The Problem

Mental health issues are having a significant impact on children and adolescents and on their future adult lives.

1 in 5 adolescents will experience a diagnosable mental health condition by age 21.

Research shows us that the contributors to problems in adolescence usually start well before adolescence.

What we are doing: We will be working with Kingston Council Youth Services in a joint wellbeing program for the next three years. The program focuses on working with our Grade 4, 5 and 6 students to collect data from them in relation to 40 self-reported strengths.

City of Kingston have partnered with Resilient Youth Australia to create this model that will shine a light on the state of child and adolescent wellbeing in Kingston by networking with as many primary and secondary schools as possible. Andrew Fuller, who leads Resilient Youth Australia, is a renowned Australian clinical child psychologist who has also worked closely with the Principals networks across Bayside and Kingston in the past few years. The partnership will build assets and address the incidence and risk of mental health issues in young people.
Why we are doing this: The health and wellbeing of our students is a major focus both at home and in school. We are fortunate to have Faye Ludik with us for 2 days a week as the school counsellor to assist children and parents where necessary. Additionally, staff at the school continue to build their skills in using restorative strategies to support student wellbeing. However, we consistently look for, and connect with, outside agencies to further support our families and their students in times of need. The local council plays a big role in many of the support agencies we deal with. The main purpose of this partnership is to provide relevant and targeted support to children and adolescents through programs that respond to their current needs. Prevention is the key, but prevention is very difficult because the council lacks local data and insight regarding how our youth are faring, where the gaps are.

By participating in the survey data collection program we will be contributing real evidence to the cause and helping the council to provide the right resources at the right times for youth in the future.

We would like all students in Grades 4-6 to participate in completing the online survey.

ALL DATA IS ANONYMOUS – NONE OF OUR STUDENTS CAN OR WILL BE IDENTIFIED

Next week students will bring a permission form home to be signed by parents to allow them to participate in the survey in the following week.

Please consider having your child participate, this is a very good cause and a terrific way for all of us to contribute toward making sure that local government funding is used based on its best needs into the future.

I have a copy of the questions children are asked in the survey that I will make available to any parent who would like to see them beforehand.

Excerpt from our Memorandum of Understanding (MOU) with the City of Kingston

City of Kingston (Council) Youth Services in partnership with Resilient Youth Australia have developed an innovative mental health wellbeing package that is being offered to all schools in the Kingston LGA. This package provides access to the Resilience Survey which focusses on positive youth development measuring and enhancing adolescent resilience. This survey undertakes cutting edge research and practice. It provides a rich source of data informing all involved on how young people are faring based on assessing 40 assets (self-reported strengths) within young people.

With mental health concerns on the rise in Australia, the City of Kingston (Council) Youth Services team is focussing on maximising the opportunities for young people to lead healthy and productive lives in order to minimise levels of youth depression and suicide.

Overall this Project aims to:
  - Collect, collate and analyse the self-reported strengths of Australian young people in terms of 40 developmental assets, the incidence of depressive disorders and hopefulness, and the relationship of these to key risk and protective factors;
  - Provide an accurate measure of the resilience and wellbeing of young people in Kingston schools;
  - Provide a sound basis for planning and implementing targeted resilience building initiatives; and

For more information on the Resilience Survey please visit: [www.resilientyouth.org.au](http://www.resilientyouth.org.au)

ART
Thank you to Mrs Corpe and Mrs Pullman for creating a beautiful display at Mordialloc College of our student’s wonderful artwork. Mordialloc College are holding their Annual School and Community Art Show on Friday October 17th from 6.30pm. Parents and families of Mentone Primary school are welcome to attend and view their students work and enjoy the work displayed from local primary schools and the college students. Wine and cheese is provided and there is a small family entry fee.
Have a wonderful week

Marcelle van Maanen
SPECIAL LUNCH DAY – PASTA
November 7th is Special Lunch Day! Please order via QkR or pick up an on order form in the foyer outside of the office. All orders must be in by 3rd November as no late orders will be taken. This term you will not receive a Special Lunch Day form.

Dates for Your Diary
Whole School Assembly in the Multi-Purpose Room every Friday at 2.50pm.
Families welcome.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Information</th>
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<tbody>
<tr>
<td>Thurs 16th &amp; Fri 17th October</td>
<td>Whole School Science Incursion</td>
<td>$5.50</td>
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<tr>
<td>Friday 17th October</td>
<td>Lapathon</td>
<td>Students to be sponsored for walking laps</td>
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<tr>
<td>Saturday 18th October</td>
<td>Movie Day (The Croods)</td>
<td>1:30pm Shirley Burke Theatre</td>
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<tr>
<td>Friday 24th October</td>
<td>Prep Assembly</td>
<td>9:15am Multi Purpose Room</td>
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<tr>
<td>Monday 27th October</td>
<td>Wood Magic Incursion</td>
<td>$10.00</td>
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<tr>
<td>Wednesday 29th October</td>
<td>Graduation &amp; 125th Photo Prep Transition</td>
<td>TBA</td>
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<tr>
<td>Friday 31st October</td>
<td>Curriculum Day</td>
<td>No students at school this day.</td>
</tr>
<tr>
<td>Tuesday 4th November</td>
<td>Melbourne Cup Day</td>
<td>No students at school this day.</td>
</tr>
<tr>
<td>Friday 7th November</td>
<td>Prep Transition Surfing Excursion Special Lunch Day</td>
<td>9:15am – 10:30am $56.00 Grade 5/6 Pasta – Order on QkR by 3rd November</td>
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<td>Wednesday 12th November</td>
<td>School Council Meeting</td>
<td>TBA</td>
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<tr>
<td>Thursday 13th November</td>
<td>Prep Transition Prep Information Night</td>
<td>2:30pm – 3:30pm 7pm – 8pm Library</td>
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<tr>
<td>Wednesday 19th November</td>
<td>Prep Transition</td>
<td>9:15am – 10:30am</td>
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<td>Friday 21st November</td>
<td>125th Bush Dance Celebration</td>
<td>TBA</td>
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<tr>
<td>Friday 28th November</td>
<td>Prep Assembly – Cinderella Book Fair</td>
<td>MPR TBA</td>
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<tr>
<td>Monday 1st December to Friday 5th December</td>
<td>Swimming</td>
<td>TBA</td>
</tr>
<tr>
<td>Monday 8th December to Friday 12th December</td>
<td>Swimming Special Lunch Day</td>
<td>TBA TBA</td>
</tr>
<tr>
<td>Wednesday 10th December</td>
<td>School Council</td>
<td>TBA</td>
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<tr>
<td>Friday 12th December</td>
<td>Celebration by Candlelight</td>
<td>TBA</td>
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<tr>
<td>Wednesday 17th December</td>
<td>Grade 6 Graduation evening</td>
<td>TBA</td>
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SUPPORT YOUR SCHOOL - MOVIE DAY FUNDRAISER

This Saturday - 1.30pm for 2.00pm start
Shirley Burke Theatre, Parkers Road, Parkdale

Only $8

You can now only pay on the door using QKR or with cash. QKR payments can only be paid at the venue when you have confirmed there are available seats.

Your children may have watched the movie The Croods before (may be many times) but never with their school friends at the newly renovated local theatre.

Watch this great movie with your kids or enjoy tea, coffee and freshly baked scones in the foyer.

Movie Snack Packs also available includes water/pop top, popcorn, freddo frog & chupa chup $6 each

FITNESS FUNDRAISER

Healthier than a Chocolate Drive!!

Look out for your 10 for 10 pass coming home with your child today.

Additional passes are available from the office should you require more than one.
Sustainability Club
Student Roles for 2015
Written applications are now open to all students currently in Grade 5 or 4.

The Sustainability Committee are now accepting written applications from students who would like to take on the positions of:
I see, I care Ambassadors, Energy Ambassadors or Coastal Ambassadors.
Applications must be in writing (template supplied), supported by your parents, addressed to the Sustainability Committee and handed into the office by the end of October.

Students applying must commit for the entire year and have the support of their parents. The Dolphin Research Institute (DRI) Ambassadors has four workshops during the year and requires a parent to accompany and drive students to the events. The Coastal Ambassador has one major presentation held at Phillip Island and requires a parent to drive and accompany students on the day. The Energy Ambassadors have no transport obligations.

The Dolphin Research Institute (DRI) Ambassadors. ‘i sea, i care’ (4 positions)
The “i sea, i care” is an award winning Victorian marine ambassador program with the goal of convincing Victorians that OUR marine treasures are too precious to lose. The ambassadors will have the opportunity to be peer educators, public speakers and help to promote how important our marine environment is to us all.
- Must be a strong swimmer (dolphin viewing and possible opportunity to swim with seals conditions permitting)
  Cost approx. $70
- Attend 4 workshops
- Have parent drive and accompany you to workshop (this can be shared with other parents)
- Make a commitment for the entire year.

More information can be found at: www.dolphinresearch.org.au/isic-main.php

The Energy Team. (8 positions)
The Energy team will be involved in a student lead Energy Audit at Mentone Primary School early in 2015 conducted by Planet Savers. Students will be very busy photographing and collecting appliance data, lux readings, temperature readings, and usage habits. From this we produce a comprehensive report. Students are then required to present the audit findings as a Power Point presentation to staff, parent committee and fellow students. Students are then responsible for setting a target, putting place behaviour change measures and monitoring the success. The students will assist and work with teachers to achieve an Energy star for Resource Aussi Vic. For more information see: www.resourcemsartschools.vic.gov.au/

The Coastal Ambassador Ambassadors. (4 positions)
- To increase student knowledge on current environmental issues.
- To develop student’s interpersonal and intrapersonal skills for increased involvement in leadership roles including communication, negotiation, team work and reflection.
- To empower young leaders to take environmental and community based action.
- Give a presentation based on a topic relating to environmental issues.

Name: ________________________________

Grade: ________________________________

Position: ________________________________

Application (Why you would like to take on this position)

Signature of Applicant: ________________________________

Signature of Parent: ________________________________
**Rubbish Free Lunches**
The youngest child in each family will come with a Nude food fridge magnet this week. Could you please place it on your fridge as it will act as a reminder of our Nude food initiative each Wednesday. Congratulations to grade 4F and 4G for having all children with rubbish free lunches – great job!!

**News from the Hub**
It is so lovely to be back in the Library! Thankyou so much to all the people who helped out last term. You all did an amazing job.
Next week is Children’s Week. To celebrate we will have some special activities happening at lunchtimes in and behind the Library. Balloons, bubbles and masks will all be featured. Encourage your children to pop in and have some fun!
To protect our books we ask that the students bring a Library Bag (or a clean plastic bag) to each Library lesson so the books don’t get damaged in transit. It would be wonderful if you could remind your child to pop one into their bag on their Library day.
The Young Adult Fiction section of the Library contains books which have mature concepts. Borrowing of these books is restricted to students who are recommended by their teachers as ready for them. Having a signed green form is not enough unless the teacher’s recommendation accompanies it. I hope you will understand our reasons for this restricted borrowing.
The countdown to the end of the year begins. At the beginning of last week we had 350 overdue books. We now have 220 which is an amazing improvement but also a huge number. This week all students who have overdue Library books will be issued with an overdue notice. If you receive one of these we ask you to do a big search and return any you can. Next week we will be sending out bills for books which have not been returned. Mr Chaplin and I did a quick calculation and estimated that at this stage approximately $5000 worth of books are currently overdue. Obviously the School cannot afford to replace these books. We need your help to reduce this amount.
Once again thanks to all for helping to make our Library the wonderful place it is.
Cath Beaumont
Curriculum Corner.

At Mentone we engage all students daily in literacy activities. You will have seen the bright and colourful CAFÉ signs that are prominently displayed in all classrooms and specialist areas. This whole school approach to reading provides us with a structure to develop proficient, independent and self-reflective readers.

Your children will be able to talk to you about what the letters in CAFÉ stand for. The C is for comprehension, the A for accuracy, F is for fluency and E is for expanding their vocabulary. Under each of these headings there are a range of reading strategies that your children will be working on, depending upon their needs.

CAFÉ is new to Mentone and we are very excited and encouraged by the response by both students, parents and staff.

Math Mind Benders

See if you can work out the answer to the Math Mind Bender question.

Place the numbers 1 to 6 into this puzzle so there is one of each number in every straight line of six triangles, and also in each outlined hexagon.

This question is from the Helix magazine published by the CSIRO.

Place this sheet with your answer in the Math Mind Bender box outside the Office by Thursday of next week. The winner will be drawn at Friday assembly next week.

Name: _______________________________
Grade: ______________________________
UNIFORM SHOP

School bags have arrived! For those of you who have been waiting to purchase a new school bag they are now in stock!

You can purchase a new bag at the uniform shop on Friday morning, place an order at the office, or by QKR.

Congratulations to Camille & Antoine Bernard who recently became Australian citizens.
DESTINATION HQ

Please support our local travel agent Destination HQ at their upcoming Kids Expo. A percentage of any travel bookings made by the Mentone Primary School community through the Thrift Park Office will be returned to the school at the end of the year. For more information about the Expo please speak to the Thrift Park office.

Holiday House, Rye

10% discount for MPS families

- Child & Pet friendly
- Sleeps 12+
- Enquire direct: Charmaine 0411 899 209
- Email: thesandilandscottage@yahoo.com.au

Genesis Fitness in Mentone offer the cheapest occasional care in the area

3 HOURS CHILDCARE

$18

You don’t have to be a gym member to use the Playzone Occasional Care

Qualified Professional Staff
Available for children aged 3 months to 5 years
9.00am - 12.00pm Monday - Friday
Register and Book Online at
Call 96847337 for further information

HOLIDAY HOUSE, RYE

10% discount for MPS families

- Child & Pet friendly
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- Enquire direct: Charmaine 0411 899 209
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