### CALENDAR - DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>27 June</td>
<td>Last day of Term 2</td>
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<tr>
<td>28 June</td>
<td>Pupil Free Day</td>
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<tr>
<td>1 July</td>
<td>Coming of the Light Festival - Indigenous Australians</td>
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<tr>
<td>4 July</td>
<td>Independence Day - United States of America</td>
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<tr>
<td>9 July</td>
<td>Ramadan Begins - Islamic</td>
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<td>14 July</td>
<td>Bastille Day - France</td>
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<td>15 July</td>
<td>First Day of Term 3</td>
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<tr>
<td>22 July</td>
<td>Grade 1/2 Camp to ‘Weekaway’ (student leave school at 9:15am)</td>
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<td>23 July</td>
<td>Grade 1/2 Camp to ‘Weekaway’ (students return to school by 3:30pm)</td>
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<td>7 August</td>
<td>School Council 6:30pm</td>
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<tr>
<td>8 August</td>
<td>Eid al Fitr (end of Ramadan) - Islamic</td>
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<tr>
<td>12 August</td>
<td>Pupil Free Day</td>
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<tr>
<td>19 August</td>
<td>Children’s Book Week (19-23 August)</td>
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<td>23 August</td>
<td>Book Parade</td>
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**3/4s say C.H.I.P.P. must stop!**

On Wednesday the 19th of June, the 3/4s visited Werribee Open Range Zoo. We learned about what living things depend on and their habitats. We first went on a 35 minute safari bus tour, and we had a friendly bus driver who gave us great information about endangered species. We also came face to face with giraffes, zebras, rhinos and many different types of antelopes such as the Addax and the Oryx. Did you know we lose 1 rhino every 14 hours?  

After that we strolled around the zoo to have a better look at the animals. We saw some animals that we didn’t get to see on the safari bus tour like gorillas that were big and aggressive who pounded their chests, a few cheetahs that had lovely fur, and birds with unique feathers. We then split into two groups with two wonderful zookeepers who taught us about wild life and habitats. We discussed threats to lots of native species and how we can help. They told us about C.H.I.P.P. which is an acronym for climate change, habitat loss, introduced species that have harmed other animals, pollution and the last ‘p’ stands for poaching.  

We believe that we shouldn’t destroy the circle of life and even if we can’t always stop it - swap it for something less harmful! For example, planting trees, installing nesting boxes, using recycled toilet paper, using a watering can instead of a hose, making sure your cat has at least two bells, and using environmentally-friendly washing detergent (which is phosphate free).  

We would like to thank the Parents and Friends Committee who gave us this wonderful opportunity to go to the zoo and learn!  
By Nirtha & Masina
This term, for Inquiry, Prep students have been exploring the topic ‘People live in Places’. Last Thursday 20th of June, students attended a fantastic excursion at CERES Environmental Park, where they learned about different aspects of Aboriginal culture and participated in a range of fun activities. Activities included listening to a Didgeridoo, throwing a boomerang and having their faces painted in traditional Ochre paint. The weather was beautiful and all students had a wonderful time.

We are proud to announce that our school has received a grant to participate in the Bully Stoppers program. During Term Three students will be exploring the issue of bullying and developing strategies help prevent it in our school. The program will conclude with bullying based films shown at Gardenfest in Term Four. As part of the grant David Imber from Telstra presented our school with a 4G tablet and $150 of credit. We would like to thank him for his generous donation.

Last Friday the Parents and Friends Association hosted Carlton Gardens annual Trivia Night. With more than 70 people in attendance, the night was full of fun and competitiveness. The evening raised $2400+ and will be spent on upgrading some old facilities. Thank you to all those that attended, donated and purchased auction pieces. And a big thank you to the Parents and Friends Association for organising the evening.

TIQBIZ
Our school has gone digital. The tiqbiz app helps our school keep parents fully informed and up-to-date with notices, news and calendar events. It also allows us to send out instant messages. It's easy to use and also has the benefit of helping us use less paper by reducing printing. The app is free and available on the Apple App store, Google play for Android and you can download it for a PC or a Mac from www.tiqbiz.com.

China Trip 2013 Cake Stall
Everyone will be so pleased to know that the cake stall raised approximately $500 for the upcoming China Trip. Thank you to all the families and staff members that contributed baked goods. They must have been very yummy!

CURRICULUM DAY – PUPIL FREE DAY
On the 28th of June, the last day of Term 2, teachers will be attending a professional learning day with Michael Ymer - a world renowned Mathematics consultant. School will not be open on this day although OSHClub will be and if your child is not yet registered you can do this online at www.oshclub.com.au. This means that the last day of school for Term 2 for the students is Thursday the 27th of June. School will finish at the normal time of 3:30pm.
We have second hand uniforms available to purchase from the school’s uniform shop for $3 an item, although we are a little light on at the moment. Please remember if you have any items that no longer fit your child please donate them to the school so they can be re-used. Thanks!

After School Chinese
Term 3 After School Chinese will start in Week 2, Wednesday the 24th of July.

Dear Parents,
Term 2 is coming to the end. We have had a very busy term. We do hope that your child/children enjoy our After School Chinese Program. Please feel free to let us know your feedback so we can continuously improve our program.

Here are the important dates:
Term 3 first class: July 24th
Term 3 last class: Sep 18th

Please also find the attached re-enrolment form for Term 3, 2013.

All forms and deposits are due back by the last day of Term 2, Friday June 28th.
All re-enrolments must be organised via the office, just keep in mind no EFTPOS payments can be made due to Joy’s absence at this time. Payments and forms cannot be accepted at classes.

Re-enrolments can be organised with a quick email. Just let me know your child’s name, school, grade and your payment method - we will fill in the form for you.

Please note that if you make payment through Bank Transfer, don’t forget to put your details in “Transfer Description”, or we won’t be able to identify if you have made the payment.

Any outstanding fees owed for Term 2 must be settled before we are able to accept a Term 3 re-enrolment.

If you decide not to re-enrol your child, please let me know, so I can update my record accordingly.

Have a wonderful break and we look forward to seeing you all next term.

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A newspaper article that may interest you...

**Children’s tiredness in school hours a wake-up call for parents**

by: Wes Hosking
From: Herald Sun
June 13, 2013 8:00PM

**SCHOOLS desperate to combat chronically tired students are calling in sleep experts to counsel parents.**

One primary principal said lax mums and dads needed to start being parents rather than let their children rule the bedtime roost.

Late-night television sessions and midweek outings mean some youngsters aren’t getting to sleep until midnight.

Ashley Ryan, principal of Birralee Primary School in Doncaster, who raised the issue in a recent newsletter, said youngsters were too tired to concentrate, were disorganised, irritable and couldn’t deal with social situations.

“There are some children that are up until 11pm or even later, and they are chronically tired at school,” he said.

He said while most parents did the right thing, others needed to set routines and stick to them.

Phillippa Adgemis, assistant principal of Manchester Primary School in Mooroolbark, said some children were out to dinner with their parents until midnight on school nights.

“If kids aren’t getting the right deep sleep, then they are not going to be learning,” she said.

Sleep health educator Sue Cranage, who runs educational workshops at schools across Melbourne, said parents often didn’t understand how much sleep children needed and the impacts on learning and wellbeing.

“We all know what we feel like when we’ve not slept well and we are trying to struggle through our day.

“Children are exactly the same. But the effect on them can be much more challenging because if they don’t learn to read and write properly and have deficits there, it could be deficits they carry for the rest of their lives.”

Monash Children’s Sleep Centre director Dr Margot Davey said children aged between six and 12 needed 10-11 hours of sleep a night.

Bad habits often became worse as children got older and lack of sleep had been linked to childhood obesity, she said.

Coburg mother Lucy Leahy has her three children, including six-year-old Olivia, tucked into bed by 7.30pm every night.

“The television is off at 5pm and they wind down with milk, a bath and a story. ’I just find because the kids know exactly what is going to happen I very rarely get resistance.

“We have just stuck to it since they were little and it just works,” Mrs Leahy said.

**HOW MUCH REST KIDS NEED**

Preschool (3-5 years)

11-13 hours

Primary School (5-12 years)

9-11 hours

Teenagers (12-18 years)

8.5-9.5 hours

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Coburg mother Lucy Leahy has her three children, Olivia, Madeleine and Erica tucked in bed by 7.30pm every night. Picture: David Caird Source: Herald Sun
Children With Type 1 Diabetes - Are You Challenged by Your Child’s Diabetes?

Research into parenting children with type 1 diabetes

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you! By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to: https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or phone Amy Mitchell (07 3365 7305) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Thank you for your time and participation.
Aditi Lohan, Alina Morawska, and Amy Mitchell
UQ Parenting and Family Support Centre
Carlton Gardens Primary School
Xin Jin Shan Chinese Language and Culture School
After School Chinese Program
STUDENT APPLICATION FORM Term 3 2013 – Starting Week 2
FORMS MUST BE RETURNED BY THURSDAY 27TH JUNE

PLEASE COMPLETE IN BLOCK LETTERS. IF YOU CHILD HAS ENROLLED BEFORE, YOU ONLY NEED TO FILL OUT SECTION A, C + D. PLEASE CIRCLE HERE: ENROLLED BEFORE.

A. STUDENT DETAILS

Surname: ........................................First names: ...............................................................Gender: ..........

Year Level in your school:.........................

Please choose your arrangement for the end of class:
☐ PARENT PICKS UP ONLY
☐ STUDENT LEAVES BY HIM/HERSELF

B. PARENT OR GUARDIAN

Surname: ........................................First names: ...............................................................

Address: .................................................................Post code.................

Home phone................................Mobile.....................................................Work phone...........................................

Email: ..............................................................Relationship to Student: ...........................................

How did you first hear about Xin Jin Shan Chinese School?..............................................................................................................................................

Please give details of any Chinese learning experience of your child..........................................................................................................................................................

IS THERE ANY MEDICAL CONDITION OR OTHER CIRCUMSTANCE OF WHICH YOU WOULD LIKE THE SCHOOL TO BE AWARE? YES / NO

If yes, please give details.
..........................................................................................................................................................

C. Terms and Conditions and Authorizations (Please circle your choice.)

1. I authorize / do not authorize Xin Jin Shan Chinese Language and Culture School to use photographs / video taken during classes for promotional purposes only.

2. I agree / do not agree that my child watches Chinese movie DVDs (classified as G / PG) during the class.

3. I agree / do not agree that my child participate Chinese traditional cooking activity. The food cooked in class is for demonstration only. It will not be given to students to eat in the class. Students will bring food back home. It is your decision to eat it or not. There will not be any nuts in the ingredients.

4. NUT FREE POLICY – Students are asked not to bring any food containing nut products to classes. Parents are requested to inform Xin Jin Shan Chinese Language and Culture School in writing of any allergies their child may have. Details of any food allergies:
..........................................................................................................................................................

5. Please have an apron or protective clothes ready in your child’s bag for arts / crafts activities.

DECLARATION BY PARENT/ LEGAL GUARDIAN.

I…………………………………………..being the Parent/Legal Guardian of………………………………………………..(full name) declare that the information in this application is correct and I will follow the terms and conditions and authorizations above. Enrollments will be processed on a first come, first served basis. The tuition fee of $60/Term is due no later than the second week after receiving the enrolment form.

Signed………………………………….Date……………………………………..

Please turn the page for Payment Method.
D. Payment Method: (Please tick your choice below)

1. PAYMENT BY CHEQUE (payable to Xin Jin Shan Chinese Language and Culture School Inc.)

☐ I enclose one cheque of $________ with my name and contact number clearly written on the back.

Please send the cheque with completed application form to:

After School Chinese Program
PO Box 5042, Pinewood VIC 3149

2. BANK TRANSFER to below:

NAB: BSB 083 323
Account number:571355833,
Account name : Xin Jin Shan Chinese Language And Culture School Inc.

Please put the following detail in “Transfer Description”:
CGPS (as Carlton Gardens Primary School) follows the first 3 letters of your child’s given name and the first 3 letters of your child’s surname. (Full name if fewer than 3 letters).
For example: James Fisher from Carlton Gardens Primary School. You need to write: CGPSJAMFIS
If you have more than 1 child enrolled, please make a bank transfer for each child. For instance, if you have 2 children enrolled, you need to pay twice.

Please email your completed form to jeanine.ma@xjs.vic.edu.au, or send the completed form to:

After School Chinese Program
PO Box 5042, Pinewood VIC 3149

Refund Policy

• You can get refund within 3 weeks after Program starts. After 3 weeks, there will be no refunds.
• You need to pay $20 for administration fee for any refund.
• You will receive a cheque for refund. Please provide address where you would like the cheque to be sent and the cheque payable detail.
• The refund will be calculated according to the weeks you child has attended. For example, Michael was withdrawn after attending program for 3 weeks. There are 10 weeks in the term, $60/term. Then he will get $60/10*7-$20=$22 refund.

Note: Please don’t give the payment and completed application form to your child’s teacher.