FROM THE ACTING PRINCIPAL

Hello everyone from 5-6 camp! We are having a great time here in Melbourne and will return home later this afternoon. The children have walked their way through the city and enjoyed all of the landscapes on the way. They should now be experts in the city!!

Week Two has been busy with Grade 5/6 students off at Urban Camp and students back at school working diligently on the Term 4 theme. Learning has continued in preparation for our “Respectacular Circus—Together Forever!” to be held on Tuesday, December the 16th. Please prioritise this evening and invite other family and friends. The more there, the merrier!

Playgroup will continue on Friday after a great success last week. The playgroup will be held in the multipurpose room and we are hoping to engage people in the area, with younger children. If you know of someone please let them know everyone is welcome. Playgroup will begin at 10.00am and this will coincide with the school children being in the yard over recess time, which adds another element to the process.

Our Music Stars program begins tomorrow. We are really pleased that we are able to offer music lessons. All interactions between parents and Music Stars are done independently of the school. However, if you have any problems please let us know, as we would like to ensure that the program works for everyone.

We'll be having our Term 4 Environmental Day next Friday on the 24th of October. The children are looking forward to making some more progress in the Environmental Centre whilst working to ensure school environment as a whole is looked after. Please dress your children in old/work clothes if possible and gum boots would be an added plus!

Active After School for Term 4 begins next week. We are still awaiting confirmation of the activities from the Active office and will confirm when we know. As usual Active will on Monday and Tuesday nights from 3.45pm to 4.45pm with fruit supplied after school.

James and I are off to do 2 more Bastow days on October 21st and 22nd. These days have been really influential on our development for next year and assisting us to formulate how we teach maths at our school. Although we are not finished the course we are confident that the changes we have planned will make a positive impact on your child’s maths outcomes.

Thanks,
Sally Gill, Acting Principal.
**WEEKLY AWARDS**
*Principal’s Award:* Zoe for her wonderful enthusiasm and great Circus attitude!
*Class Award:* Lachlan for his great holiday effort and attitude towards this term!

**HAPPY BIRTHDAY:**
Max is turning 8 today! Happy Birthday Max!

**THANK YOU**
😊 To Jodi Brophy for cooking the sausages and Kathryn Sundblom for providing the fruit for the Sausage Sizzle today.

**SAUSAGE SIZZLE**
The Sausage Sizzle is every Wednesday. Students can purchase a barbeque lunch for $3.00 (sausage in bread, drink and fruit). Extra sausages can be purchased for $1.00 each. There is no option to not have fruit or drink.

**Prices per student are as follows:**
- 1 sausage in bread + drink + fruit = $3.00
- 2 sausages in bread + drink + fruit = $4.00

**WEDNESDAY:**
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<tr>
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We very much appreciate the support we receive from families to run the Sausage Sizzle. *Thank you.*

**REQUEST FOR PLASTIC MILK BOTTLES:**
Clean 1 litre milk bottles would be appreciated for Art and Grade Prep-2 classes. *Thank you.*

**SCHOOL LUNCH DAYS:**
We continue to encourage students to have healthy lunches at school. Foods such as salad sandwiches, wraps, salads and quiche are recommended as every day foods.
Foods such as pies, sausage rolls and pizza are recommended as sometimes foods. The days for heating food for Term 2 are as follows:

- **Thursday** - Food may be heated in the oven.
- **Friday** – Toasties [School Captains will toast the children’s sandwiches].

Please do not send foods that require boiling water to be added as this is a safety issue for staff and students. We are unable to microwave any food.

**COMMUNITY ENGAGEMENT MEETING:**
City of Greater Bendigo Eppalock Ward Councillors Rod Campbell, Helen Leach and Mark Weragoda invite residents to attend a District Engagement Meeting on Tuesday October 28 at the Redesdale Public Hall, 2631 Kyneton-Redesdale Road, Redesdale. The meeting will commence at 7:30pm and will be an opportunity for residents to discuss a range of issues.

**THIS WEEK’S VIPs**
Tyler and Jorja are doing a wonderful job making sure the school is tidy. Thanks!

**FARM HANDS**
Lachlan and Max are working hard to make sure our chickens are being put away each afternoon!

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Play Group
Do you have a toddler?
Or pre-school child?
Are you looking for something to do and a social opportunity?
Play group will be running Friday mornings from 10.00 am — 12.00 pm
Beginning on Friday October 10th
Sue Stewart will host the program using school equipment and facilities.
Cost $2.
Enquiries Redesdale Mia Mia P.S. Ph. 54253155

Meat Raffle
(Value $30)

The Redesdale General Store
$1 a ticket

Call in for your chance to win.
Drawn every Friday evening

All proceeds go towards
Redesdale-Mia Mia Primary School/
Redesdale CFA/Redesdale Recreation Reserve
When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. Today millions of homes around the globe are equipped with games consoles and personal computers.

When does fun flip into addiction?

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment.

Signs that your child may be developing a gaming addiction include:

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry
- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

What does this mean for parents?

You can start to help your child by implementing some simple steps:

- Set time limits
- Limit content
- Keep gaming out of the bedroom
- Gaming is a privilege, not a right
- Video games are not a babysitter
- Search for a therapist

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

www.kidproofsafety.com.au 1 300 577 663 catherine@kidproofsafety.com
Mia Mia Flower Show

Mia Mia Mechanics Institute
Mia Mia, Victoria, 3444
Thursday 30th October 2014

12 noon. Entries must be received by 11am on the day at
the Mia Mia Hall

Tickets $30 per person
(Includes Spit Roast with wine, dessert, tea and coffee)

Guest Speaker: Mrs Edna Westhead (Flower Show Judge)
Bookings Essential Jenny 54222481 or Wendy 54255590