Newsletter

Drouin West Primary School
‘Nurture, Enrich, Inspire, Achieve’

Issue 22/15  Hours of supervision:  8.45am—3:45pm  29th July, 2015

IMPORTANT DATES AND EVENTS TO REMEMBER:

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Lunch orders and Student Banking</th>
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<tbody>
<tr>
<td>Fridays</td>
<td>Parents are very welcome to come along to school assemblies. These are held each Friday afternoon in the Multi Purpose Room from around 3pm depending on how many items and announcements we have on a particular week.</td>
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<tr>
<td>August 6th</td>
<td>Thursday</td>
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<tr>
<td>August 18th</td>
<td>Tuesday</td>
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<tr>
<td>August 28th</td>
<td>Friday</td>
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<tr>
<td>August 31st to September 4th</td>
<td>Monday to Friday</td>
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<td>September 2nd</td>
<td>Wednesday</td>
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Parent handbooks are available online or as a hard copy from the office

CONGRATULATIONS

Congratulations to the following students on wonderful results they attained when sitting their piano exams. Grace Thorpe ST1—93 Distinction, Ayden Narayan G1—86 A and Phoebe Allgood G1—96 High Distinction. Well done to you all. Thank you Karen Thomson private piano teacher.

Best Friends Forever

On Wednesday 1/2A watched a story about Bella and Tara in our classroom. We watched the story because we are learning to write a personal response.

Tara and Bella became friends. Tata is an elephant and Bella is a dog. Bella’s spine got broken and she got very sad. Tara sat in the corner because she didn’t get to see Bella. Then the men took Bella over to Tara the dog and then Tara felt better. Tara patted Bella on the tummy with her foot.

I thought the video was brilliant. I recommend you watch this video.

By Seth Hill 1/2A
From The Principal’s Office

Coughs, Colds, Sniffles and Sneezes
Unfortunately this is a particularly challenging time of the year for many people managing symptoms that are part of having a cold.

We have had a number of students and staff struggling with coughs and colds particularly in the last week.

Parents are urged to keep students home if they are not well enough to manage the school day. This includes playing outside during playtimes. We do offer indoor lunchtime programs, when staff are available, on Monday (Lego club), Tuesday (Library) Wednesday (Fun and Games) and Thursday (Choir). Unless it is raining students are required to be outside during their first playtime (11.00-11.30am) and lunchtime (1.40-2.15pm).

Sick children recover more quickly if they can rest at home.

Sporting Schools
Students at Drouin West are very fortunate to have access to Sporting Schools in term 3. Following on from the basketball program in term 2 we are offering a series of netball clinics for all students this term. Matt Suter and our volunteers, Corey and Aaron who are involved in the SEDA program will be starting this program on Thursdays this term.

As part of the public launch, Sporting Schools have offered tips for parents to help them nurture their child’s sporting development:

**TIP 1:** Foster a full range of fundamental movement skills. This includes kicking or hitting a ball, running, jumping, climbing and basic aquatic skills.

**TIP 2:** Promote play by setting up diverse and stimulating environments at home. Use a variety of areas around the home, like the backyard or even the hallway, to play. Provide a variety of sports equipment. Encourage ambidexterity (use of limbs on both sides of the body).

**TIP 3:** Foster everyday sport activity at home and be an effective support provider. Limit screen time at home. Provide a positive encouragement for sporting activity and get involved.

**TIP 4:** Insist on the right sport format and equipment. Sporting Schools provides a great choice of appropriate sport formats for primary school children that are lots of fun. Buy the right sized equipment.

**TIP 5:** Sample and have fun! Resist the temptation for your child to specialise in one sport too early. Sampling a large range of sports, at least until the age of 15, is likely to assist the development of a full range of sporting skills, coordination and control. It also minimises the risks of overuse injuries and allows kids to work out which sports they like most.

It’s an exciting time for childrens’ sport with this innovative school programme. We are looking forward to seeing all students in our school getting **active, engaged and having fun**!

School Nurse Visit
The purpose of the visit is to provide all Victorian children with the opportunity to have a health assessment; to link children, families and the school to services available in the community; and to provide information and advice that promotes health and wellbeing.

All Foundation (Prep) students have the opportunity to access the Department of Education and Training nursing program.

Michelle is also able to see other children as requested by parents or teachers (with parents’ consent). Parental consent forms are available at the office. There is no cost to families.

We were delighted to have Michelle Foulds working in our school last week. Michelle will be returning on Friday July 31st. If any parents of students would appreciate access for their child please complete forms (available from the office) and have them returned to school by this Friday.

5/6 City Camp
Our year 5/6 students all attended camp last week with their teachers, Kasey Bayne and Cathleen Ryan. Staff put in significant time into planning prior to camp ensuring students had a broad range of experiences in Melbourne. All students demonstrated exemplary behaviour although were very tired by the end of a full and exciting week. Thank you, Rob Thomas and Simon Parkinson who gave up a working week to attend the camp and provide the extra support throughout the week.

Parent Opinion Survey
44 randomly selected families have been invited to respond to this year’s Parent Opinion Survey. Schools are expected to return all surveys to the Department of Education and Early Childhood Development. It would be great to have 100% participation for 2015. If your family has received a survey please help us by returning completed surveys to school by Friday July 31.

Thank you to the 13 families who have already sent in their surveys.

Playgroup for 2016 Preps.
If you are intending to enrol your child or know of anyone who will be enrolling their child at Drouin West Primary, please encourage them to do so as soon as possible.

We will be holding a series of playgroup sessions in term 4 for 2016 preps and require enrolment details to ensure each child is offered the opportunity to attend.
Chaplain’s News

Michael Grose has written a terrific article on how to support our kids with our parenting. Michael mentions 3 mindsets we need to have to give our kids the best opportunity for success. He actually has a list of 10, but to access them all you need to join his parenting club to get email updates and access to online courses. More information is found out www.parentingideas.com.au
For now let’s just reflect on these 3 which give us some very useful ideas to think about.

1. Believe in your child
This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind too. But it’s a different story if you have a child who struggles at school or to make friends, or just has a different interest to you.
Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. Look for the best
What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you’ll get more of those things.
Set your antennae for children’s strengths, abilities and social behaviours and you’ll invariably get more of those.

3. Think long term
If you want your child to become independent then don’t do everything for him or her; you need to teach them some skills so they can become self-sufficient.
Awareness, teaching and opportunity are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills- some take more teaching than others. They also need the opportunity to put things into practice.

Last term a group of parents participated in our Confident Parents Confident Children Parenting Program. It was a wonderful time of sharing and learning and encouraging each other in this very tricky job of parenting.
This same course will be run in Warragul starting on Monday 10th August at 7pm. So if you missed out and would like an opportunity to attend then please take note of the flyer in the newsletter and register your attendance.

Take Care! Wendy Ronalds School Chaplain
Tuesdays and Wednesdays

Acknowledgement: National School Chaplaincy and Student Welfare Program have been funded by the Australian Government Department of Education, Employment and Workplace Relations. The views expressed herein do not necessarily represent the views of the Australian Government Department of Education, Employment and Workplace Relations.

Happy Birthday !!!!!!

Happy birthday to the following students and staff who are celebrating their special day during the week of Monday, 27th July to Sunday, 2nd August.

Madison Hansen F/1B, Seth Hill 1/2A, Mrs. Brown and Miss Bills.

Don’t forget to come to the office and collect a birthday sticker.
Super ‘B’ Award Winners
Super ‘B’ award winners for week 2, term 3:

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>F/1A</td>
<td>Ryan Garner</td>
</tr>
<tr>
<td>F/1B</td>
<td>Georgia Sayer</td>
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<tr>
<td>1/2A</td>
<td>Brock Sawyer</td>
</tr>
<tr>
<td>2/3A</td>
<td>Jayden Zelley</td>
</tr>
<tr>
<td>3/4A</td>
<td>Breanna Roberts</td>
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<tr>
<td>3/4B</td>
<td>Chloe Monroe</td>
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<tr>
<td>5/6A</td>
<td>Whole grade at camp</td>
</tr>
<tr>
<td>5/6B</td>
<td>Whole grade at camp</td>
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FREE GROUP FITNESS!!

Do you want to get in shape in time for summer...for FREE?

3 classes a week
For 1 month starting 27th July
Followed by discounted memberships

Classes include
- Strength and conditioning
- Powerlifting
- Body weight
- Kettlebells
- Mobility
- Cardio

Suitable for all fitness levels and correct technique instruction provided

Monday 5:30pm; Thursday 6:30pm, Saturday 8:30am

Call/Text 0475199245

Classes held at 118 North Road Warragul

Gippsland Bulls Hockey Club
Can you run like a girl? Hit like a girl? Score goals like a girl? Win like a girl?

Gippsland Bulls Hockey Club are inviting you to play like a girl in their GIRLS ONLY U12 Hockey Competition.

A fun and inclusive environment for girls to develop their hockey skills through skills-based activities and 5 a side games.

Beginners through to experienced players are all welcome.

When: 4 – 5pm Tuesday Evenings (Aug 4th, Aug 11th, Aug 18th, Aug 26th, Sept 1st)
Cost: $60 per participant:
- Includes post session fruit and refreshments
- Club can loan participants a stick and shin guards for the program
- All games are at Bellbird Park, Drouin

Enquiries: Melissa Conners 0400-044371
Confident Parents, Confident Children

A parenting program that helps parents to learn new parenting strategies and build positive relationships in their family

This program will be facilitated by Parentzone Gippsland. The content will be based around the needs and interests of the participants and may include any of the following topics:

- Factors that influence how we parent
- Child development
- Developing a positive relationship with your children
- Understanding causes of children’s behaviour
- Ways to encourage cooperative behaviour
- Strategies to deal with difficult behaviour
- Self Esteem—theirs and yours
- And any other issues that are challenging you as a parent

Sessions are free. Please register your name before commencement of the program.

For more information or to register please contact:
Parentzone Gippsland on 5133 9998

PROGRAM DETAILS
2015 DATES:
Monday nights for 4 weeks
10th August
17th August
24th August
31st August
7th September

TIME:
7pm to 9pm

VENUE:
Anglicare Victoria
3 Barkly Street,
Warragul