A New Term
Welcome back; after what appears to have been a lovely relaxing break for most of you. Also a special welcome to our new families; we trust you will settle in at Reservoir with the help of our supportive community. Our fifteen classes are already settled back for the new term, with much excitement about inter-school sport, an incursion for Years 1 and 2 and already years five and six have had a visit from personnel from GTAC for their Science program.

For those who are not aware, Gene Technology Access Centre (GTAC) is Victoria's leading source of Life Sciences learning and education. GTAC provides an innovative and collaborative educational environment in which Victorian students and educators access life science expertise through engagement with practicing scientists, contemporary knowledge and technology. Immerse yourself in a life sciences journey of learning and discovery. We are so fortunate to be involved in their programs.

Camp takes place next Monday for sixty students from years 3, 4, 5 and 6. They will enjoy three days at Camp Doxa in Malmsbury. I'm sure they will share the highlights on their return. They will travel by train – possibly a first experience of the V-Line trains for many of them.

The following week is a very short one.

_Please note: Monday 25th is a public holiday for ANZAC Day and Friday 29th is a Pupil Free day._

From time to time we do find that our children exhibit anxieties; about a variety of things in their lives. The following article is a really sensible one to assist us all in dealing with these children.

**Seven practical things to say to kids when they feel anxious:**

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steady influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from adults, so our trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness. When you see anxiousness take hold here are some things that you can say that will help your child cope:

You’re okay. I’m here and I won’t be going anywhere.’

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

I hope that was informative, as it’s those simple but critical responses we make that will help the anxious child.

Helen Miller
Principal
### DIARY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>15th April</strong></td>
<td>Group 13 Perform at Assembly</td>
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<tr>
<td><strong>18th April</strong></td>
<td>Camp Doxa</td>
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<td></td>
<td>School Council Meeting – 7:00pm</td>
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<tr>
<td><strong>19th April</strong></td>
<td>Camp Doxa</td>
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<tr>
<td><strong>20th April</strong></td>
<td>Students return from Camp Doxa</td>
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<tr>
<td><strong>22nd April</strong></td>
<td>Group 2 Perform at Assembly</td>
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<td></td>
<td>Inter-school sport V Thomastown (home)</td>
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<tr>
<td><strong>25th April</strong></td>
<td>Anzac Day – Public Holiday</td>
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<tr>
<td><strong>26th April</strong></td>
<td>Years 5/6 visit William Ruthven S C</td>
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<tr>
<td><strong>27th April</strong></td>
<td>Ride2School</td>
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<td><strong>28th April</strong></td>
<td>Scholastic Book Club orders due</td>
</tr>
<tr>
<td><strong>29th April</strong></td>
<td>CURRICULUM DAY – No School for students</td>
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<tr>
<td><strong>2nd May</strong></td>
<td>GTAC visit for Groups 12, 13, 14</td>
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<tr>
<td><strong>6th May</strong></td>
<td>Group 11 Perform at Assembly</td>
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<td></td>
<td>Inter-school sport V William Ruthven (away)</td>
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<tr>
<td><strong>9th May</strong></td>
<td>CURRICULUM DAY – No School for students</td>
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<td>School Council AGM – 7:00pm</td>
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<tr>
<td><strong>13th May</strong></td>
<td>Group 3 Perform at Assembly</td>
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<tr>
<td><strong>16th May</strong></td>
<td>Education Week – watch this space</td>
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<td></td>
<td>GTAC visit for Groups 12, 13, 14</td>
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<td><strong>20th May</strong></td>
<td>Group 14 Perform at Assembly</td>
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<tr>
<td><strong>23rd May</strong></td>
<td>Years 1 / 2 visit Melbourne Museum</td>
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<tr>
<td><strong>25th May</strong></td>
<td>District Cross Country</td>
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<td><strong>27th May</strong></td>
<td>Group 1 Perform at Assembly</td>
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<tr>
<td><strong>3rd June</strong></td>
<td>Group 9 Perform at Assembly</td>
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<tr>
<td><strong>10th June</strong></td>
<td>Group 5 Perform at Assembly</td>
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<tr>
<td><strong>13th June</strong></td>
<td>Queens Birthday – Public Holiday</td>
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<tr>
<td><strong>17th June</strong></td>
<td>Group 12 Perform at Assembly</td>
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<tr>
<td><strong>20th June</strong></td>
<td>School Council Meeting – 7:00pm</td>
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<tr>
<td><strong>24th June</strong></td>
<td>Last Day of Term 2</td>
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</tbody>
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*Birthday Greetings* to the following students who are celebrating a birthday in the upcoming weeks:

Xanthe, James S.S., Makelita, Leen, Alita, Neisha, Ellen and Maryam W.

### STUDENT AWARDS:

Congratulations to the following students, who were presented with *Student of the Week* awards at Assembly on the 18th of March, 2016:


Encouragement Awards:

Harrison, Ritu, Ghazal, Hala, Henry, Saeed Alq., Miller, Muizz, Asil Alq., Somya, Amelia, Sarah and Stephanie.

*The You Can Do It* award is presented to Group 13 for being enthusiastic and persistent readers.

Congratulations to the following students, who were presented with *Pancake Parlour* awards at Assembly on the 24th of March, 2016:

Maha, Alanoud, Omar, Afreen, Jamielee, Tyler, Matthew L., Shayde, Kholod, Angus, Charli H., Alice, Mia S., Fatma, Nathaniel and Abbey S.

*The You Can Do It* award is presented to Group 1/2/3/4 for a positive Term 1 and terrific beginning to their school year.
**Scholastic Book Club**

Scholastic Book Club orders and money are due to be returned to school by Thursday the 28th of April.

**Wanted!!!**

If you have any empty water bottles (250ml / 300ml / 350mls) could you please bring them along to school for Mrs Franzone? Thank you.

**Family Evening**

A big thank you to everybody who attended our annual ‘Family evening’ on Wednesday the 16th of March 2016. It was wonderful to see families socialising and sampling fine foods from around the world even our very own ‘Snag on the BBQ’.

The children enjoyed jumping on the castle, dancing, building sand castles and solving a strategic game of chess.

The weather was perfect and set the scene for a lovely evening.

*Thank you / Grazie / Ehanisto / Xiebie / Hvala vam / Chokran / Spasibo / Tesekkur ederim / Shukraan / Ti blagodaram / Gracias / Faleminderit / Wela ‘lin / Whakawhetai koe / Je vous remercie / Dhanyavaad / Gomabseubnida*

**Easter Raffle 2016**

On behalf of the Young Leaders, Junior School Councillors and all Staff members at Reservoir Primary, we would like to thank you for donating chocolate eggs and other Easter novelties - also purchasing many raffle tickets.

Your generous support helped make this fundraiser a success; some students were very happy little bunnies.

Our school community raised $786. Junior School councillors and Young Leaders will let you know how we shall spend this. Thank you again for your support.

**What is Anzac Day?**

ANZAC Day is the day of remembrance of those Australian and New Zealand Armed forces who fought and died at Gallipoli in 1915. It is also a day to remember all soldiers who have fought and died for their country. It is celebrated on 25 April each year. ANZAC stands for Australian and New Zealand Army Corps. The soldiers in those forces quickly became known as Anzacs, and the pride they took in that name endures to this day.

When war broke out in 1914 Australia had been a nation for only 13 years, and its government was eager to establish a reputation in the world. When Britain declared war in August 1914 Australia was automatically placed on the side of the Commonwealth. In 1915 Australian and New Zealand soldiers formed part of the expedition that set out to capture the Gallipoli peninsula in order to open the Dardanelles to the allied navies. The ultimate objective was to capture Constantinople (now Istanbul), the capital of the Ottoman Empire, and ally of Germany. The Australian and New Zealand forces landed on Gallipoli on 25 April, meeting fierce resistance from the Ottoman Turkish defenders. At the end of 1915 the allied forces were evacuated from the peninsula, with both sides having suffered heavy casualties and endured great hardships. More than 8,000 Australian soldiers had died in the campaign. Gallipoli had a profound impact on Australians at home, and 25 April soon became the day on which Australians remembered the sacrifice of those who died in the war.

**What does it mean today?**

Australians recognise the 25th of April as a day of national remembrance, which takes two forms. Commemorative services are held across the nation at dawn – the time of the original landing, while later in the day, former servicemen and servicewomen meet to take part in marches through the country’s major cities and in many smaller centres. Commemorative ceremonies are more formal, and are held at war memorials around the country. In these ways, Anzac Day is a time at which Australians reflect on the many different meanings of war.

*During the next week we will be selling some Anzac Day appeal items. The Anzac Appeal raises funds to support former and serving members of the Australian defence forces, their allies and dependents when in need. The items will be displayed and purchases can be made during lunch eating time.*

Anzac Appeal Pin (White) $2
Lest We Forget Wristband with clip $3
Lest We Forget Bag Tag $4
Pen $5
Pins with various designs $5
Ride 2School report

March 2016

Our Hands Up counts are a great motivational tool and a simple way to measure how many students ride and walk to school. We are trying to encourage more students in becoming physically active on their journey to school.

The winner for the Active Traveller class for the month of March was Group 14 with 86%. Congratulations to all students from Group 14!

Our Active Travel Rate as a whole school for the month of March was 51% compared to February which was 63%.

Here is an overall ‘Hands up survey’ for all our students on the day.

<table>
<thead>
<tr>
<th>Mode</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ride/Skate/Scot</td>
<td>39 students</td>
</tr>
<tr>
<td>Walk</td>
<td>114 students</td>
</tr>
<tr>
<td>Private Car</td>
<td>143 students</td>
</tr>
<tr>
<td>Public Transport</td>
<td>2 students</td>
</tr>
</tbody>
</table>

Ride2School is a nation-wide behaviour change program developed by Bicycle Network, designed to encourage schools and students to get physically on their journey to school.

Physical activity is vital for a happy, healthy life. When comparing our results over the two months our total students for walking to school has slightly decreased but arriving by car have also decreased by 41 travellers. That is good news!

60 mins

Students should get at least 60 minutes of physical activity every day including vigorous activities that make them ‘huff and puff’. Sadly, on average, Australian students are only active for 18 minutes.

Did your class make the Top 5?
1. Group 14 with 86%
2. Group 7 with 78%
3. Group 8 with 67%
4. Group 11 with 61%
5. Group 5 and 12 with 57% each.

See you all on our next Ride 2School morning, Wednesday 27th April 2016.

Keep fit       Keep active    Ride2School

Thank you
Young Leaders/Junior School Councillors and Maria Phokos.

POSITIVE EDUCATION

Equipping students with skills to deal with adult life is the aim of positive education. This includes identifying and building character strengths, increasing positive emotions and developing resilience in order to improve wellbeing and counteract mental illness. Positive education programs are taking place in schools but parents or carers can also facilitate elements at home. Australian Learning Lecture (all-learning.org.au) shares five positive education tips for home.

1. Ask your child to write down three good things that happened that day and reflect on why they happened.
2. Encourage your child to tell someone how much they appreciate them.
3. Discuss what characteristics they’d like to be remembered for in the future (by their children, grandchildren, etc.)
4. Help them set aside time each week to do something they find deeply rewarding (e.g. playing sport, painting, cooking).
5. Remind them that mistakes are research not failure (use positive self-talk: “I can’t do it…yet!”)
**Special events in Melbourne**

**FREE  Cerita Anak (A Child’s Story)**  
Saturday 16th April  1pm- 3pm  
Birrarung Marr, Batman Avenue, Melbourne Vic  9664 7900

*Cerita Anak* takes the true story of a child adrift on the ocean and weaves together mythology and real stories to make a drama on the high seas for very young audiences.

Be part of the creative process as Polyglot and Papermoon Puppet Theatre develop this work, delving into the world of children’s play to reimagine storytelling around themes of migration, journey and the power of the youngest.

In this drop-in workshop, explore how children interact with stories and become part of the adventure, and experience the imaginative ways stories can be told through images, puppetry and sound.

This project is part of ArtPlay’s New Ideas Lab program, where artists are supported to create new work with children and families.

For more information contact artplay@melbourne.vic.gov.au  
Phone:  9664 7900  No booking required.

**FREE  Daily Hays Paddock**  
Playground on the banks of a billabong, designed to enable children with and without disabilities to play together. Includes swings, climbing equipment and slides some with special modifications.

Kew East. 9278 4444 boroondara.vic.gov.au

**FREE  Daily State Library of Victoria**  
Play Pod: Under 8yrs.Discover the adventures of The Very Hungry Caterpillar and bring Eric Carle’s classic book to life by finding caterpillars in the garden, create a munchable feast and prepare to transform into a butterfly. 10am-4pm

**Baby Bounce:** Wednesday during school terms. Under 3yrs.  
Fun, interactive session of stories, songs and rhymes 10:30- 11am

**Storytime:** Wed during school terms. 3-5yrs.  
Stories, songs, rhymes and creative activities. 11:30-12:30pm

Melbourne 8664 7099 slv.vic.gov.au

**Fitness and Health Expo**  
Melbourne Convention and Exhibition Centre  
29th April- 1st May 2016  
See website for cost details: fitnessexpo.com.au

See your fitness from a new perspective at the ultimate event for fitness and health. Gain tips from leading fitness experts and athletes, trial the latest fitness equipment, accessories and classes; compete in events and stock up on all your fitness apparel and nutritional needs.

**Melbourne Autism Expo 2016**  
Celebrating Difference  
Saturday 30th April 2016  
Karralyka Centre Mines Rd, Ringwood East  
Speakers, Products and Services, AFL Clinic, Chill out Area and Story time  
www.melbourneautismexpo.com.au
WELCOME Volunteers and Parent Helpers

If you are interested in being a volunteer at our school or helping in the classroom please come and join us for our Volunteer/Parent Helper information sessions. You must attend one of these sessions and have a current Working with Children check.

Note: You must attend one of these sessions even if you have attended one in previous years.

When: 9:45am Friday 15th April
Where: Staffroom
OR
When: 9:15am Thursday 21st April
Where: Library

Look forward to seeing you there

Elizabeth Bogdanovski

The Benefits….

😊 Volunteers/Parent helpers contribute to their schools in countless ways.

😊 They provide valuable support and assistance.

😊 They reinforce the partnership between teachers, students, parents and the wider school community.

😊 Students see that their parents, family members and caregivers value education.

Volunteers add to the school community just by being around and seeing how things work.