From Sue

The Resilience Project at Hampton

Yesterday Martin Heppell from the Resilience Project presented to all grades in the school on the topic of resilience. The project emphasizes the value of gratitude, empathy and mindfulness to create happy children. Martin was a particularly engaging and entertaining speaker and children from all grades left the sessions having thoroughly enjoyed them and keen to talk about Martin’s message.

Some thoughts from our senior students including Paddy Troy, Jack Tuffley and Ruby Wilson are shown below:

- I thought his humour opened up the presentation and he provided a good balance, he wasn’t completely heavy all the time and made us laugh and think at the same time.
- He put his message across sometimes without directly saying it, he used video clips, actions and humour to make a point.
- He really engaged with the audience and brought us in which a lot of presenters don’t do. He used a bit of drama and acted it out using mad voices. He used real life examples of people he knew and his message was “be happy, think about the positives and the can dos rather than what is not right,” this is like a positive mindset.
- The video he showed us about the importance of connecting with people by hugging was great; he then made us interactive by getting us to hug each other. This made people smile, and feel good. We were smiling and laughing and felt really happy.
- I thought he was a really nice guy, he engaged with the kids very well. This topic could be quite serious and heavy but he got us interested by asking lots of humorous and clever questions and getting us involved in the action
- He emphasized the importance of giving, doing things with no direct benefit. The reward can be an emotion; it could make you happy and feel good about yourself.
- A big part of his message was we are in charge of our choices. We could easily say something without thinking or we can choose to think first and offer a friendly word or gesture. This makes you feel good because you are not making someone else feel bad.

Foundation students added the following:

- Being happy is better than being sad. When you are happy you don’t worry. Hunter Da Silveira FB, Yellow Gums
- I think Martin was showing us how to be happy. I liked some of the things he said, I liked hearing about his friend Jeremy, it made feel like I wanted to meet him, I felt warm inside. I did feel a bit sad when the boy asked for a hug and the man pushed him away. Ernie Donbavand from FC

SEUSSICAL TICKETS now on sale
Aug 22nd and 23rd at 7pm
Trybooking: https://www.trybooking.com/MGJI
♦ Martin told us about feeling happy. He told us about his friend who couldn’t walk further than 5metres. Yet he was still happy. Jenson Gumbleton FB, Yellow Gums
♦ Martin told us how to be kind to each other and to look after each other. I really liked watching the boy giving hugs on the video, it makes you feel warm and fuzzy inside. I feel warm and fuzzy when I hug Reuben my dog because he is so cute and he licks me a lot. Charlotte Kelsey from FC, River Red Gums

I remind parents that Martin will be addressing community members on Monday, August 15 from 7:00-8:30pm in the school hall. Please join us for what will be an inspiring and thought provoking evening that will become part of our whole school culture in the future.

Seussical the Musical will be performed on Monday 22 and Tuesday 23 August

This week, children in 5/6s have been involved in recording the music from Seussical Jr for a CD; in total 35 tracks have been recorded. We have used a professional sound technician who, combined with Mandy Brook and Traci, has ensured that the recording captures the children’s voices at their best. The children have been particularly patient and a tad excited with this process, I am sure that many will look forward to the opportunity to hear music at home in the near future. Our whole school has needed to be quiet and attentive to recording times to minimise background noise and distractions. Thank you to all children and teachers for being mindful of this.

Hampton Primary Working Bee: Saturday August 20 from 3pm to 5pm

Community members are invited to support our working bee scheduled for Saturday August 20 from 3-5pm.

Tasks to be completed include:
♦ Stacking brick onto pallets
♦ Digging and weeding garden beds
♦ Sweeping paths
♦ Cleaning gutters
♦ Levelling mulch
♦ Generally tidying the grounds.

Please bring your own gardening gloves and equipment – broom, shovel, spade or rake would be handy and ensure they are clearly labelled. If you are able to attend the working bee, it would be appreciated if you leave your name and contact details at the school office via email (hampton.ps@edumail.vic.gov.au)

Assembly Performances

Well done to Tayla Jones and Pippa Fulton who confidently addressed the audience and introduced the various items at assembly.

Thanks go to 5/6B, Casuarinas who led the singing of the National Anthem at assembly yesterday.

Our musical item featured the song Amazing Mayzie from the musical Seussical with Dominique Doig and Josie Cook performing solos and the Bird Girl Chorus including Chloe Adlington, Poppy Mitchell, Maria Quartel, Alex Taylor, Chelsea Glass and Emily Augello looking impressive in their colourful costumes and dancing with confidence.
Sporting Excellence

Recently three Hampton students competed in the Federation of International Sports Aerobics and Fitness (FISAF) National Championship Competition conducted in Brisbane. Elena Walland from 3A, Huon Pines won a gold medal in the elementary pairs category competing against children in Years 1-3. Elena also gained a silver medal in the elementary singles section.

Lauren Whipp from 5/6A, Wattles and Belen Seisdedos from 5/6D, Sassafras competed in the Cadet National Pairs category and finished in a creditable 5th place. In addition Lauren participated in an International Fitness Team that won gold. This particular achievement is outstanding especially given that Lauren only joined this team 3 weeks prior to the competition after Sarah Thompson who is currently in Year 7 broke her arm. This team will represent Australia in the World Championships in Vienna in October.

I extend congratulations to Elena, Belen and Lauren on their outstanding efforts and achievement.

AFL Football

The Hampton Boys' Footy team has maintained an excellent standard of skill, endeavour and team spirit over the last few weeks, culminating in an exciting day recently where they qualified to compete at the State Championships.


Girls' Netball

The girls’ netball team competed at the Kingston Divisional Finals on Monday 8th August at Springers Leisure Centre. We came up against some very strong competition, excellent defensive pressure and accurate shooting. Our girls put in a solid effort; however we ended up losing by 1 goal to the team who will continue on to the regional finals, Mentone Grammar School.

Sincere thanks go to the supportive parents who provided assistance with driving and enthusiastic encouragement to the team.

Some thoughts from Rosie Jackson and Emma Morgan from 5/6E, Wollemi and Peri Dart from 5/6D, Sassafras include:
Some thoughts from Rosie Jackson and Emma Morgan from 5/6E, Wollemi and Peri Dart from 5/6D, Sassafras include:

- We are very proud of our team for getting through to the divisional level
- Everyone has shown encouragement and a positive approach to the game, even if the outcome was not successful
- We are grateful that we had the opportunities to play with our friends and participate in the higher level of competition
- We are very grateful to Michelle for training us early in the mornings and specifically to get the best out of us. She has taught us about teamwork – backing each other up and supporting each other
- Thank you Michelle!

**What a Team! Some thoughts from the coach**

We formed our team back in Term 1
I just knew the girls were ready to run.
Rosie J captained the team
With little Morgan we were living the dream.
Hannah and Maddie fierce in defence
We knew we’d make the other teams tense.
Running the mid court Emma, Ava and Elise
Centre pass after centre pass never missing the crease
Getting it into the circle was always a breeze
Pez, Poppy and Rosie, great things come in threes!
Undefeated in the winter comp, Champions of our district
17 hours of training as a team
2nd in the schools championship.

War zinc
Hot chips
Slurpees
Laughs.

Experts at slipping over gracefully
Experts at the importance of being annoying in defence
We didn't make it past Divisionals but we're proud of what we achieved
Netball is awesome and so are we!

**Academic Excellence**

Congratulations go to the following students who received an academic excellence award at assembly yesterday:

- **Olive Tuppen** from 1D, Sugar Gums for demonstrating perseverance when confronted with new concepts in numeracy; she particularly enjoys a challenge.
- **Bianca Stewart** from 1D, Sugar Gums for displaying enthusiasm and motivation to do her very best in all situations. She has achieved commendable results in all areas of literacy and numeracy.
Fundraising Activities
Our friendship captains are organising a casual clothes day on **Thursday 1st September** to raise money to buy new buddy benches. The benches will be put in different places around the school, such as the eating garden and the front playground. If children would like to wear casual clothes on this day, they will need to bring a gold coin. My thanks go to our friendship captains - Gemma Tarshis and Luca Duffin for their organisation of this event.

**Mums’ Movie Night at Palace Cinemas -Dendy Brighton**

Pre-screening of Bad Moms! **Tonight Wednesday 10th August**
bubbles at 6:30pm. Movie starts at 7pm.
Book your tickets until 5pm (follow the link) [https://www.trybooking.com/LXWB](https://www.trybooking.com/LXWB) or you will be able to get tickets at the theatre.
You are officially invited to attend our 5/6 musical
SEUSSICAL the MUSICAL!
When?? August 22nd and 23rd 7pm
at the Kingston Arts Centre Cnr South rd and Nepean Hwy
Tickets through Trybooking! We are more than 70% booked so don’t miss out!
Traci and Mandy
https://www.trybooking.com/MGJ1
LIBRARY NEWS

In keeping with the Rio Olympics, our focus this week is **COUNTRIES**. If you are watching the games you may see competitors from countries you have never heard of and we may have just the book to give you some more information, so pop in and have a look.

THE READING HOUR

This national event is on again next Wednesday 16th August, suggested time 6-7pm but really whenever it suits your household. We hope that you can enjoy 10 minutes or more reading with your child and celebrate the joy that stories bring to our lives. Further information at [http://www.readinghour.org.au/](http://www.readinghour.org.au/)

OVERDUE LIBRARY BOOKS – THANK YOU

Dropping from about 170 to about 80 overdue books was fantastic but we would love to see the rest back very soon.

COMING EVENTS

Create Play Learn with Bayside Libraries including Minecraft, Coding, 3D technology & Reading with Ralf. All FREE.


The 100th anniversary of Roald Dahl’s birth in September.

[https://www.roalddahl.com/](https://www.roalddahl.com/)

Make sure you curl up with a good book somewhere warm this week.

Alison & Jennie

[![book icon](image)](image) [![book icon](image)](image)
Father's Day Family Night

Thursday 1st September 6:00–8:00pm

Join us for a great night of fun!

- Make a gift for dad
- D.I.Y. workshops
- Light refreshments
- Free gift wrapping
- FREE Sausage Sizzle
- Popcorn
- DIY Demos with Ryobi
- Woodwork & Craft
- Door Prize
- Jumping Castle
- AND LOTS MORE!!

Bookings recommended for more information or to book speak to a team member in store or go to www.bunnings.com.au and locate your nearest store.

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23–27 Nepean Hwy, MENTONE 3174
Ph: 9581-7100
mentonewhoo@bunnings.com.au

LOWEST PRICES ARE JUST THE BEGINNING...
Seeking volunteers for the Bayside Farmers Market

The next market is Saturday, 20th August 8am -1pm. $25 per person. 2x25 for one shift = $50. $100 for both shifts. Payment would go directly to Hampton Primary each month and will help us in our HPS fundraising efforts. While we know Saturdays tend to be busy particularly with sporting commitments, it would be awesome if any dads could spare a couple of hours before or after. Any queries to Jenny Fox on 0411 108 248 or fox3jenn@gmail.com or myself on 0415188985 jkwok@hamptonrotary.org.au
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Ginny is offering a 16-week, pre-departure Camino training program.
DOGS AT SCHOOL

A reminder to parents that if you bring your dog into the school yard it must remain leashed and under the supervision of an adult at all times.

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