**FROM THE PRINCIPAL**

**Congratulations**
Congratulations to the following 8 Year 6 students who were successful applicants to the Gleneagles Secondary College SEAL Program.

There were 125 applications and only 25 were accepted. Our 8 students make up about one third of the program for next year!

<table>
<thead>
<tr>
<th>Student</th>
<th>Yr 6 Interschool Sports</th>
<th>Yr 6 Interschool Sports (home) vs Berwick Chase</th>
<th>Parents’ Club Meeting at 2.30pm in the staffroom</th>
<th>Yr 1 Excursion to Werribee Zoo</th>
<th>Yr 3MM, 3RB ½ 3JC Excursion to Lego Education Learning Centre</th>
<th>Book Club orders and money due back to school</th>
<th>Yr2 African Mask Making and Dancing at TMPS</th>
<th>Yr 3SC, 3LP ½ 3JC Excursion to Lego Education Learning Centre</th>
<th>Prep Activity – Drama Toolbox “Fairytale Fiasco”</th>
<th>6CW 6RQ Excursion to Old Melbourne Gaol and Royal Botanic Gardens</th>
<th>6CH 6TV Excursion to Old Melbourne Gaol and Royal Botanic Gardens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yuvani</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audric</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanjana</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resi</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jonathon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haya</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anthony</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>William</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Years 4,5 & 6 Athletics Day**
Today, all years 4, 5 and 6 students have gone to Casey Fields Athletic Track in Cranbourne for their athletics carnival. We hope they have a wonderful day and the weather is kind to them. A big “thank you” to Olivia Goder and teachers and parents for all the work they have put into making the day enjoyable.

**Parent Survey**
Over the next few days, a parent survey will be sent in the mail to a randomly selected number of parents. If you receive a survey, we encourage you to return it to the school so it can be sent off for processing. Please note your responses will be strictly confidential.

**2015 Enrolments**
If you have not yet enrolled your prep child to start in 2015, I encourage you to do so as a matter of urgency. We are close to closing enrolments for 2015.

*John Hurley*

*Principal*
This year’s CBCA Book Week will be held from Saturday 16\textsuperscript{th} – Friday 22\textsuperscript{nd} August. The week is a celebration of books and Australian authors and illustrators. This year the students at TMPS will again be participating in a range of activities over the course of the week.

On Thursday 21\textsuperscript{st} August we will be having a dress-up day. Children will be able to come to school dressed as a character from a book, an author or dressed to fit the week’s theme. This year’s theme is “Connect to Reading”. A gold coin donation will be collected in support of State Schools Relief.

We will have a special whole school assembly at 2.40pm where students will participate in a parade around the gym.

As part of our Book Week celebrations, we are holding a poster competition. Entries are open to all students. The requirements for entries are as follows:

- The poster can be either A4 or A3 in size
- The poster must contain the words of Book Week’s theme – “Connect to Reading”
- The poster must contain the dates of Book Week – 16\textsuperscript{th}-22\textsuperscript{nd} August
- Posters may be illustrated by hand or created on a computer, but must be submitted in paper form
- The student’s full name and class must be written on the back of the poster
- It is important that the posters are the student’s work and that they do not receive any assistance from others

The posters will be judged by an expert panel on the basis of the above criteria and on their creativity and originality.

Prizes for winning posters will include a special lunch with Mr Hurley and winning posters will be put up around the school to promote Book Week.

Entries need to be submitted to Mrs Wasantha Ramanayake in room 8 by Wednesday 6\textsuperscript{th} August. Questions about the poster competition or Book Week are to be directed to Miss Amanda Ball in room 7.
**BOOK CLUB**

Brochures for Issue 5 have now been distributed to students. All orders are due back by **FRIDAY 1ST August**.

Please place the order form and the correct money, cheque or credit card payment receipt details, in a sealed envelope etc.

**No late** orders accepted. **No change** can be given.

*Book Club coordinators*

---

**Nude Food**

This term we are introducing new categories for our Nude Food competition. Rather than the whole school competing against each other, now it will be split up as follows;

- **Junior School**: Prep, Grade 1 and Grade 2
- **Middle School**: Grade 3 and Grade 4
- **Senior School**: Grade 5 and Grade 6

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep AY</td>
<td>69%</td>
</tr>
<tr>
<td>Grade 3SC</td>
<td>39%</td>
</tr>
<tr>
<td>5LR and 5FH</td>
<td>13%</td>
</tr>
</tbody>
</table>

This means students had no rubbish at either snack or lunch. These classes received a certificate and a prize to distribute.

**What is a “Nude” lunch box?**

A “nude” lunch box is one that has no plastic wrappers or rubbish that goes to landfill. Use re-useable containers and re-use snaplock bags to build a healthy and rubbish free lunch box. And remember, fruit scraps are not included as rubbish!


---

**Education Maintenance Allowance**

The second instalment of the Education Maintenance Allowance will be processed in early August. If you **successfully** claimed the first instalment earlier this year AT THIS SCHOOL, you **do not need** to reapply. However, if:

1. You were not eligible in term 1 but now have a valid Health Care or Pension Card as at 14th July 2014 or;
2. Your children have commenced at Thomas Mitchell P.S after 28th January 2014 and you previously applied at another school;

you may now be eligible to apply for the 2\(^{nd}\) instalment. To apply you will need to call into the office to complete a form. Please ensure you bring your Centrelink Card along with you for verification. Claims for the Education Maintenance Allowance must be submitted to the school by **Friday 1st August 2014**. Please note: no late claims can be accepted. Please enquire at the office if you require further information.

*Tracey Etherington, Business Manager*
Please be informed that Ms Yanivi Bachtiar will be replacing Ms Siti Faridah-Ismail as an instructor this term for Year 5 and Year 6 Islamic Studies.

The MS Readathon is a reading-based fundraiser run by Multiple Sclerosis Australia (MSA). Now in its 35th year, the MS Readathon encourages people of all ages to read and improve their literacy whilst at the same time raising their community awareness and empowering them to make a difference in the lives of people living with MS.

Children read as many books as possible during a designated period. This year, the reading period is the month of August. They can ask friends and family to sponsor them either online or by giving a donation in cash or cheque. This money goes towards providing vital support and services for people living with MS.

All participants receive a certificate of appreciation and children under 18 can receive a reading reward as a thank-you for their efforts. (Make sure to return all your fundraising and complete the program by October 31 to be eligible!)

**Important Dates:**

<table>
<thead>
<tr>
<th>June - July 2014</th>
<th>MS Readathon registrations OPEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 1 - 31st</td>
<td>MS Readathon reading period</td>
</tr>
</tbody>
</table>

For more information or if you would like your child to participate, log onto the website [http://www.msreadathon.org.au](http://www.msreadathon.org.au) and click on Register (on the top right corner of the page) or call 1300 677 323 or come and collect a registration form in Room ELC 3.

Miss Anna Yin

**UNIFORM SHOP NEWS**

**UPCOMING DATES FOR THE UNIFORM SHOP DURING TERM 3**

<table>
<thead>
<tr>
<th>Friday mornings</th>
<th>8.30am - 9.30am</th>
<th>25th July 2014</th>
<th>1st August 2014</th>
<th>8th August 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday afternoons</td>
<td>3.00pm - 4.00pm</td>
<td>5th August 2014</td>
<td>19th August 2014</td>
<td></td>
</tr>
</tbody>
</table>

(EFT & Credit Card Facilities Available (Minimum Transaction of $15))
HEALTH CENTRE NEWSLETTER

ABDOMINAL PAIN (BELLY CRAMPS)
Abdominal pain is pain felt anywhere below your ribs and to your pelvis. It is also known as tummy pain or stomach pain. Abdominal cramps have been a common theme in the Health Centre over the last few days. The types of pain felt can vary greatly. When it does occur, it can:

- Be sharp, dull, stabbing cramp-like, or twisting
- Be brief, come and go in waves or it can be constant
- Make you feel nauseated
- Make you want to stay still or make you restless
- May feel like you have butterflies in your tummy

WHAT CAUSES ABDOMINAL PAIN?
There may be many reasons why children have abdominal pain. Some of the common causes include:

- Constipation, colic or irritable bowel
- Infections such as gastroenteritis, kidney or bladder infections, or infections in other parts of the body like the ear or chest
- Food-related problems – too much food, food poisoning or food allergies
- Problems outside the abdomen – muscle strain or migraine
- Surgical problems – such as appendicitis (If you are concerned your child may be developing appendicitis, visit your local doctor or go to the emergency department)
- Period pain – some girls can have pain before their periods start
- Anxiety - children may feel stomach pain when they are worried about themselves or people around them (think about whether there is anything that is upsetting your child at home, school or with friends)

DIAGNOSIS OF ABDOMINAL PAIN IN CHILDREN
When a problem is quite obvious, no tests are needed. If tests are needed, they may include:

- blood tests
- urine test
- stool (poo) sample
- x-rays

If your child does undergo tests, the doctor should explain the results to you. Some results may take a number of days to come back and these results will be sent to your local doctor.

TREATMENT FOR ABDOMINAL PAIN IN CHILDREN
Your child’s treatment will depend on what the doctor thinks is causing their pain. Treatment may be as simple as sending your child home with advice to rest, take fluids and eat a bland diet. There are some ways you can help ease the pain at home. These include:

- Make sure your child gets plenty of rest
- Help your child drink plenty of clear fluids such as water or juice
- If your child is hungry, offer bland foods such as crackers, rice, bananas or toast
- Place a hot water bottle or wheat bag on your child’s tummy or run a warm bath for them
- If your child shows signs of infection such as gastroenteritis, please do not send them to school (excluded until there has not been a loose bowel motion for 24 hours)
- If pain or other problems persist, see your doctor

Many children with stomach pain get better in hours or days without special treatment and often no cause can be found.
**Thomas Mitchell Playgroup**

Hello to all the parents of Thomas Mitchell Primary School who have children under school age. The school runs a Playgroup for 0-5 year olds each Thursday morning between 9.00am to 10.15am during the school term in the Prep Rooms near our school hall. Please ask for directions from the school office.

Fun activities eg. playdough, painting, pasting, stories, music, singing and games etc... Please bring a snack for your child and a gold coin donation. This is a great opportunity to meet other parents of children attending the school and for your younger children to meet other children who may be joining the school in the future. Please feel free to bring a friend, or if you know someone with younger children who would like to join this group please let them know.

Hope to see you on Thursday.
Jennifer Wallace

---

**Parents’ Club**

**Next Meeting**

Our next meeting will be held tomorrow, Friday 25th July at 2.30pm in the staffroom.

**Student Banking**

Don’t forget Student Banking is every Wednesday, every little deposit counts. If anyone would like to volunteer to help us process the deposits, please meet in the staffroom at 9am each Wednesday. Our deposits are increasing and we would love some extra help. We received 68 deposits yesterday which is fantastic! To all parents wishing to open a new bank account for their child you can now do this at any CBA branch. Remember to take identification with you. The school banking co-ordinator has assured us that there should be no problem doing this. If you are informed otherwise please see the Branch Manager.

---

**Expressions of Interest in Cadbury Fundraiser!**

Listed below is an example of how the Cadbury Fundraiser works. The school purchases a set number of carry boxes containing 50 individual units of chocolate each at a cost of $50.00 a box. Boxes are then sent home to families who wish to participate and are asked to sell the chocolates at $1.00 a unit. Once all chocolates are sold the money is then returned to the school usually within a 2 – 3 week time frame and each box sold will have raised $20.00 profit towards our fundraising goals. Below are some of the variety of chocolates which will be available for purchase.

- Freddo Dairy Milk chocolate frog
- Caramello Koala
- Freddo Popping Candy chocolate frog
- Freddo Twin Strawberry chocolate frog
- Freddo Dream White chocolate frog
- Freddo 100s and 1000s chocolate frog
- Freddo Twin Peppermint chocolate frog
- Freddo Popping Candy chocolate frog
- Freddo Twin Strawberry chocolate frog
- Crispello
- Cherry Ripe
- Boost
- Timeout
THOMAS MITCHELL PRIMARY SCHOOL

CADBURY FUNDRAISER EXPRESSION OF INTEREST

Name: ____________________________________________    Class: _________________________

No of boxes: ____________    Please return to office ASAP, your assistance is greatly appreciated.

Thomas Mitchell 24th July 2014

The winter holiday program was fantastic. We watched ‘How to Train Your Dragon 2’ and went roller-skating. We made superhero capes and FIFA jerseys.

Currently we are updating the child enrolment forms at OSHC. This is a very important and time consuming task so please be patient with us.

We need all information checked making sure that it is all current and up to date.

Janice 😊
This term students in year 4 will be learning about Awesome Authors. Each week they will be focussing on a different author and discussing aspects of their writing such as authors' purpose and finding the main idea. They will discuss how an author makes their writing interesting and how we connect to books. They will be able to discuss characters and plot, problems and resolutions. By the end of the unit we will be awesome authors ourselves writing and illustrations stories of our own.

Person surveyed: Julian
Age: 14
Favourite Author: Jeff Kinney
Jeff Kinney didn't grow up wanting to be a children's author. His dream was to become a newspaper cartoonist.
Favourite Book: Diary of a Wimpy Kid Series
Julian likes Jeff Kinney books because he likes the cartoon pictures in the books and he thinks it's funny.
Breeana (Sister-in-law)

Nicholas Sparks

The Notebook

Because he writes an array of captivating books

The Notebook
Nicholas Sparks

A Novel

Alicia

What is your favourite author? J.K. Rowling

Could you please tell me one of their books one of their books that they have written? Harry Potter and the Philosopher's Stone.

Why do you like that author? Because she's descriptive and imaginative.

Is your author Australian if not where are they from? England

Joshua

1. Could you please tell me your favourite author?
   - Dav Pilkey
2. Could you please tell one of the books they have written?
   - The Adventures of Captain Underpants
3. Why do you like that author?
   - Simply writes material that makes me laugh

My Sister's Favourite book from this Author is Harry Potter.
- I like her style of writing.
- Harry Potter is a captivating novel with a lot of interesting characters.
- I also like the vocabulary used in the novel, it helps you to improve your own vocabulary.

Here are some examples of our homework tasks from last week. We interviewed our family and friends and asked them what books they liked to read and made a poster from our data.