



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

Thursday 29<sup>th</sup> November 2018

*“Golden Past, Bright Futures”*

Canterbury Street, Vic. 3370  
Telephone (03) 5345 3182. Fax (03) 5345 3555  
Email: [clunes.ps@edumail.vic.gov.au](mailto:clunes.ps@edumail.vic.gov.au)

# Clunes Primary School Newsletter

## UPCOMING EVENTS

Please see our Term 4 Calendar Draft 4 on the back page

**Working Bee** Focus: gutters, weeding, Walking Track maintenance, mulching prior to Summer and a general clean up. **Working Bee! This Saturday**

**Dec 1<sup>st</sup> 8.30am- 10.30am** 

**Saturday 8<sup>th</sup> December- Bushy Hill Fundraiser-** as part of the wider Clunes Community ‘Cut Out’. We’ll be making and selling Sandwiches, Scones and Tea/Coffee at the event. Please add your name to the Roster

**Prep 2019 enrolments completed before Monday 10<sup>th</sup> December please!**

Dear Parents/Caregivers,



**Go Team Dynamite!**

**Our magnificent 2018 Energy Breakthrough (EB) Team!** We were so excited to finish an incredible **4<sup>th</sup>** in our small school’s category on the track, BUT then found out that we actually placed **3<sup>rd</sup>** once all components were factored in! Our second best ever placing! So, so proud of your efforts and team work! ☺

**Best wishes to you all for a positive fortnight ahead! Kind regards, Sonia & CPS staff.**



## STUDENT OF THE WEEK AWARDS FOR TERM 4



Our Term 4 You Can Do It keys are:  
**Confidence and Resilience**

Prep/ 1B - Bella, Riley B	1/2HB- everyone- for working well during assessments
Year 2/ 3D – Callan, Jesse R	3/ 4LM- Dylan, Tamati, Cloe M
4 /5T– Logan, James dK	5/ 6A – Max, Henry
<i>School Captains Award-</i> to our Parents, Guardians, and Community Helpers for incredible support for our recent Clunes Show, EB & the Election Day fundraiser BBQ!	<i>Mrs Laurie’s Award-</i> Eco –Crew, Jatalia <i>Ms Jardine’s Award-</i> Liam, Dylan, Isobel, Dale , Ashlynn T, Ashleigh L (Clunes Show help) Griff, Isaac, EB Team <i>Chaplain’s Award –</i> Ayva, Hannah F

**Bus Travellers Awards:** Stella, Xaiden-Lee & Tara

### CHAPLAIN’S CHAT

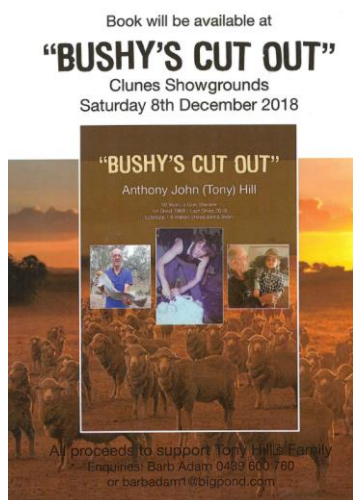
*The evidence is in!* In fact the experts tell us that the evidence is absolutely irrefutable: **laughter is good for your health!**

A good laugh relaxes the muscles in your whole body for a good forty-five minutes. It boosts your immune system. It triggers the release of endorphins which make you feel happy, and even relieve pain. And it protects your heart by increasing blood flow. Pretty good eh? All from a good laugh!

And can I tell you something else that laughter does. It relieves the stress in our relationships. My husband Danny has a whacky sense of humour – it’s one of the things I love most about him. It doesn’t seem to matter what sort of a foul mood I’m in, when he laughs, the weight of the world lifts off my shoulders, especially can I tell you, when he’s laughing at himself!

So go and do some things that are fun, things that will make you REALLY laugh!

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



**“Bushy’s Cut Out” – Hill Family Community fundraiser- Clunes Showgrounds Saturday December 8<sup>th</sup>**  
Please see the Office with your Preferred Time to help out at our component of the wider Clunes Community fundraiser:-  
*In the Luncheon Room at the Showgrounds-*  
11 am to make the sandwiches  
1- 2.30pm -  
2:30pm – 4pm-  
4pm- packing up support  
All proceeds donated to support Tony (Bushy) Hill’s battle against MND & to support the family. ‘School friendly’ information about MND is at the Office.



# HEAD LICE



While children are at school, many families will have contact with head lice. While head lice continue to cause concern and frustration for some parents, teachers and children, there are ways we can work together to help manage head lice.

### Our school policy for managing head lice is outlined below:

- When head lice have been noticed in your child's class, a note is sent home with all children in the class letting parents know and requesting parents check their child's hair and if necessary, commence treatment.
- Children who have head lice are excluded from school until treatment has commenced. If head lice are noticed when your child is at school, families will receive a phone call from the school asking you to collect your child so he/she can be treated at home. Children can return to school as soon as they have been treated. (on the same day is totally fine! 😊)
- Our school conducts head lice checks from time to time for those children who have permission and/or for those families that indicate that they would like extra support.

The diagram below shows the life cycle of head lice and just how long head lice will be present.

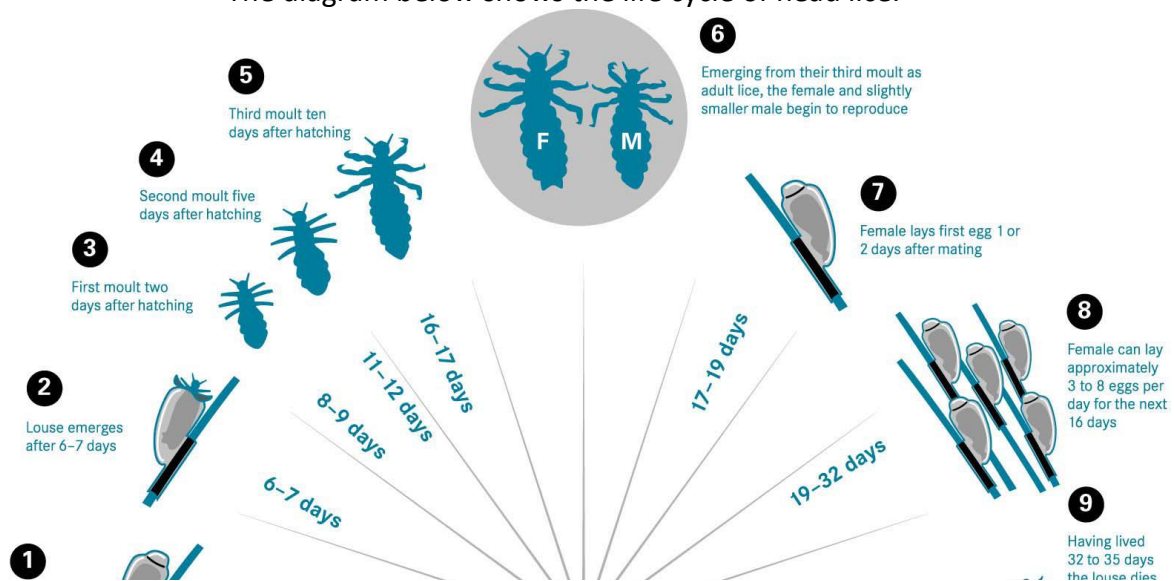
**It is very important that treatment is commenced straight away and that daily checks are conducted for at least 10-14 days and all eggs removed.**

**Talk with your chemist, health centre or Sonia about cheap yet effective treatments.**

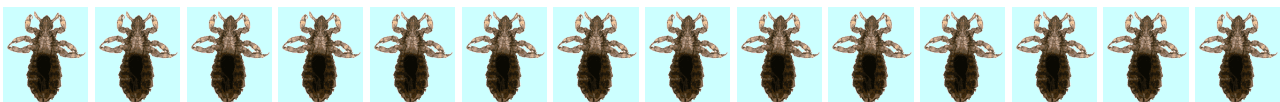
## HEAD LICE

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The diagram below shows the life cycle of head lice.



**LET'S WORK TOGETHER TO HELP BETTER MANAGE HEAD LICE AT OUR SCHOOL.**



**Special thanks to our Energy  
Breakthrough Team Dynamite sponsors!**



**Michael de Kort**

Business Owner/Butcher  
2 Service Street  
Clunes  
Victoria. 3370

0428 586 222  
mpdekort@gmail.com



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Energy

26 November 2018

## When you have a worrier in your family

### • ANXIETY

by Michael Grose

Do you have a worrier in your family? Do you have a child who worries or over-thinks things? If so, it's worth remembering that rumination is the ruination of a peaceful mind.

If you've ever spent a sleepless night worrying then you'll know how problems always seem bigger when you keep tossing them around in your head.

It can seem like everything is stacked against you. When this happens you've got to find the off switch so you can get away from your worries for a while.

The same principle holds for children and teenagers when they worry. Their problems just seem to get bigger and they need to turn them off or tone them down so they can ease their anxiety.

Here is a range of strategies taken from our [Parenting Anxious Kids](#) online course that you can teach your kids to prevent them from ruminating – going over the same thoughts and worries over and over again.

Sometimes it takes a wise adult to remind children and young people about what really is important to them.

#### ***Broaden their vision***

Kids get tunnel vision when they worry. They often can't see the bigger picture. For instance, a young person may fret over minor work matters such getting the exact font match for an assignment they are working on, and neglect to get the sleep necessary for good learning the next day. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

#### ***Put their attention elsewhere***

Placing attention away from worries is an age old technique for parents and teachers. Commonly known as distraction, the act of focusing attention on something other than what causes them distress is vital for good mental health. Examples of distractions include – going outside, playing a game, shooting some basketball hoops or listening to music.

#### ***Give the worry a name***

Somehow giving a worry a name makes it feel less scary and more manageable. A wonderful picture storybook for toddlers called '*There's a Hippopotamus on our Roof*' by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

### ***Put their worries in a jar***

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself wandering for hours online. Children need something a little more practical. They can write their worries on some paper and lock them in away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

### ***Limit talking time***

It's good if kids can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow. This is not about shutting kids down but teaching them they can change tack in their thinking rather than go over the same old thoughts again and again.

### ***Normalise rather than lionise their anxiety***

Anxious kids are very sensitive to their parents concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "*I've already talked to you about that.*" Continually going over old ground can allow worries to linger longer than necessary.

### ***Give them the tools to relax***

Some people can relax in front of the TV, and it is enough for them to take their mind off their worries. Some people need a bigger set of tools including mindfulness and exercise to help them neutralise our worries. Talk with your kids about how they relax; share what works for you and help them explore relaxation techniques that will fit their interests, age and lifestyles.

### ***Move baby move***

Get kids moving. Physical exercise is not only a great distraction but it release feel-good endorphins that help children and young people feel better and more optimistic about the future.

### ***Let their subconscious minds solve their problems***

A wonderful strategy is the notion of allowing the sub-conscious mind solving problems. There's a good body of research that points to the power of the sub-conscious mind solving problems when we are asleep. If you've ever woken at four o'clock in the morning with an 'aha!' moment, where everything seems clear, then you'll have experienced the sub-conscious mind at work. Talk about the sub-conscious mind with your kids and let them know that they can give their sub-conscious permission to go to work. "Okay, I'm not going to think about this any more. My sub-conscious can solve this now."

#### ***Michael Grose***

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spooned Generation: How to raise independent children*.

## *Vacation Care with Liz and Jess* *@ Creswick Primary School*

We operate from 8.30am to 6pm Monday to Friday throughout the school holidays based at the Creswick Primary School.

Dates available are (depending on numbers); January

7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>.

14<sup>th</sup> to 18<sup>th</sup>.

21<sup>st</sup> to 25<sup>th</sup>.

Some of the excursions (@\$10p/p) we do are; Movies, Horse Riding, Inflatable World, Fun Bugs, Swimming and Free Local Library Activities. We also do a lot of art and craft activities, cooking, nature walks, board games and outdoor games.

Please call Liz or the FDC Office to make a booking or just to answer any questions you may have 0429 453808.

For costs and registration (if not already registered) please ring the FDC office on 5348 3272.

Twilight  
**Christmas  
Market**

**Saturday 1st December**

food, mini circus, carols,  
gifts, fun for all, crafts

**Creswick Hospital grounds**  
**1 Napier Street, Creswick**

**3pm - 8pm**

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quality healthcare services  
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## AFTER SCHOOL CARE 2019

ASC operates from the Multi Purpose Hall every afternoon from 3pm to 6pm during the school term (we also offer school holidays care).

We run an engaging, child led program including a healthy afternoon tea, arts and crafts, cooking, imaginative play, board games, sports and nature walks.

Places are filling up quickly, so if you are considering after school childcare in 2019 please fill out the form below and return it to the school office.

Liz 0429 453 808

PARENT: \_\_\_\_\_ PHONE (H): \_\_\_\_\_ PHONE (W): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

1<sup>ST</sup> CHILD: \_\_\_\_\_ 2<sup>ND</sup> CHILD: \_\_\_\_\_

3<sup>RD</sup> CHILD: \_\_\_\_\_ 4<sup>TH</sup> CHILD: \_\_\_\_\_

I do not require Education and Care in 2019  (please tick if care is not required in 2019)

OR  
please circle days required

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

I will require education and care for my child/ren because

1.	I am working or training.	OR	YES	NO
2.	I will be using education and care for reasons other than those listed in No. 1		YES	NO

**PLEASE RETURN 2019 BOOKING FORMS NO LATER THAN 4<sup>TH</sup> OF NOVEMBER 2018**

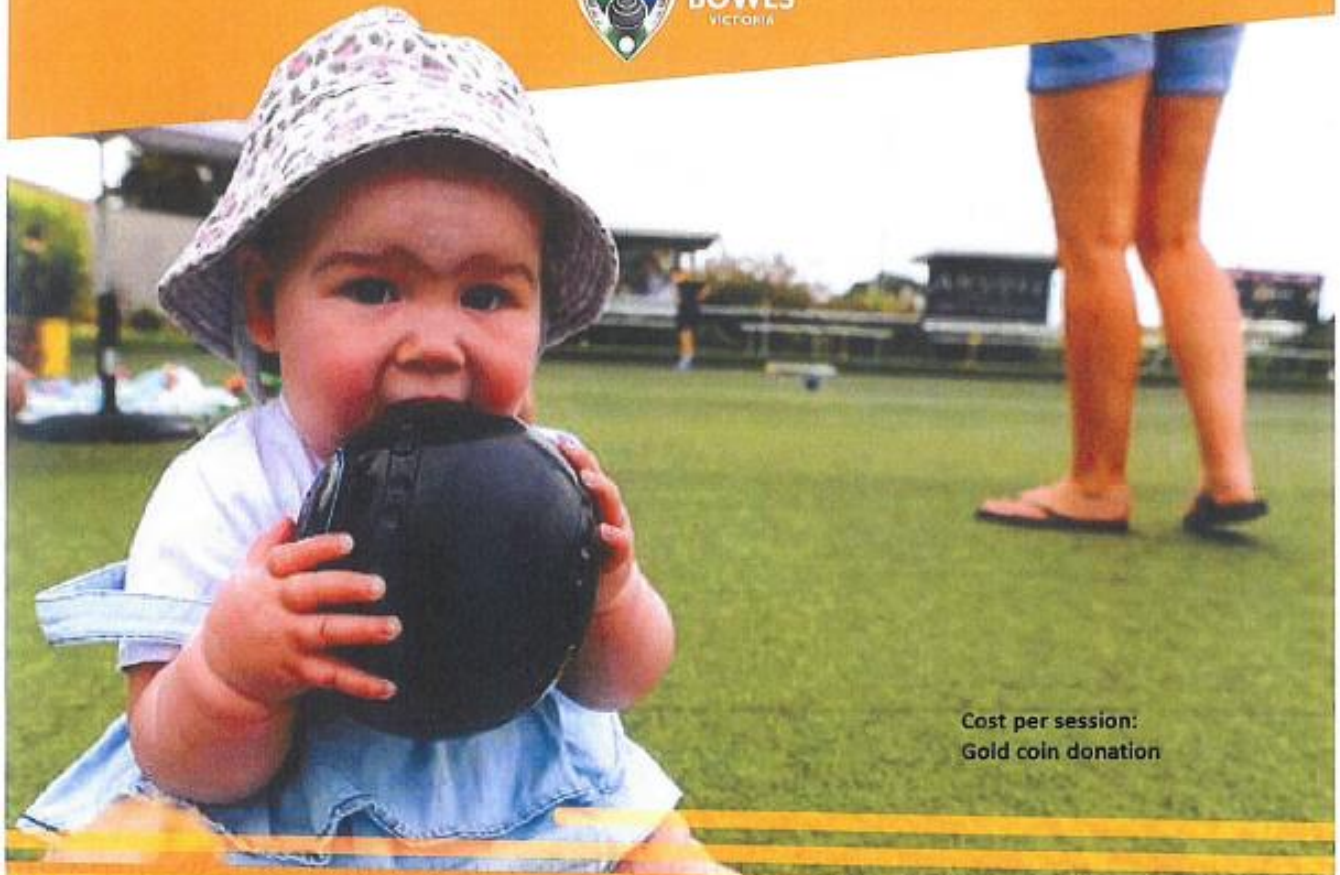
### ACCOUNTS

**ALL ACCOUNTS MUST BE UP-TO-DATE AS OF 1<sup>ST</sup> OF DECEMBER IN ORDER TO GUARANTEE YOUR CHILDS PLACE IN 2019.**

DAYLESFORD FAMILY DAY CARE  
81 WEST STREET  
DAYLESFORD, 3460

(p) 5348 3272  
(m) 0428 483 702  
(e) [fdc@daylesfordchild.org.au](mailto:fdc@daylesfordchild.org.au)

# BOWLING with Babies



Cost per session:  
Gold coin donation

**Where:** **MARYBOROUGH GOLF CLUB**



**When:** 2018 DATES -  
FRIDAY 30<sup>TH</sup> NOVEMBER  
FRIDAY 7<sup>TH</sup> DECEMBER  
10am – 12pm

**More info:** For Booking or more info  
Phone the Club on 54604900  
Maryborough Golf Club  
125 Park Road  
Maryborough VIC 3465  
Mums Groups most welcome

**Details:** Join us for our  
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## Friday Lunch Order Roster - Term 4

Date	Name
November 30	Bec Impey
December 7	Melissa O'H
December 14	Melissa O'H

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### School Banking

If your child has collected 10 Dollarmites tokens and would like to redeem them for a School Banking reward item this term, please fill in your child's redemption slip and bring it along to school before 30 November 2018. This will ensure the reward item will arrive before the school holidays.

Our final School Banking day for 2018 is Tuesday 11 December. Any Dollarmites tokens that are not redeemed this year can be used in 2019.



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### School Library – end of year requirements

As the end of the school year is rapidly approaching, it is time for our school Library to close.

I would like all of our books to be returned as soon as possible, so that end of year records can be finalised.

When returning books, they can be placed in the black tub near the Library desk or can be handed to Jan.

If for some reason you cannot find the book or the book has been damaged please come and see me.

Thank you for your prompt attention to this matter.

Jan Miles.

# NGV KIDS ON TOUR 2019



NGV



Join in the fun at the NGV Kids On Tour workshops at the Hepburn Shire Libraries during the 2019 summer school holidays. Discover the fun of contemporary art and design by exploring the art of MC Escher, William Wegman and Julian Opie.

This is a National Gallery of Victoria initiative to engage children and families with art through a range of free hands-on activities and workshop, suitable for primary and secondary school children

Workshops will be held at Daylesford, Trentham, Clunes and Creswick Libraries from 5-13 Jan 2019

NGV Kids On Tour is generously supported by Krystyna Campbell-Petty and the Campbell-Petty Family and The Tracy and Florence Williams Charitable Trust managed by Equity Trustees. NGV Kids is supported by The Ulmer Family Foundation

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## Clunes & District Pre- School is excited to announce that we exceed national standards!



*Clunes & District Pre-School has been rated as Exceeding National Quality Standard under the National Quality Framework.*

The National Quality Standard (NQS) sets a national benchmark for the quality of children's education and care services across Australia.

*An overall rating of Exceeding NQS is given to services that go above and beyond the requirements of the NQS in at least four of the seven quality areas.*

The high quality of our learning environment, inside and outside, use of natural materials and our excellent educational program as well as our relationships with children and their families were all highlighted as being exceptional.

The National Quality Framework (NQF) for early childhood education and care was agreed by all Australian governments to get better educational and development outcomes for children using education and care services. Implementation of the NQF is guided by the Australian Children's Education and Care Quality Authority (ACECQA).



**Clunes & District Pre-School**

# Enrol Now 2019

Contact the pre-school

**Ph: 5345 3228**

109 Fraser St Clunes 3370

[clunes.district.kin@kindergartenvic.gov.au](mailto:clunes.district.kin@kindergartenvic.gov.au)

or enrol online [www.ecka.org.au](http://www.ecka.org.au)

**Week 7: 19- 23 November**

Tuesday 20 November: Yrs 3D & 3/4 Swimming  
 Wednesday 21 November: P- 2D Swimming  
 Thursday 22 November: Kinder Transition 2 9-11am **ENERGY BREAKTHROUGH**  
 Friday 23 November: **ENERGY BREAKTHROUGH**  
 Saturday 24 November: **ENERGY BREAKTHROUGH** State Election- Sausage Sizzle fundraiser

**Week 8: 26 November- 30 November**

Tuesday 27 November: Yrs 3D & 3/4 Swimming Junior School Council Meeting **School Captains 2019- information/ preparation session**  
 Wednesday 28 November: P- 2D Swimming  
 Friday 30 November: **School Captains 2019 EOI due to Mrs Anderson** Wesley Concert 1.30pm at Blue Stone

Saturday 1 December: **Working Bee! Saturday Dec 1<sup>st</sup> 8.30- 10.30am** 

**Week 9: 3-7 December**

Tuesday 4 December: Yrs 3D & 3/4 Swimming  
 Wednesday 5 December: P- 2D Swimming  
 Thursday 6 December: Kinder Transition 3 11-1pm **Hot Lunch Day- FREE Sausage Sizzle & Icy Pole for all (with orders returned) & for attending Pre- School/ Kinder students**  
 Friday 7 December: **School Captains 2019 Speeches and voting 9am**

**Week 10: 10- 14 December**

Monday 10 December: **Introducing 2019 School Captains at Assembly**  
 Tuesday 11 December: State-wide Transition Day – Kinder Transition 4 9am-1pm  
 Last 3D & 3/4 Swimming  
 Wednesday 12 December: Last P- 2D Swimming **School Council meeting 5pm followed by End of Year dinner**  
 Thursday 13 December: **Carols - BBQ 6.30- 7.15pm. Carols 7.20- 8pm ish**  
 Friday 14 December: Parent Helper End of Year thank you Morning Tea

**Week 11: 17- 21 December**

Monday 17 December: Focus Day- Xmas Semester 2 Reports & 2019 Class Lists home today  
 Tuesday 18 December: **2.30- 3pm 2019 Whole School Transition**  
 Thursday 20 December: **Year 6 Graduation 6.30pm**  
 Friday 21 December: Last Day of Term 4/ 2018 School Year 1pm finish **Class Parties 10.30am**

.....  
**We are having a Christmas hamper raffle once again at our **Carols Night on Thursday 13<sup>th</sup> December****  
**We would be grateful if each family could donate one item for this hamper. Six tickets will be sent home to every family in early December so that you can have the opportunity to win one of the three excellent Christmas hampers on offer. Please write on both sections of the ticket and return to the office. The winners will be drawn at the end of the carols. Good luck!**

Regards, Di Bongiorno.



**Thursday 13<sup>th</sup> December 2018**

**Christmas BBQ and Carols Evening at Clunes Primary School**

Members of the Clunes Community are most welcome to attend.

**BBQ – 6:30 – 7:15pm Carols – 7:20 – 8:00pm Hampers- Winners drawn out**

**Visit from Santa ☺**