Welcome to Term 4
Firstly, I hope everyone had the opportunity to enjoy some family time during the school holidays. How quickly they pass and indeed how quickly the year is passing. Term 4, I’m sure will pass in what seems like the blink of an eye, being chock full of great activities and events as it always is. Starting with our Grade 4 camp to Forest Lodge in week 3, then our annual Prep transition program commencing in mid November and before we know it, grade 6 graduation program rounding out the year in December – and lots in between.

Respectful Relationships Program
We do receive queries from parents regarding this program. Sandra McCrum, our curriculum coordinator regularly provides information to our school community via our newsletter on this program, and indeed is doing so again in this edition. It must be remembered that the Respectful Relationships curriculum is a government mandated program and must be taught in all Victorian government schools. Many Independent and Catholic schools also teach the program. As with all our programs, our teachers, in teaching the Victorian Curriculum, and in this case, the Respectful Relationships curriculum, do so consistent with the guidelines provided and in an age and level appropriate way. In saying this, we are always happy to meet with parents to discuss any concerns they may have regarding the content of what we teach at Berwick Lodge and how we teach it.

Continued...
DIARY DATES:

Tuesday 15th October  
Grade 3 Southern Oceans education visit
Wednesday 16th October  
Grade 4 Wildlife Xposure
Monday 21st - 23rd October  
Grade 4 camp - Forest Edge
Tuesday 22nd October  
PFA Anxiety information session at 9.15am
Monday 21st October  
Grade 5/6 Regional Hooptime finals
Thursday 24th October  
St Margaret’s interschool netball (re-scheduled)
Friday 22nd November  
Afternoon Delight - from 3.45 - 5.30pm

PORTAL PERMISSION TO BE GRANTED BY:

Monday 14th October  
Grade 3 Southern Oceans education visit
Monday 14th October  
Grade 4 Wildlife Xposure
Wednesday 16th October  
Grade 5/6 Regional Hooptime finals
Friday 18th October  
St Margaret’s interschool netball

HAVE YOU CHANGED YOUR ADDRESS OR PHONE NUMBER?

Please ensure you let the school office know if you have changed address or updated mobile phones with new numbers. This information alleviates stressful situations for students when they are ill and we cannot contact parents.

PRINCIPAL’S REPORT

FREQUENTLY ASKED QUESTIONS (FAQ’s)

Q. When will you be inviting parent requests for student placement for next year?
A. This year, I will be inviting parent requests for their child’s grade placement in 2020 from Friday 08 November to Monday 18 November. Requests must be in writing, either by letter or email and addressed to the principal. I will provide more details, closer to the 8th November, but is saying so, I do make the point that requests must be accompanied with strong reasons for the request and be reasonable in their scope. By that I mean, I would consider it quite unreasonable to ask, for example, for your child to be placed with say, 3 specific friends, not be placed with another 2 or 3 children and be placed with a specific teacher. It’s worth noting that many schools do not offer this service to parents and that I do receive requests not unlike the example I have cited above.

QUOTABLE QUOTE

‘A smile is the most inexpensive of gifts to give, yet one of the most appreciated’

Henry Grossek
SUNSMART REMINDER
Families are reminded that, as our school has SunSmart accreditation our policy requires that children wear a SunSmart hat to school. Students may wear a broad brimmed, bucket or legionnaire’s hat at all times when outdoors from the beginning of September through to the end of April. If a child does not have their hat on whilst playing outside they will be asked to remain playing in a shaded area. We encourage students to apply sunscreen at home before coming to school.

MENTAL HEALTH WEEK
October 5 -11 2019 | Mental Health: What do you know?
Mental Health Week aims to activate, educate and engage Victorians around mental health and related issues through the organisation of a huge variety of events by individuals and organisations across the state.

We all need good mental health to build strong relationships, adapt to change and deal with life challenges. Here are some ideas to promote your child’s mental health and wellbeing.

- Show love, affection and care for your child.
- Show that you are interested in what is happening in your child’s life. Praise their good points and achievements, and value their ideas.
- Enjoy spending time together one-on-one with your child, and also as a family.
- Be there for your child. Encourage your child to talk about feelings with you. It’s important for your child to feel they don’t have to go through things on their own, and that you can work together to find solutions to problems.
- Deal with problems as they arise, rather than letting them build up.
- Maintain a healthy and active lifestyle, including physical activities, a balanced diet and plenty of sleep.

We all need help from time to time. Talk to family members, friends, and other parents. Keep teachers informed if you have any concerns about your child’s wellbeing. If you feel you need more help, speak to your GP or another health professional.

For more information about various community activities organised to promote youth mental health and wellbeing, please click on the link: https://www.onlymelbourne.com.au/mental-health-week#.XZ5ckuSP6Uk

FUTURES IN MIND
Children and adolescents, like adults, are faced with many challenges in life. Without appropriate support these challenges can become intrusive in their lives and cause significant difficulties which can lead to disengagement from school and family and possibly mental ill health later in life. When our children have learning difficulties we, as parents, turn to their teacher for support. When they have social, emotional and cognitive difficulties, we are often ill-equipped to help them. A Psychologist has the expertise and specific training to assist your child to develop the vital skills to manage these challenges. “Futures in Mind” provide a counselling service at Berwick Lodge. The costs are bulk-billed and covered by Medicare. All you are required to do is visit your child’s General practitioner (GP) and request a referral and Mental Health Care Plan to access this valuable service. Please see your child’s classroom teacher or Angela Maskery for more information and access to this service.

Continued...
**RESPECTFUL RELATIONSHIPS**  
**Myth:** Respectful Relationships teaches radical gender theory  
**Fact:** Respectful Relationships does not teach radical gender theory. It is a primary prevention initiative to reduce family violence. Respectful Relationships promotes respect and gender equality and helps students learn how to build healthy relationships. It prepares students to face challenges by developing problem-solving skills and building resilience and confidence. Schools involved in the Respectful Relationships initiative are building a culture of respect and gender equality, by looking at their practices and policies to drive meaningful change. The Victorian Royal Commission into Family Violence recommended Respectful Relationships be introduced to all government schools (Recommendation 189). Evidence presented to the commission showed that family violence is the most pervasive form of violence perpetrated against women in Victoria.

**AFTERNOON DELIGHT – SAVE THE DATE – FRIDAY 22nd NOVEMBER**

3.45pm – 5.30pm  
On Friday 22nd November we will be holding a special ‘Afternoon Delight’ at school from 3.45pm to 5.30pm approximately. On the afternoon, families are encouraged to bring a picnic afternoon tea and enjoy the choir performance, art works and Zance. This is a great way to celebrate our year, enjoy some music and chat to other families. Further details will be provided in the next few weeks. We look forward to a wonderful afternoon and hope that families can attend.

Sandra McCrum and Angela Maskery
**Chess Club starts Monday 14th October**

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FOR ENROLMENTS AND TRIALS CONTACT US:
1300 424 377 | info@kidsunlimited.com.au | kidsunlimited.com.au
This term 4, the PFA will be getting together and organising more events, reflecting on our work and celebrating our wins!

Our next meeting will be held in the staff room on Monday 21 October at 9:30am, right after the school morning assembly. The meeting will be informal, run for less than 1 hour and you’re welcome to bring small kids or babies along. We’re a relaxed bunch, well organised and we enjoy working together to support the school. All parents are welcome so come along if you can. At the meeting we will be working on future parent learning events and the upcoming fun run & bbq fundraiser, and we’ll start planning our goals and activities for next year.

On Tuesday 22 October at 9:15am, the PFA will be hosting a FREE parent information session themed ‘what anxiety looks like in children’. The informal session will be presented by the Department of Education’s school support services and will cover topics including the types and signs of anxiety in children and tools/strategies that parents can use to help. Please let the office know if you’ll be attending for catering purposes. (see attached flyer on the next page)

Looking forward to a great term with the PFA at Berwick Lodge!

Cheers
Christine
PFA President.
IS YOUR CHILD WORRIED, ANXIOUS OR STRESSED OUT?

You are invited to a FREE learning event for all parents about:
- what anxiety looks like - signs & symptoms in children
- different types of worries & fears experienced by kids
- things you can do to help your child to manage anxiety
- school & community resources that are available to support you & your child

Presented by psychologists from the Department of Education's Student Support Services

TUESDAY 22ND OCTOBER 2019 @ 9:15AM
BERWICK LODGE PRIMARY SCHOOL

Please RSVP via the school office - tea/coffee & cake provided
Welcome back everybody to Term 4!

Casey Creations is running their annual art competition again. Entries are for Grade 5/6 students only and include 2D work, photography and short film. 2D work cannot be any larger than A3 size.

Art work must have been created in the past 2 years and must not be framed. Please see the attached flyer and anyone interested please see Mrs Zammit for an entry form and further details.

All work must be submitted to Mrs Zammit no later than Wednesday 23rd October.

Donations

Thank you to everyone who donates so kindly to our newspaper collection! We are really stocked up now and will call again next year should we need some more.

Jo Zammit/Kylee Muccignat
Visual Arts Teachers
Unleash your creativity and artistic talents with the Casey Creations Youth Arts Competition! Let your imagination run wild and embrace the opportunity to exhibit your work and win some great prizes!

Open for submission in the following age groups:

**VISUAL ARTS 2D AND PHOTOGRAPHY**
- Junior - Grade 5 and 6
- Intermediate - Year 7 to 9
- Senior - Year 10 to 12

**SHORT FILM**
Open to young people aged 10 - 25 years

Entries open Monday 9 September and close Thursday 24 October 2019 at 5.00 pm.

For a copy of the competition entry form and terms and conditions of entry, please visit the City of Casey Youth Services website or contact Customer Service on 9705 5200.
Hoping to start the Friday class on the 25th October 2019 but we just need a couple more students to go ahead. Please contact Liz or Vicky on the below numbers if you’re interested in joining or would like further information.

New Classes Commencing
Tuesday Evening Class is ready start.
Eastern College will confirm a date soon.
(5.30pm to 10.00pm)
New students are welcome to join this class.
Enrolling for 25 Oct 2019 (Fridays)
(Morning class 9.30am to 2.00pm)
Enrolling for 6 Feb 2020 (Thursdays)
(Morning class 9.30am to 2.00pm)
A minimum of 10 students are required for a class to commence, so do register early for the classes.
Any queries, you can call:
Vicky (0414 386 024) or Liz (0411 020 220)

Teacher Aide Course
Qualify with a Cert III in Education Support
(24 weeks / once-a-week / 100hrs placement)

Classes are held at
Berwick Lodge Primary School
139-145 Mansfield St, Berwick VIC 3806.

Why be a Teacher Aide (TA)
A rewarding and stable career choice for a stay at home mum returning to work, or someone looking for child-friendly hours.
Rewarding work | Family friendly hours | Quick to qualify | Growth industry | Open doors to other opportunities

Supported by: Organised & Community Project of: Course delivered by:
Berwick Lodge Primary School TAMums Eastern College Australia

Register Your Expression of Interest Online: https://www.tamums.com.au/#register
or Call: 0414 386 024 (Vicky) or Liz (0411 020 220)
Lego Therapy Group

Parents can chat and share experiences with a CASS Committee member while their children work with a Qualified Speech Therapist on the Lego Brickmasters Social Skills Program. This group is aimed at children 7-11 years old.

Lego Based Therapy is a Play-based social skills intervention that aims to:
- Promote the development of appropriate social, communication and play skills
- Utilise children’s strengths to help develop areas of difficulty
- Develop effective problem solving skills including negotiation and compromise.

When: Sessions occur once per week across 8 sessions during term 4:

- 17/10/19 Thursday, 4:00pm - 5:00pm
- 24/10/19 Thursday, 4:00pm - 5:00pm
- 31/10/19 Thursday, 4:00pm - 5:00pm
- 07/11/19 Thursday, 4:00pm - 5:00pm
- 14/11/19 Thursday, 4:00pm - 5:00pm
- 21/11/19 Thursday, 4:00pm - 5:00pm
- 28/11/19 Thursday, 4:00pm - 5:00pm
- 05/12/19 Thursday, 4:00pm - 5:00pm

Where:
Meeting Room 5, Level 2, Bunjil Place Library, 2 Patrick Northeast Drive Narre Warren

Cost: $100 per session, $800 total.
NDIS Funding is welcome.

Individual Feedback is provided weekly and a written summary report is provided at the conclusion of the term.

Places are limited so please book early to avoid missing out.
For Bookings please follow the link below to our Eventbrite Page:

Casey Asperger Syndrome Support
“Embracing the brilliance of a different mind.”
COMMUNITY ADVERTISING

Anglicare Victoria

PARENTS BUILDING SOLUTIONS
For parents, step-parents, grandparents & carers of children aged 3 - 13 years

Join us in an interactive program to share experiences and ideas, and learn strategies to support your child

ARE YOU TIRED OF YELLING?
How to get kids to listen, without having to yell

DEALING WITH ANGER
Helping parents, and kids, deal with anger and frustration

RESPONDING TO BEHAVIOUR
Better understand why children behave the way they do

STRATEGIES THAT WORK
How can parenting be easier and more fun!

DATES: Tuesday evenings for 6-weeks
15th Oct to 26th November 2019
(Not on Cup Day)

TIME: 6.45pm – 9.00pm

WHERE: TurningPoint Church Meeting Room
1785 South Gippsland Hwy
(opposite Devon Road)
Cranbourne East

COST: FREE – Bookings Essential
Refreshments provided

BOOKINGS AND ENQUIRIES:
Sandra Phillips at ParentZone
Call / text 0447 500 355 or email
sandra.phillips@anglicarevic.org.au
NARRE WARREN CALISTHENICS CLUB

Come and Try Classes

Fun, Fitness, Singing, Dancing, Gymnastics, Confidence, Coordination, Team oriented

Monday 18th November 2019

3-7yrs 4.30pm - 5.30pm
8-10yrs 5.30pm - 6.30pm
11-13yrs 6.30pm - 8.00pm
26yrs+ 8.00pm - 9.30pm

Tuesday 19th November 2019

14-17yrs 5.30pm - 7.00pm
18yrs+ 7.00 - 8.30pm

Fleetwood Primary School
Fleetwood Drive
Narre Warren, Vic 3805
Ph: Marilyn (03) 9795 1298
enquiries@narrewarrencalisthenicsclub.com

We'd love to see you there!!
COMMUNITY ADVERTISING

Starting 5th October 8:30am until 11:00am
First 2 weeks free for New Athletes

Come & Try Little Athletics

Track & Field Events Every Saturday Morning
Robert Booth Athletic Track
Clow Street, Dandenong
Register Online:
dandenonglac.com.au

Ph: 0417 744 992 (Peter) – Ph: 0417 368 844 (Greg)
COMMUNITY ADVERTISING

FOUND ITEMS!

Does your child belong to any of these?

BELEZA HALLAM
7/151-159 Princes Hwy
P: (03) 9702 3181

VIP SALE
20% OFF*
Wednesday 13 Nov - Saturday 16 Nov 2019

TRADING HOURS:
MONDAY - FRIDAY: 9AM - 5PM
SATURDAY: 9AM - 1PM
SUNDAY: CLOSED

*VIP SALE CONDITIONS:
Discount applies ONLY to Beleza brand full retail priced items. Shoes & Discounted items excluded. Some other exclusions apply.
Roar into Dinovember with an awesome series of dinosaur themed Lego building events hosted by contestants Maddy and Jimmy from Lego Masters Australia.

During the month of October we will be running a range of fun, hands on workshops where you can learn new skills, participate in mini competitions and work alongside Lego lovers Maddy and Jimmy.

Then join Maddy and Jimmy for a meet and greet and mega reveal where you can showcase your builds and celebrate being a Lego building extraordinaire.

If you are aged between 8 and 16 and want to be part of this amazing series of events register your interest now, registrations close on September 16.

Free event, bookings required.
Visit www.ccl.vic.gov.au to register your interest!

Maddy and Jimmy from the show Lego Masters are visiting the Casey Cardinia libraries across October and will be holding lego building sessions at our larger branches! They will be offering tips and tricks to budding lego builders and helping put together some big lego dinosaurs to be displayed at Bunjil Place in November.

The dates for the events are as follows

Saturday 5th October
Cranbourne 10 to 11.30
Pakenham 1.30 to 3

Saturday 12th October
Emerald 10 to 11.30
Hampton Park 1.30 to 3

Saturday 19th October
Doveton 10 to 11.30
Endeavour Hills 1.30 to 3

Saturday 26th October
Bunjil Place 10 to 11.30
Big Reveal Bunjil Place 12.30 to 3.30

If families want to enter the ballot for tickets they can head to the following link: https://www.cclc.vic.gov.au/mega-lego-event-at-ccl/
Berwick Cricket Club
Junior Registration - Season 2019/20

Age Groups: Under 15, 17 & Girls (9-16)

Season Commences: Early October 2019

Register online at playcricket.com.au
(enter Berwick Cricket Club and register)

We look forward to hearing from you!

For more details please contact:
Email: berwickjuniors@hotmail.com
Website: www.berwickcc.com.au
or
Contact Age Group Coordinators:
Girls Cricket: Stacey Smith / 0417 114 064
U15: Cooper Fowkes / 0438 111 272
U17: Paul Milo / 0435 802 307
Junior Coordinator: Satheesh Kumar / 0412 415 618

Established in 1863, Berwick Cricket Club has been built on a strong culture of community and family. We strive to provide a family friendly and enjoyable environment for all players to enjoy the game of cricket and benefits of playing a team sport.
WHO ARE WE?

Infinity PT is a locally owned and family run business catering for all fitness levels. Offering experienced and approachable trainers that will help you achieve your goals. We pride ourselves on offering our clients a unique personalised training experience, with classes to suit everyone from early mornings, nights, after school drop off & before school pick up! And as a family friendly gym we encourage you to bring your children along and take advantage of our kids zone where your children can play while you get fit!

WHY INFINITY?

- Over 30 Amazing Classes
- 8 Week Body Transformation Challenges
- Kids Classes
- Friendly Nutritionist
- Amazing Team Of Experienced Personal Trainers
- Fun & Family Friendly Environment
- Classes 7 Days A Week
- 9.30am & 2pm classes to work around school hours

GET IN TOUCH!
Factory 2 / 8692 Old Princes Highway, Beaconsfield VIC 3807
0448 381 118 | info@infinity-pt.com.au
WWW.INFINITY-PT.COM.AU

FIRST WEEK FREE!!