



PRINCIPAL'S NOTES

Recently I read about different parenting styles; after trying to establish my own particular style I then thought that this information could make interesting reading for you.

This one particular style came to mind when watching children coming into school in the mornings. The article is by Michael Grose and may raise some questions:

Are you a Helicopter Parent?

The face of parenting is changing. Too many parents hover around their kids not giving them the space to grow up or grow away from them. Fear is a factor that drives the move toward this constant hovering.

This new breed dubbed 'helicopter parents' have forgotten that their job is to make themselves redundant as soon as possible. Not redundant in an emotional sense but in terms of practical independence.

These 'helicopter parents' generally over-parent; bubble-wrapping their children in parental concern. And it's not healthy for children. They need to be able to grow up free from having to please their parents, free to make their own mistakes and free to feel discomfort. We learn so much from our mistakes and some of life's disappointments. The stronger the wind the stronger the trees has some currency here.

Parent-as-coach is the answer

Rather than be a helicopter parent, help children cope with difficulties and challenges by viewing your role as that of a coach.

Help children overcome difficulties that they encounter:

1. **Reframe the difficulty as a challenge rather than a problem.** Even use the term challenge when speaking about the issue. "Going to school camp can be a challenge but I think you have what it takes to get through it." Kids take their cues about how they view the world and events primarily from parents so if you see problems everywhere then it would take an innately optimistic child to see them over-wise. Your attitude is catching!

2. **Encourage by showing confidence in children's abilities to overcome difficulties that they meet.** If you think that a child can't do something then you are probably correct. Children generally meet their parents' expectations whether they are positive or negative. Parents also need to keep children's confidence up when they experience difficulty.
3. **Teach children the skills and mechanisms to cope with their difficulties.** Talk them through challenging situations and give them ideas to help them cope. You may even rehearse some skills or the language that they may need in certain circumstances.
4. **Give your child the opportunity to deal with the problem in their own way.** Don't keep checking up on them. For instance, one parent who was unsure if her son could cope with being away on a three day camp found excuses to visit her child twice. The sub-text to this type of monitoring is that she didn't think her child could cope.
5. **Praise them for their success (or partial success) in getting through the difficult circumstances.** It may also be useful to deconstruct the event with older children. "What did you do to help you get over your fears when you spoke in front of the school?"

All great advice!

Our first **School Council** meeting is next Monday at 7.00pm in the staff room. Elections for the coming two year period will be held in coming weeks, so if you are at all interested, come along and get a feel for what happens at the meetings. All meetings are open for all parents. If you are considering putting forward a nomination to join our council, this is the perfect opportunity to find out more.

Helen Miller
Principal

DIARY DATES

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|---------------------------|--|
| 11 th February | TONIGHT - Camp Meeting in the Library 6:00pm |
| 12 th February | No School for Prep students |
| 14 th February | Camp Money must be paid in full Book Club Orders and Money Due Assembly will be held at approx.. 3.00pm <i>Depending on the weather, under the COLA or in the multi-purpose room.</i> |
| 17 th February | Parent / Teacher Interview slips to be Returned to your child's class teacher School Council meeting – 7:00pm |
| 18 th February | Swimming – Groups 5/6/8/9/10/11 |
| 19 th February | No School for Prep students Ride2School Day Family Evening 5:30 – 7:30pm |
| 21 st February | Parent Helpers Meeting 9:10am in the Staffroom |
| 25 th February | Swimming – Groups 5/6/8/9/10/11 |
| 26 th February | No School for Prep students Camp Doxa commences |
| 28 th February | Camp Doxa students return |
| 4 th March | Swimming – Groups 5/6/8/9/10/11 |
| 5 th March | Parent / Teacher Interviews 2:00pm – 6:30pm |
| 10 th March | Labour Day Public Holiday |
| 11 th March | Swimming – Groups 5/6/8/9/10/11 |
| 17 th March | Athletics at Meadowglen for senior students |
| 18 th March | Swimming – Groups 5/6/8/9/10/11 |
| 19 th March | Ride2School Day |
| 25 th March | Swimming – Groups 5/6/8/9/10/11 |
| 4 th April | Last day of Term 1 |

FAMILY EVENING WEDNESDAY 19TH FEBRUARY 5:30pm – 7:30pm

As you can see on our Diary Dates, our annual family evening is on the 19th February – which is only one week away! We have this event so our school community can enjoy time together; current and new families can meet in a casual and social atmosphere. We have decided 5:30pm til 7:30pm is most suitable and suggest you bring your own food and drinks, but it is not compulsory. In recent years many of our families have brought along food that represents their cultural backgrounds to share. This has been very successful, and we would encourage you to do this again.

However we will also have a barbecue; Supercook Franzone will be on the job again providing free traditional sausages. There will also be Halal sausages and a vegetarian option too.



This event will be held under the COLA which is an ideal venue on a summer evening.

Weather permitting we will have a Jumping Castle for which a modest charge of \$1.00 will apply. We hope to see you all at school, so put it in your diary if it isn't already there!



BIRTHDAY GREETINGS

“Happy Birthday” to



Reece H., Kaleb, Lavinia, Angelica and Shantara

who are all celebrating their birthdays this week.

STUDENT OF THE WEEK AWARDS

Congratulations to the following children who were presented with Student of the Week Awards on Friday at assembly:

Carlotta, Mustafa, Jasmine S., Eve, Casey, Leila, Bridgette, Irene, Jake P., Ali A. N., Laila, Alex, Matilda, Aqeel, Alishba, Amy M., Jordan, Sweeney, Zafirah, Isobel B., Kholod, Ruby, Shaeleigh, Brandon, Preeti, Gurkirat, Lama, Dewmi, William H., Maria P., Hillary, Matthew Y., Kael and Anastasia.



The **You Can Do It Award** was presented to **Group 4**

For demonstrating excellent getting along skills all week to create a happy and safe classroom!

CAMP DOXA

11th February Camp Meeting in the Library at 6:00pm TONIGHT

14th February Payment must be finalised for camp

The camp meeting is being held tonight at 6:00pm in the Library – please use the Duffy Street main office entrance. Clothing lists will be handed out and if you have any queries the teachers attending camp will be able to assist you.

Please make sure the Medical form (yellow) and Camp Doxa Permission notes are returned.

Thank you.

RIDE/WALK/SCOOT/SKATE 2SCHOOL

An active school is a healthy school

Wednesday 19 March 2014 marks the eighth National Ride2School Day, where over 250,000 Australian students, just like yours, will ride, walk, scoot or skate to school, many for the first time.

National Ride2School Day is about celebrating active travel within the school day and encouraging those who haven't started to give it a go.

We will be doing a Hands Up survey at school to see how many children arrive at school on that day either Riding/Walking/Scooting/Skating!! Even if they walk part of the way to school.



PARENT HELPERS MEETING

The teachers would like to invite parent helpers into their rooms for classroom assistance. **There will be an Information session on Friday the 21st of February at 9:10am in the Staffroom.** Parents must attend this meeting before classroom assistance can commence. If you wish to help but cannot attend this meeting please contact me at the office.

**Thank you,
Connie Williams**

IMPORTANT INFORMATION

- The school yard is supervised from 8:45am before school and until 3:45pm after school. It is important that children do not arrive at school before 8:30am.
- If you are using our Before or After School Care program please remember to book your child/children in or inform us of cancellations. Fees will apply if care is cancelled after 3:00pm on a booked day. Bookings are essential as there is a limit for this facility.
- 3:30pm can be a very busy time in the yard. Please wait outside the buildings and away from the steps and stairs so the children can exit the buildings safely.
- If a child is required to go home during school hours (doctor, dentist, etc.) please come to the office and we will then call your child to the office and complete the details in our early departures journal.
- Each morning the gates are locked at 9:05am and are opened again at 3:15pm. All entry between these times must be through the main office in Duffy Street.
- Teachers and students are already starting to establish working routines within their classrooms, please ensure your child/children are at school by 9:00am ready to start the day. If children arrive at school late they must report to the office and complete details in the Late Arrivals book.
- Hot Day Policy – On very hot days all children will be kept inside.
- As part of our Sunsmart Policy all students are required to wear either a Legionnaires hat or a Slouch hat when outside during Term One and Term Four.

EDUCATION MAINTENANCE ALLOWANCE

If you have not already lodged a claim for the Education Maintenance Allowance please bring your Healthcare card or Pension card to the office. Most families would have already applied when you were given your children's books. **Applications close on the 28th of February 2014.**

FREE FRUIT FRIDAYS

Just a reminder that **Fruit Friday** has commenced. Children will be given a **free** piece of fruit each Friday for their **morning snack**. Children can bring an extra piece of fruit if they wish to eat it as well, but no other food can be eaten at this time! We will announce what fruit we are



having on Thursday afternoons. Parents are always welcome to come and help prepare and distribute the fruit.

SCHOLASTIC BOOK CLUB

Scholastic Book Club pamphlets were recently sent home with your children. If you wish to purchase any of the items in the pamphlets please complete the order form and return to school with the money to their class teacher. All orders and money must be returned to school by Friday the 14th of February 2014.

Scholastic pamphlets are given out twice a term. Once the orders arrive at school they will be distributed to the students.

SUBWAY LUNCH ORDERS

Subway lunch orders are available every Friday. Please complete the attached order form and return to your child's classroom with the money in an envelope. Orders must be at school by Thursday morning. If you have any queries please contact the office.

UNIFORMS

Some of our Uniform orders have arrived! We now have plenty of T-Shirts, Polo Shirts, Dresses and Shorts in stock. We are still awaiting an order for Windcheaters though. If you wish to purchase any uniforms please call at the office between 8:30am – 9:30am. Thank You.

FREE BIKE CONFIDENCE COURSES FOR DAREBIN PARENTS

City of Darebin is offering free bike confidence training

sessions in Term 1 for parents of primary school aged children in an effort to encourage families to ride together more. Our first round of training sessions for parents ran in November 2013. All six sessions booked out and feedback from participants was overwhelmingly positive.

Classes commence on:

Saturday 22nd February 9:30am – 12pm OR 1:00-3:30pm
Bell Primary, Preston

Sunday 23rd February 9:30am – 12pm OR 1:00 – 3:30pm
Preston West Primary

Sunday 2nd March 9:30am – 12pm OR 1:00 – 3:30pm

Preston West Primary

For bookings contact

stephanie.preston@darebin.vic.gov.au or 8470 8506

Note: You will need to bring your own bike along. All participants receive a quality D-lock.

www.darebin.vic.gov.au/cyclingtoschool

2014 PREPS



SUBWAY LUNCH ORDERS 2014

Subway lunches are on **FRIDAYS ONLY** - orders are collected on **THURSDAY at 9.00am**

Place money and order in an envelope or bag marked clearly with child's name and Group and give to the classroom teacher. **Separate orders are required for each child. Correct money is required, no change will be given.**

Please note that Subway do not put butter on their rolls.

**** PLEASE MAKE SURE YOU CIRCLE WHICH NUMBER YOU WISH TO ORDER – YOU ALSO NEED TO CIRCLE WHAT SALAD ITEMS YOU WOULD LIKE**

CHILD'S NAME GROUP

| | | |
|-----|--|---------------|
| 1. | Six inch Vegetarian Delight Sub: Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$4.40 |
| 2. | Six inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$4.70 |
| 3 | Six inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$6.30 |
| 4. | Six inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$5.70 |
| 5. | Six inch Sub: BMT (Salami & Ham) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$5.80 |
| 6. | Six inch Sub: CLUB (Ham, Turkey & Roast Beef) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$5.80 |
| 7. | Four Inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$4.10 |
| 8. | Four Inch Sub: Turkey Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$4.10 |
| 9. | Four Inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$4.10 |
| 10. | Four Inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise | \$4.60 |
| 11. | 80 cents for a Cookie | .80 |
| | TOTAL money enclosed | \$ |

Please Note: Late orders will not be accepted