3 SEPTEMBER 2015

Dear Parents,

BOOK WEEK
Last Thursday we celebrated Literacy and Book Week with a fantastic assembly followed by a fancy dress parade of students and staff dressed as their favourite book character. After the parade, the students participated in a range of literacy activities based around various children’s picture story books. It was a wonderful event.

SCIENCE WEEK and the launch of our new sustainability program.
On Tuesday, September 1st, we conducted a special assembly to celebrate Science Week and the launch of the Sustainability Program. Many students came to school dressed in ‘green’ and some with ‘green crazy hair’ as well. Representatives from So-Eco Schools and United Energy attended the assembly, along with Ms Anna Burke, Federal Member of Parliament for Chisholm.
After the assembly, the students participated in a fun filled day of Science activities.

Prep students blew bubbles and observed how sunlight interacted on the bubble surface, creating bubbles displaying amazing colours!
**Father’s Day Stall-Tomorrow**
A reminder that our parent committee have organised a ‘Father’s Day’ or ‘Special Persons Day’, stall, to be held at the school, tomorrow, Friday Sept 4th.

**REMEMBER Year 6 – PARENT INFORMATION SESSION - FAMILY LIFE**
**Wednesday 9th September, 7.00pm**
Family Life Victoria are conducting a one hour parent information session on Wednesday, Sept 9th for parents/carers of students in Year 6. The Family Life program has been designed to help schools implement particular aspects of the health curriculum including the physical, social and emotional changes of children at puberty.

**YEAR 3 & 4 CAMP**
Next Wednesday morning, our Year Three and Four students will be setting off on their three day, two night adventure camp to Phillip Island. The student’s will be participating in a range of activities, some such as the Giant Swing and Flying Fox are designed to build their self-confidence. Other activities, such as the Initiatives Course and Team Rescue build a sense of comradery. Camp is a great way to reinforce “You Can Do It”, especially the Getting Along, Resilience, Confidence and Persistence components of the program. On the last night, the students will be able to dress up and let their hair down at a Disco. A tired group of students will return on Friday afternoon looking forward to an early night and a well-deserved sleep in on Saturday.

**Principal’s Corner**
**Dr. Andrew Fuller** works with many schools and communities both in Australia and internationally, specialising in the development of wellbeing and resilience in young people.

In the following article, Dr. Fuller shares ten hints on developing a ‘resilient family’.

I hope you find the following article of interest.

**Ten Hints for Creating Resilient Families.**

**No. 1 Promote Belonging**
Resilience is the happy knack of being able to bungy jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

**No. 2 Have some mooch time**
We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say” I’m bored”. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.

**No. 3 Rediscover some family rituals**
It doesn’t matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say ”Mum always made sure we did.” or Dad always made sure we did.”

**No. 4 Spontaneity and curiosity**
Spontaneity and curiosity are the building blocks of good mental health.
You cannot tell someone how to have better mental health and you can’t give it to them by getting them to read a book.
So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

**No.5 Love kids for their differences**
When families’ function well, people are allowed to be different and to be loved for those differences. We all know that children take on different roles. A father of three said, “it’s as if they have a planning meeting once a year and say, ‘you be the good kid, I’ll be the sick kid and the other one can be the trouble-maker!’ And then, just when you think you’ve got it figured out they change roles again”.
Having children who are strongly individual and who have a sense of who they are, is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don’t like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

**No.6. It is clear who is in charge**
Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say.
Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true.

**No. 7 Consistency**
Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children’s wellbeing. It is also important that parents not be open to manipulation and work together as a team.

Life however is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can’t come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

**No. 8 Teach the skills of Self-esteem**
Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, “yeah Mum” or “yeah Dad” whenever a compliment is made.
Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions like, “How did you do that?” “How come you did so well at that test?” “What did you do?” and “Have you been doing homework behind my back?”
No. 9. Know how to Argue
Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well, don’t have conflicts.
The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs.

10. Parents are reliably unpredictable
With young children it is important to provide consistency and predictability. This allows them to feel sure of you. After a while though, a bit of predictability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn’t expect. This keeps them interested in learning from you or least wondering what you are up to.

Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don’t quite work out as they had planned.

I hope you enjoyed the article.

Karen Jenkin
Principal

STUDENT OF THE WEEK

LIBRARY INCURSION
On Tuesday September 8th, we have a LIBRARY INCURSION. The musical performance is called ‘Shine a Light’ and it will take place in the hall. It is based on the books that were nominated for the Children’s Book Awards this year. If you have not paid your excursion levy, please contact the office to arrange payment for this incursion.
I would like to thank everyone for participating in our other BOOK WEEK celebrations last week. The children looked fantastic in their costumes and we all had a great day.

Helen Dent
English Coordinator

TERM DATES 2015

Term 1
Thursday, 29th January - Friday, 27th March

Term 2
Monday, 13th April – Friday, 26th June

Term 3
Monday, 13th July – Friday, 18th September

Term 4
Monday, 5th October – Friday, 18th December
OSHC

Forms are now available for the Vacation Care program. Due to the high number of families requiring care, you must enrol your child to reserve a place.

If your child/children attend the Before or Aftercare program, this does not automatically give you a place in the Vacation Care.

Forms are now available from the library. Please return the forms by Friday, 4th September, 2015.

CHANGE OF CONTACT NUMBER
The school phone number has changed. Please phone 8847 3200 to contact the school.

School Office Hours
8.30am—4pm

KEEPING YOUR CHILDREN HEALTHY AND HAPPY
Helping your children with:
Orthopaedic
Sports Injuries
Back and Neck pain
Children's Allergies
Growing Pains
Sleeping Difficulties
Food Intolerances
Children’s Immunity
Osteopathy
Naturopathy
Remedial Massage
Nutrition
626 Waverley Road, Glen Waverley
Located within the Monash Aquatic and Recreation Centre
9581 1958

Is your child at school or starting next year? Would you like $500 to help pay for uniforms, books, excursions or a laptop?

To be eligible you need to:
• have a Health Care or a Pensioner Concession Card
• have a child at school now or starting next year
• have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

To find out more, phone or SMS 0417 307406
Or email mconlon@berrystreet.org.au

PARENTS CLUB NEWS
BUNNINGS BARBEQUE, NOTTING HILL
SATURDAY, 5TH DECEMBER

WE NEED YOU!

Even though some of you have kindly volunteered to help already we still desperately need more helpers on the day. This is such a great opportunity to raise funds for our school. It would be a real shame if we had to cancel as dates are very hard to secure and it can be a very lucrative fundraiser for us.

If you can give up even an hour of your time on Saturday 5th December we would be extremely grateful. Please email Lisa Strong at sunnymountain1@yahoo.com.au or speak to one of the Parent Committee members if you can help.
Healthy, Affordable Lunches Delivered Fresh to Pinewood Primary School

Available Monday to Friday (Unavailable Tuesday)

Our Menu offers either a 2 or 3 Course Lunch with 15 choices available for each course each day!

Check out our website www.classroomcuisine.com.au

Orders are received by our customer friendly website until 8.30am the day the lunch is required.

Email: contact@classroomcuisine.com.au

We are excited to be taking part in the Woolworths Earn & Learn program. You can help our school by collecting Woolworths Earn & Learn Points. Just collect Woolworths Earn & Learn Points when you shop at Woolworths between Monday 15 July and Tuesday 8 September 2015. We will redeem these for awesome educational resources for our school.

Simply pop them onto a Woolworths Earn & Learn Points Sheet and once it’s completed, just bring it back to school or drop it into the Collection Box at your local Woolies. The more we collect, the more we can redeem. There are thousands of products available through the Woolworths Earn & Learn program, and we’d like to get lots of new gear! Products in the range include resources for mathematics, English, science, art & crafts, through to sports gear, library supplies and more.

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at school.

We are aiming to double our target from 2014, with a view to collecting 50,000 tokens in 2015. We will update our page with our count as often as possible.
PARENTS CLUB UPDATE

Thank you again to those of you that supported the Billie G Cookie Dough Fundraiser which made a great profit of $772.10. We hope you have enjoyed baking cookies this week!

Our students will be visiting the Father’s Day Stall which will be held at school tomorrow. Just a reminder, please can they bring their own shopping bags if possible.

Finally, please note Lisa Strong’s email address is sunnymountain1@yahoo.com.au - if you would like to help out at any of our fundraising events either email Lisa, chat to your Class Rep or speak to one of the Parents Committee members below. We still need volunteers for the Bunnings Barbeque on Saturday 5th December so would appreciate your help!

TERM 3 EVENTS

Fri 4th Sept  Father’s Day Stall
Weds 16th Sept  Footy Hotdog Day

TERM 4 EVENTS

Weds 21st Oct  World Teachers Day Lunch
Fri 30th Oct  Halloween Fancy Dress Disco
Tues 10th Nov  Zooper Dooper Day
Sat 5th Dec  Bunnings Barbeque – Helpers needed!
Dec (date TBA)  End of Year Concert Barbeque

Parents Club Committee 201
President: Mick Daly (5K)
mickd0868@yahoo.com.au

Vice President: Lisa Strong (3B)
sunnymountain1@yahoo.com.au

Koula Giannakis (Prep R)
Lucy Adams (1A)
Kellie Ellis, Scott Williams (2D)
Jules Berry (2M)
Sue Bleeker (4R)

Weekly public speaking & drama program for children aged 6 - 15

Leading curriculum  Small class sizes  Great teachers  Loads of fun!

Communication quick thinking expression teamwork friendships confidence leadership persuasion vocal variety diction

ENROL NOW
Glen Iris, Chadstone, Berwick, Canterbury, Doncaster, Essendon Rowville, Preston, Glen Waverley, & Malvern East


A reminder that Semester 2 Curriculum Levies and Excursion Levies were due Friday, 26th June, 2015.
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School Banking
TUESDAY

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

STUDENT OF THE WEEK

Xander V. Prep H
For the wonderful progress he is making with reading. Well done!

Ashley L. 6U
For her consistent work habits and for always being organised. Well done Ashley!

Akhtar K. Prep M
For participating with interest and enthusiasm during Literacy Day Activities.

James S. 5T
For the way he has helped his group to complete their iMovie on cyber safety. James is creative and a great listener.

Lucas H. 1A
For his outstanding listening skills and for making good choices in class. Fantastic effort and keep it up!

Bailey K-R. 5K
For your participation in our class discussions. You have some insightful ideas and stories that are insightful and entertaining.

Lucky B. 5C
For his excellent listening skills and lovely manners during our Toolangi excursion. Well done!

Vonara S. 6H
For showing enthusiasm and commitment in her writing to produce high quality pieces of work.

Charlize H. 1JK
For her wonderful “Teamwork” attitude she displayed during our light and sound incursion last week. Well done Charlize!

Akidat J. Prep R
For his positive attitude towards school and for being a kind, caring and helpful class member. Well done Akidat!

Hamna A. 2M
For working hard to write an interesting description of the beach. Well done!

Shuma S. 3K
For an interesting and well researched oral presentation on Doctors Without Borders. Well done Shuma.

Kelvin F. 4M
For the consistently strong effort he puts into his maths work. Keep up the great effort.

Yao Z. Prep L
For the fantastic effort she has made to read and write the Wizard Words. Well done Yao!

James K. 3B
For always being a polite and friendly class member. Well done James.

Chloe C. 1T
For the wonderful progress she is making with her reading. Well done Chloe, keep up the great effort.

Jarrah S. 4R
For displaying strong work habits and a hard working attitude in the classroom. Keep up the great work Jarrah!

Meena B. 2D
For consistently working hard to produce high quality work. You are a role model within our class!

PE Award 3K
For displaying fantastic Cricket fielding skills by hitting the stumps with great regularity!

Parents should note that advertisements that appear in the newsletter are not necessarily the views of the school council or staff. These services are in no way connected to the Department of Education and are included according to relevance and interest to the school community.

3 SEPTEMBER 2015
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