School Concert
What a fantastic night we all had at Cinderella. The students were amazing and, after a busy day, they all still managed to perform at their very best. I would like to thank all the parents, teachers and friends who helped to make this such a wonderful evening for our students. Also, a special thanks to Caitlyn Allan and Rebecca Slaven for all the extra hours they put in to make this such a successful performance.

Geelong Cup Day
Please note that we have been informed by the regional office that all Geelong and District schools are to take the Geelong Cup Day, Wednesday 21st October as a public holiday in lieu of Melbourne Cup Day.

Cyber Bullying
The heart-breaking suicide of a teenage girl in one of our local secondary schools has again placed the issue of bullying and particularly cyber-bullying at the forefront of our thinking. The issue is both complex and highly emotional and in this case, resulted in every parent's nightmare.

Like the traditional definition, cyber bullying usually involves systematic communication over a period of time. A one-off communication would not usually be considered cyber bullying; an exception would be messages containing death threats or an indication of serious intended harm.

The unseen consequences of cyber bullying is that because the intimidation or bullying action is delivered via the written word then the target can read and therefore be affected by the same words again and again. Bullying at any time is unacceptable and in this technology enriched time, it seems that bullying others electronically is even more harmful to the wellbeing of our children.

DURING adolescence children face many challenges. One of the most valuable skills children can learn is resilience. When faced with challenges or stressors, resilient teenagers will more easily bounce back with confidence. While some teens cope with ease, others find it more difficult to manage their emotions in a healthy way.

The good news is that resilience is a state of mind that can be developed and nurtured. Resilient thoughts, actions and behaviours can help protect teens against depression and suicide. Tessa Calder
Community News

See notice board for more details

- **Yoga classes** with Jannie Kemp in Highton/Belmont. Days & evenings. Mon-Thurs. PH: 52613592
- **Geelong Junior Baseball** - New RALLY CAP program Fri Aug 21st– Oct 23. 5.00-6.15 PM players aged 5–9 Registration Aug 14th. Geelong baseball centre Waurn Ponds. Ph Larry 0409921700

Netball News.

Last week Highton Emeralds had a good win in a game that was played in great spirit. Highlight of the game was seeing experienced players in our team helping the newer girls in our team. Welcome to Matilda Ward, you played a great first game.

This weeks game is at 5.20 P.M.

Green Club

We are on the look out for small terracotta pots, if anyone can help please contact Leesa Herrera on 0407353896 or leave your details at the office.

Student Banking

Don’t forget to bring your bank books every Wednesday to hand to your class teacher or to the office before 9 AM on Thursdays. Any student who would like to open a new account please pick up forms from the office.

Recipe Book

Yum. Yum. Yum. We are still waiting on recipes from many families. Remember to get those recipes submitted. It may be your child's favourite meal, dessert, cake, snack or maybe it’s your speciality, something you get asked to bring along to all the get togethers. You may hand in a paper copy to the office but the preferred method is to receive them via email. The school email address is highton.ps@edumail.vic.gov.au

We would like every child in the school to have their name and recipe in the book, so get them to us as soon as possible (July 31st is the final day for submissions). It will be a great book filled with tried and tested family favourites, so earmark one as gifts for family, friends and neighbours.

For your Calendar

<table>
<thead>
<tr>
<th>JULY</th>
<th>AUGUST</th>
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<tbody>
<tr>
<td>Friday 31st.</td>
<td>Active after school commences</td>
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<td>Last day for recipes to be submitted</td>
<td>Monday - 3rd August - 14th September</td>
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<td>Tuesday - 4th August - 15th September</td>
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<td>Friday 7th House Athletics</td>
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<td>CANTEEN ROSTER</td>
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<td>Week commencing 3rd August</td>
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<td>Kelly Cevikkan 9 - 11.30</td>
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<td>SICKBAY ROSTER</td>
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<td></td>
<td>Week commencing 3rd August</td>
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<td>Kylie Gliszczynski</td>
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The **Active After-school Communities Program** is an Australian Government funded initiative encouraging a healthy and active lifestyle for your children. The program runs for 7 weeks each term and is **FREE!!** The students will be provided with a healthy afternoon snack as part of the program.

The program for term 3 is as follows:

**Monday - Hockey**
**3rd August - 14th September**
Hockey Geelong will present these sessions.

**Tuesday - Multi sports**
**4th August - 15th September**
Tim Quilliam will present sessions that will focus on fitness through games and various activities and may include some martial arts to music sessions.

All children who have put their names down for the program have got a place.

**Should you need to take your child home instead of participating in a session please let me know on your way out of the school grounds so we are not searching for your child.** We meet in the art room courtyard or in the hall on wet days.

See you next week.

Thanks… Carolyn Hall  
AASC Co-ordinator

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**Concert**

- We would love your feedback about our school concert. Please fill in the evaluation form attached to today’s newsletter and send it back to school with your child.
- Concert DVD’s are available to order before Friday 31st July (this Friday), please see Lyn or Gaylene in the office - cost is $25 per DVD and is to be paid at time of ordering.

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**Dads Day**

Monday 3rd August. 9.00AM in the staffroom another Father’s Day meeting will be held. Come along and share your ideas again. All suggestions welcome.

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**Student Awards**

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<td>JRH</td>
<td>Fletcher Bateup</td>
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<td>JRL</td>
<td>Maddy Doyle</td>
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<td>JRP</td>
<td>Brianna Smith</td>
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<td>MDA</td>
<td>Azmi Mohammed</td>
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<td>MDJ</td>
<td>James Jirik, Ellyse Watson</td>
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<tr>
<td>PRC</td>
<td>Rebekah Orpwood, Alison Peters</td>
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<tr>
<td>PRD</td>
<td>Bailey Goodhand</td>
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<tr>
<td>SNG</td>
<td>Jake Timpany</td>
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<td>SNS</td>
<td>Claudia Pecchiari</td>
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The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

To be eligible for receipt of the EMA you must:
- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the *State Concessions Act 2004* or be a Veterans Affairs (TPI) pensioner or be a foster parent.

Consequently parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at the first day of Term 1 (*28 January 2009* which is the first day for teaching staff) and Term 3 (*13 July 2009*).

The EMA application must be submitted to the school by *7 August 2009* for the second instalment.

The EMA provides an annual amount of **$221** for primary students and **$443** for secondary students and is paid in two instalments. This amount is split evenly between the parents/guardians and the school.

*Parents with continuing eligibility, who are paid the first instalment of 2009 through this school will not be required to complete a new application for the second instalment. Parents who transfer children to another school after 27 February 2009 and prior to or on 7 August 2009, must reapply at the new school for the second instalment.*

EMA application forms are available from the school office.

**Lost at Concert**

A silver metal headband with diamantes was lost at the Tuesday night school concert. It is sadly missed as it was a loved birthday gift. If found please return to Milly Ward in JNL.