, after a trial run on our Science Day.

It is already proving a popular social spot for parents and students and has had nothing but great reviews from all its customers.

SO... why not give it a try if you haven't already. Come a bit early for drop off or pick up, and treat yourself to a coffee, tea or hot chocolate.

The café boasts student art, great prices and great service from our qualified VCAL baristas. Take away service is available to parents.

And if you try it and love it - please tell others.

Opening times:
Mondays and Thursdays
8.30 - 9am
11.10 - 11.50am
2.50 - 3.10pm

Huge thanks to Science Fair volunteers

Thank you to the parents who helped out on Science Fair day, especially since the weather was so atrocious!

Having a welcome tent and tour guides to help people find their way around made it easy for our visitors and leant a note of professionalism to the day.

SAVE THE DATE!

Trivia Night Fun
Coming Soon to Sherbrooke!
Saturday, Nov 19
$10 per person
Book a table or come on your own and make some new friends!
Watch this space for more info.
Supporting your young person during the holidays

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person’s mental health and wellbeing in the holidays:

1. **Encourage them to stay connected**

   Social relationships are important to your young person’s general wellbeing. It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

   If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. **Encourage them to stay involved**

   Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

   Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

3. **Encourage physical activity**

   Physical activity is important for everyone’s health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like waking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

   If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. **Encourage a regular routine**

   Getting a good night’s sleep helps young people to feel energised, focused and motivated.

   Adolescence is a time when a number of changes to the “body clock” impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

   Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night’s sleep.

5. **Encourage healthy eating habits**

   Eating well doesn’t only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

   A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. **Encourage play!**

   Devoting time to just having fun can help to recharge your young person’s battery, revitalise their social networks and reduce stress and anxiety.
Tips to help you support your young person

1. **Recognise** their distress or concerning behaviour
2. **Ask** them about it (e.g. “I’ve noticed you seem to be sad a lot at the moment.”)
3. **Acknowledge** their feelings (e.g. “That seems like a really hard place to be in/I can understand why you are upset about that.”)
4. **Get appropriate support** and encourage healthy coping strategies (e.g. “Do you need some help to handle this?”)
5. **Check in** a short time afterwards to see how they are going

**Changes in activity include:**
- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

**Changes in thinking include:**
- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

**Signs that may suggest your young person is struggling**

It is normal for young people to have ups and downs. However, changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

**Changes in mood include:**
- Being irritable or argy with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

**Support service options**

- **headsplace centres** provide support, information and advice to young people aged 12 to 25 – [headsplace.org.au](http://headsplace.org.au)
- **eheadsplace** provides online counselling and telephone support to young people aged 12 to 25 – [eheadsplace.org.au](http://eheadsplace.org.au) 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kids helpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit [headsplace.org.au/schoolsupport](http://headsplace.org.au/schoolsupport) or [headsplace.org.au](http://headsplace.org.au)

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, Headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

Living with bushfire
COMMUNITY CONFERENCE 2016
‘Working together for a safer future’

What: 3rd Annual Living with Bushfire Community Conference
When: 7 & 8 Oct 2016, 9am – 4.30pm, Multi-streamed Conference & Expo
Where: Box Hill Institute Lilydale Lakeside Campus – Jarlo Drive, Lilydale
Cost: $20 per day (plus booking fee) includes lunch, morning & afternoon tea, Friday drinks & nibbles
Dinner: Friday 7 October 6pm @ extra cost of $50, at Mitchell’s View restaurant, Boxhill Lilydale Campus
Registrations: Open now

Conference overview
The Yarra Ranges Municipal Fire Management Planning Committee in partnership with Box Hill Institute Lilydale Lakeside Campus is proud to be hosting the 3rd Annual Living with Bushfire Community Conference 2016.

Learn and hear from community leaders, community based emergency planning and recovery groups, emergency industry experts and cutting edge researchers.

Get involved in workshops & demonstrations.

Check out the expo, the art, the music & get assistance to write your bushfire survival plan.

Eat, drink and network – lunch, morning and afternoon tea, music, art and Friday drinks and nibbles.

Who should attend
Themed ‘working together for a safer future’, this interactive conference is for all community members, community led emergency planning groups, the emergency management community, including state and local government, emergency services and recovery organisations, university academics and students. Let’s come together and make our communities safer for everyone.

For further details you can get in touch with Andrea Wright on: a.wright@yarraranges.vic.gov.au

Connect with us

Join the conversation on Twitter at #2016LWB facebook.com/bushfireconference boxhill.edu.au/bushfireconference2016

[Logos of various organizations]
YARRA RANGES FAMILY FUN DAY

Join us for FREE family fun!
We are aiming to connect families with local services including services for young people with disabilities.

THURS 29 SEPT, 2016
11AM - 3PM
AT YARRA CENTRE,
WARBURTON HWY, YARRA JUNCTION.

Jumping castle  Silent Disco  Giveaways  BBQ
Chill out space  Mobile Library Van  Arts & crafts

Free Swimming and learn to swim assessments from 11am-3pm

All children must be accompanied by an adult at this event.

Run by: INTERCHANGE OUTER EAST

Supported by: Yarra Ranges Council  Warburton Yarra Junction  Victoria State Government

IOE and YRC respectfully acknowledge the Traditional Owners, the Wurundjeri People as the Custodians of this land. We pay our respects to all Aboriginal Community Elders, past and present, who have resided in the area and have been an integral part of the history of this region.
Dear Parents

As the school holidays are approaching, you may have plans to travel on Victoria’s roads. Significant rain is expected to fall over much of Victoria over the next few days, which may result in flooding.

Because of this rainfall, there is an increased risk to those travelling on our roads, and it is possible that houses across the State may be impacted as well.

I urge you to heed the following advice from emergency services:

- You should never drive through floodwater – it only takes about 15 centimetres of water to lose control of your vehicle.
- Drive to the conditions around you and be aware of road hazards such as mud, debris, damaged roads and bridges.
- Roads in your area could be damaged by the bad weather so plan your journey and monitor VicTraffic for road condition updates and any road closures, see Vic Traffic at http://traffic.vicroads.vic.gov.au/
- Never swim, walk or play in floodwater, it is dangerous and may contain hazardous debris or toxins.
- If your property is at risk of flooding, please raise belongings onto tables, benches or beds and if you are on a farm, consider moving your livestock to higher ground.
- Remain informed with emergency broadcasters to ensure you are up-to-date with the latest conditions and if possible, make sure your neighbours are aware of the situation. For more information, see: Vic Emergency

Many thanks, and have a safe and enjoyable holiday break.