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## 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

## FAREWELL

At the end of term 1 we farewelled Maddie and Ida who have now moved to Canada for a period of time. We wish them all the best for what will be an amazing experience and life adventure. They will be greatly missed at Eppalock PS as they are both positive learners and members of our student community. On the last day of term we gave them a special send off by making a guard of honour to our tree bell (usually reserved for our Grade 6 students). Good luck Maddie and Ida, hope all goes well.



Welcome back to term 2 of 2019.

**Table 2: Factors that build resilience in children**

Factors within the child	Factors within the family	Factors within the community and society
<ul style="list-style-type: none"> <li>• Genetic and biological factors</li> <li>• Coping skills</li> <li>• A sense of positive self-esteem</li> <li>• Positive self-talk and self-compassion</li> <li>• A sense of autonomy and independence (to try things for oneself)</li> <li>• Being able to identify and articulate feelings or needs</li> <li>• Development of self-regulation</li> <li>• A sense of confidence and self-competence ('I can handle this')</li> <li>• Positive social skills and empathy</li> <li>• A sense of optimism or a positive attitude</li> <li>• A sense of responsibility in connection to family/community</li> <li>• A sense of belonging</li> <li>• Healthy thinking habits</li> </ul>	<ul style="list-style-type: none"> <li>• Positive family relationships</li> <li>• Family identity and connectedness</li> <li>• Effective parenting</li> </ul>	<p><b>Peers</b></p> <ul style="list-style-type: none"> <li>• Connections and interactions with peers</li> </ul> <p><b>Educational settings</b></p> <ul style="list-style-type: none"> <li>• Educational settings that provide positive encouragement and positive relationships</li> </ul> <p><b>Neighbourhood and community</b></p> <ul style="list-style-type: none"> <li>• Socially inclusive and family- and child-friendly community values and beliefs</li> <li>• Socially inclusive and family and child-friendly spaces (e.g. parks, community centres)</li> </ul> <p><b>Society</b></p> <ul style="list-style-type: none"> <li>• Socially inclusive and family- and child-friendly public policies</li> </ul>
	<ul style="list-style-type: none"> <li>• Opportunities for children to participate in healthy risk-taking</li> <li>• Opportunities for positive experiences</li> <li>• Having an ongoing, meaningful relationship with at least one significant supportive adult who the child can talk to (e.g. family member, teacher, community mentor)</li> </ul>	

The table above outlines the many different factors that can help build resilience in children. It is interesting to note that the person/child themselves has the greatest control/influence over their own resilience. My take on this is that as parents and educators it is our role to guide and educate the children to develop these skills in a safe

### **uEducateUs**

Our school newsletter will now appear on uEducateUs for the remainder of the year. We would encourage all families to turn on basic notifications to ensure they are kept up to date with what is going on. While a smartphone is a handy, mobile way of checking in, we have found that computer access enables you to view information more easily. Our calendar will be viewed and updated regularly on this system.

Thanks to those families logging in absences on the system. It is great to get on and see messages from families about upcoming days away. This system has already reduced 'unexplained absences', which is an area that has been high in recent years. It also means that Marie doesn't have to spend time on this area, giving her time to do other things around the office. Thanks for your support.

### **Inclusive Schools Update**

Thanks to those who contributed thoughts to our Inclusive schools project. I have collated all ideas and comments, presented them back to our working group and school council and sent them back to our architect for consideration. Our working group will continue to meet as required to explore this project further. Families are always welcome to ask questions or input thoughts at any time.

### **School pride and sports funding**

We have made some progress with the process of this work and we should begin to see some movement with some of the proposed tasks this term. Over the holidays we had our front fence erected and it looks great. Still a little bit of tidy up to do around this, but some of the students have been very excited about it. The toilet block won't be far away from getting moved which will allow other bits and pieces to take place. Thanks for your patience on this, it is always exciting getting some funds to spend on the school, however the process can sometimes take some time, so we appreciate your understanding.

### **Cyber safety**

Mr McCartney is teaching some ICT skills across the 2-6 classes this year on a Thursday. As part of these sessions he will speak about Cyber safety from time to time to educate the students about being safe online. Please remember to check in with your children regularly about the types of programs they are using online. Some of these programs have recommended age limits to ensure people using them are mature enough to understand the possible issues. If you are not sure about any aspect of ICT or social media usage, please come and have a chat at school and we may be able to assist.



# IMPORTANT DATES

## APRIL

Thursday	25th	ANZAC DAY—PUBLIC HOLIDAY
Tuesday	30th	Elmore Pie Drive—orders and money due

## MAY

Thursday	2nd	WHOLE SCHOOL EXCURSION—MELBOURNE ZOO—7.45 am leave Eppalock PS
Wednesday	8th	CROSS COUNTRY at Bendigo Race Course for Grade 3-6 students MARC Library
Thursday	9th	Elmore Pie Drive pick-up
Friday	10th	Mothers Day Stall
Wednesday 15th—Friday 17th Kayak Trip—Grade 5 & 6 students		

## Council Chatter

We all know that we're a 5 star Resource Smart School – and we try hard to live our 'Sustainability Talk'. So School Council approved a motion from Lydia Fehring our Sustainability Teacher to switch from using old growth-sourced paper that we have been using for years, to now only purchasing recycled paper for use by our school. This will have a cost implication for the school, but we've committed to monitoring our paper consumption for the next 6 months to track our paper use, setting some paper use reduction targets and becoming more efficient with our copying and efficiency. This is a fantastic GREEN decision for our school and worth of celebration! Recycled paper use only at Eppalock Primary School moving forward – why not do it at home as well!!

We discussed our concern with the length of time it's taking the Education Department to remove the old toilet block in the middle of our school yard. It's holding up the re-development of our landscaping and the expenditure of our boundary fencing project (which includes the movement of the water tanks and sports shed that cannot happen until the toilet block is removed). School Council agreed to write to Jacinta Allan, our State Member, if there is no progress over the holiday break.

It's Education Week coming up from Monday 20<sup>th</sup> – Friday 25<sup>th</sup> May. There will be a School Open Day that Wednesday so pop it in your diaries because we always have our SPECIAL PERSON'S morning tea that day for families to invite their special people along.

School Council noted the new Grounds and Maintenance Committee for this year - Caitlin Murphy, Sian Knight, Kevin Reade, Hayden Symes, Jason O'Neill & Hamish McCartney. Jason reported on the list of OH&S jobs that he's been talking about with Paul (Finnegan in Prep) – thanks Paul for helping develop this list!! The school has a total of \$13,259 (plus the new funds raised from the Easter BBQ) to allocate/spend. School Council discussed a list of possible ideas to spend this money on.

Because there are so many great ideas, and because this will be an ongoing issue – with more money always coming in from fundraising and more expenditure ideas always cropping up, School Council members decided to get some input from students and to develop a prioritisation matrix to help guide decision making. We will use our school values, strategic plan and sustainability principles to develop this matrix and discuss the list again at our