FROM THE PRINCIPAL
A BUSY TERM THREE

Once again it has been an extremely busy but productive term. This term has seemed to fly by very fast but teachers have commented on how much learning has occurred this term. Some of the highlights over these last 11 weeks:

- Hooptime Basketball competition for Yrs 3 & 4 and our Yr 5 & 6 teams
- Monthly Munchies
- Hosting 2 groups of Japanese university student visitors
- Excursions to ScienceWorks, the Shrine, Aquarium and CERES centre
- Book Week Dress Up Day & activities
- Hockey 7’s
- Life Ed Van visit
- National Tree Planting Day with students planting up areas around the school
- Footy Day
- Yr 6 kindergarten transition visits
- Sex Education Parent Information Evening
- Father’s Day Stall & Pancake Breakfast
- House & District Athletics
- Chess Club
- Year 5 & 6 Netball competition
- African Drumming
- Prep visits from the Police & Fire Brigade
- Year 6 Rotary Speech Competition
- Prep to Yr 4 Swimming Program
- Year 5 Day of the Notables
- Lion King excursion
- Science Fair
- Year 5 Speaking with Confidence Program

I hope that everyone has a good 2 week break and return on the 5th October ready for an even busier Term 4!

SWIMMING PROGRAM

The swimming program finished today with the final assessments and some fun activities for everyone to complete after their 9 days of swimming instruction. Thank you to all the parents who assisted with dressing and changing and a big congratulation to all the children for their behaviour and efforts over this time.

WOOLWORTHS DOCKETS

Thank you to the school community for the great support for the Woolworths promotion. This promotion is now finished at the supermarkets so we need to complete all sticker cards and send them off before the end of term. If you have any stickers/sheets at home please return them to school by tomorrow so that we can send them all off before the holidays to be counted and then we will be able to order some fantastic resources for our school. Thank you to everyone in the school community for your wonderful support.

CONTINUED ON PAGE 2...
FROM THE PRINCIPAL
CROSSING SUPERVISOR
I have recently been informed that the Boroondara Council has withdrawn their crossing supervisor from Mont Albert Road. They have done this without any consultation with the school or school community. This is a busy road and without this supervision children will need to be even more alert when using this crossing. I will be contacting the Council about this matter but also urge parents, as Boroondara residents, to also contact the Council. I believe that the Parents’ Club Face Book page has more information to support the reinstatement of this very important supervisor.

YEAR 5 WORKING BEE
The next Working Bee is scheduled for Year 5 families. This will take place on the first Saturday back next term, 10th October. Please put this date in your diary. Further information will be sent out during the first week back.

LAST DAY
The last day of term is Friday 18th September with children finishing school for the day at 2:30. The first day of Term 4 is Monday 5th October.

STEPHEN ROTHWELL
PRINCIPAL

DATES FOR THE DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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| Friday 18th September | Footy Day Dress up and Handball Competition  
|                    | Gold Coin Donation for State School Relief  
|                    | Last Day of Term 3 — 2:30PM Finish  |
| Monday 5th October  | Term 4 Commences                                           |
| Saturday 10th October | Year 5 Working Bee                                         |
| Tuesday 13th October | Parents’ Club Meeting 9:15AM and 7:30PM  
|                    | Prep Excursion to Chesterfield Farm                        |
| Thursday 15th October | Year 6 Science Incursion (Forensics)                      |
| Thursday 22nd October | Vocal Ensemble at Trinity Festival                        |
| Tuesday 20th October | Year 3 Excursion to Werribee Mansion                      |
| Wednesday 28th October | Year 2 Excursion to the Zoo                               |
| Friday 30th October  | Year 6 Cricket T20 Blast Competition                      |
| Monday 2nd November | Curriculum Day — No School for Students                   |
| Monday 9th November | Book Fair All Week                                        |
| Tuesday 10th November | Year 6 Excursion to Parliament House                      |
| Wednesday 11th November | Prep Transition — 9:15AM to 10:30AM  
|                    | Morning Tea for Prep 2016 Parents                          |
| Thursday 12th November | Japanese Day Including Sushi Monthly Munchies            |
| Wednesday 18th November | Prep Transition — 9:15AM to 11:00AM                       |
| Thursday 19th November | Year 6 City Excursion                                    |
| Wednesday 25th November | Prep Transition — 9:15AM to 12:30PM                     |
| Thursday 26th November | Prep 2016 Parent Information Night — 7:30PM              |
| Monday 7th December  | Year 6 Excursion to ACMI                                  |
| Friday 11th December | School Disco                                              |
| Tuesday 15th December | Year 6 Big Day Out                                       |
| Thursday 17th December | Year 6 Graduation — School Hall                           |
| Friday 18th December | End of Term 4 — 1:30PM Dismissal                         |
Walk to School October 2015

It’s back for another year with some great incentives for schools. And this year marks the 10 year anniversary of the VicHealth initiative encouraging primary students to walk, scoot or ride to school. In the past Chatham has been very successful in winning some awesome prizes on offer from the Boroondara Council such as the Bike and Blend Smoothies, recreational passes and sports gift cards. And this year is no different - Boroondara Council has created some wonderful incentives and competitions for local primary schools as part of the Walk to School campaign.

Today students will be bringing home a colouring in competition to complete over the school holidays which also outlines some tips about how they may be able to walk, scoot or ride to school next term. There are five prizes on offer. We will be looking for enthusiastic colouring and imagination. So bring them back in the first week of next term and you could be walking away with a $20 Rebel Sports Voucher!

The Blender Bike is again on offer as a weekly prize for the school with the highest number of walks. The Bike will be in the school for five days!

And last but not least is the prize that I would LOVE for our school community to win. The primary school in Boroondara with the highest percentage of walks over the entire month of October will receive the “Foot Prints” to School prize, which has an approx. value of $1500. These will be marked out from a location that is appropriate all the way to the school gates!

So come on Chatham, please embrace this great initiative which encourages active walking to and from school. The first day of Term 4, Monday 5th October, launches the Walk to School Program. So see you on the footpath!

Bronwyn Orr—Assistant Principal
Earlier this term, Stephen wrote that the Student Engagement and Well-Being Policy had been presented to School Council. Feedback received from parents during the review process suggested highlighting to the community on a regular basis one of our Engagement or Well-Being strategies. This week I would like to begin with one of our Well-Being strategies that has recently been introduced and has been having a positive impact on a number of our students.

**Smiling Minds**

Smiling Minds is a modern meditation App designed for children to help them bring balance to their lives, develop mindfulness and regulate emotions and develop self-awareness. The Smiling Minds app is used daily as part of classroom programs across the school, either at the beginning of the day or after recess or lunch to help students transition in readiness for learning.

What exactly is Mindfulness and why is it important?

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment.

Mindfulness practice can save time in school and help students focus and pay attention. A few minutes of mindfulness practice can improve the learning environment. Many teachers report that on the days when students practise mindfulness, the students are calmer and the class accomplishes more than on days when mindfulness is not practised.

Examples of mindfulness practice include:

- Becoming aware of the breath;
- Noticing thoughts as they pass through the mind;
- Feeling the various physical sensations of an emotion;
- Attending to the body at rest and in motion;
- Noticing what happens in the body when there is stress;
- Paying attention to all the sounds in the room;
- Feeling the stomach rise and fall with each breath;
- Watching the thoughts that arise when there is boredom;
- Choosing to respond rather than react to stressful situations;
- Practising sending kindness to oneself and others.

Following highly regarded institutions such as UCLA, Harvard, Oxford, Monash and Melbourne Universities developing clinical studies into the positive impacts of Mindfulness Meditation, proves that regular practise helps combat stress, improves focus and increases resilience.

Here are some quotes from some of our older students about their thoughts on practising Mindfulness with the Smiling Minds app:

**Adam:** “I like mindfulness because it’s relaxing and it’s a great way to settle down after recess before getting into our work.”

**Sam:** “You can lay or sit quietly and focus on your breathing and calming yourself, especially if you feel a bit angry.”

**Max:** “Mindfulness is meditation but you are still aware of your surroundings, which makes it more interesting because you can still hear and feel things going on. It is really enjoyable and I look forward to a bit of ‘me’ time everyday.”

**Baxter:** “When you come in from recess, it’s a good time to think about what you need to do in that session instead of just rushing into your work. Also, if you had a bad recess or something happened with a friend or game, you can reflect on it and it helps you concentrate on your work when you start after the Mindfulness session.”
Yoga Therapy for Kids

Yoga Therapy is designed to assist children to become more aware of their bodies whilst using corrective exercises to combat a variety of issues such as attention deficit and sensory issues, as well as many health issues, including stress and anxiety.

We currently have a senior school teacher, Chiara Colombo, who has attended and completed a course – Yoga Therapy for Children – which she is trialling for one hour a week with her grade. Each session starts by practising breathing techniques, followed by a warm up and a discussion about what area the class will work on and the types of things they need to concentrate on e.g. breathing out through the mouth, activating their core. They then do some partner exercises, followed by a partner massage and then finish with a guided meditation for about 10 minutes.

Here is how some of the students feel about Yoga Therapy.

**Jed:** “I find it really good when we do the core muscle exercises. It’s challenging, but you end up feeling relaxed and relieved after. I think all students should do it because it’s a good peaceful activity to get your mind off things that are bothering you.”

**Mick:** “I think yoga really helped our class and calmed us down. It gets us focused for the week because we have a lot of energy. The partner exercises and massages have really helped us to work as one big group. Personally, yoga has helped me to exercise and focus at the same time. There have also been a lot of laughs during our sessions.”

**Baxter:** “Monday morning is a great time to do yoga and relax. It eases you into the week and makes you feel relaxed yet energetic. The best part about our yoga is the relaxing massage we get from our partner (even though we have to return the favour!)”

**Josh:** “I like when we get into a position and stay there for a little bit and loosen and strengthen our muscles. I really like when we work in pairs and help each other with tricky positions to accomplish the pose. I also like the guided meditation at the end where I feel really calm and my muscles feel a good exhausted.”

Over the holidays you might like to try out the Smiling Minds app at home. It can be downloaded for free onto a tablet or just sign in online.

Bronwyn Orr & Chiara Colombo
Thank you to the following businesses for their kind donations in support of our Father’s Day Breakfast event 2015

SUNSMART REMINDER
NO HATS NO PLAY
Slip, slop, slap, slide and shade

That’s right, in line with our SunSmart membership, it is compulsory to wear hats from 1st September. Any UV level above 2 requires sun protection. Between the 1st September and 30th April the daily UV factor is likely to be 3 or above, which already has proven to be the case.

So mums and dads hunt out those school hats, including yours and model SunSmart practices. And don’t forget your shades.

CANTEEN ROSTER

Friday 18th September
AM: Melody, Philipa and Rochelle
PM: Michelle, Vickie and Libby

Wednesday 7th October
AM: Margaret and Isabella
PM: Fiona and MaryAnne

THE ART ROOM IS IN NEED OF:
CARDBOARD CYLINDERS, NEWSPAPERS AND-
WOODEN ROLLING PINS
IF YOU CAN HELP PLEASE BRING TO THE OFFICE
OR ART ROOM

THIS WAS FOUND AT SCHOOL. COME TO THE OFFICE IF IT BELONGS TO YOU.
Hello Chatham,

It is the last week of term and the weather is warming up!

Last week we made some yummy banana muffins, we played cricket, football and basketball outside and we watched the movie Paper Planes. We had a group competition to see whose paper plane could fly the furthest. There were so many different designs and styles of planes made.

Who’s That Baby? Winners are Emma Jordan, Emma Wilkinson and Jacquie Grant. Well Done girls!!

Thank you for all your donations for The Smith Family Back 2 School fundraiser.

Please note on Monday 2nd November it is a student free day and the service will be closed.

Important – Please remember to update all your child information forms and medical plans. Just ask one of our friendly staff to help. If one of the OSHC Leaders has not sighted your child’s Health Record, could you please bring it to the OSHC House so one of the team can sight it. Thanks for your cooperation.

From all the staff at the OSHC house, we have had a great term, we can’t wait to meet new families joining OSHC next term and to see familiar faces. Stay safe on the holidays and have fun!!

Chatham OSHC Team: Hannah, Sarah, Nick, Katie, Ashlee, Eli, Clara, Sofia and Danielle.

Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Holiday Clubs
Don’t forget about the Camp Australia Holiday Cubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

HOW TO GET STARTED
Before using our programs register online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit www.campaustralia.com.au/newparents

we make kids smile
www.campaustralia.com.au
Do you have a spare pram?

St Kilda Mums needs your help!

Driving Hope and Independence for a family in need

How to donate a pre-loved pram

Please email the make model and a photo of your pram to donate@stkildamums.org so that we can confirm we can pass it on.

We can also rehome pram accessories such as:

- bassinette
- carrycot
- foot muff
- liner
- newborn headrest
- rain cover
- sun cover

About St Kilda Mums

St Kilda Mums aims to share the joy of motherhood and save the earth’s precious resources by joining with support agencies throughout Victoria to meet the material needs of families with young children. We collect, sort and distribute essential nursery equipment, clothing, books and toys for babies and children.

Please see our website for a full list of everything we can rehome www.stkildamums.org

Thank you for supporting Push for Prams 2015

St Kilda Mums

e donate@stkildamums.org
w www.stkildamums.org
ONLY $65 Earlybird for the whole term at Chatham Primary School

Running Rugby

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<th>Field</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby</td>
<td>15th Oct</td>
<td>8:00-8:45am</td>
<td>Chatham Primary School</td>
<td>Prep – Year 4</td>
</tr>
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Become a champion at Passing, Running, Sidestepping and Scoring Tries!

Bouncing Basketball

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<th>Time</th>
<th>Location</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>15th Oct</td>
<td>8:00-8:45am</td>
<td>Chatham Primary School</td>
<td>Prep – Year 4</td>
</tr>
</tbody>
</table>

Dribble, Pass, shoot hoops these are the skills you will learn to master

Cost: $80 per program. The program consists of 8 sessions.

To receive the Earlybird price of $65 you need to pay before 2nd October 2015

ENROL ONLINE AT WWW.BIG5SPORTS.COM.AU
Alternatively, circle the sport, complete the form and return it via post or email.
Please do NOT leave enrolment forms at the school office.

| School | Medical Conditions | At the completion of the after school class does your child: | Credit Card Payment (please tick) Visa | Master Card |
|--------|-------------------|------------------------------------------------------|--------------------------------------|
|        |                   | Go to Aftercare | Get Collected | [ ] [ ] |
| Name   |                   |             | Card Number: |        |
| Address|                   |             | Expiry Date: |        |
| Phone  |                   |             | Cardholders Name: |      |
| Email  |                   |             | AMOUNT: |        |

Parents Consent: I hereby Authorise SportingKids Pty Ltd and its coaches to act on my behalf should my child require medical attention, I also release SportingKids Pty Ltd and its coaches from any liability incurred by my child at a SportingKids Program.

Parents Name: ____________________________ Parents Signature: ____________________________ Date: ____________________________
Jazz, Funk & Hip Hop Dance!

Move your body... Feel the beat... Dance like nobody’s watching...

Classes available for: 3-5yrs, 6-8yrs & 9-13yrs.

Our fabulous teacher, Matilda, has trained with well known performers and choreographers.
No costumes or end of year concerts. Classes include: gentle stretching; body isolation, coordination and rhythm combinations; learning fun dance routines.

Classes available to start straight away!
3 week ‘Come & Try’ for $55.00 OFFER NOW ON.

Try us today!
Phone 9895 2300.

Healthways Recreation Centre
www.healthways.com.au
1-11 Arcade Road
Mont Albert North
Phone 9895 2300

School Holiday Program!

● For 5-12 year olds!
● Government APPROVED Education & Care Service!

Activities Include:
● Ten Pin Bowling  ● Art & craft
● Swimming  ● Outdoor Games
● Ball Sports  ● Cooking  ● Dress ups  ● Building Cubby-houses
● Performing plays  ● Theme days  ● And lots more!

Enrol on-line at www.healthways.com.au

Program Dates:
● Full day 7.45am-6pm, Regular day 9am-4.30pm, or Half day options. Days booked individually.
● Mon 21st Sept — Thurs 1st October 2015
● Bookings NOW OPEN!

Healthways Recreation Centre
www.healthways.com.au
1-11 Arcade Road
Mont Albert North
Phone 9895 2300

Swimming Lessons!

● Max. 4 students per class!
● Only $17.50 per class!
● Award-winning programs!

Programs available for:
● 6-18 months  ● 1-3 years  ● 3-5 years
● School age  ● Squad  ● Adults
● Access & Inclusion

Group or Private Lessons available!

Enquire now for Term 4 and School Holidays.
3 week ‘Come & Try’ for $55.00 OFFER NOW ON.

Phone 9895 2300 to enrol.

Healthways Swim School
www.healthways.com.au

Come TENPIN bowling!


● 8 lanes
● Ample FREE parking
● Glow in the dark lights
● Adjoining Party Room

● Catering & Self Catering options available for parties.

Phone 9895 2300 to book a lane.

Box Hill Tenpin
www.healthways.com.au
1st Floor, Healthways Rec. Centre
1-11 Arcade Road, Mont Albert Nth
Phone 9895 2300
ZooWhiz Learning Home Access Discount Cards

Our school is participating in the ZooWhiz Learning Community Subscription Plan.

Through the Community Subscription Plan our school now has FREE access to ZooWhiz Learning (www.zoowhiz.com) during school hours. Parents are able to access ZooWhiz at home at a very special price by using the Home Access Discount Card.

ZooWhiz is the new, intelligent, automated online learning system that enables you to support your child’s progress in maths, spelling, word skills and reading.

Please note: The ZooWhiz Learning Home Acess Discount Card must be used to activate a subscription by 12/10/2015 as it will expire after this date.

The ZooWhiz Home Access Discount Cards have recently been distributed to children. If you are unable to locate yours then please contact the office.

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SCHOOL HOLIDAY HOT SHOTS TENNIS CLINIC

Canterbury Tennis Club  Croydon Rd, Canterbury

**Monday Sept 21st to Wednesday Sept 23rd**  9.00am to 11.00am

Cost $105.00  **Ages 5 to 10 years**

Improve your tennis with lots of helpful hints and supervised games
Enjoy new activities and have fun in a relaxed, friendly environment
Modified Balls Nets & Racquets for Beginners

To enrol please contact Kelly Tennis on:- 1300 558 303

[Contact Information]

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Best Dress Designs

Shop 8, 145 Canterbury Road
Toorak Village 3142
Make an Appointment or Visit website for opening hours

Fashion Designer, Sue Harries
Ph: 0429 776 145
Email: sue@bestdressdesigns.com.au
Website: www.bestdressdesigns.com.au

TEEN SPECIAL OCCASION DRESSES. EVERY DRESS IS UNIQUE
Join Brett Rainbow, Melbourne’s most specialised basketball trainer at these not-to-be missed basketball camps.

★★★★★

TSB HAS DEVELOPED A UNIQUE APPROACH TO TEACHING ALL SKILLS OF THE GAME OVER A SENSATIONAL FEW DAYS...

IMPROVE YOUR: ★ SHOOTING ★ TEAMWORK ★ REBOUNDING ★ DEFENCE ★ Dribbling ★ PASSING

1. RICHMOND CAMP

When: Mon 21st, Tues 22nd Sept 2015
Where: Melbourne Girls College, Yarra Blvd, Richmond
Ages: 6 years – 16 years
Time: 9am – 3pm daily
Cost: $165 ea Full Cost
$155 ea Early Bird Special
$155 ea Sibling Discount

FREE: 1x NBA Style Camp T-shirt featuring your own name & number
1x Buy 1, Get 1 Free Private Training Voucher – Valued at $75
1x Basketball Back Pack

Maximum 100 places available only.

2. RICHMOND ADVANCED CAMP

JOIN ONE OF THE BEST COACHES IN AUSTRALIAN BASKETBALL HISTORY ALAN VESTOVER

When: Wed 23rd Sept 2015
Where: Melbourne Girls College, Yarra Blvd, Richmond
Ages: 10 years – 18 years
Time: 9am – 4pm (1 day only)
Cost: $165 ea Full Cost
$155 ea Sibling Discount

FREE: 1x NBA Style Camp T-shirt featuring your own name & number
1x Buy 1, Get 1 Free Private Training Voucher – Valued at $75
1x Basketball Back Pack

Maximum 100 places available only.

3. BOX HILL CAMP

When: Thur 1st, Fri 2nd Oct 2015
Where: Aquatink – Surrey D, Box Hill
Ages: 6 years – 16 years
Time: 9am – 3pm daily
Cost: $165 ea Full Cost
$155 ea Early Bird Special
$155 ea Sibling Discount

FREE: 1x NBA Style Camp T-shirt featuring your own name & number
1x Buy 1, Get 1 Free Private Training Voucher – Valued at $75
1x Basketball Back Pack

Maximum 100 places available only.

EARLY BIRD SPECIALS AVAILABLE

Early bird closes at midnight on 31st Aug 2015 for all camps

BOOKINGS WWW.TSBASKETBALL.COM

Bookings close Friday 18th September 2015 for all camps.
MON 21ST & TUE 22ND SEPT 2015 | 9.30am-3pm

BASKETBALL SCHOOL HOLIDAY CAMP

$135 FOR TWO DAYS
Early bird special*

*Early bird special: register and pay before 7th September 2015
Offering Family Discounts!

Beginner | Intermediate | Advanced
Separate programs

BOROONDARA SPORTS COMPLEX
271C Belmore Road, Balwyn North
All levels | Boys and girls | 6-14 years

*TOURNAMENT PLAY
*3 ON 3 COMPETITIONS
*SKILLS TEST
*INNOVATIVE PROGRAM
*FUNDAMENTAL DEVELOPMENT
*MULTIPLE AWARDS/PRIZES

DAMIEN RYAN – Former Australian Boomer, European Pre Basketball and NBL player

TEAM BUILDING | LEADERSHIP | LIFE SKILLS | GOAL SETTING | EDUCATIONAL WORKSHOP | SPECIAL GUESTS AND COACHES

REGISTRATIONS CLOSE: 20TH SEPTEMBER 2015 | Register at hoopsmart.com.au

For more information call 0406 488 313 or email admin@hoopsmart.com.au