

CALENDAR

2018	
Fri 16 Feb	Assembly 2.50pm
Mon 19 Feb	Brainstorm Productions Event (no cost)
Fri 23 Feb	Assembly 2.50pm
Thurs 1 March	Curriculum Day
Thurs 1 March	CPR Training for Parents 7pm-8.30pm
Fri 2 March	Assembly 2.50pm
Fri 9 March	Assembly 2.50pm
Mon 12 March	Labour Day Public Holiday
Fri 16 March	Assembly 2.50pm
Thurs 22 March	Family Night
Thurs 22 March	School Photos
Fri 23 March	Assembly 2.50pm
Thurs 29 March	Last Day of Term (2.30pm dismissal)
Mon 21 May	Curriculum Day
Mon 5 Nov	Curriculum Day

School Captains



Congratulations to our School Captains; Mason, Malak, Kathryn and Don Clarke. These students will have a number of responsibilities as part of their leadership role, one of which will be to run aspects of our weekly school assembly.

Class Captains will be presented with their badges at assembly this week. In addition to school and class captains a number of leadership roles are offered to students in year six. These will be organised in the coming weeks.

CPR Training for Parents – Thursday 1st March



We already have over ten parents booked in for CPR training on Thursday 1st March. To book phone 9338 6083.

Time - 7.00pm to 8.30pm

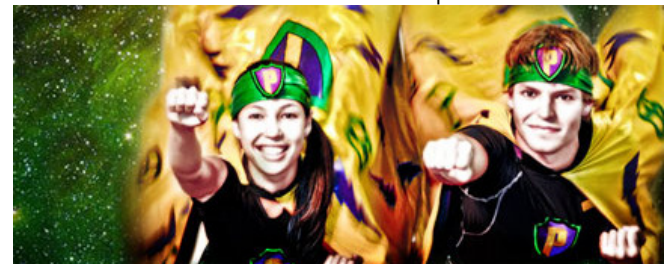
Cost - Free (the school is providing this at no cost to parents)

We will be providing child-minding on the night to assist your attendance. This will be in the form of a movie which will be shown in a room close to where the CPR training is being held (the exact location will be decided once we know numbers attending).

Brainstorm Productions – The Protectors

All students will have the opportunity to watch a live theatre performance on Monday 19th February at school. This extra curricular activity supports our personal development program and as such the school will be covering costs.

The performance features The Protectors and provides students with important life lessons including resilience, perseverance and how to manage adversity, especially when dealing with bullying. Using research-based strategies, The Protectors and their 'Protector Tools' will help students learn how to handle bullies and understand how they can intervene safely to support children who are being bullied. Students will come to appreciate that all people deserve to be treated with kindness and respect.



Our School Values

As part of the start of year program, students have been studying our school values. These values form the basis of our approach to behaviour – when we all follow the values we can all feel safe and learn.

<p>Safety</p> <ul style="list-style-type: none"> Refraining from any sort of abuse or bullying (physical, verbal, cyber) Obedying all reasonable staff instructions Using equipment carefully Thinking before acting 	<p>Responsibility</p> <ul style="list-style-type: none"> Accepting the consequences for actions Doing what you say you will Making good choices Taking action to help others
<p>Cooperation</p> <ul style="list-style-type: none"> Sharing and taking turns Solving problems peacefully Including others Being helpful 	<p>Honesty</p> <ul style="list-style-type: none"> Telling the truth Following the rules of games Doing the right thing when no-one is watching Being yourself respectfully
<p>Respect</p> <ul style="list-style-type: none"> Using manners Considering the rights of others Treating all people fairly Looking after the environment 	<p>Learning</p> <ul style="list-style-type: none"> Listening carefully Asking questions Giving 100% Making mistakes

These values are part of our Student Engagement, Wellbeing and Inclusion Policy. This policy was updated by the School Council Policy Committee last year and will be ratified at the next meeting. A copy of the full policy is available on the school website.

Please continue to reinforce these values with your child/ren at home. Often characters in picture story books demonstrate these values and this can be a great way to remind younger children of the values.

Professional Practice Days for Teachers

One of the most important things we can do to improve student outcomes is to develop and improve the skills of our teachers. As part of the Education State initiative the Victorian Government has committed to providing all teachers with four professional development days during which teachers will focus on school priorities.

These days are in addition to the four curriculum days each year, however on these four days your child will attend school. A replacement teacher will take your child's class for the day and will follow the plan left by the classroom teacher.

Change can be difficult, however it is important that children learn to work with different adults when at school. Teachers of children with specific needs will make plans to make this change as comfortable as possible.

The focus for teachers this term will be on the assessment of individual students and the development of individual learning plans. As this is the first year the school has provided an individual plan for every child our aim is to have these sent home by the end of term one.

Making a Sensational Start to the Year – Michael Grose

Child Psychologist, Michael Grose has this advice to start the school year -

1. Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Children spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help children start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day. Consider taking a leaf out of the book of a friend of mine who gets her children to make their beds each morning which sets the tone for a productive day ahead.

3. Establish work & study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

4. Make sure your child gets enough sleep

I encourage you to make this a big focus as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help children get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Get your children outside more for good physical and mental health

Children today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for children of all ages. Encourage children to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's green time and decreasing screen time for good physical and mental health.

6. Focus on being friendly

Schools are very social places requiring children to negotiate many different social situations each day. Encourage children to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some children close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Also use visual parenting techniques (outlined in [Spoonfed Generation](#)) to aid organisation and encourage independence. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how children perform at school. At the start of the school year children are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you'll find that the rest may well fall into place.

Lost Property

We have a large number of jumpers in the lost property cupboard. If you are missing a jumper or two or perhaps more, please visit the cupboard which is located at the entrance to the Art/Science room.



Reminders



△ Children are not permitted to use the playground equipment before and after school.

△ External classroom doors are to be used when dropping off or collecting children from school.

△ The staff car park is not to be used by parents outside the hours indicated on the sign at the entrance. Please contact Miss Morcom if you have a specific reason to need access to this area. One temporary exemption permit has been given to a parent for medical reasons. We are not trying to be difficult about this, but rather ensuring the safety of all children.