



## PRINCIPAL'S NOTES

### **Parent Opinion Surveys**

Next Monday a number of families will receive an envelope with instructions and a survey to complete. This survey is part of an annual accountability process set by the Department of Education and Early Childhood Development. Every school participates, through a computer generated random list of parents from the school enrolment.

If your name is on this list, I will send the survey to you through your child next Monday. There is a specific, short time to complete this (one week) so I ask that you assist the school by completing the survey as soon as you receive it and return it to school in the envelope enclosed. It should take less than twenty minutes to complete.

These surveys are not opened at school, but sent back to the company contracted by the Department to conduct the surveys. They collate results and return them to the school later in the year.

### **Prep Enrolments**

It is that time of the year already: we are collating our Prep lists for 2014. It is important that we do know how many young school beginners we will have. I ask that you drop in your own enrolment forms but also remind any other friends, relatives or neighbours about this; early enrolments assist us in ascertaining the number of Prep classes we will have in the new year.

### **Anxiety**

There has been quite a focus on anxiety in individuals throughout the media lately, so it is timely that I pass on the information I have read – from Michael Grose

### **Easing children's anxiety**

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### **Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**Accept** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety. Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be over reacting. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

### **Making a plan**

**Encourage** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter,

overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.**

*Helen Miller*  
Principal

#### DIARY DATES

26 <sup>th</sup> July	Indoor Soccer – Years 3 & 4 Zoo Excursion – Groups 3/4/5
29 <sup>th</sup> July	Pit Gymnastics – Prep to Year 6 School Council Meeting 7:00pm
1 <sup>st</sup> August	Crazy Hair Day
2 <sup>nd</sup> August	Indoor Soccer – Years 5/6 Scholastic Book Club orders due
5 <sup>th</sup> August	Pit Gymnastics – Prep to Year 6
6 <sup>th</sup> August	Book Fair Commences 3:30pm
9 <sup>th</sup> August	Basketball Round Robin Years 3 & 4
12 <sup>th</sup> August	Pit Gymnastics – Prep to Year 6
14 <sup>th</sup> August	Group 6/10 - Excursion to Old Treasury Building & Captain Cook's Cottage

15 <sup>th</sup> August	Group 11/12 - Excursion to Old Treasury Building & Captain Cook's Cottage
16 <sup>th</sup> August	Basketball Round Robin Years 5 & 6
19 <sup>th</sup> August	Pit Gymnastics – Prep to Year 6
26 <sup>th</sup> August	Book Week commences Pit Gymnastics – Prep to Year 6
2 <sup>nd</sup> Sept.	Pit Gymnastics – Prep to Year 2
9 <sup>th</sup> Sept.	Pit Gymnastics – Prep to Year 2
20 <sup>th</sup> Sept.	Last day of Term 3

#### EDUCATION MAINTENANCE ALLOWANCE

If you have a Pension or Health Care Card current on the 15<sup>th</sup> of July 2013 you are entitled to claim the Education Maintenance Allowance for Semester 2. Most families would have applied in Semester 1; in which case you do not have to apply again. However if you are new to our school or have only received one of these cards since the beginning of the year then you must call at the office and present your card so that we can register your details to receive this funding.

**Applications close on the Friday the 2<sup>nd</sup> of August 2013.**

#### BIRTHDAY GREETINGS

“Happy Birthday” to



**William H., Daniel H. and Chloe D.**

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, Encouragement & Achievement Awards on Friday at assembly:

**Rainy, Sheel, Nawaf, Ogi, Allegra, Zalia, Aaliyah, Ataria, Alishba, James H., Ben L., Jake C., Yunes, Yasmin S., Hesam, Zac D., Chloe D., Vijeta, Arshiya, Ricky, Sina, Stephanie Ps., Lily, Despina, Ellen, Zachary C., Selena, Anastasia, Sofia, Zahra, Dylan K. and Alice.**



#### GROUP 11 JUNIOR SCHOOL COUNCILLORS

I really like being a Junior School Councillor because I'm representing my class and I'm really proud of myself because speaking in front of the school helps me get more confident of speaking in front of my class. Reading out awards helps me get to know people better and it helps me improve my reading skills. I'm happy that I got chosen to be a Junior School Councillor.

**Abby**



Hi everyone! I am a Junior School Councillor for Group 11. I'm proud of myself because I'm a leader for my class and it's fun to read out awards to the school. I get to plan special things like Easter Raffle, Mini Fair, Sausage Sizzles and Footy Colour Day. Remember my name is Nathan so when you see me say hi!

**Nathan**

#### CRAZY HAIR DAY

We will be having a Crazy Hair Day on Thursday the 1st of August. Come to school with crazy hair. Don't forget to bring a gold coin donation for Cystic Fibrosis.

#### SCHOLASTIC BOOK CLUB

Scholastic Book Club orders and money are due at school by Friday the 2<sup>nd</sup> of August.

**Thank you,  
Susie Kotanidis**

#### CITY OF DAREBIN DAREBIN HARMONY GROUP

Come along to have some fun and join other women and their children for activities such as cooking, jewellery

making, stories, music, relaxation, health talks and more!  
**When:** Thursdays 10:30am – 12:30pm – Commencing 25<sup>th</sup> July 2013 for 9 weeks

**Where:** Northcote Town Hall, 185 High Street, Northcote.

**Who:** A multicultural group for Parents and their children. (Interpreters will be provided if necessary)

**Cost: Free**

**Call Shuwei or Lisa on 9481 9520 if you would like to come.**

#### PRESTON RESERVOIR ADULT COMMUNITY EDUCATION

##### Computer Courses Starting Soon

Learn computer skills in small, supportive classes

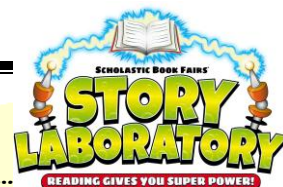
Introduction to Microsoft PowerPoint & Publisher - Starts: 17 July for 10 weeks on Wednesdays, 12:45pm - 3:15pm

Computers for Beginners- Starts: 29 July for 16 sessions on Mondays, 9:30am - 12pm

Computer Essentials - Starts: 22 July for 18 sessions on Mondays, 12:30pm - 3:30pm

**For more details ring PRACE on 9462 6077 or visit our website: [www.prace.vic.edu.au](http://www.prace.vic.edu.au)**

#### SCHOLASTIC BOOK FAIR COMING SOON...



**COMMENCES 6<sup>TH</sup> AUGUST AT 3:30PM**

It's nearly time again for our annual Scholastic Book Fair!!!! Parents and children are all welcome to attend.

Every item that is bought at the Book Fair benefits our school!! So join us in making our Book Fair a huge success. Last year we received **\$995** worth of books for our Library from the sales made at the Book Fair, which was our best result ever.

There will be lots of books available, discounted books, posters, gift packs and novelty items so come along and have a look.

With every book sale you get a raffle ticket and the raffle will be drawn at Assembly after the Book Fair finishes (August 16<sup>th</sup>).

***So start saving now and we hope to see you at the Book Fair which opens at 3:30pm on the 6<sup>th</sup> of August and closes on Friday the 9<sup>th</sup> of August!***

\*\* On the Tuesday when the Book Fair arrives we will set it all up and then show the children our display so that they know what books and novelty items are available. Some items do sell out quickly but we are able to re-order books and these are always available the week after the Book Fair closes.

# SUBWAY LUNCH ORDERS 2013

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.	<b>Six inch Vegetarian Delight Sub:</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$4.20</b>
2.	<b>Six inch Sub: Ham</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$4.40</b>
3	<b>Six inch Sub: Chicken Pieces</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$6.00</b>
4.	<b>Six inch Sub: Roast Beef</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$5.40</b>
5.	<b>Six inch Sub: BMT (Salami &amp; Ham)</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$5.50</b>
6.	<b>Six inch Sub: CLUB (Ham, Turkey &amp; Roast Beef)</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$5.50</b>
7.	<b>Four Inch Sub: Ham</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$3.90</b>
8.	<b>Four Inch Sub: Turkey</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$3.90</b>
9.	<b>Four Inch Sub: Roast Beef</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$3.90</b>
10.	<b>Four Inch Sub: Chicken Pieces</b> Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise	<b>\$4.40</b>
11.	<b>80 cents for a Cookie</b>	<b>.80</b>
	<b>TOTAL money enclosed</b>	<b>\$</b>

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