

RESERVOIR PRIMARY SCHOOL

NEWSLETTER No. 11 13th July

2016



Welcome back everyone!

I would like to Welcome Michelle Simons, teaching Group 10 until December, and Melissa Southern who is our new business manager. I know you will welcome them warmly to the Reservoir community.

As you can see on the calendar, term three is already full of activities for students across the school in areas of Science, Humanities, Sports, Olympics and You Can Do It. Of course our Concert has been set for September 1st, so keep that date free. All classes will be involved; it will be a chance to see your children show off their talents.

During the school holidays, on Election Day, a number of enthusiastic parents worked hard at fundraising for the school: the sausage sizzle and cake stall was a great success, raising over a thousand dollars. Well done to all parents who helped out either on the day or by donating some goodies for the cake stall.

Winter is really upon us, and this is a reminder to ensure your children are dressed warmly enough for the outdoors. Classrooms are warm, but the wind is bitterly cold, so our kids do need warm jackets etc. for outside.

On my way to school each morning (in the dark these days) I often hear interesting conversations; this morning my ears pricked up when a guest said "when that new baby comes home we are at the beginning of a learning journey". This really resonated with me, as they continued ... "being a *nice or good person* doesn't necessarily equip us with the skills required to become a good parent – there's a constant need to learn new parenting tools." Seems an interesting way of putting it, but I think a good one. So on reading one of my favourite newsletters, I found the following article and thought it relevant.

Ten mindsets that will radically improve your parenting

The best intentions may not be enough to raise happy kids.

Here are 10 mindsets to help you on the path to parenting success.

All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents' mindsets, rather than their parenting skills and understandings.

1. Believe in your child

This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind too. But it's a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child's abilities is revealed through your expectations, your body language, even the expression on your face.

2. Look for the best

What you focus on expands so if all you see is misbehaviour, weakness and poor performance then you'll get more of those things. Set your antennae for children's strengths, abilities and social behaviours and you'll invariably get more of those.

3. Think long term

If you want your child to become independent, then don't do everything for him or her; you need to teach them some skills so they can become self-sufficient. **Awareness, teaching and opportunity** are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills- some take more teaching than others. They also need the opportunity to put things into practice.

4. Be brave

Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you've worked out what's worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

5. Think family

Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting 'the gang' rather than individual children. "What's in the best interest of my child?" has replaced "What's in the best interest of the family?" as the guiding family principle. This has partly come along as a result of small families, and partly it's a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what's best for each child as an individual, rather considering what may be in the best for the entire gang.

6. Accept challenges

There are always challenges raising kids. It's important to embrace these challenges whether they are behavioural, or a child has struggles at school, or he is moving into puberty. It's these challenges that will make you a better parent.

7. Build your community

Parents don't raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven't all the answers so they build a community of support and expertise around them.

8. Trust the process

Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-school, childcare, even when kids are at their grandparents. It's best to trust the process and allow people to educate, care for and look after your child in their own way.

9. Adversity builds character

It's natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

10. This too shall pass

The hardest part of parenting is supporting kids when life doesn't go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that "This hardship too shall pass."

You Can Do It Launch – this Friday!

Sausages will be sizzling and @ \$1.00 are a bargain

... AND something warm on a cold day!

Don't forget to **ADD SOMETHING RED for RESILIENCE!**

(doesn't have to be ribbons, but just a reminder!)



Helen Miller
Principal

WINTER CLOTHING

Now that the cold weather is here please make sure your children have sufficient clothing to keep them warm. Whilst the children must always wear their uniform at school they can still wear a jacket and scarf to and from school and also whilst they are out playing in the yard at recess and lunch.

UNIFORM PRICE LIST

There has been a slight increase in some of the uniform items as at the 1/7/2016 so please find a new clothing price list at the end of the Newsletter.

Diary dates

13 th July	Pit Gym for Preps at school	6 th August	Book Fair – 8:30 – 9:00am & 3:30 – 4:15
15 th July	You Can Do It Launch – Sausage Sizzle Add something RED!	8 th August	Pit Gym for Years 3 – 6 (Mill Park) Pit Gym for Years 1 – 2 (School)
18 th July	Pit Gym for Years 3 – 6 (Mill Park) Pit Gym for Years 1 – 2 (School)	10th August	SCHOOL PHOTOS
20 th July	Pit Gym for Preps at school	12 th August	Year 5/6 Basketball Competition
21 st July	Ride2School Day	15 th August	Pit Gym for Years 1 – 2 (School)
25 th July	Pit Gym for Years 3 – 6 (Mill Park) Pit Gym for Years 1 – 2 (School)	16 th August	Ride2School Day
	School Council Meeting at 7:00pm	17 th August	Pit Gym for Preps at school
27 th July	Scholastic Book Club Orders Due	19 th August	Kanga Cricket for Year 3/4
	Pit Gym for Preps at school	22 nd August	Pit Gym for Years 1 – 2 (School)
	Earth Education for Group 13/14	24 th August	Pit Gym for Preps at school
	ScienceWorks Groups 9, 10 and 11	26 th August	Indoor Soccer for Year 3/4
28 th July	Earth Education for Group 12	29 th August	Pit Gym for Years 1 – 2 (School)
1 st August	Pit Gym for Years 3 – 6 (Mill Park) Pit Gym for Years 1 – 2 (School)		School Council Meeting at 7:00pm
3 rd August	Pit Gym for Preps at school	31 st August	Pit Gym for Preps at school
	Book Fair commences at 3:30pm	1 st September	School Concert
4 th August	Jeans for Genes Day	2 nd September	Indoor Soccer for Year 5/6
	Book Fair – 8:30 – 9:00am & 3:30 – 4:15	7 th September	Pit Gym for Preps at school
5 th August	Year 3/4 Basketball Competition		Ride2School
	Book Fair – 8:30 – 9:00am & 3:30 – 4:15	16 th September	Last Day of Term 3

'Birthday Greetings' to the following students who are celebrating a birthday in the upcoming weeks:

Adina, Charli H., Zaira P., Layan, Safiya, Jamielee, Viktoriia, Kyra, Noah H., Marley, Ayden C., Afreen, Angelpreet K., Mia F.



STUDENT AWARDS:

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

Harry H., Lucas, Ahmed S., Aleena, Zahraa D., Danah, Audrey, Sachit, Shaun, Jayden B., Somya, Annelise, Alita, Anqi, Alyssa, Brandon, Kholod, Christopher, Indy, Tasleen, Boutros, Jonah, Nathaniel, Jad, Neisha, Sajada, Shayde, Krrish, Hugo and Seraj.



Dear Parents,

School Dental will be providing dental treatment from the **12/07/2016**.
The appointments will take place at Reservoir Primary School during school hours.
Phase 1- Check up and clean
Phase 2- Prevent, rehabilitate and protect.

This treatment *may be covered by the Medicare Child Dental Benefits Scheme (CDBS)*.
To be eligible for up to \$1000 of treatment you need to receive Family Tax Benefit A and provide Medicare details.
If you are not eligible the cost for a check-up and clean will be \$65 and any further treatment will incur charges.

Further information about this program can be found online at:
www.humanservices.gov.au/childdental

Please return consent forms to the school by the 24/6/2016 if you wish for your child to be seen by School Dental. The School Dental service is here until Friday 15th July.

Connie Williams

Special events in June/July

Winter in Federation Square 1st June- 17th July

The Fed Square winter event program is back, along with ice skating on the Yarra, a solstice celebration, campfire activities and a lighting projection by Reko Rennie.

@federationsquare

Docklands Fireworks July-August

Enjoy the spectacular fireworks at Docklands every Friday night with entertainment from 6:30pm-8:30pm Perfect for all age groups!

@thats.melbourne



BASTILLE DAY- FRENCH FESTIVAL 16th and 17th July 10am – 5pm

State Library Victoria, Swanston Street, City

Enjoy a taste of France with the very best food, drinks, entertainment and culture.

@bastilledaymelbourne

Around the Bay- Ride for a child in need Sunday 9th October 2016

There are plenty of ways to have fun as a family but bike riding certainly has to be one of the best.

It's the perfect way for families to spend quality time together as they pedal around of our family-friendly courses 20km, 50km or 100km.

We also understand the pressure on family budgets, so to help out this year, all kids under 12 ride for FREE. We've even added a concession price to help boost the savings.

It's cheaper than a family trip to the movies!



And for the first time ever, our 20km ride will take place on closed roads so everyone in the family can enjoy the ride without worrying about the traffic.

It's time to take a break, have fun, get active and share in the achievement of riding Around the bay.

Enter today and save with early bird prices. Early bird ends on July 6th.

Milk Matters

Adding extra dairy to your diet supports Australian farmers and it's also good for your health.

Out of the five main food groups, it is well accepted that dairy is the richest source of bone-building calcium. But dairy's wealth of goodness extends much further.

Accredited practising dietician and Dieticians Association of Australia spokeswoman Lauren McGuckin says dairy contains many other essential nutrients- including potassium, phosphorous, magnesium, carbohydrate, vitamin A, riboflavin, vitamin B12 and zinc.

"These nutrients are important for healthy blood and immune systems, eyesight, muscle and nerve function, healthy skin and energy," McGuckin says.

"Vegetarians in particular can rely on dairy to provide them with 'complete proteins', which include all nine essential amino acids (and can only be obtained through diet). "Protein is essential for growth and repair for all parts of our bodies. "Dairy is also a rich source of vitamin B12 which is also vital for optimal function of the brain and nervous system."

While dairy has long been promoted as key for supporting bone and teeth health, McGuckin says research over the past decade has also demonstrated 'consumption of milk, yoghurt and cheese can reduce the risk of heart disease, stroke, high blood pressure and some cancers and may reduce our risk of type 2 diabetes'.



Jeans for Genes®

What is Jeans for Genes?

Jeans for Genes is the iconic fundraising campaign of Children's Medical Research Institute.

Each year, Australians unite by wearing their favourite jeans and outdoing each other with crazy denim outfits and donating money or purchasing merchandise, to support genetic research.

On the first Friday in August each year workplaces, schools and streets become a sea of denim in a united stance against childhood disease.

Reservoir Primary students will be participating in this fundraising event on the 4th of August 2016.

Each student will be asked to **donate a gold coin and dress in denim or jeans!**

Every dollar raised on the day helps scientists at Children's Medical Research Institute discover treatments and cures, to give every child the opportunity to live a long and healthy life.

So come on everybody denim up and help cure childhood disease!

Thank you

Young Leaders/ Junior School Councillors and all Staff members.

SCHOLASTIC BOOK CLUB ORDERS

If you wish to order any books from Scholastic Book Club please complete the order form and return to school by Wednesday the 27th of July. Pamphlets will be sent home with your child this week. Also you can go online and place an order direct with Scholastic and it will be delivered to the school. If you wish to order online go to www.scholastic.com.au/LOOP and follow the prompts.



BOOK FAIR

Our annual Book Fair will be commencing on Tuesday the 2nd of August at 3:30pm in the BER Building (Prep area). There will be more information in the next Newsletter.

UNIFORM PRICE LIST
(Inc. GST)

01/07/2016

The school has a compulsory uniform policy with a set uniform in green and gold. There are a number of items to choose from and all these are listed below and are available through the school's General Office between 8.30-9.30 am Monday to Friday. If you are working and unable to come during these times please send your order and money to school with your child, or call the school to arrange a convenient time.

TOPS	
Bomber Jacket	\$40
Fleecy Jacket	\$24
Fleecy Vest	\$20
Windcheater	\$22 (Adult sizes) \$26
Skivvy	\$10
Polo Shirt (short sleeve)	\$16
Polo Shirt (long sleeve)	\$18
T Shirt	\$12
DRESSES	
Skirts	\$10
Skorts	\$18
PANTS	
Fleecy (double knee / zip pockets)	\$22
Girls Bootleg	\$22
SHORTS	
Culottes	\$15
Unisex	\$15
HATS	
Slouch	\$12
Legionnaires	\$9
Bag	\$32
Raincoat	\$34