Our school will implement the Child Safe Standards to ensure the safety and wellbeing of all students at the school and promote an organisational culture that manages the risk of child abuse and neglect.

Student of the Week
Monday 24th October

PM—Teancum P.—For always completing his best work.

1/2S—Kenneth R.—For extra efforts in his maths.

1/2H—Charlee B.—For being a very helpful student to others.

1/2B—Maylani V.—For excellent writing about her busy weekend.

3/4B—Nyamal M.—For working hard at all tasks.

3/4H—Lachlan S.—For being so brave and resilient with a broken arm.

4/5W—Sam K.—For being a driven and motivated student.

5/6S—Kayla D.—For some excellent leadership in Getting Along.

5/6O—Joshua V.—For some great ROK reading.

Coming Events

Term 4 2016
Tue. 1/11
Fri. 4/11
Thur. 10/11
Fri. 11/11
Mon. 14/11—Fri. 18/11
Fri. 18/11
Mon. 21/11-25/11
Fri. 25/11
Mon. 28/11
Fri. 2/12
Tue. 6/12
Thur. 8/12
Fri. 9/12
Tue. 13/12
Wed. 14/12
Mon. 19/12
Tue. 20/12

Melbourne Cup Holiday
School Start 1
School Council 7pm
Remembrance Day
School Start 2
Swimming Grades P-2
School Start 3
Swimming Grades 3-6
School Start 4
Prep Information Session
Pupils Free Day
FEPS/Doreen PS Concert
Year 6 Orientation Day
School Council 7pm
Year 6 Graduation
Parent Helper’s Morning
Tea
Carols Night
Whole School Bowling
Final Assembly 9am
End Of Term Lunch
Students dismissed 2:30pm

BOOK CLUB

Book Club Forms are due back on
FRIDAY 21ST OCTOBER

Are you leaving Frankston East Primary School at the end of 2016?

NAME: …………………………………………………………………………………………………………………………….   GRADE: ………………….

PARENT SIGNATURE: ……………………………………………………………………………………………………….

Please let the office know by returning this slip. Thank you
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**Happy Birthday**

- Oct. 20th  
  Kane S.  
  1/2B  
- Oct. 23rd  
  Sam K.  
  4/5W

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**Student Attendance last week**

- Percentage of students at school: 93.5%
- Percentage of students on time: 91.9%

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**CAFÉ KINSHIP**

Our “CAFÉ KINSHIP” still continues to grow with many now participating. We provide a vital link for Kincarers in the community.

We meet on the 1st Wednesday and 3rd Wednesday of each month and share our experiences over a cuppa and refreshments.

9:30am—12:00pm.
2 Logan Street, Frankston.

For Kinship Carers who may be interested in participating you can contact Jenny Cheshire on 0424 717 770 for more information.

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**Go for 2 and 5!**

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat 2 serves of fruit and 5 serves of vegetables every day (a serve is roughly a handful of fruit or veg). Here are some handy tips for getting more fruit and veg into your day:

- Add leftover veggie to an omelette for a healthy and filling breakfast.
- Bananas, strawberries or lidded fruits can be blended along with milk, yoghurt or juice for a delicious fruit smoothie.
- English muffins topped with diced veggie and cheese can be turned into a quick mini pizza; a great idea for the lunchbox!
- Have low fat dips with carrot and celery sticks instead of crackers.
- Add lots of veggie to stir-fry, casseroles and curries.
- Beans or lentils taste great when added into soups.
- Chop different fruits and mix them with natural yoghurt for a sweet and healthy dessert.

More great ideas can be found at [www.gp4x2and5.com.au](http://www.gp4x2and5.com.au).

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**Uniform Shop Operating Hours**

The operating hours are:

- **TUESDAY** – 3:15pm – 3:45am
- **FRIDAY** – 8:45 – 9:15am and 3:15 – 3:45pm

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Have you had your 2 & 5 today?

It’s easier than you think!
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