Classes K-2J, K-4K and 3-6K sit front of house to savour the delicious culinary delights that they have just prepared in The Stephanie Alexander Kitchen.
Dear Parents

This week we have begun the approach to the school holidays. Many classes have been very busy this week on location filming their movies for the very first Vaucluse Public School film festival, VFLIX. David Todd being the extraordinary film maker he is has already entered 6T’s class film in a competition. 6T’s film has been selected to be screened at a film festival / competition, Films By The Sea. We will keep you posted on where and when this will be happening. A note is going home today for VFLIX. We urge you to book your seats as soon as possible to avoid missing out. David Todd is coordinating the film festival and tells me he is delighted with the variety and talent that is emerging from our students and parents. VFLIX should definitely not be missed.

Next Wednesday morning 16 September at 9.45 am in the library I will be conducting an information session on NAPLAN. I will be explaining the school’s performance and Margaret Nay, Learning and Support Teacher will be talking about how the Support program works at Vaucluse Public School. The information session is for all parents and will be useful if you are a Kindergarten, Year 1 or Year 2 parent as it will prepare you for the future.

We are all very excited about the Come as Your Favourite Sports Star Walkathon that will take place the first Friday of Term 4. I will be spending the school holidays trying to choose one of my favourite sports women to come as. The proceeds of the Walkathon are going towards very much needed WiFi. We are hoping to raise at least $10,000 so that WiFi can be installed throughout the school. I will also be spending the holidays putting pressure on friends and relatives to sponsor me. In the past it has been a great day for families so we hope to see lots of parents here helping out with oranges, water and stamping sponsor sheets. Please find the information in the body of the newsletter.

We very happily sent off a cheque to Edgar’s Mission to sponsor mistreated farm animals. A big thank you to Jackson Cowper for organizing such a great cause. In the body of the newsletter you will see the animals that were voted by our students to sponsor. My family and I were very relieved to see Leon Trotsky there even though it cost us a considerable amount. Thank you for supporting our students to donate to this wonderful charity.

Maureen Hallahan
THE INAUGURAL FILM FESTIVAL @ VAUCLUSE PUBLIC SCHOOL

COME AND SEE EVERY CLASS IN THEIR FILM
AT THE MOVIE EVENT OF THE YEAR!

TICKETS ON SALE - 14 SEPT
SEATING GENERAL ADMISSION. FIRST IN BEST DRESSED.

RANDWICK RITZ
OCTOBER 14 2015
7PM
Mindfulness for children

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 to 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.

07/09/2015

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Veggie Garden News

Hello,

What another great term in the garden with the children.

This term we looked potatoes and how they can grow by just planting them in the ground.

The potato is a starchy, tuberous crop from the perennial nightshade Solanum tuberosum. The word "potato" may refer either to the plant itself or to the edible tuber. In the Andes, where the species is indigenous, there are some other closely related cultivated potato species. Potatoes were introduced outside the Andes region approximately four centuries ago, and have since become an integral part of much of the world's food supply. It is the world's fourth-largest food crop, following maize, wheat, and rice.

They enjoy a sunny spot. Grow in all well drained friable soil,

Sow cut up potatoes in trenches then cover with soil, as plant grows higher keep covering stems with soil as this will encourage more tubers to grow off stem. Potatoes are actually just swollen stems.

Children planted corn, leeks and radishes.

If you want to help; ring, email or text me and I can put you on the text message services of when I am working, or set you up with a task you can do in your own time. We have plenty of large and small projects such as:

- Bottling worm wee from worm farms
- Turning composts
- Sifting compost
- Constructing new garden beds
- And irrigation.

I am at the garden from 430pm every Tuesday and 8am till 10 on Saturday.

Cheers

Rudi Kitchen Garden Specialist

0423 020 648

rudi.adlmayer@gmail.com
Sammy from 3m preparing the muffin cases.

Home made Pasta using Zucchini.
The Shofar Factory came to Vaucluse last week. The shofar reminds us that the Jewish New Year is coming soon, it is a time to better ourselves through giving charity and doing good deeds. It is a time for prayer and a time to sorry for past mistakes. The shofar is blown every day, except Saturday, for a month before the New Year, on the New Year (Monday 14th and Tuesday 15th September) and on the day of Atonement (Wednesday 23rd September).

The children learnt where the shofar comes from - a kosher animal. They sanded it to make it smooth and then polished it with varnish. The hard bit came next when they had a chance to blow it. 3 different sounds are blown - a long note, 3 shorter notes and 9 even shorter notes.

The children took home their shofar.

Morah Miriam
Our art work this week has been created by Genevieve from Class 3M. Thank you so much Genevieve! A big thank you to the generosity of our families, students and Jackson’s (Class 4V) fundraising efforts.

Our Vaucluse Public School Best Buddies are below.
We can see two Miss Morgan on the stage.......!
Which one is the real Miss Morgan?

This week's assembly brought to you by Class 1/2M

Miss Morgan and her class showed us how much fun maths can be.
Rosh Hashanah, the Jewish New Year, this year falls on Monday and Tuesday 14 and 15 September. It is a time to reflect on the past year and a time to work out how we can improve ourselves. A lot of time is spent praying in Synagogue, but a lot of time is also spent eating and being with family. We eat sweet foods like apple dipped in honey and honey cake because we hope to have a sweet new year. We greet each other, wishing everyone a happy and sweet new year. So on that note, I would like to wish the Vaucluse Community a happy, healthy and peaceful New Year. Morah Miriam
VAUCLUSE PUBLIC SCHOOL WALKATHON
2015

It’s that time again: the annual VPS Walkathon is just around the corner: Friday, October 9th, 2015. (Friday of first week in Term 4).

The walkathon is traditionally one of the P&C’s biggest fundraisers of the year, and we hope everyone participates to make this year’s event the most successful yet!

This year the P & C are excited to announce that the proceeds from the Walkathon will be going towards having WiFi installed throughout the school. The WiFi will enable our children to use the available digital devices in their classrooms without waiting for access to the library. The cost of this package is $10,500. Last year the walkathon raised in excess of $11,000 and we would like to reach that target or better again in 2015.

We would ask that all parents help our children in getting commitments from friends, grandparents, relatives, your work colleagues and neighbours. Sponsorship forms will be sent home with the children shortly. Please contact your class parent if you have not received a copy and they will arrange to get one to you.

The class that raises the most funds will be awarded an afternoon of movies and paddle pops!

The walking course will be within the beautiful school grounds but we will be looking for volunteers to assist in running the event. A note will go out to parents shortly with details. If you are able to be involved in any way, it is a great event to enjoy with your children.
Introducing The Free Range Foodie:

Are you too tired to cook after a long day?  
Bored of the same old take away?  
Want organic and chemical free home cooked food for your family?  
Want affordable, organic, delicious meals delivered to your door?  

Let The Free Range Foodie take the hassle out of weeknight meals:

You can get a delicious 3 day menu delivered straight to your door!  All meals are chemical free, organic and local wherever possible.

The menu is seasonal and changes weekly, orders need to be in by Wednesday evening for delivery the following Monday.

Check out this week’s menu on The Free Range Foodie facebook page or email me at thefreerangefoodie@gmail.com with any queries.
VOOSC
Vacation Care

Hurry in with the bookings. The cut off period for bookings is Monday 14th in order for us to do our final preparations for the following week.

Registrations for 2016

As previously advised, no current 2015 bookings will automatically roll over into 2016.

Registration forms are available from Voosc and will be dated upon us receiving them in person.

Positions for 2016 are now filled. Confirmation of booked sessions will be given to families in Term 4.

We can currently offer a place on our waiting lists for all days and all sessions for 2016. Registrations can only be accepted in person please.

Term Fees
All term 3 fees are due in full.

Booking confirmation for Term 4 is required as well please.

Kind Regards

Voosc Team
Vaucluse Out of School Care Centre Inc.
Ph/fax 02 9337 3031
voosc@people.net.au
Celebrate Each Day
An Event to Raise Funds and Awareness For kidney Disease and Organ Transplantation

FOR IMMEDIATE RELEASE 10/09/2015

Event Information
In line with the life and life changing nature of transplant surgery and care, coupled with the beautiful natural surroundings and evening timing at Greycliff Avenue, Vaucluse – we are holding an event at the Nielsen Park Restaurant on Wednesday October 14th at 6:00pm – and invite guests to remember that each day for a transplant patient is one to be celebrated. This event will be in support of the Prince of Wales Hospital Foundation (POWHF) and is $45 per person, which includes drinks, canapés and entertainment.

To RSVP and purchase tickets, visit: www.trybooking.com/IYOA

Background
In 2015 The POWHF met with the Kanakis family who own and run the highly acclaimed Neilson Park Kiosk and restaurant. Apollo and Annmarie Kanakis have a teenage daughter Ally who received a kidney from her mother two years ago. They are very keen to raise funds and awareness to support the cause for kidney disease and organ transplantation.

About the POWHF: The Prince of Wales Hospital Foundation’s mission is to promote the work of the Prince of Wales Hospital (POWH) and build healthier communities. By reaching out to our community and private partnerships, we aim to raise vital funds to ensure the continued development of research, education and special projects, which will provide integrated health care for the patients of the POWH.

For more information, contact Wendy Farrow on (02) 9382 3671 or email wendy@powhf.org.au - Alternative contact: Carina Johnson on (02) 9382 4016 or email carina@powhf.org.au

*“Having mum’s kidney means that I am free to do so much more now.”*
– Ally Kanakis