



*We learn. We show respect.
We are safe.*

Thursday 10th May 2018

"Golden Past, Bright Futures"

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Clunes Primary School Newsletter

UPCOMING EVENTS

Please see our Term 2 Calendar on the back page

Dear Parents/Caregivers,

There have been important changes to the rules regarding unexplained student absences. Please read this Fact Sheet on the following page. Thank you, Sonia



SAME-DAY NOTIFICATION OF UNEXPLAINED STUDENT ABSENCES

FACT SHEET FOR PARENTS/CARERS

If your child is sick or absent, you are required to notify the school as soon as possible **on the day of absence** using one of the following methods:

Telephone: the school office and let the staff know your child's name, class, date of absences and reason.

Email: the school and provide the staff with your child's name, class, date of absences and reason.

Notifying the school of your child's absence **either prior to, or on the day that they will be away**, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

Why do I need to notify the school if my child is absent?

Schools need to know when and why a child is absent and you need to know if your child isn't at school.

From the end of Term 2 2018, all Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence.

If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.

This system also promotes daily school attendance. Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.

What is your responsibility?

You are legally required to ensure your child attends school every day or you must provide an explanation for their absence. You should let the school know in advance of any upcoming absences or let them know in the morning if your child won't be at school. In order for schools to implement the same day notification requirement, it's essential that you provide the school with your most up-to-date contact details.

Generally one notification will be sent per family. Should there be circumstances that require both parents and carers to be notified, please contact the school to make the necessary arrangements.

For further explanation of this new Education Department requirement please make an appointment to speak with me at school.

Kind regards,

Sonia Jardine Principal

Best wishes to you all for a happy and safe fortnight ahead! Kind regards, Sonia & CPS staff.



STUDENT OF THE WEEK AWARDS FOR TERM 2



Our Term 2 You Can Do It key is:
Organisation

Prep/ 1B - Meghan	1/2H – Lily
Year 2/ 3D- Bethany	3/ 4LM- Lillian
4/5 T- The Chess Club Organisers- Isobel, Purv & James	5/ 6 A- Hannah F, Max
Chaplain's Award- Hannah T	Mrs Laurie's Award- Lily R

Bus Travellers Award: All students! Considering others and getting along!

Introducing Maya Drewer- Our new School Vice-Captain

Maya enjoys Netball, Drawing and Colouring.

Maya will be a terrific Vice-Captain. In her own words : "I listen and respect others". 😊

Welcome to the Student Leadership team Maya!



CHAPLAIN'S CHAT Gilbert and Sullivan are well known by all lovers of music. Gilbert's words together with Sullivan's music produced magic. The tragedy, however, is that the two men detested each other. The problem arose because Sullivan ordered some carpet for the theatre they had bought and when Gilbert saw the cost he hit the roof. Neither could control his temper and the two battled it out in court. They never spoke to each other again as long as they lived!

When Sullivan wrote the music for a new production, he mailed it to Gilbert. When Gilbert wrote the words, he mailed it back to Sullivan.

They knew how to make beautiful music, but they knew nothing about harmony!

Have a great week! Blessings. *Julie McDowell* Chaplain

Volunteers STILL required for THIS term for our Friday Lunch Order delivery please (Roster at the Office)

Roster:

Thanking you in advance, Sonia ☺ Sue Psaila 27/4✓, 25/5✓ & 22/6 ✓ need help for 4/5, 11/5, 18/5, 25/5, 1/6, 8/6 and 15/6.

Dear Parents,

More cases of head lice reported across all classes. We **strongly recommend** that you check your child's hair on a regular basis, and if head lice or eggs are found **treatment** must take place before the child returns to school. Please let the school know if head lice are detected. Should you experience any difficulty with treating your child's hair please see Sonia.



Thanking you for your support!

GROW YOUR OWN FRUIT

CLUNES PRIMARY SCHOOL TREE DRIVE 2018



It's that time of year to start thinking about what trees you want to plant this winter as the Clunes Primary School Tree Drive is happening again this April / May. As part of the school's fundraising program we are offering you the chance to purchase a variety of affordable fruiting and ornamental trees supplied by Valley Tree Nursery, Ardmona. All proceeds go to the school.

The Tree List and order forms are available **NOW** at the school office, Top Shop, Clunes Newsagency and the Post Office. Please place your order and payment with the School **prior to Friday 18 May**. Trees will be available for pick up from the school at the end of **July**. Please contact the Primary School (03) 5345 3182 if you have any queries.

FREE DYSLEXIA SEMINAR

ATTENTION

Ballarat: Monday 21 May

7pm - 8:30pm

Venue: Mercure Ballarat

Cost: FREE

Register@

www.dyslexia.com.au/register

This Dyslexia Seminar will be 90 minutes of tips, insight and practical knowledge about what dyslexia is and how you can go about remediation.

BORN TO WORRY

12
APR

BY MICHAEL GROSE

Respond well, rather than react to their anxieties

Many children are born to worry. The environment they live in may contribute, but worry and anxiousness is in their nature.

As a parent of a worrier, and also a born worrier myself, my recent work with Dr. Jodi Richardson to create our Parenting Anxious Kids course has had an added dimension. It's been personal.

Fortunately, my young worrier's anxieties didn't prevent her from participating in sport, learning and social activities inside or outside school. She did spend a lot of time fretting and catastrophising about how little everyday things would pan out, almost to the point of making herself sick at times.

She was a micro-manager who always made sure she had every angle covered in an unfamiliar situation. If she was to be picked up from a friend's birthday party she'd generally have a back-up plan in case a parent didn't arrive on time. *'Being prepared for every contingency'* was one of her main strategies to help her manage her anxieties.

If you are a Type A worrier yourself then you'll understand your child's anxieties. The default reaction in this case is to react sympathetically rather than with empathy towards your child's worries.

However if you are the easy-going-she'll-be-right-on-the-day type of personality then it may be hard for you to fathom what all the fuss is about. An attitude of *"why worry?"* is difficult for an anxious child to swallow. The default reaction is often to ignore your child or let them know they should just get on with things.

Neither reaction is what an anxious child should hear. The research that formed the basis of our Parenting Anxious Kids course revealed that parents who respond rather than react to children's anxious moments are far more effective at helping kids manage their anxiousness in the moment.

Responsive parents and teachers

There's no doubt that anxious children and young people need careful, sensitive handling from families and teachers alike. They also benefit from parents and teachers who respond to their needs rather than simply react to their anxieties. When we are in react mode we become anxious and worried ourselves, such is the contagious nature of anxiety.

Here are three great ways to respond, rather than react, to children's anxieties:

1. Draw your child's attention to the triggers

Many children and young people don't know when they are anxious. Over time help children understand the sorts of incidents and scenarios that lead to their anxiety so that they learn to recognise their anxiety triggers. Encourage kids to stand back and notice their feelings, thinking and reactions to events. When they understand their anxiety they can manage it. When they don't, they feel overwhelmed and consumed by it.

2. Validate their feeling

Empathise, rather than sympathise with your child's feelings of anxiety. *"Ah, I get it. You're worried about that test tomorrow. That's understandable."* There is nothing better than being understood by a trusted adult when you are genuinely worried about something. You don't have to wallow in it with them, nor should you brush it aside. Letting your child know that you *'get it'* is a huge relief when they are overcome by worry.

3. Remind them to breathe

In the moment of anxiety most kids forget to breathe. Their shoulders tense up and their breath tightens, which is fight-flight response to stress at play (we teach this in our Parenting Anxious Kids course). Deep breathing dissipates the fight-flight response and alleviates those awful feelings that come with anxiousness. When your child is stressed remind him or her to breathe. *"Let's take 3 deep breaths together."* I recommend that your kids practise deep breathing when they aren't stressed so it comes naturally to them when they are overwhelmed.

It's not that worriers and naturally anxious kids can't function well. They generally over-function as they come to grips with their anxieties. But anxious kids can be unhappy kids and can also be hard to live with. They can also make difficult partners and friends as adults. This makes childhood the perfect time for parents and teachers to give natural born worriers some tools and strategies to help them live their life in full colour both now and, importantly, in the future.

Get a full blueprint for helping kids manage their anxiety in our new [Parenting Anxious Kids online course](#).



**Special thanks to our Parent &
Staff Book Town Volunteers!
We raised just under \$3000!
This will go directly to ICT
development across the school.**

SCHOOL EVENTS SCHEDULE

Week 1 Monday 16 – Sunday 22 April **TRANSITION BOOKLETS** home to Yr 6 families by Fri.
Due back by **MAY 11.**

Week 2: 23- 27 April Attitudes to School Survey begins this week 3 week online participation period

Wednesday 25 April: ANZAC Day- Clunes PS ceremony participation- guard of honour + **PUBLIC HOLIDAY**

Thursday 26 April: Newsletter- every 2nd week

Week 3: 30 April -6 May Monday 30th April- **BOOKCLUB** due

Tuesday 1 May: Junior School Council Meeting

Wednesday 2 May: **GRIP Leadership Conference- Student Leaders + teacher**

Friday 4th May: Regional Athletics Sports

Saturday 5th & Sunday 6th May: Book Town Helpers required please. Please see the Office

Week 4: 7-13 May Mothers' Day stall this week -TBC Helpers required in lead up to/ on the day.

Monday 7 May Eugene von Guerard exhibition –Ballarat Art Gallery

Wednesday 9 May **AEDC Data collection begins (Prep students) School Council 7pm**

Friday 11 May: CROSS COUNTRY Clunes Golf Club Mothers' Day Parents Group collection

Smeaton's Mill – student visual presentation Sat 12th & Sun 13th (see details in Newsletter) Mother's Day –Sunday 13th May

Friday 11th May Year 6 Secondary Selection forms back to Sonia must be back **TODAY**

Week 5: 14-18 May Education Week 14-18 May

Tuesday 15 May: NAPLAN begins (Yr 3 & 5 Lang Conventions & Writing)

Wednesday 16 May: NAPLAN begins (Yr 3 & 5 Reading)

Thursday 17 May: NAPLAN begins (Yr 3 & 5 Numeracy)

Friday 18 May: PD Division Cross Country TBC

Tree Orders Close

Week 6: 21-25 May

Friday 25 May: Junior School Council – Casual Dress Day- **FUNDRAISER Gold Coin donation**

Week 7: 28 May- 1 June

Week 8: 4-8 June

Tuesday 5 June: Junior School Council Meeting

Friday 8 June: Wesley Concert- to the Bluestone 1.30 – 2.30pm

Week 9: 11-15 June Monday Public Holiday 12th -15th Years 5 & 6 **CAMP WYUNA**

Monday 11 June: Queen's Birthday Holiday

Tuesday 12 June: Years 5 & 6 leave for Camp

Week 10: 18-22 June

Monday 18 June: Staff Meeting (PD for staff- Yr 6 'Heroes')

Wednesday 20 June: **School Council 7pm (not week 9 due to camp)**

Thursday 21 June: "Heroes Yr 6" School Disco

Friday 22 June: "Heroes Yrs P-5"

Week 11: 25-29 June

Wednesday 27 June: **SCHOOL PHOTOS**

Thursday 28 June: "Heroes Yr 6" –

Friday 29 June: **Last Day of Term 2 1pm finish Casual Dress Day**

Dates to be confirmed: Parent Teacher Interview Day, Reports home to Parents Day, Term 2 Focus Day, Hot Lunch Day, Transition distribution/ collection completed