Twilight Fair—22nd November 2013

We held our first meeting last Tuesday and began the process of organising the Fair. This was a very successful and positive meeting and the preparation for the Fair is off to a flying start!

Many, many thanks must go to the people who have been so willing to support both our school and the Fair by being the main contacts for each role. These people will need the support from many others to set up the Fair, so please let us know how you can assist.

Emma Ligthart and Liesl Coulthard will be Co-Convenors and will also manage the marketing. Emma has already developed the logo for the event and the advertising artwork is underway.

Stephen Giblett is coordinating the food stalls.

Kasey Clifford is representing the Kindergarten and helping out with the coffee cart.

Greg Robinson will be managing logistics and electrical needs.

Kate Burgess will be coordinating the external entertainment and working with the staff in this area.

Our Class Representatives will work with the classroom teachers to set up Kids Alley.

Cheryl Woodford is managing finance and helping to organise the budgets.
Tanya Burton is the Staff Representative and will assist with project management leading up to the event.

We still need support in some areas including setting up a raffle and sourcing donations.

The next meeting is on Tuesday 25th June at 7:30pm so come and join us!

Trivia Night—All Welcome

Our Kindergarten has organised a Trivia night on Saturday 22nd June at 7:00pm here at our school. They even have comedian Dave O’Neil as a guest presenter! The cost is $15.00 and tickets are selling fast. The list of prizes available is extraordinary! There are already a number of parents from the school attending, so book a table and join the fun!

Parents of Whitehorse (POW) Survey and Name Change

Below is a link to an online survey for POW. The survey is asking for ideas for a new name, what are the bests days and times for meetings and any suggestions that would help POW improve. We would really appreciate your input. There are only five (5) questions and the survey would take less than 5 minutes to complete. So please logon and help us out. [www.tinyurl.com/powfeedback](http://www.tinyurl.com/powfeedback).

Australian Ballet Visit

On Friday 14th June the Australian Ballet will be visiting our school. This is a rare and exciting opportunity. There will be workshops and a performance for the junior school. Unfortunately, due inclement weather the time now clashes with interschool sport and subsequently camp so the senior students won’t be able to attend. We are disappointed, but have made arrangements with the ballet company for another session in the new year for the senior school.

Emptying the Yellow Shipping Container

Thank you to the people who assisted in emptying the yellow container. With such short notice your efforts are truly appreciated. The weather has delayed the yellow container being removed at this stage.

Concrete Pads and Pathways

From today we have a contractor onsite preparing and pouring a slab/pad to house the blue container. It will become a shed to store BBQs, tools etc. The container will become the focus of upcoming working bees as we will need to set it up to make it usable and move in the equipment.

We are also concreting the pathway that runs on our western boundary between St Philips and our oval. Access to the rear entrance of the school will be closed for a few days in order to facilitate this process. This will make it a much more usable entrance.

Junior School Council

Pyjama and Soup Day—Thursday 27th June

The Junior School Council (JSC) have organised a Pyjama Day for the whole school. There is no cost for wearing your pyjamas this day but soup will be available at the canteen for $1.00. It will be BYO mug for the soup. Mark this date in your calendar.

Kerry Wood

iPad Workshop Series for Parents

- We are continuing our popular series of parent training sessions with a workshop looking at how you can maximise your family’s iPad. Learn how to watch TV shows, read the latest books and magazines, navigate to your holiday destination, remotely control other devices round the house, check your heart rate, entertain your pets and more!
- Come and explore the possibilities (includes hints and tips on reducing your child’s ‘screen’ time).

Help Needed Urgently

We have a single dad who is urgently looking for someone to look after his daughter from early morning each weekday before school. If you think you might be in a position to help out please let the school office know and we will put you in touch with the parent.
BOOK FAIR
We have chosen Central Book Supplies to provide our school with a Book Fair to be held during the week beginning the 5th August, 2013. Most of the books for sale will be $5 or less! Between now and then you may like to save some coins, ready for the Books Fair in Term 3. Parents and children are welcome and the Kindergarten families are invited to participate too.

Watch this space for more news over the coming weeks.

PREMIER’S READING CHALLENGE UPDATE
During these colder winter nights it's the perfect time to snuggle up somewhere warm and read a good book. This is what many of our students have been doing as the number of books being read is growing rapidly. Many children have already achieved their Challenge targets, but they continue to read even more books! Some students have read more than 100 books!
Well done to all these Happy Readers.

UNSW COMPETITIONS
The University of New South Wales' Competitions have started. Recently 12 students sat the Computer Skills Competition. The next Competitions before the school holidays will be Science, Writing, Spelling and English.

Sue Worcester

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PYJAMA AND SOUP DAY

THURSDAY 27TH JUNE

COME TO SCHOOL IN YOUR PYJAMAS
BRING A MUG OR CUP TO SCHOOL FOR SOME YUMMY SOUP.

$1 FOR SOUP

Junior School Council
KITCHEN GARDEN NEWS

My experiences in kitchen garden

Kitchen has taught me knife safety and teamwork. Garden has taught me how to hold a chicken and how to look after plants. I’ve also learnt about wheelbarrow and tool safety.

Over last year my group the Super Cookies won 7 eggcellent awards. This meant that my group got to choose a food to cook. Our group decision was pavlova. Beating the eggs was really fun and when the egg base was cooked we added fruits on. The pavlova melted in your mouth.

Dylan S—5/6B
Fantastic five

Jerart Gnocchi with Silverbeet Sauce
At first I loved it but after I felt gasy. It was slightly tangy in my opinion. I think that they put some lemon juice in it, it was a tiny bit sweet. The texture was smooth and slippery. It looked different to the gnocchi in the past but I was still ready to devour it.

By Jarryd—4/5A
Lazy Lettuces

This is a great food review, and deserves an eggcellent award. Well done Jarryd.

Education Week - North Blackburn Square Shopping Centre

Display board at North Blackburn Square Shopping Centre

Students from Whitehorse Primary School who performed for shoppers at North Blackburn Square Shopping Centre
SCHOOL CANTEEN NEWS

From next week (Thursday, as Monday is a public holiday) the cookie and muffin varieties will change, to offer the kids something different.

Our Pasta dish with meatballs and the meatball subs will still be available as they are a popular item on the menu.

Please also be reminded that the fruit salad, garden salad and pasta salad have been taken off the menu until the weather warms up. Seasonal fruit pieces will be available for purchase during recess and lunchtime.

Muffins - Blueberry $1.00
Cookies - Anzac $1.00
Meatball Sub $3.50

Thanks for your support and feedback,
Katherine Clarke and Kathy Zouglakis

KINDERGARTEN

4 year old group

The children enjoyed a wonderful drama incursion last week from The Drama Toolbox. Our drama session was all about dinosaurs! The children enjoyed dressing up in various dinosaur costumes - we had T-Rex, Stegosaurus, Triceratops, Brachiosaurus and Pterodactyl dinosaurs roaming our kinder room! The children learnt about meat eating carnivores and plant eating herbivore dinosaurs! We learnt that dinosaurs are now extinct and that they lived here almost 65 million years ago! We were amazed at learning that a T-Rex's tooth was probably the size of our leg and that if we traced our body, that would be the size of a dinosaur footprint! We also learnt about fossils. We pretended to be dinosaurs and acted out a story about hatching from a dinosaur egg and roaming the earth! This movement, drama and music experience encouraged language, social interaction, confidence and learning through play! It was thoroughly enjoyed by all the children! A big thank you to Kirra, Aliya’s mum, for taking some wonderful photos — be sure to come and take a look!

Annamaria, Narelle and Jude

CHOOK ROSTER—SCHOOL HOLIDAYS

Thank you to all the families who have volunteered for the Chook Roster this term.

We are now looking for families to look after the chooks for four-day periods during the school holidays from 29th June — 14th July. If you are able to help us, please let the office know.

Thank you to everyone who has been collecting Earn & Learn stickers. The promotion ends on the 9th June and we will be collecting stickers and sticker sheets (complete or incomplete) at the office until Monday 17th June.
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber # 1:
Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2:
Make their problem, their problem.
Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber # 3:
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4:
Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber # 5:
Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term halfway through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.

Robber # 6:
Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.

Robber # 7:
Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.
Helping kids unwind

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities.
Under 5s do a range of adult-initiated learning activities designed to give them the best start to their learning lives.
School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.
Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.
Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

**Balance busyness with boredom**

One way to ensure busy kids unwind is to make sure kids get bored every so often.
There is a temptation to fill kids’ days with activities so that no time is wasted.
“I’m bored!” is the last thing most parents want to hear their kids say.
Many parents feel compelled to do something to alleviate a child’s boredom.

There is nothing wrong with a little boredom now and then.
Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time.
Here are 5 ideas to help you unwind your kids:

1. **Let your kids regularly stare into the fire.**
   Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids’ mental health.

2. **Let kids exercise without rules.**
   Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. **Let kids experience flow.**
   Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. **Help kids calm down around bedtime.**
   Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. **Unwind with your kids.**
   When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.
JULY HOLIDAY VACATION CARE

PROGRAM ACTIVITIES INCLUDE

Jumping Castle

Learn to play the Didgeridoo with Didgeman

Special theme days:
  Outer Space
  Amazing Race
  Junior Masterchef
  Dance Party

Program Coordinator
  Victoria Wilson

See Booking Form for complete program details and costs.
Available at your school office and BASC program.

Full payment required by 21st June.
For more information
Phone Sue
9878 1730

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105 Mount Pleasant Road
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