PRINCIPAL’S NOTES

School Council

Last night we held our first new School Council meeting. Office bearers were elected and I’m pleased to list these for you.

President: Jane Ingle: Mother of Dylan and Eliza
Vice President: Beth Dolan: Mother of Thomas
Treasurer: Connie Williams
Secretary: Helen Miller

Remember that these parents are your representatives; the voice of the school parent body, so if there are things you wish to discuss with them, please do so.

Kids Behaviour

Here’s another article by one of my favourite straight thinking people, Michael Gross

Have you noticed how your kids will behave one way to you but not to your partner? They may whine at you to get what they want, but they wouldn’t do the same to your partner. Maybe they’ll cry for your partner when they have done the wrong thing, but they won’t cry for you as they know that tears won’t work.

As the good TV professor Dr. Julius Sumner-Miller would say, “Why is it so?”

Kids tend to keep the behaviours that work in terms of getting a desirable response from adults, and discard those that don’t get a response. This may sound like a devious plot, but it’s just human nature.

The Austrian psychologist Alfred Adler calls this ‘purposeful behaviour’. That is, kids like adults, repeat the behaviours that get a response and discard those that don’t work. Adler advised parents not to ask why a child behaves or misbehaves in a certain way but to ask, “What’s the purpose of a child’s behaviour?”

And the purpose is usually tied up in your response. So the purpose of a child’s whining may be to get a parent to give in; similarly, tantrums are a form of emotional blackmail aimed at getting parents to give in.

There’s a simple test you can apply to check the notion of purposeful behaviour. If your child always whines at you, but he doesn’t whine to his or her teacher then it’s a fair chance that the whining is aimed at breaking your resistance...... it certainly does for me as whining is definitely a ‘hot button’ of mine. I can’t stand it.

Most misbehaviour fit one of four broad purposes –

1. **to get attention or be noticed**;
2. **to show power or regain control**;
3. **to hurt you or make you feel guilty**;
4. **to make you give up or lower your expectations of children**.

We all have ‘hot buttons’ that kids will press to make us feel guilty or to get a little control back. One of my children was an expert at making their mother feel guilty...... because guilt was quite a hot button for her. She’d only have to say...... “but you don’t really love me........” to have her mother second-guessing a decision she made.

Sometimes our ‘hot buttons’ will reflect long held views about parenting, and we simply over react when kids misbehave. Some parents have strong views about parenting and will over react when even the mildest of words is uttered by a child. These types of hot buttons can make family life hard work as everyone tends to walk on eggshells to avoid pressing that buttons hot buttons. Here are some ideas to help you respond when kids ‘press your hot buttons’:

1. **Recognise what gets you upset or gets a response that kids want.** ‘Hot buttons’ always get a strong emotional response, including annoyance, anger and feelings of hurt.
2. **Avoid the first impulsive reaction when kids misbehave.** As a great deal of children’s behaviour is purposeful don’t react impulsively when kids behave poorly. Stop and think what may be going on. Think, “Is this behaviour for my benefit?”
3. **Respond differently.** If the behaviour is for your benefit, try something different. Perhaps take the wind from the sails of a child who squeezes your guilt gland. Respond to “You don’t love me........” with “You know you could well be right.” Alternatively, smile and give a child a kiss saying “I love you though” and show that the comments have no impact.
4. **Get a reality check.** Sometimes we over react to kids or have extreme views that kids will take advantage of, or that make family life hard work. Check with a partner or a friend to see if your views are healthy. I know I had an unrealistic view of bedroom tidiness for a time, which my wife
reminded me wasn’t really in line with my child who was messy by nature.
If a child continually presses your ‘hot buttons’, then recognise that you may not be able to change your child, but at least you can alter your response to their button-pressing. Kids don’t act in a vacuum so they are less likely to behave in ways that get the response they want…………………at least that’s how the theory goes!

Our kids Safety
At the moment there are many incidents in the surrounding streets of parents doing the wrong thing… you might say “Surely you mean kids” but NO I don’t. When I see parents opening doors on the driver side and letting young children get out of the car and run across the road, who is to blame? And yet I know these parents would be devastated if their child were to be hit by a car!
All parents must think before they allow their children to get out of cars and also in their instructions about when and where to cross. Many parents actually urge their children to run across Barton Street when there is a crossing right there for their safety; this is often because they are late for school.
Maybe the message is to get up early enough to be organised and prepared to arrive at school by 8.55. We teach children about the importance of ORGANISATION at school, so maybe these things have to be addressed at home, then our kids will be able to get to school in a safe and timely manner.

Our kids Learning
Another extremely important reason for children being at school by 9.00 is that important learning takes place routinely first thing in the morning when they are fresh. If a young child arrives at school an hour late every day, they are being deprived of their entire Literacy (Reading) program. Even if they are twenty minutes late, the impact on their learning is huge. And then when teachers report that they are under-achieving, parents ask why?????

DO YOU WANT THE BEST FOR YOUR CHILD?
GET THEM TO SCHOOL ON TIME IN A SAFE MANNER, FULLY EQUIPPED FOR A GOOD DAY’S LEARNING.

Helen Miller
Principal

22nd April Curriculm Day (No School for Students)
23rd April Term 2 Commences (It’s a Wednesday)
25th April Anzac Day Public Holiday (No school for students)
30th April Cross Country for some senior students
5th May School Council Meeting 7:00pm

BIRTHDAY GREETINGS

“Happy Birthday” to

Emma McL., Prakhar, Serafeim and Dewmi

who are all celebrating their birthdays this week.

ART ROOM - WANTED

We are in need of clean meat trays. If you are able to help then please leave them at the office. Thank you.

STUDENT OF THE WEEK AWARDS

Congratulations to the following children who were presented with Student of the Week / Achievement / Encouragement Awards on Friday at assembly: Carlotta, Shaeleigh, Shayde, Jawmanah, Jye, Erica, Thomas B., Charli, Anastasia, Paradise, Evangeline, Matthew, Hesam, Erin, Seechu, Thomas, Abby F., Muktada, Yusuf, Nawaf, Thamiliini, Jack, Reece, Alaa, Ruby, Negar, Henry, Oliver, Ojinjen, Billy, Hayden, Josh I., Twila, Noah A. and Kholod.

The You Can Do It Award was presented to Group 2 For being organised when changing their home readers
PREMIERS READING CHALLENGE

How does the Challenge work?
The 2014 Victorian Premiers’ Reading Challenge has now commenced and officially ends on 12 September 2014. Students in Prep to Year 2 who accept the Challenge need to read or ‘experience’ 30 books during this period. Students in Years 3 to 10 who accept the Challenge must read 15 books during this period.

If your child is interested in participating in the Premier’s Reading Challenge please speak to Gaye Clark in the Library for further information.

CHARLES LA TROBE COLLEGE
235 KINGSBURY DRIVE, MACLEOD WEST

Charles La Trobe College are conducting a Year 7 Open Night on Tuesday 25th March 2014. School Tours are at 5:45pm and the Principal’s Address will be at 6:30pm.

There are weekly college tours on Wednesday and Friday at 9:30am.
Academic Scholarships offered to Year 7, 9 and 11.

For more information go to www.charleslatrobecollege.vic.edu.au or phone 9223 1400.

PASCOE VALE GIRLS COLLEGE
Lake Avenue, Pascoe Vale.

Pascoe Vale Girls College invites prospective students and their parents to attend one of our information sessions at our College. You will have the opportunity to meet College leaders and hear about our curriculum and programs offered to our students. This will be followed by a tour of the College. The information sessions will occur on the following days at 11:00am:
- Tuesday 29th April
- Thursday 1st May
An evening session is also available commencing at 7:00pm on:
- Wednesday 30th April
Bookings are essential. Please phone the College on 9306 2544 to reserve a place.

UNIVERSITY HIGH SCHOOL
77 Story Street, Parkville

The Acceleration Program at The University High School is designed to:
- **Challenge:** The subjects studied are sufficiently advanced and delivered at a pace to sustain interest and challenge the learners in the program.
- **Offer Breadth and Depth:** Students are given the opportunity to undertake a range of subjects across the domain areas and are encouraged to explore special areas of interest to a high level of expertise.
- **Provide Complexity:** The curriculum reflects the capacity of learners to engage in abstract thinking and conceptualisation to a high level.

In 2014, the following selection procedures will be used to identify students for the 2015 Year 7 intake:
1. Test administered by EduTest on Saturday May 10th at 9:00am at The University High School.
2. Interviews with shortlisted applicants and their parents/guardians.

Please apply online via the link on our school website. www.unihigh.vic.edu.au

The closing date for applications is Friday May 2nd, 2014. For more information visit our school website and join us on our Open Day on Wednesday April 30th.
We are running two Open Day sessions.
Session 1: 2pm-3pm and Session 2: 7pm-8pm.
Please only attend one session. There is no need to book for either session 1 or 2.

FREE EVENTS AROUND MELBOURNE

FREE 8th–30th March Lorne Sculpture Biennale
Families can see sculptures of all shapes and sizes as Lorne’s foreshore is transformed into an outdoor gallery. Lorne.lornesculpture.com

EARTH HOUR 29th March 2014
8:30-9:30 pm Local Time
Join millions of people across the world who switch lights off for an hour to raise awareness for the planet. Celebrate your commitment to the planet with your friends, family, community or at work in your own way. A simple event can be just turning off all non-essential lights from 8:30-9:30pm. For one hour, focus on your commitment to our planet for the rest of this year. To celebrate, you can have a candle lit, stargaze, play board games, create or join a community event- the possibilities are endless.

(FREE) Port Open Day Boat Tours
*Last Sunday of the month*
Visit Australia’s busiest container terminal at Swanson Dock. See the massive ships and cranes up close and learn more about the port in these guided boat tours. Departs Gem Pier, Williamstown: 9am and 11am (90 min return). Will not run in July and December.
Victoria Harbour Docklands: 1:45pm, 3pm and 4:15pm (60 min return) 96831565
portomelbourne.com
FREE 1st April Nature Play Week 1-2:30pm
3-5 years. Children's activities, educational
workshop and the Royal Botanic Gardens’
launch of 50 things to do before you are 12
lists.
In association with Nature Connection. Ian
Potter Children's Garden, Royal Botanic
Gardens, Birdwood Ave, South Yarra. 9252 2429

FREE Fitzroy Gardens Daily
Historic gardens where families can have a picnic or see
the conservatory, fairies' tree, model Tudor village, Captain
Cook's cottage as well as statues and fountains. Free
guided walking tours every Wednesday, 12:30pm.
9658 9658 melbourne.vic.gov.au

PERFORMING ARTS

If you go out in the woods today You're sure of a big surprise.
If you go out in the woods today You'd better go in disguise.
For every bear that ever there was
Will gather there for certain because Today's the day the teddy bears have their picnic.

The largest collection of teddy bears and soft animals joined our Performing Arts lesson last week.

Our Preps came along with their furry friends and took part in a visit to ‘School’, ‘Hospital’, attended a ‘Birthday party’ (picnic), danced with the stars (Ballroom style) and even displayed their very own ‘Master Chef’ skills in the kitchen.

The teddies greatly varied in form, style and material but were much loved and hugged by all.

Thank you to all parents for supporting our programs.

Maria Phokos
WE NEED YOUR HELP!!
Many parents are very concerned about our children crossing High Street up near the train crossing. These kids walk over to the other side of the railway line. As you know the traffic in High Street is very fast and includes large trucks as well as buses. We also know from experiences that cars and trucks just do not stop when the light turns red.
Hence the danger to our kids; they assume when the green light tells them to walk that it is safe.
School Council is trying to have the crossing supervised, and has prepared a petition to present to Darebin Council. Copies are at the office if you wish to add your name.

KEON PARK STARS JUNIOR FOOTBALL CLUB
JC DONATH RESERVE
HARMER STREET, KEON PARK

Seeking junior players for all age groups.
Training Wednesday & Friday between 5pm and 7pm
Phone Clubrooms: 9462 2345

Introducing the Young Leaders and Junior School Councillors from Group 8:

Hello, my name is Dominic Hamelka. I am 8 years old and my favourite subjects are mathematics, writing and reading.
I play tennis and violin and in my spare time. I like to play Lego and read books.
I am very proud to be a Junior School Councillor and I will do my best to be a good role model and help the school and the students.

My name is Benjamin Novak and I am 8 years old.
I love maths and am very curious person.
I am looking forward to contributing this year as a Young Leader, and I feel very proud to have this opportunity.

My name is Sophie He and I am a Group 8 Junior School Councillor for 2014.
As a Junior School Councillor I am really looking forward to being involved in organizing fundraising events and helping the school, as well as taking on responsibilities and leadership roles.

My favourite class subject is P.E. This year I am turning 10 years old and I'm in grade 4. I can't wait to find out what we're going to do in the future!

Hi my name is Eliza Ingle and I am a Young Leader from Group 8. I am really looking forward to being a Young Leader so that I can help with fundraising events which raise money that can help the school and students, as well as causes such as Daffodil Day which raises money for cancer research.

I play tennis and the keyboard and I am very curious about a lot of things. I feel quiet nervous when I have to talk in front of an audience but I am doing it right now and it is something I aim to gain confidence with this year as a Young Leader.

PARENTS GROUP MEETING
FRIDAY 28TH MARCH

Interested in being part of a parents group to support your children and the school?
Come along to a short catch-up to find out more, and to discuss some ideas for the forthcoming term. Hope to see you there!

Children welcome (but supervision required!)

Venue: School Library
Time: 2:00pm – 2:50pm
(before assembly)
Date: Friday 28th March

For more information, contact Beth on bdolan@fastmail.com.au or phone 0425 836 451. If you can't make it but would like to find out more, let us know and we'll keep you updated.
**Easter Holiday Clinic**

Monday 7th – Wednesday 9th April
10:00am – 3:00pm
Cost 1 day: $40, 2 days: $70, 3 days: $100
Discounts when 2 or more family members enrol. See website for further details.
Enrolment enquiries contact John on 0419 188 908 / john@grippingpotential.com.au
Email about a **Free trial** to all who would like to give tennis a go!

**VICTORIAN SCHOOL OF LANGUAGES**

Learn Spanish at the Victorian School of Languages.
Flyers are available at the office.
For more information phone 9416 0641
Area Manager: Venetia Kefalianos

**KEMIZO ENTERTAINMENT CENTRE**
844 COOPER STREET, SOMERTON

- Roller Skating
- Laser Tag
- Rock Climbing
- Playground
- Bumper Cars
- Parties and Functions

For more information go to [www.kemizo.com.au](http://www.kemizo.com.au) or phone 9305 1772.

**SWIMMING PHOTOS**
**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**

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Group</th>
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<table>
<thead>
<tr>
<th>Item Description</th>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Six inch Vegetarian Delight Sub:</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.40</td>
</tr>
<tr>
<td>2. Six inch Sub: Ham</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.70</td>
</tr>
<tr>
<td>3. Six inch Sub: Chicken Pieces</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$6.30</td>
</tr>
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<td>4. Six inch Sub: Roast Beef</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$5.70</td>
</tr>
<tr>
<td>5. Six inch Sub: BMT (Salami &amp; Ham)</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$5.80</td>
</tr>
<tr>
<td>6. Six inch Sub: CLUB (Ham, Turkey &amp; Roast Beef)</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$5.80</td>
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<tr>
<td>7. Four Inch Sub: Ham</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.10</td>
</tr>
<tr>
<td>8. Four Inch Sub: Turkey</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.10</td>
</tr>
<tr>
<td>9. Four Inch Sub: Roast Beef</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.10</td>
</tr>
<tr>
<td>10. Four Inch Sub: Chicken Pieces</td>
<td>Cheese, Lettuce, Tomato, Cucumber, Carrot, Salt / Pepper, Mayonnaise</td>
<td>$4.60</td>
</tr>
<tr>
<td>11. 80 cents for a Cookie</td>
<td></td>
<td>.80</td>
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</tbody>
</table>

**TOTAL money enclosed $**

**Please Note: Late orders will not be accepted**