Dear Parents,

ANZAC DAY

Thank you everyone for supporting our ANZAC Day school service last Friday morning and to the children for bringing flowers to place around our flag poles. Our School Captains, Kasey and Sid and Sports Captains, Connie and James are to be commended for their presentation of the ceremony. Thank you also to Vansh and Matthew for attending to the flags.

YEAR 1 EXCURSION TO YARRABEE

On Tuesday, Year 1 students participated in an excursion to ‘Yarrabee—Yesterday’s World’, at Greenvale. The excursion was part of a unit of inquiry about ‘Past and Present Family Life’. The children experienced what a typical school day was like 100 years ago. The students discovered how to write on a slate board with chalk and how teachers expected students to behave in the classroom during that era. They enjoyed playing some old fashioned outside games too.

Our students dressed for the excursion in typical school clothes that students wore to school back then. The students inform me they are very glad to be born in this modern era and while they enjoyed their day at ‘Yarrabee’, they definitely prefer to do their schooling at a modern day school like Pinewood!

LATE PICK UP BY PARENTS

If parents are going to be late arriving to pick up their child we would appreciate a phone call to notify the office. Young students become quickly distressed if their parent/career is not at the school at 3.30pm to collect them. If a parent does not arrive to pick up a student, the classroom teacher will look after them in the classroom until 3.45pm, if they are available to do so, otherwise they will be sent to the office. After this time the student will be taken to our Out of Hours Program (Aftercare) and the parents will be invoiced for this session.
REMINDER
Teachers are not available for conversations with parents between 9.00am and 3.30pm as they are focused on their teaching/learning program and student needs.

Rather, parents are encouraged to arrange an appointment with the class teacher, at a mutually convenient time, to discuss any concerns they may have etc. This action will minimise interruptions to the students learning program.

CURRICULUM DAY – FRIDAY MAY 13th
Teachers will be participating in a Numeracy Curriculum Day on Friday, 13th May, therefore, students do not attend the school on that day. The Out of School Hours Program will be available, if numbers are sufficient.

PRINCIPAL’S CORNER
Getting children to cooperate can be tricky. One method doesn’t necessarily fit all children so as a parent or teacher it helps to have a broad repertoire of responses to draw on when you require more cooperative behaviour. The following article contains five habits you may like to add to your parenting repertoire.

Don’t threaten, bribe or deal – breathe and act instead
By Michael Grose—Parenting Ideas

Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn’t generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

Bad discipline habits
Unfortunately, it’s easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as “I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car”, rather than battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you’re driving. Well, it may seem that way!

However, it’s easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, “What’s in this for me?” Soon kids learn to wheel and deal to get better terms so today’s ‘quick 10 minutes on an iPad’ becomes tomorrow’s shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale. The stakes rarely get smaller.

Similarly, idle threats of withdrawing cooperation if a child won’t behave well soon falls on deaf ears as kids have a built-in radar for knowing if a threat is real or not. “If you continue to argue with your sister I’ll cancel your birthday” is the sort of threat that many of us have made in desperation just to get some peace and harmony at home. Again, threatening all types of dastardly consequences can become a habit, particularly when we don’t have many other options at our disposal to get better cooperation.

Most of us will default to our lowest level of skill when we are tired, stressed or under pressure. When a child yells, “I hate you! You never listen to a thing I say” just when you’re trying to get her to bed you’re likely to return fire in spades. ‘What do you mean I never listen to you! I always listen to you. You never...” and away you go chastising a child in a way that only exacerbates her lack of cooperation.

Good discipline habits
So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

Here are five good discipline habits to develop:

1. Avoid the first impulse so you don’t overreact
A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children’s poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can’t follow through with.
2. **Step away and take a breath to gain control**
   When you feel annoyed, angry or hurt by a child’s misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

3. **Lower your voice to be heard**
   Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

4. **Move toward them to be noticed**
   Moving into children’s space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation are generally worth it.

5. **Use a consequence to teach**
   Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children’s misdemeanours and that are respectfully delivered are effective in teaching children to behave responsively. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you’d like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids.

I hope you found the article interesting.

Karen Jenkin
Principal

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**Pinewood Parents Club**

**Next Friday, 6th May**

A Catalogue will be available at the end of this week and each class will have the opportunity to visit the stall next Friday. Don’t forget your money and ‘Bring Your Own’ (BYO) shopping bags!

**CLASSROOM REPRESENTATIVES FOR 2016**

Representatives are required for the following grades. If you are interested, please see the classroom teacher. Thank you to the following parents who have already volunteered for this position.

- Prep D
- Prep P
- 1T
- 2M
- 3B
- 4M
- 4R
- 5K

**OSHC NEWS**

Unfortunately the Out of hours program is completely booked on Monday and Wednesday afternoons.

The program will be open on CURRICULUM DAY, Friday, 13th May. Please book to ensure a place your child. The program will not open if there are insufficient numbers.

Jenny Walker
OSHC Coordinator.
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

Change of Uniform Opening
Times for Term 2, 2016
From this week, the uniform shop will be
opening on THURSDAY morning &
afternoon
Thursday, 9.00am—9.30am
Thursday, 3.15pm—3.45pm

Waverley Benevolent Society -
School Fund Assistance
For over 45 years, the Waverley Benevolent Society
(WBS) has been giving a helping hand to the local com-
community.
In continuing with their proud tradition, they now have
funds available to help low-income parents with school
expenses.

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<th>Primary School</th>
<th>$50 voucher for either Big W or Kmart</th>
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<tbody>
<tr>
<td>Secondary School</td>
<td>Year 7 - $150 per child</td>
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<td>Year 8 up - $100 per child</td>
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Payments for high school students will be made direct
to providers – uniform, books etc, or to a nominated
school account to cover excursions, VCAL charges etc.
School fees not included.
To be eligible, parents need to provide a Centrelink card
or proof of residence in the Monash municipality and
evidence of low income. They also need a hard copy
from the provider of what they would like the cheque to
cover.
If you want to find out more information about this fund
assistance, please make an appointment with WBS by
calling 1300 552 509 (preferred option) or email wa-
verleybenevolent@bigpond.com (recommended for
schools and counsellors who have questions).