The Resilience Project at Hampton
Last night approximately 150 parents and community members attended the session conducted by Martin Heppell from The Resilience Project. Martin’s engaging delivery was well received, and so was his message. The statistics relating to mental health for young people are alarming:

- 1 in 4 adolescents have a mental illness
- 65% of adolescents do not seek help for mental illness
- 1 in 7 primary school children have a mental illness
- 1 in 3 girls suffer from an anxiety disorder and 1 in 5 boys.

The Resilience Project aims to grow resilience by embedding the concepts of gratitude, empathy, kindness and mindfulness in children giving them a solid foundation on which to operate.

Essentially his message included the following key points:
Positive emotion builds cognitive capacity
- It broadens the attention span
- Increases the working memory
- Enhances verbal fluency
- Increases receptivity to information
- Increases creativity
- Increases engagement

Music, exercise and laughter can flip our moods
Gratitude needs to be practised
Mindfulness is about the moment
- having a smiling mind
- is free
- allows you to relax
- should be modelled with children

Kindness is sometimes undervalued and yet essential. We need to have our children experience oxytocin. Every time you do something kind for someone, your brain releases oxytocin and this leads to:
- increased self-esteem and confidence
- increased energy
- increased levels of happiness
- increased levels of positivity.
There was much laughter in the hall on Monday night and the session finished on a high with an old fashioned hug with those closest. Martin’s clarity of message, the receptivity from the audience to this message and the final hugs confirmed this session was powerful, relevant and necessary.

My thanks go to the community members who attended. We have every intention of offering another session later in the year.

**Safe Access to School**

Last night the School Council discussed the topic of safe access to school. The Parents’ Association, our council and the staff are all concerned about the potential for an accident to occur, particularly in the Kiss n’ Go area in Ludstone Street. We do find that some parents ignore the signage in this short term parking area and stay well in excess of the 2 minutes specified. The short term parking is intended to allow an efficient and safe drop off and collection of children at peak times. When pulling out from the parking area a small number of parents totally disregard the road rules and perform a u-turn. Given the traffic congestion combined with the large number of children either arriving or exiting from the school at drop off and pick up times this is very dangerous behaviour. I strongly encourage everyone to observe the road rules in this regard. Those who perform the unsafe u-turn are often in a hurry. I suggest considering one of the following to ease congestion, improve fitness and contribute to safe access to our school:

- consider leaving your car at home and walking to and from school
- if you do use the car, why not pick up some of your children’s friends and share the driving to and from school
- with over 700 children, 900 parents, 50 staff at Hampton, there is never a safe time to perform a u-turn in Ludstone Street
- consider parking further up Ludstone Street and walking down to the school entrance
- consider having your children ride their bicycles or scooters to and from school.

I am having conversations at the moment with Vic Roads about the possibility of having traffic lights installed at the Ludstone and Hampton Street intersection; if this eventuates it should result in improved safety for all local residents.

**NAPLAN results**

**National Assessment Program – Literacy and Numeracy (NAPLAN)**

NAPLAN tests assess student knowledge and skill in numeracy, reading, writing, spelling, punctuation and grammar. The results of the tests provide information for students, parents, teachers and principals about student achievement which can be used to inform teaching and learning programs. NAPLAN tests provide point-in-time information regarding student progress across Australia in literacy and numeracy and are intended to complement teacher judgment and the wide range of formal and informal testing programs that are already used in schools. As with all single assessments, NAPLAN test results are not intended to be used in isolation from other school-based assessment programs. At Hampton, we ensure that, along with whole-school planning for delivery of the AusVELS curriculum, a variety of assessment tasks is used to assess student learning. The NAPLAN tests were administered to students in Years 3 and 5 in May and the results arrived in the school today. These will be distributed to parents this week. A preliminary review of the aggregate data shows that our students have performed very well indeed, with our school results being well above the state and national benchmarks. Teachers will carefully analyse the NAPLAN data and compare the results both individually and collectively to previous NAPLAN results and other assessments utilised in the school.
Lost Property
We are strongly encouraging our children to look after and be responsible for their items of clothing that are removed at recesses and lunchtimes when playing. Some children are terrific in this regard and consistently pick up their clothing and lunchboxes when the music starts to signify the end of break. However a large number do not and simply walk off the oval or wherever they happen to be playing, either not thinking or expecting someone else to pick up their belongings. Our lost property cupboard is brimming with jackets, hats, lunch boxes and drink bottles many of which are unnamed. The class rostered on to collect the wheelie bins will also now collect any unclaimed clothing around the school and return this to the lost property area. We have a small team of volunteer mums who regularly sort, and return labelled items of clothing to the relevant children. I am most grateful for their support and time. However I encourage parents to have a chat with their children too regarding being responsible for their clothing and lunchboxes and bottles. We have tubs for each grade placed near where the children line up for boxes, bottles and clothing to be placed in, despite this we still have many left wherever the child played last.

Seussical the Musical will be performed on Monday 22 and Tuesday 23 August
This week, children in 5/6 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 the 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.

Reminder: Hampton Primary Working Bee: This Saturday August 20 from 3pm to 5pm
Community members are invited to support our working bee scheduled for Saturday 20 August 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.

Bayside Says No To Bullying – Youth Forum
Our very committed team of Year 5 Bully Stoppers, along with Michelle Kahui and John Painter participated in a full program of events at the annual youth forum at the Brighton Town Hall.

The forum was opened by the Mayor with the 2016 focus on ‘Building resilience in young people’. Along with other year 5 teams from Brighton, Brighton Beach, Sandringham, Sandringham East, Gardenvale and Beaumaris Primary Schools, students were challenged to think differently in terms of three key concepts: Gratitude, Empathy and Mindfulness. Workshops included: Yoga, Headspace, Tap Dancing, Mindfulness, Gratefulness, Play is the Way and Resilience 101.
The finale is always a feature with all students coming together in an African Drumming performance.

The next step in the process is for our team to develop ways to continue to share that message across the school. The team is also about to begin work on our project for this year which is to design posters that promote resilience particularly with our recent visit from Martin Heppell and The Resilience Project so look out for some eye catching messages in Term 4.

Assembly Performances
Well done to Josh Reed and Jules Lohan who confidently addressed the audience and introduced the various items at assembly.

Thanks go to FB, Yellow Gums who led the singing of the National Anthem at assembly yesterday. Our musical item featured the song “Oh the thinks you can think” from the musical Seussical with Kai Forbes and Dec Bakker performing solos and 5/6B, Casuarinas singing and dancing with a black and white theme in costuming. The soloists and the Casuarinas were well-rehearsed showcasing an impressive choreography resulting in a very enjoyable and confident performance.

Academic Excellence
Congratulations go to the following students who received an academic excellence award at assembly yesterday:
- Audrey Davis from 2A, Mountain Ash for demonstrating a commendable approach to her work, particularly in reading where her higher order thinking skills are evident
- Daniel Storey from 2A, Mountain Ash for displaying a confident and competent approach in all maths tasks and challenges and achieving excellent results in all areas of mathematics

Thank you to the IBM Corporation
Earlier this year Darryl Miles father of Blake in FD, Blue Gums and Holly in 2A, Mountain Ash put our school forward for a grant with the IBM Corporation. We heard this week that the Corporation has provided the school with a grant of $1,325. We are delighted and grateful to Darryl for his initiative in putting our name forward. My sincere thanks go to Darryl and the IBM Corporation. We plan to spend this money on a quality portable projector which no doubt will get plenty of use!

Learning another Language
We have been offering instruction in Mandarin for the last 18 months. We have had a positive uptake and interest in the Mandarin language and have been very pleased with the progress many children have made.
The benefits of Learning a Foreign Language are varied and include:

**Better Linguistics**
Exposing a child to a foreign language at an early age (as early as 3 years old) will result in much easier and better fluency than if they learn later in life. Children’s brains are developmentally ready to accept and learn a foreign language, and fluency comes fairly easily, rapidly, and without accent. Between ages 8 and 12, your child will lose the ability to hear and reproduce new sounds as they did when they were younger, making foreign language acquisition not impossible, but more difficult.

**Cognitive Benefits**
Research shows that language learning is more cognitive than linguistic. Here are just a few of the cognitive benefits to learning a foreign language:

- the concept of “object permanence” develops at a younger age
- better problem solving skills
- better critical thinking skills
- more creativity
- better flexibility of mind
- enhanced memory
- better multi-tasking abilities

**Higher Academic Achievement**
Learning a foreign language can also provide academic benefits. Bilingual children have been shown to have better critical thinking skills, problem solving skills, and greater mental flexibility. All these things result in better academic performance. Bilingual students have been shown to have higher numeracy skills and standardized test scores. Contrary to popular belief, not only does learning a foreign language not inhibit the child’s English language proficiency, it enhances and improves it!

**Cultural Enrichment**
Conscientious parent wants their children to be well-rounded, to have a love for learning and an appreciation for other cultures, and to grow up to be a successful, contributing member of society.

Learning a foreign language opens doors that would not otherwise be opened. Bilingual (or trilingual) individuals have access to resources, people, places, and things that the rest of us do not. Not only can a foreign language provide a competitive edge in the workforce, but it creates a deeper understanding of and appreciation for humanity and culture, which enriches one’s life and personal experiences in the world.

**Societal Contributions**
Want your child to change the world? All parents can relate to that. We have high hopes and dreams for our children – not only for our own pride in them, but for the betterment of society and the world at large.

**Mandarin News**
Foundation B Yellow Gums performed a Chinese number song at assembly yesterday. Learning the song helped the children memorise the pronunciation of numbers 1-10 in Mandarin. Students have been enjoying singing and speaking in Mandarin language along with other activities in LOTE class.
Fundraising
Last week 125 people attended the HPS Fundraiser Bad Moms’ movie at the Palace Cinema in Brighton. There was much merriment and laughter during the pre-movie drinks and in the theatre. My sincere thanks go to the members of the Fundraising Team for their efforts with the organisation for this event. The total profit was $1,325 which will go straight into our refurbishment of the toilets fund.

All parents are reminded about our Casino Royale night coming up on Saturday 27 August. See the details and the trybooking link below.

Sue Knight
Principal
Aerodance Open Registration Day for New Members

If you would like to be a part of a Fun Aerobic Family at a Highly Successful Club in Melbourne then come to our Open Registration Day.
Come in and see our athletes training and sign up to be a part of our Audition Process!!

**Date and Time:** Saturday September 3rd, 2016
Anytime between 9am - 2pm

**Venue**
Cheltenham Studio
352 Charman Road, Cheltenham
LIBRARY NEWS
Over the next 2 weeks we are celebrating Reading and Books. The Children’s Book Council of Australia Awards will be announced this Friday and Children’s Book Week is next week. These awards are now in their 70th year and with 400 books entered the judges will have a huge task deciding the best. Keep an eye out for these books in the coming weeks.

THE READING HOUR
This national event on Wednesday 16th August, suggested time 6-7pm but really whenever it suits your household, celebrates the importance of reading. We hope that you can enjoy 10 minutes or more reading with your child and celebrate the joy and educational benefits that stories bring to our lives. Further information at http://www.readinghour.org.au/

Out of a dog a book
inside of a dog it’s too dark to read.
- Dr. Seuss

The more that you read the more things you will know.
The more that you learn the more places you’ll go.
- Dr. Seuss

“The only thing you absolutely have to know is the location of the library.”
- Albert Einstein

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Milo In2Cricket (Boys & Girls Under 8) - We teach the skills to play this great game.

T20 Blast (Boys & Girls 8 – 10) - Opportunity to develop game sense in a fun, fast paced, semi-competitive environment. Run by Cricket Australia, games only take 1 ½ hours.

All Girls Cricket (Girls Under 13) – for the first time we are entering a team in the All-Girls Cricket Competition

Junior Cricket (U12, U14, U16 & U18) - An introduction to hard ball cricket. We focus on skill development, enjoyment and participation.

Senior Cricket (Six Sides) - We are looking for players of all ages and abilities. Sides entered in Saturday and Sunday competitions.
BASKETBALL

Prep Boys Wanted

(U9 Born 2009/10)

We are forming a basketball team of Hampton Primary boys to play in a competition beginning next term. The games will be played in Sandringham on either Tuesday or Friday nights and training will probably be on a Saturday morning.

Please call Mark Gumbleton (dad of Jenson in Prep B on 0421 024 686 or email mgumbleton@vicbar.com.au for further details.
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- Half board (breakfast & dinner daily) on Camino
- Daily luggage transfers with support vehicle
- 1 night post-walk in Santiago de Compostela
- All transfers & transport in Spain

MEET OUR 2017 CAMINO WALKING TOUR ESCORT, GINNY FISHER (SENIOR NURSE & TRIATHLETE)

Tour inclusion, at no extra cost to you:
Ginny is offering a 16-week, pre-departure Camino training program.
KISS AND GO
STAY WITH YOUR CAR
2 MINUTE LIMIT

All Parents please be aware of the Kiss and Go limits. The parking inspector regularly inspects the 2 minute pickup area and if you exit your car for any reason, even to open a boot you will be booked. The 2 minute zone is only for parents whose children are old enough to exit the school by themselves. If you need to enter the school to collect your child you must park in an appropriate parking place.

Hampton Primary will be actively enforcing this in conjunction with the Bayside City Council.

Missing scooter
Black Micro Scooter (2 wheel) went missing from the bike shed last Friday night.
If you have any information please call Jill on 0497 093 270
Thank you

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