Dear Parents,

OUR 2017 PREP’S VISIT
It was fabulous to see the smiling faces of many of our new Prep students for 2017 as they arrived at school on Wednesday for their second school transition visit. While the new Prep students were enjoying time with Specialist teachers, (PE Art Music and LOTE) their parents attended a wonderful session with our Literacy specialist, Mrs Dent, and discussed the various elements involved in helping children to become successful readers. Our final transition visit will occur on Tuesday December 6th.

WALKATHON
On Thursday Nov 17, the students will be participating in a walkathon within the school grounds.

Year 1&2 students participate from 9.15 - 9.45
Years 3&4 students participate from 10.00 - 10.45
Preps participate from 12.15 - 12.45
Years 5&6 students participate from 2.15 - 3.00

All money raised will go toward the purchase of shade sails for the school.

REMEMBRANCE DAY
On Friday, our School Captains, Kasey and Sid, will be conducting a Remembrance Day Commemoration. We ask if students could please bring along a flower/flowers to place at the foot of our flagpoles, at the conclusion of the service.

PRINCIPAL’S CORNER
Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence, says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.” Exploring the landscape of children’s emotions as a parent and/or educator, can be a challenge at times. I hope you find the following article helpful.

Exploring the New Frontier in Parenting – Emotions
By Michael Grose
Parenting Ideas

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now. The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.
Current day muse Dr Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**  When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)**  Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**  We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**  Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions.**  Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Karen Jenkin  
Principal

**SPORT NEWS**

**Swimming**  
Students in 2M and grades 3-6 have commenced swimming. A reminder that all students **MUST HAVE ALL CLOTHING LABELLED**. There is already a large collection of lost property in the Grade 6 FLS. If you have lost something then please go and look to see if it is there.

**Walkathon**  
Next Thursday we will be holding our Walkathon. Your child received information relating to the Walkathon yesterday, along with a sponsorship sheet. Your child will need to start asking for donations, but money will not be collected until after the Walkathon. A note will be sent out detailing when children are to return their money. The money raised this year will go towards the purchase and installation of a shade sail for the back playground.

Keep track of everything sport related happening within our district, including interschool sport ladders, fixtures, photos and dates of upcoming events:

http://www.foxsportspulse.com/assoc_page.cgi?c=1-4186-0-0-0&assoc=4186

**PLEASE REMEMBER THE 40kph SPEED LIMIT OUTSIDE THE SCHOOL**  

RESPECT  SELF CONFIDENCE  INTEGRITY  RESPONSIBILITY  OPTIMISM
STUDENT OF THE WEEK

Samaaya G.  Prep P
For working so hard to learn her Wizard Words! Keep up the great work Samaaya!

Samar V.  Prep R
For the confidence he displayed during swimming lessons and for trying his best to keep his belongings organised. Well done Samar!

Parth S.  Prep H
For making a fantastic improvement with reading and spelling this term. Well done Parth!

Tianyi L.  Prep H
For being a very helpful class member. Tianyi is organised at all times! Well done!

Kavin A.  Prep M
Kavin has worked very hard to learn the Wizard Words. He always tries his best!

Michael R.  6H
For showing great courage on camp and stepping out of his comfort zone Michael faced his fear and pushed himself to achieve more that he thought was possible.

Emily D.  4C
For demonstrating great responsibility and leadership in all that you do. You are a fantastic role model!

Simon K.  4C
Well done on settling into Pinewood so well and for taking on the challenges new school offers. Keep it up!

Taya T.  5K
For your excellent ‘You Can Do It’ attitude throughout this Semester, especially at camp. You took on every challenge with enthusiasm.

Tanzin I.  Prep L
For always trying his best in reading groups and working co-operatively with his partner. Well done Tanzin!

Sean M.  6U
For always having a positive attitude towards school and learning. Well done for being very organised too!

Zoe M.  5D
For demonstrating greater independence and consistently showing a ‘You Can Do It’ attitude. Well done.

Elijah Z.  5D
For his improved focus and the excellent effort he is putting towards his writing.

Christian A.  4M
For consistently contributing in class discussions and sharing his work with others. The self confidence and responsibility you demonstrate is admirable.

Tian C.  4M
For always demonstrating a ‘You Can Do It’ attitude and completing all tasks to the best of his ability.

Adi P.  5K
For demonstrating strong leadership skills. You can always be relied upon to give impromptu speeches and behave in an exemplary way.

Sobash M.  1H
For the excellent effort he put into producing a model of the ‘Structure of a Plant’ for his oral presentation. Well done Sobash!

Gurnaaz K.  1M
For the kindness she shows towards her classmates and for always trying her best. Well done!

Rohan A.  1M
For settling into Pinewood so well and for being a positive role model to his classmates from his first day. Keep it up!

Eigo S.  1T
For the confidence he displays when speaking in front of the class and for his positive attitude to learning. Well done Eigo.

Nitin K.  1T
For his determined approach to his school work. He is always positive and tries his best. Well done Nitin.

Ryan Y.  2G
For the hard work you have been putting into your reading this term. Keep up the great effort.

Caelon V.  2M
For always bringing a positive attitude to all classroom activities. Keep it up!

Akila M.  2R
For the excellent effort he has made on improving the presentation and layout of his bookwork, particularly during writing. Keep up the neat work!

Jasmine S.  2R
For displaying a ‘You Can Do It’ attitude towards classroom activities and improving her listening skills. Well done Jasmine!

Lucas J.  Prep D
For the positive attitude he has towards all school activities. Lucas comes to school with a smile on his face every day!

Keshara W.  4H
For showing responsibility by always completing your homework and submitting it on time. Keep up the great effort.

Daniel P.  4H
For showing responsibility by always completing your homework and submitting it on time. Keep up the great effort.

Mitch D.  3K
For the excellent independence learning skills you displayed during Inquiry. Well done!

Rashmi W.  3K
For being a persistent learner in the Times Tables Challenge. Well done.

Ilias G.  6D
For his improved attitude and behaviour in the classroom. It is fantastic to see Illias working so well and being such a positive classmate. Well done!

UNIFORM SHOP REMINDER
A reminder that uniform can no longer be purchased from the school. Pinewood Primary School uniforms are now available from:

PSW
288-290 Stephensons Rd
Mount Waverley
Phone: 9768 0335
---WE NEED YOU---
Bunnings BBQ - Notting Hill
Saturday 3 December 8am-4pm

This is OUR opportunity to ask the local community to help us raise much needed funds for the school.
If you haven’t already volunteered to help out, please let a Parents Club Committee member or your Class Representative know - THANK YOU!
Alternatively please contact the School Office.

Coming Up....

**BUNNINGS SIZZLE - Saturday 3 December**
If you can help cook or serve sausages for a couple of hours please email Lisa Strong at sunnymountain1@yahoo.com.au

**END OF YEAR CONCERT BARBEQUE & HAMPER RAFFLE**

**Wednesday 7 December**
Parents Club will be holding a Raffle at the End of Year Concert with Hampers for each Grade to be won!

Details launched tomorrow
FINANCIAL ASSISTANCE
INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)
School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
• $125 for primary school students
• $225 for secondary school students.

HOW TO APPLY
Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION
For the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef
Dr Michael Carr-Gregg presents

Tackling Anxiety and Building Resilience in Young People

For Teachers, Teacher Aides (Primary and Secondary level), Parents, Psychologists, Counsellors, Sports Coaches, Youth Workers, Scout Leaders, Nurses, Health Workers (and anyone else interested).

Monday November 21st, 2016
7pm - 8.30pm
The Bentleigh Club
33 Yawla St, Bentleigh
FREE onsite car park / Bistro open before event

BOOK your place!
Email rick@criticalagendas.com.au
Include your name and number of tickets required.
Collect and pay for tickets on the night.
$20 each - No EFTPOS
Enquiries: 0433 616 771

This is a Community Event
Everyone welcome!

Anxiety in children is a normal part of childhood development. But it’s estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. In this presentation one of Australia’s leading child and adolescent psychologists will discuss what is normal anxiety and what is not, what are the common anxiety disorders and what parents and carers might do to build happy and resilient young people.

Dr. Michael Carr-Gregg is one of Australia’s highest profile psychologists. Working in private practice in Melbourne, he sits on the Board of the Australian Psychological Society, the Family Peace Foundation, Project ROCKIT and Smiling Mind well as being a Community Ambassador for Big Brothers Big Sisters, Postvention Australia, and Playgroup Victoria. He founded the charity CanTeen 31 years ago and was the first psychologist featured on This is Your Life. He has been resident psychologist on Ch 7’s Sunrise for 11 years as well as Psychologist for the top rating Morning Show with Neil Mitchell on Fairfax Radio 3AW. He is a special Patron of the Hawthorn Football Club. He is married to Therese and has 2 sons.

Dr Carr-Gregg presents to a full house at Shoppingtown Hotel in Doncaster on September 1st, 2016