BUILDING RESILIENCE IN CHILDREN
On Monday evening Coburg North hosted a very worthwhile evening for our new prep parents and any other interested parents. All of those who attended came away with a lot to think about and perhaps some new approaches at home. The presenter Chris Daicos provided some reading for the parents and this can be accessed on the school website: http://www.coburg-north-ps.vic.edu

Below is one reflection from a prep dad for next year.

A Father Attendee's Response to Parenting Session with Chris Daicos:
"Chris Daicos speaks with the confidence and acuity of someone that truly knows their subject, situating a prep transition as a child's journey about who they are and what skills of resilience they need to make it work. Chris challenges a parent to nurture skills of resilience by providing a supportive caring environment, setting high but realistic expectations and ensuring child participation and involvement. I loved the idea of discovering answers together by workshopping my kid's thoughts and feelings rather than prescribing an answer from experience. I was inspired to replace my own acts of 'doing stuff to help' with challenging my child 'to do' so she could reap the esteem from various messy, clumsy ongoing successes of living. It reasserted the gravity and importance of my actions in life as potential modelled behaviour for my girl and I loved the humorous anecdotes of celebrating incremental milestones of better behaviour to build esteem in the process of behaviour change. I look forward to approaching my daughter's prep transition as a family and trying my darndest not to cry at the gate. Are dripping sunglasses ok Chris?"

Thanks again Daniel Reid
THE TYRE MAZE IS TAKING SHAPE

Last Sunday a small band of workers did some work on our tyre maze. The maze is now starting to take shape and will be completed in another couple of sessions. Thank you to Blair Hocking, Joe Dupuche, Darren Beasey and Gary Roberts.

REMINDER: NO LUNCH ORDERS DURING SWIMMING PROGRAM

LUNCH ORDER MENU CHANGE
Only MARGARITA PIZZA available until further notice.
BUNNINGS BBQ

Is there anything better than getting a sausage when you go to Bunnings?

CNPS have been lucky enough to land the bumper Bunnings BBQ date of Saturday the 14th of December at Coburg Bunnings. Pencil the date in your diary to come and cook a sausage, serve or just come down to buy a sausage.
Further details to follow soon.

RESPONSIBLE STUDENT AWARD

Week Ending: 15/11/13

<table>
<thead>
<tr>
<th>Student</th>
<th>Grade</th>
<th>Right/Responsibility</th>
<th>As demonstrated by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hannah B</td>
<td>1B</td>
<td>Personally Responsible - As much work as possible</td>
<td>Writing a great narrative about a flood.</td>
</tr>
</tbody>
</table>

ENROLMENTS PLANNING FOR 2014

We really need to confirm our expected enrolment for 2014 so if there are any families who have yet to confirm their child’s transfer to another school in 2014 (with the exception of children currently in year 6), then please make sure you do this urgently as we do need to confirm enrolments for our forward planning. You can send an email to coburg.north.ps@edumail.vic.gov.au or a note or phone the office directly on 93541660.

DID YOU KNOW?

Did you know that Standby Power is also known as Vampire power?
I guess that’s because it continues to suck power at night! Almost any product with an external power supply, remote control, continuous display (including an LED), or charging batteries will draw power continuously. Sometimes there is no obvious sign of continuous power consumption and you need a meter to be certain. Even some modern washing machines draw power when they are not turned on! Standby power is thought to be responsible for roughly 5-10% of residential electricity use. That means that if you turn things off at the power point you could save up to 10% on your electricity bill. It’s not always easy or safe to turn things off at the power point but you can buy power boards that have a remote switch or individual switches for different appliances easily from Bunnings, the enviroshop in Northcote or similar stores.

COBURG NORTH PRIMARY PRESCHOOL STORY TIME 2013

Every Thursday morning from 9:00am until 10:00am in the Community Room.
Come along and join in with stories, music, dance, play and craft activities. Meet other parents and children in your local area.
This session is free and is run by our prep teacher.
**Sports Report**

**Bat Tennis**  
On Friday the 15\textsuperscript{th} of November, the bat tennis team played against St. Oliver’s. Although it was raining, we all did really well and had a great day despite the weather.

<table>
<thead>
<tr>
<th>Girls</th>
<th>Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jasmine</td>
<td>8</td>
</tr>
<tr>
<td>Sayo</td>
<td>9</td>
</tr>
<tr>
<td>Ela and Sophie</td>
<td>9</td>
</tr>
<tr>
<td>Eartha and Abby</td>
<td>9</td>
</tr>
<tr>
<td>Reggae Yathrib</td>
<td>1</td>
</tr>
<tr>
<td>Amelia and Stefanie</td>
<td>2</td>
</tr>
</tbody>
</table>

**Total:**  
CNPS-38  
St. O-20

<table>
<thead>
<tr>
<th>Boys</th>
<th>Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ethan</td>
<td>9</td>
</tr>
<tr>
<td>Yuhang</td>
<td>9</td>
</tr>
<tr>
<td>Isaac and Anthony</td>
<td>9</td>
</tr>
<tr>
<td>Merched and Brown</td>
<td>9</td>
</tr>
<tr>
<td>Khaled and Ayache</td>
<td>9</td>
</tr>
<tr>
<td>Fionn and Adem</td>
<td>0</td>
</tr>
</tbody>
</table>

**Total:**  
CNPS -45  
St. O -27

It was really exciting watching Jasmine play a tie breaker so well. Good Job! Everyone put in an amazing effort, especially Abby, who has improved 100%. Well Done!

Sophie

**Softball**  
On Friday, the 15\textsuperscript{th} of November, Coburg North Primary School played against St Oliver’s Primary School. Whilst both teams played well, there could only be one winner. The victor was St Oliver’s Primary School, 5 runs to 12.

It was great to see Nicholas hit the ball so far and Leslie was a great pitcher. Everyone in the Softball team had a great time.

The team had a great time, even though it was a little chilly.

Oscar S

**Volleyball**  
On the 15/11/13 we played mixed Volleyball against St Oliver’s. It was an intense and enjoyable game and there were no bad sports. We all had a great time playing against St Oliver’s. There were great catches and serves. The grade 3’s played really well.

We had three sets, the first set was 16/25 we won, the second set was 14/25 we lost and the last set was 13/25 we lost.

Unfortunately we lost but we had an intense game and it was really fun. They had two teams one for the girls and one for the boys. The match was really challenging and extremely exciting. I would like to thank Mr.P for coaching us.

By Ahmad
DIARY DATES 2013

<table>
<thead>
<tr>
<th>November</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>Rd 10 Interschool Sport</td>
</tr>
<tr>
<td></td>
<td>2014 Prep Transition -Week 2</td>
</tr>
<tr>
<td>23</td>
<td>Coburg North Farmer’s Market – Grade 5/6A</td>
</tr>
<tr>
<td>25-28</td>
<td>Week 2 Swimming Program</td>
</tr>
<tr>
<td>28</td>
<td>School Council Meeting 6.30pm</td>
</tr>
<tr>
<td>29</td>
<td>2014 Prep Transition -Week 3</td>
</tr>
<tr>
<td>December</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>2014 Prep Transition -Week 4</td>
</tr>
<tr>
<td>11</td>
<td>Carols Night</td>
</tr>
<tr>
<td>14</td>
<td>Coburg North Farmer’s Market – Grade 5/6A</td>
</tr>
<tr>
<td></td>
<td>Bunnings BBQ</td>
</tr>
<tr>
<td>18</td>
<td>Grade 6 Graduation</td>
</tr>
<tr>
<td>20</td>
<td>Last day of term 4 1:30 dismissal</td>
</tr>
<tr>
<td>22 SUNDAY</td>
<td>EXTRA COBURG FARMERS MARKET</td>
</tr>
</tbody>
</table>

What’s on at Moreland City Libraries
December 2013 - January 2014

Swim in a sea of books
Celebrate Summer with Moreland City Libraries’ Summer Reading Fest. Collect a reading record from your local Moreland Library and read 5 books for your chance to win or write a short review. Each entry receives a giveaway and goes into the major prize draw. You could win iTunes cards, movie passes, book vouchers and more! The more you read, the more chances you have to win!

School holiday activities
Holiday activities will take place around Moreland City Libraries in January. Check your local library from the 16th of December for details of activities and book your place. All activities are free of charge, are suitable for school children only and bookings are essential.

Free online stories and games
Did you know you can access online websites for children that are fun and educational via the Moreland library website? Take a look at next time you go online. Click on For children on the library home page, and follow the links to:
Tumblebooks            Ziptales            Busy Things            The Big Bus

November 22
Rd 10 Interschool Sport
2014 Prep Transition -Week 2

November 23
Coburg North Farmer’s Market – Grade 5/6A

November 25-28
Week 2 Swimming Program

November 28
School Council Meeting 6.30pm

November 29
2014 Prep Transition -Week 3

December 6
2014 Prep Transition -Week 4

December 11
Carols Night

December 14
Coburg North Farmer’s Market – Grade 5/6A
Bunnings BBQ

December 18
Grade 6 Graduation

December 20
Last day of term 4 1:30 dismissal

December 22 SUNDAY
EXTRA COBURG FARMERS MARKET

22/11/2013
MISSING CAT
Grey Cornish Rex

Can you please check your back yard in case she is injured. Thank you.

MISSING Grey Cat “KIMMIE” – Pls phone 0400 578 045
Owner is grieving.
Carols by the Lake

Saturday 7 December 2013
6 pm to 10 pm
Coburg Lake Reserve, Murray Road, Coburg

Come and join us for this FREE community concert featuring entertainment and activities for the whole family.

For more information please visit www.moreland.vic.gov.au or contact council on 9240 1111.