2013 Term Dates

Term 1
January 30 – March 28

Term 2
April 15 – June 28

Term 3
July 15 – September 20

Term 4
October 7 – December 20

This week ...

Thursday 21st
MARC LIBRARY

Monday 24th
Parent Club AGM
Swimming

SCHOOL VALUES

- **Care and Compassion** – Care for self and others
- **Honesty and Trustworthiness** – Be honest, sincere and seek the truth
- **Respect** – Treat others with consideration and regard: respect another person’s point of view
- **Responsibility**—Be accountable for one’s own actions, resolve differences in constructive, non violent and peaceful ways; contribute to society and civic life, take care of the environment

PRINCIPAL’S REPORT:

Well done to everyone for coping so well with the warm weather and continuing to show care and compassion for others. The heat can get very draining after a while but students are dealing really well with the continued hot days and should be congratulated on their great behaviour and attitude.

We will be conducting Parent/Teacher Interviews on Tuesday 5th March 2013 from 12.30 till 6pm. There will be no school on that day for students but care will be provided for children while their parents meet with teachers. A note is attached.

MARC Van begins this week with our new teacher Mrs Sandra Hillier. Sandra is really looking forward to meeting all the students and providing an extensive and exciting library based curriculum. There will be no individual borrowing for students this week but students will be able to borrow books from next fortnight on.

Tomorrow I will be taking part in eSmart Training. The program has been developed by the Alannah and Madeline Foundation in conjunction with RMIT School of Education and many cyber safety and education experts. eSmart is an easy-to-use, evidence-based and tested system designed to help schools manage cyber safety and deal with cyber bullying and bullying. The eSmart system provides a framework for schools to implement whole-school culture and behaviour change relevant to the smart, safe and responsible use of digital technologies. I am looking forward to learning more about the program and what we can do at Eppalock PS to ensure we are all cyber safe.

Students will be taking part in the Responsible Pet Ownership incursion on Friday. This is a wonderful program that is free to all students, helping to teach them what it means to be a responsible pet owner and is conducted by trained Pet Educators and their temperament-tested pet. The program also educates the children on issues such as choosing an appropriate pet for the family, basic animal husbandry, pet health, confinement and the importance of registration and identification. We have had requests from a number of children to get a pet at school and Ms Hartney has generously offered to bring her family dog ‘Archer’ to school twice a week to spend time with the children. Archer is a quiet, child friendly golden retriever who would spend time in each classroom and go out with students at recess and lunchtime on a lead. If you have any objection or concerns about this initiative please come and talk to me.

Last Tuesday night we had a very productive first School Council meeting for the year. We have approved the development of our new school website, have given the go ahead for the first stage of the Sensory Garden to begin and have given approval to start a playgroup at Eppalock PS. Lots of exciting projects on the go – stay tuned for updates and details.

Have a great week everyone. Mrs Ryan
Congratulations to the following students who received awards this week ...

- Riley for showing great leadership skills and being an excellent role model
- Jazz for working well in school
- Jordan T for always trying her best and producing very good work
- Henry for working hard and always doing his best
- Joel for participating brilliantly in drama

Values Award

- Kobi for being kind, caring and thoughtful

Acts of Kindness ... (the following comments were drawn from the ‘Random Acts of Kindness’ box)

- Lee picked up my hat for me (from Harmony)
- Mrs J for helping and being with the Prep / Grade 1/2s (from Ruby)
- Harmony was cheering everyone on in ‘Danish rounders’ (from Nicole)
- Jack S complimented Silver on his fantastic Indonesian Art drawing. He told him it was the best he’d ever seen a Grade 3 do (from Mrs J)

Happy Birthday to …
Jessica—17th February
Nicole—19th February

REMININDERS—

- **SCHOOL COUNCIL**
  A reminder that nominations for School Council close on **Friday 1st March**. Please consider becoming part of this important group in our school.

- **Education Maintenance Allowance (EMA) 2013**
  The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children. Applications must be submitted by **Thursday 28th February 2013**. Forms are available from school office.

- **RE (Special Religious Instructions)** will commence next Monday from 9.30 am—10.00 am. Information / permission forms were attached to last week’s newsletter— if you have not returned the form, please do so this week. Students who are not participating in this program will be supervised by a teacher.
IMPORTANT DATES
Please mark your diary

FEBRUARY

Wednesday 20th  Prep Students Day Off
Thursday 21st  MARC LIBRARY
Friday 22nd  CLUBS
Responsible Pet Ownership
Monday 25th  Parent Club AGM
Swimming (1.10 pm start at pool)
Tuesday 26th  SCHOOL BANKING DAY
DRAMA
Wednesday 27th  Prep Students Day Off

MARCH

FRIDAY 1st  LOTE
CLUBS
Community Night
Tuesday 5th  SCHOOL BANKING DAY
DRAMA
Thursday 7th  MARC LIBRARY
Friday 8th  LOTE
Life Ed Van
Monday 11th  Public Holiday
Tuesday 12th  SCHOOL BANKING DAY
Swimming (1.10 pm start at pool)
School Council AGM
Wednesday 13th  DRAMA
Friday 15th  Bullying No Way Day
CLUBS
Tuesday 19th  SCHOOL BANKING DAY
DRAMA
Wednesday 20th  HARMONY DAY
Kooka Visit
Thursday 21st  SCHOOL PHOTOS

Monday 26th  DRAMA
Tuesday 27th  SCHOOL BANKING DAY
Thursday 28th  LAST DAY TERM
(1.30 pm finish)
10 ways to promote good mental health in your child

(information from Michael Gross about raising exceptional kids)

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood. Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common. Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well. As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits**: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Provide a space of their own**: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. **Talk about their trouble**: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. **Help them relax**: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. **Have two routines – weekday and weekend**: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.
9. **Foster volunteering and helpfulness:** Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. **Bring fun and playfulness into their lives:** Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways

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**Annual General Meeting**

**Parent Club** will hold their Annual General Meeting in the staff room next Monday, 25th February at 9.15. This is a great opportunity for all families to be involved, share ideas and help support our school. Everyone welcome, including children.

Parent Club supports the school by organising various events/activities for the children, as well as social and fundraising events for the whole school community. Being part of the Parent Club enables parents to get to know each other, learn more about what is happening at the school, ask questions, and raise issues. Meeting dates and times are advertised in the newsletter.

**Parent Club** is run by a group of volunteers, general members as well as office bearers, who regularly attend the meetings and help to organise events.

At the AGM all office bearer positions are declared vacant and elections are held. The current President, Jackie Hebble, has indicated that she will be retiring and not seeking re-election.

Traditionally Parent Club has organised a number of exciting events and our school needs the support of parents and families to help make these events happen.

If you are interested in joining the Parent Club, please come along. It’s a great social group where everyone pitches in to help, and the more members we have, the easier everyone’s job is.

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**Community Night**

**FRIDAY 1ST MARCH**

A wonderful opportunity to come together and celebrate the start of 2013 school year. The evening will commence with a shared meal. Families are asked to bring a main dish & salad or a main dish and dessert (suggestions .. cold meat, lasagne, crock-pot meals, quiche).

- Families with surname A-M—main dish and salad
- Families with surname N-Z—main dish and dessert
- BYO plates, utensils, cups, drinks

Family BINGO, Cricket Match and lots of fun will be included in the evening. Families are asked to donate a small item or two to be used as prizes.—eg chocolate bar— small toy car—can of baked beans. All gifts will be wrapped and it will be a ‘lucky dip’ to collect your prize.
PRIVATE TUITION available in PIANO, VIOLIN, GUITAR and KEYBOARD. For ages 7 to 70.
Tailored for the individual. Studio in Quarry Hill.
Phone 5442 4661—Denise Thomas, B.Music, Dip Teaching, VMTA & VIT regd.

SANDHURST HOCKEY CLUB INC - COME AND TRY NIGHTS

Wednesday nights from 6.30 – 7.30 pm for junior and senior players at the hockey complex, Ashley Street, Ironbark. New members are welcome – Under 11, 13, 15, 17, Mens, Womens A and B grade winter competitions. Junior training will change on 6 March to 5.30 – 6.30 pm and senior training will continue to be from 6.30 – 7.30 pm.

Coaching by experienced Level 1 and 2 coaches from Melbourne and Bendigo.

Sticks and shin guards will be available for new players to borrow if needed. Mouthguards are required.

All welcome to come along and try the fabulous and exciting game of hockey with Bendigo's family-friendly hockey Club.

For more information contact:
President Kylie Evans on 0438 584664 or Treasurer Sharon Welsh on 0407 342552

2013 REGISTRATION DAY

Date: Sunday 24th February
Venue: Strathfieldsaye Recreational Reserve, Tannery Lane
Time: 10.00 am—12 noon (U9, U10, U12, Youth Girls)
       12.30 pm—2.00 pm (U14, U16, Youth Girls)
Cost: $100 (U9, U10, U12)
      $130 (U14, U16)
      $50 (Youth Girls (age 13-18)
Enquiries: strathfieldsayejfc@hotmail.com