



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

Thursday 16th May, 2019

"Golden Past, Bright Futures"

Canterbury Street, Vic. 3370

Telephone (03) 5345 3182

Email: clunes.ps@edumail.vic.gov.au

Clunes Primary School Newsletter

UPCOMING EVENTS

Please see **Term 2 #draft 2** Calendar on back page

updates across the Term will be highlighted in yellow

Dear Parents/Caregivers,

NAPLAN Online 2019

This week our Year 3 and Year 5 students have participated in the 2019 National Assessments. (NAPLAN). Our students gave their absolute all, beginning on Tuesday with Writing (Year 3 paper version), followed across the week by Reading, Language Conventions and finally today Numeracy. We have a couple of 'catch up' assessments yet to be completed by students who were absent on the day of an assessment. These will be completed over the next few school days.

Our school was selected this year to complete the National Assessments following the new Online method and by 2022 all schools in Australia will be expected to use this method. A trial was conducted at the end of March, to ensure that we were fully prepared.

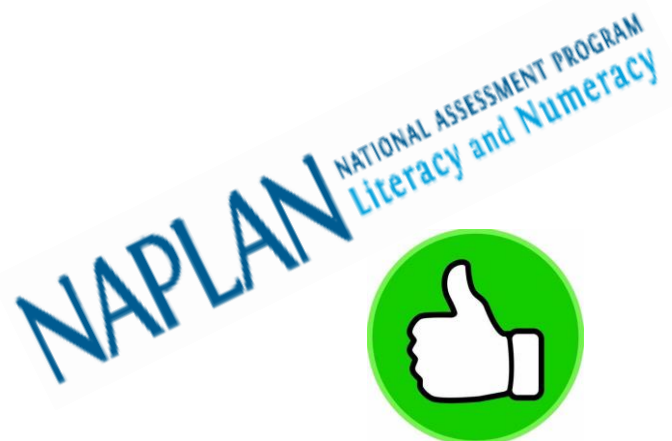
Maintaining a continual stream of Online access can create its own challenges, and NAPLAN Online has been no exception, as many of you will have no doubt seen and heard on the media this week. Thankfully, at Clunes PS whilst there were several instances of mini system drop outs, each student was able to very fully participate successfully. On behalf of the staff and the school community I would sincerely like to congratulate each and every Year 3 and Year 5 student for their determination, commitment, persistence and resilience. We are so very proud of you! It is a demanding challenge to expect of you! I would sincerely also like to thank our incredible staff.

Damian, our IT Tech and Mrs B ensured that all was ready to go system wise and Mrs Anderson, Miss Dargaville, Mrs Longmire, Mrs Laurie and Mrs Mitchell were on hand to personally administer and support during the assessments. Well done everyone!

Wishing you all a positive & safe fortnight ahead.

Kind regards,

Sonia & Staff



Helpers are needed for the Election Day BBQ. Please see the office if you are able to assist.

STUDENT OF THE WEEK AWARDS FOR TERM 2



**Our Term 2 You Can Do It focus is:
Organisation**

Prep B - Charlie, Grace	1/2B – Pepper
Year 2/ 3LM- Nevaeh, Lily	3/ 4L- Ella, John
5/ 6 A- Reece, Brayden	5/ 6 D- Kara, Tara
Chaplain's Award- Eve	School Captains Award-

CHAPLAIN'S CHAT

Positivity for the week:

Make-a-change Monday: a great way to start the week is to do something to help someone else.

Try-something-new Tuesday: get out of your comfort zone and try something new or different.

Work-hard Wednesday: work hard today and get lots done so the rest of the week flies by and you've got more free time on the weekend.

Thumbs-up Thursday: it's nearly the weekend. A big thumbs-up and look back on the things you've achieved so far this week.

Feel-the-love Friday: send your favourite people a kind message today and let them know you love them.

Super-awesome Saturday: today is the day for fun with friends and family.

Snooze-time Sunday: you've had a super-awesome week and you deserve a day to catch some zzzZZzzzs. Once you've had your chill time, prepare for a new week!

Have a great week! Blessings,

Julie McDowell...School Chaplain

Sausage
Sizzle

DEMOCRACY FOOD AVAILABLE!

The following will be available for sale on Election Day (Saturday 18th May) at Clunes Primary School:

Egg & Bacon Rolls \$5

Sausages in Bread \$2



+



+



= **Delicious!**

Clunes should not have a McDonalds !

A persuasive text by Lilly Walker 3/4L

I feel that Clunes should not have a McDonalds.

Firstly, do we really need a McDonalds in Clunes? Research shows that a Big Mac has 1569kj, chicken nuggets have 516kj and a Frozen Fanta has 901kj. So it's really unhealthy.

Secondly, all the mothers in Clunes would be very angry indeed as their children would be nag, nag, nagging every day for McDonalds. The mothers would want it demolished.

Thirdly, it shows that the further away McDonalds is the less we have it. We should only have Maccas once a month because we really don't need to eat it.

Fourthly, we would be sure to save at least \$150 per 6 months. We could be spending that on healthy foods, bills and activities.

Lastly, McDonalds could take over one of Clunes' most loved businesses that we could not get back forever.

As you can see, there are many reasons why we shouldn't have a McDonalds in Clunes.



Come here little **piggies**

Dear farmer,

Yoo Hoo! Hi I'm Mr Wolf, I strongly believe that those repulsive little **piggies should be easier to catch, like seriously what is their problem? Who wouldn't want crispy, juicy **PORK!** For dinner? Alright let's cut to the chase...**

Trustworthy pigs, that's a joke. Tell them to hop in the pot and they're gone in a click, so selfish and inconsiderate, leaving me starving. Like why don't they accept their fate, they're gonna die one day. [Just like that **mini red hood and that **ancient** old lady; she smelt by the way.]**

Ever seen how pigs trot to their **BRICK Houses? So perfect, it's annoying. Sometimes you just want to jump out of the bushes and **strangle** their pink, plump necks but of course I restrain myself so you can have some **PORK**, like the kind Wolf I am.**

They're always showing off, lying in the sun, rolling around in the mud. They have it easy; we have to make\find our own home and hunt for our pack. It's hard in the wild. Plus if the pigs keep showing of us wolfs will get more aggressive and eat all the pigs, leaving you with none.

It's soooo tragic to see a wolf dying from hunger whilst pigs sit on their big fat behinds and wait for you to give them food. Wolfs have to work hard every day (like seriously) I strongly believe pigs should be lazier and easier to catch.

From The Big bad-Wolf by benji, Charlie.d

Nice

Earn & Learn is back for 2019. All you need to do to help the Junior School Council is collect you stickers from Woolworths and either bring them in and place them in the collection box, fill in your sheet at home (with the sheet provided) and post it into the collection box. You can also place your stickers in the collection box at Lucas Woolworths. It's that easy.

Last year we were able to order new Lego kits for each learning area in the school!

Runs from May 1st to June 25th 2019

JSC



6 May 2019

Managing your child's anxiety

by Michael Grose

If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious he may struggle to explain how he feels. An important first step in anxiety self-management is explaining to your child how anxiety works.

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

- Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face
- Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some

Help recognise anxiety-inducing events

There are many things that can evoke anxiety in your child, including:

- Stressful events
- Life changes
- Transitions
- Difficult experiences
- New or unfamiliar situations

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- “I can see you’re feeling worried about going to camp without your brother.”
- “Thanks for telling me you feel nervous about the test. It’s understandable.”
- “I see you’re really anxious about this right now. I know it’s hard for you.”

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child’s concerns.

Manage anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell.”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.

Get the fundamentals right

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health. There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.



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.
- Our school conducts head lice checks from time to time for those children who have permission

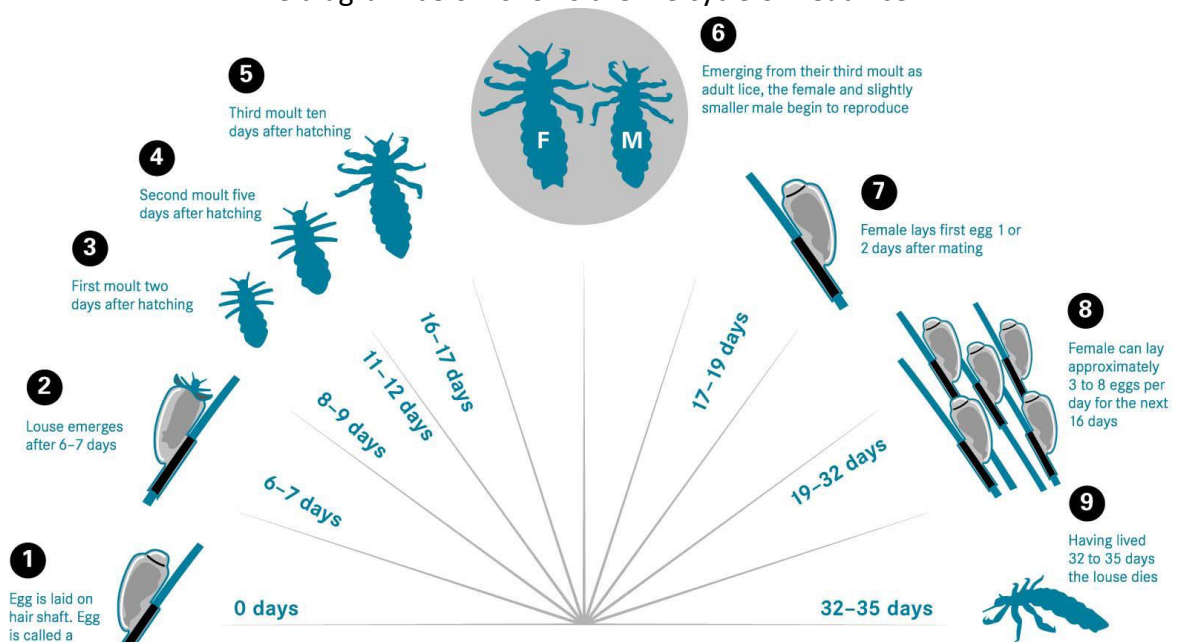
The diagram below shows the life cycle of head lice and just how long head lice will be present.

It is very important that treatment is commenced straight away and that daily checks are conducted and all eggs removed. Talk with your chemist or health centre about effective treatments.

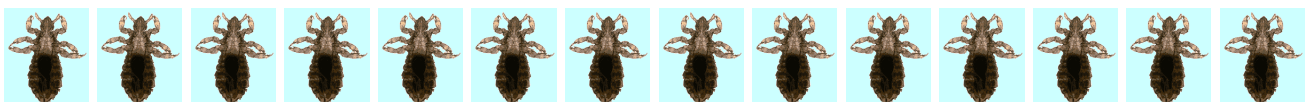
HEAD LICE

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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.



HEPBURN SHIRE COUNCIL

DOES TRANSPORT MATTER?

Moving around the Shire is easier for some and harder for others.

When we come together as a community, we are more likely to address transport issues in ways that work for everyone.

Building on the success of the Trentham Transport Forum in 2018, Council invites you to participate in a community workshop about local and public transport. We hope the ideas and opportunities raised will lead to better local and public transport.

14 May 2019 @ 6:30pm - The Warehouse-Clunes
 15 May 2019 @ 6:30pm - Doug Lindsay Reserve, Creswick
 21 May 2019 @ 6:30pm - Daylesford Senior Citizens Room
 22 May 2019 @ 6:30pm - Trentham Neighbourhood Centre
 23 May 2019 @ 6:30pm - Glenlyon Town Hall

All sessions will finish by 9pm
 Light refreshments will be provided

To register your interest please email nsmith@hepburn.vic.gov.au

This project is funded by Regional Development Victoria and supported by Transport for Victoria and Hepburn Shire Council.

CLUNES COMMUNITY FORUMS



WE INVITE YOU TO OUR CLUNES WATER QUALITY FORUMS

Share your thoughts and ideas about the water supply and quality of water in Clunes and speak with our experts in water quality, treatment, supply, capital works and customer service. Because we value your feedback, a survey is now available to complete online. Alternatively, you can complete the survey at the community forums.

Two forum dates and times are available for your convenience.

Forum 1: Thursday 23 May 2019
 5:00pm - 7:00pm
 (pop in anytime during these hours)

OR

Forum 2: Saturday 25 May 2019
 10:00am - 12:00 noon
 (pop in anytime during these hours)

Venue: The Esmond Gallery
 The Warehouse, Clunes

If you have any questions, please don't hesitate to contact one of our representatives:

Peter or Dianne
info@chw.net.au
 1800 061 514

For more information and to complete the online survey visit:
chw.net.au/community/consultation/clunes

chw.net.au

CLW05 04 08



FREE WORKSHOPS DOES YOUR CHILD HAVE AUTISM?

**Encouraging Interaction:
 through play and social learning
 A workshop for parents**

Date: Monday 3rd June 2019

Time: 1.30-4.30 pm

Venue: Pinarc ECIS,
 1828 Sturt St, Ballarat

REGISTER ONLINE TODAY!

To register:

www.Amaze.org.au/earlydays

How Early Days can help:

Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

What this workshop offers:

- Understanding play, social learning
- Strategies to scaffold and encourage play and social learning

More about Early Days workshops

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Light refreshments provided
- Childcare is NOT provided

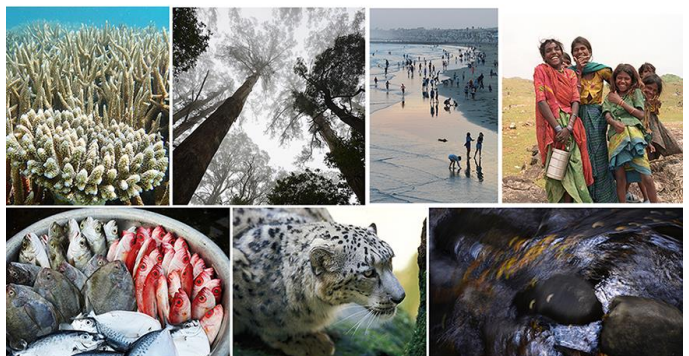


www.earlydays.com.au
 promoting development of
 young children on the autism spectrum

It is highly recommended you attend the "My Child and Autism" workshop prior to attending this workshop.

Student Environmental Photography Competition 2019

Inviting students from all over Australia to share with us, through photography, how their environments and communities are responding to climate change and today's environmental challenges. We want images that are compelling and beautiful and that tell stories that will inspire all of us to live a more sustainable life. This competition is open to all primary and secondary students as long as you are studying in Australia. The competition will culminate in an end of year exhibition where visitors can view the winning and shortlisted entries and learn about the environment and the challenges of climate change.



**ENTRIES CLOSE SEPTEMBER 15TH 2019
 Great Prizes To Be Won - Entry Is Free**

visit www.studentenvironmentalphotographycompetition.com to find out how you can enter.



Share with your friends and teachers today
 Open to all Primary and Secondary students in Australia. Proudly supported by NIKON Australia



FREE

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Grandparents

Carers

**of children aged 2
to 12 years**

Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



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Stronger more
positive
relationships



Set rules and
limits



Manage
everyday
behaviour
problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.



**Enrol now and make a
positive start to last a lifetime**

Call us for more information or to enrol

1800 880 660

Enrolments are taken all year round



School Banking

At last week's School Council meeting we discussed student banking. For various reasons we are looking at ending this program at Clunes Primary School at the end of Term 2. The delay will allow students to use any gold tokens they have been storing (or are about to achieve) and claim their rewards.



The reasons for stopping the program at Clunes Primary School include increased processing requirements following the Royal Commission (e.g. we are no longer allowed to keep the bank books in the safe overnight), a question mark over the educational benefit to the students vs the benefit to the bank of running the program, and a belief that the financial benefit to the school may not outweigh the resources needed for processing.

If the student banking program stops at Clunes Primary School, and you would like to encourage your child to make regular savings deposits into a CBA account, there are two alternative options available to you. Deposits into a Youthsaver account are able to be made both through the Clunes Post Office which is an agent for the Commonwealth Bank and/or online. (Please note that these options do not provide tokens or rewards.)

If this proposed change raises any concerns for you please feel free to contact the school to discuss.



Free!

Items available to be collected from under the Red Shed verandah- some in various stages of disrepair- teacher desk & drawers, concertina door, 2 x wooden bookshelves, metal adult chairs & a storage shelf. Will go to Hard Rubbish if not taken soon.

Please see Sonia 😊

A reminder that orders for the 2019 Clunes Primary School Tree Drive close at 3pm on Friday 24th May.

Don't miss your opportunity to purchase these quality trees!



TERM 2 CALENDAR 2019 draft #2 Thursday 16th May 2019**PARENTS****SCHOOL EVENTS SCHEDULE**Newsletter- every 2nd week**Week 1** Tuesday 23 – Friday 26 April**TRANSITION BOOKLETS** home to Yr 6 families at the beginning of Term 2- Friday 26th April**Thursday 25 April: ANZAC Day- Clunes PS ceremony participation- guard of honour + PUBLIC HOLIDAY****Week 2:** 29 April - 3May Attitudes to School Survey begins this week for 6 week online participation period. We will conduct our after the NAPLAN assessment periodTuesday 30 April: **GRIP Leadership Conference- Student Leaders**

Wednesday 1 May: Junior School Council Meeting

Thursday 2 May: Student Support Group Meetings

Friday 3 May: **CROSS COUNTRY Clunes Golf Club****Saturday 4th & Sunday 5th May: Book Town Helpers required please. ☺ Please see the Office. Thank you to those families that have already offered assistance... even a short period of time will be sincerely appreciated!****Week 3:** 6-10 MayTuesday 7 May **Athletics Sports- whole school**Wednesday 8 May **School Council 7pm**

Friday 10 May: Mother's Day gifts delivered to families that placed an Order. TBC

Mother's Day –Sunday 12th May**Week 4:** 13-17 May**Education Week 13-17 May**Tuesday 14 May: **NAPLAN Online begins (Yr 3 & 5 Lang Conventions & Writing)**Wednesday 15 May: **NAPLAN Online (Yr 3 & 5 Reading)**Thursday 16 May: **NAPLAN Online (Yr 3 & 5 Numeracy)**Friday 17 May: **NAPLAN catch up Division Cross Country****Saturday 18 May:****Federal Election – Polling Station at Clunes PS.****Fundraiser Sausage Sizzle. Helpers appreciated! ☺****Week 5:** 20-24 MayTuesday 21 May: **Mt Rowan Maths Challenge Years 4 & 5**Friday 24 May: **Tree Drive Orders Close****Week 6:** 27- 31 MayTuesday 28 May: **Art Gallery of Ballarat- whole school visit****Week 7:** 3-7 JuneWednesday 5 June: **Junior School Council Meeting**Friday 7 June: **Earth Ed Yr 5 /6 Wesley Concert- to the Bluestone 1.30 – 2.30pm TBC****Week 8:** 10-14 June**Monday Public Holiday****Monday 10 June: Queen's Birthday Holiday**Wednesday 12 June: **School Council 7pm****Week 9:** 17-21 JuneThursday 20 June: **School Disco**Friday 21 June: **Focus Day- Indigenous Curriculum focus****Week 10:** 24-28 June**Monday 25 June: Semester 1 Reports home to parents/ guardians****Tuesday 26 June: Parent Teacher 3 Way Conferences (Parent Teacher Interviews)**Wednesday 27 June: **Earth Ed Year 3 /4**Friday 29 June: **Last Day of Term 2 1pm finish Casual Dress Day****Dates to be confirmed: Hot Lunch Day, Transition distribution/ collection completed**