

RESERVOIR PRIMARY SCHOOL

NEWSLETTER No. 5 13th April 2016



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.

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, steadying 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 take 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

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

'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:

Harry, Alaeddin, Levi, Randa, Mia A., Diamond, Charli V.N., Lorena, Chaltu, Reece H., Keith, Ysabella, Abby F., Mason W., Soumaya, Shayde, Arthur, Olivia, Alyssa, Derek and Stephanie.

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 / Efaristo / Xiexie / 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



Lest We Forget.



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.

Ride/Skate/Scoot 39 students

Walk 114 students

Private Car 143 students

Public Transport 2 students

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 bookings 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

As a Volunteer or Parent Helper you can be involved in the school in many different ways:

- ✚ Free Fruit Friday
- ✚ Excursions
- ✚ Garden Program
- ✚ Classroom Help
- ✚ Swimming Program
- ✚ Special Events

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