Dear Parents,

**WELCOME BACK**
Welcome back to what promises to be a very busy Term 2. We trust that everyone has had a happy and safe Easter holiday break and that the children have returned well rested and prepared for a term full of activity and learning.

Term 2 is always full of a variety of important activities and events, and 2015 won’t be any different. Please keep a close eye on the list of upcoming events and note them in your diaries.

**ICAS TESTS & NAPLAN**
Those parents, who have registered for their children to sit the ICAS tests, please be aware that there is no provision for a ‘make up’ test should your child be absent on the scheduled day. NAPLAN is also scheduled for Year 3 and 5 students this term. All children are expected to participate in the NAPLAN program unless parents have specific reasons for their child NOT to take part. Exception forms must be completed and signed by parents prior to the NAPLAN dates if parents have decided to withdraw their child. If you have any concerns or questions, please discuss these with your child’s classroom teacher, or myself.

**SMOKE-FREE BUILDING ENTRANCES**
A reminder that as of 13th April 2015, Victoria has new outdoor smoking bans. Under the Tobacco Act 1987 smoking is prohibited within four metres of any boundary entrance/gateway to all Victorian children’s indoor play centres, public hospitals, registered community health centres, schools and certain Victorian Government buildings.

Please observe our ‘No Smoking’ signs positioned around school entrances.

**WORKING BEE**
We will be holding our Working Bee on Saturday, 18th April, from 9.30-12.30. Please try and join us for the morning, even an hour of your time will be greatly appreciated. There will be a sausage sizzle from 12.30-1.00 for helpers.

**PARENT FORUM**
On Wednesday 29th April, at 9.30 am, Angela Delle-Vergini, our school psychologist, will be presenting a talk for parents/carers on strategies parents can use to assist children in managing a range of emotions. The forum will be held in the staffroom. Please see the enclosed flyer for registration details.
‘Friends for Life’ PROGRAM FOR STUDENTS IN YEARS 2 & 3
Students in years 2&3 are participating in the ‘Friends for Life’ program during Term 2. The Friends for Life program is a leading Australian program developed to help children build resilience and manage a range of emotions. The program promotes the development of self-esteem, problem solving skills, resilience building strategies, self-expression, and the building of positive relationships with peers and adults. The 10 session program compliments the Interpersonal Development and Personal Learning components of the AusVELS curriculum. Angela Delle-Vergini, school psychologist, will be working in the classroom with the class teacher/s to present the program to the students as a whole class. I have personally trained as a facilitator for the ‘Friends for Life’ program and can recommend the program highly.

PINEWOOD FETE
Our school fete is fast approaching. I would like to pass on a huge ‘thank you’, to our enthusiastic and dedicated fete committee, who have been working tirelessly to make this event a huge success for our school. Please come along and join in the fun on Saturday May 2nd.

ANZAC DAY CEREMONY
On Friday 24th April, we will be conducting an Anzac Day Ceremony in the hall from 11.45. Students may like to bring along flower/s from their garden to place beneath the flag at the conclusion of the ceremony. Parents/Carers are most welcome to attend.

ORGANISATION– OUR ‘YOU CAN DO IT’, WHOLE SCHOOL FOCUS FOR TERM 2.
‘The ability to organise space, time and possessions is an important, but often underestimated, personal success and leadership skill. Personal organisation has been identified as an essential achievement skill for children and young people.’

Students at each year level will be focusing on developing the skills and the habits of the mind that enhance the development of organisation. Organisation, at school, means setting a goal to do your best in your school work, listening carefully to your teacher’s instructions, planning your time so that you are not rushed, having all your school supplies ready at a neat table, recording your projects and their due dates and planning when you are going to do your homework so that you have enough time to complete the task.

Two ‘Positive Habits of the Mind’ that help develop a young person’s organisation include:
Setting Goals - means thinking that setting a goal can help me to be more successful at a task.
Planning My Time - means thinking about how long it will take me to do my school work and planning enough time to get it done.

PRINCIPAL’S CORNER
I would like to share the following article with you as it provides some helpful strategies for parents to use in supporting a child to overcome feelings of self-consciousness.
Help your child conquer self-consciousness
By Michael Grose- Director Parenting ideas
Self-consciousness can make school concerts and other public events daunting for some students.

Self-consciousness can be awful. It’s the feeling you get that everyone is looking at you.

Self-consciousness can come and go.

Some children just hate to do anything in public for fear of being noticed and perhaps laughed at. They think, quite wrongly, that everyone is looking at them. The truth of the matter is that most people aren’t looking at them. If they are performing in a school concert most adults have eyes only for their children. They won’t really take too much notice of any other children, unless of course, they fluff their lines badly or muck-up big time. However logical you may be self-consciousness can still hold many children back.

Here are some ideas to help your child or young person conquer self-consciousness:

Help them prepare for public performance.
They can practise a talk or even rehearse an opening line to help them break the ice in social situations. Practice leads to competence, which often alleviates self-consciousness.

Use baby steps in social situations. If they feel uncomfortable meeting a whole bunch of
new people, then they can just meet one new friend at a party, rather than try to meet too many people, which can be overwhelming.

**Practise strong self-talk.** Self-conscious kids often have atrocious self-talk. They say everyone is watching them enter a room, when the reality is quite different. Help them develop some realistic and more assertive messages about themselves. “It will be fun going on stage at the concert with my friends” is far more helpful than “Everyone will be staring at me” or “What if I muck it up”?

**Catch kids being brave.** What you focus on expands so make sure you highlight kids being brave and overcoming possibly embarrassing situations. Also, let them know that even though they may have stumbled or fluffed a line or two the room didn’t cave in. It wasn’t so bad.

**Breathe in, breathe out.** Some children and young people can be so debilitated by their self-consciousness that they work themselves into a frenzy with worry. Deep breathing where they count to 3 breathing in, but count to 6 when breathing out will help children regain calm, control and hopefully perspective. Self-consciousness is something that many adults suffer from too, so these ideas may hold true for you. It may not be something we can completely eradicate but it is something we all can learn to control so it doesn’t stop us, or our children, doing what we want to do.

Karen Jenkin  
Principal

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**CHANGE OF CONTACT NUMBER**  
The school phone number has changed. Please phone 8847 3200 to contact the school. The diversion from the old number to the new will expire at the end of the term.

**A reminder that Semester 1 Curriculum Levies and Excursion Levies were due Friday, 6th February, 2015.**

**Uniform Opening Times**  
Monday, 3.15pm—3.45pm  
Thursday, 3.15pm—3.45pm

**GRADE 1 PARENTS DINNER**  
*Straits Kitchen, Pinewood*  
**When:** Friday 17th April  
**Time:** 7.30pm  
For further details please contact  
Lisa: 0413 015 143

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**School Banking Day is**  
**TUESDAY!**

**School Office Hours**  
8.30am—4pm

**PLEASE REMEMBER THE 40kph SPEED LIMIT OUTSIDE THE SCHOOL**
**Great news!**

**Telstra Kids Grant**

We are delighted to announce our success in applying for a $1,200 grant from Telstra. Telstra Kids funds the little things that can make a big difference to kids’ lives, helping kids to play and learn. Our Telstra Kids grant will be used to fund the cost of moving the old play equipment and updating the playground at the back of the school.

Huge thanks to Linda Hibberd from Telstra, who is the mother of Charlie in Prep M, for endorsing our application, which was kindly prepared for us by Sandra McGregor.

We are very excited to share in the million dollars the Telstra Foundation provides each year to help kids across Australia to learn and play.

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**Glee Club**

Glee Club will begin next Monday 20th of April and will continue to run during lunchtimes on Mondays throughout the term.

It is a great opportunity for students from Years 3 to 6 to sing within a group and prepare songs that they will perform in front of a live audience. It’s also a really good way for the students to meet and make new friends. Please encourage your children to join us at GLEE!

(Glee Club will be held on Mondays in the school hall at lunch, after the second bell at 1:10pm.)

Jen Robinson, 4R

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**50% off Ladies Tennis**

**Fun, Fit, Friends**

- Starts May 5th
- Ends June 5th
- Tues, Wed, Fri options
- 930am to 1030am.
- Call Angelo 0407 477 798
- angelo@vidatennis.com.au

**Free Kids Intro Lesson**

Free Intros throughout the term, Weekdays 4 - 530pm and weekends.
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RESPECT  SELF CONFIDENCE  INTEGRITY  RESPONSIBILITY  OPTIMISM
Pinewood Fete 2\textsuperscript{nd} May 2015  
(Make sure it’s in your diary)  
Reminders—Stall Helpers

The board is up and we are looking for parents to volunteer and help man stores. It is located near the office and after school will be in the grounds. Please make sure you try and give up some of your time.

\textbf{Collection of Goods}  
Second hand items can be taken to Miss Delaney’s room.

All grade 3 – 6 children need to bring a block of chocolate and a mystery jar as they are needed for stalls on the day.

Next week we will be having a casual dress day on Thursday, 23\textsuperscript{rd} April for Hamper items. A separate note will go home about this day.

A very heartfelt thank-you to those families that have donated to the auction/pinwheel. We have some great prizes and your generosity is overwhelming. However, we have over 300 families at Pinewood and have only received sponsorship and donations that we can use as major prizes from about 10 families. If you have friends or relatives who could donate a product or a hamper or if you can yourself it would be most appreciated.

The success of our fete depends on the support of our whole school community. Please help us to provide the education and services the children deserve at Pinewood. That’s what makes this a great school!

\textbf{Plant Stall for Fete}  
As part of the activities planned at Pinewood Primary School fete on 2/5/15, I will be running a plant stall again. All money raised will go to the school. Experience in previous fetes and election day stalls has shown that succulents, flowering plants, herbs, vegetable seedlings, unusual plants and partly grown trees or shrubs sell best. We have also had a lot of success with seeds and freshly cut herbs. Large or unusual plants are also welcome. As a general rule, the smaller the pot the better as buyers find small pots easy to carry and will be discouraged from buying if the pots are too big or heavy.

If anyone has any plants that they would like to donate to the stall, these will be gratefully received. I can supply pots and some potting mix if that helps.

I would also appreciate donations of plastic bags and empty pots (up to 3 inch or 8cm in diameter). I will leave a marked box in the front foyer where these can be placed.

Georgia Sinclair  
0409 973708  
Alternatively, send a note or plant cuttings home via Marcus in 6H