



# NARRE WARREN NORTH PRIMARY SCHOOL

Newsletter No. 15 – 15th September, 2016



## DIARY DATES

Thursday, 15<sup>th</sup> September

Last day for Prep Zoo Excursion payments

Friday, 16<sup>th</sup> September

Assembly at 9.00 a.m.  
Academic Awards

End of Term 3 – 2.30 p.m. finish

Monday, 3<sup>rd</sup> October

Start of Term 4

Tuesday, 4<sup>th</sup> October

Parents' & Friends' Club Meeting at 9.00 a.m.

Wednesday, 5<sup>th</sup> October

Melbourne Zoo Excursion for Grade Prep

Rescheduled Divisional Athletics

Last day for Senior Hooptime finals payments

Monday, 10<sup>th</sup> October

Gleneagles Cup for Grade 4

Saturday, 15<sup>th</sup> October

Parents' and Friends' Club Shopping Tour Fundraiser

Tuesday, 18<sup>th</sup> October

2017 Prep Transition session for enrolled students and a Parent Information session  
10.00 to 11.30 a.m.

Thursday, 20<sup>th</sup> October

Last day for Junior Hooptime finals payments

Monday, 31<sup>st</sup> October

No Student Banking this week

Tuesday, 1<sup>st</sup> November

Melbourne Cup Public Holiday

Friday, 4<sup>th</sup> November

Our school's Show Day

Thursday, 10<sup>th</sup> November

Coal Creek Excursion for Grades 1 & 2



## Principal's Pen

### Premiers Reading Challenge



Last week all 334 students registered, completed the Premiers' Reading Challenge. Between them, the children read 11,515 books! Congratulations to all the students. Thank you to the parents for enabling your children to participate, the teachers for assisting in logging the books and promoting the challenge in your classrooms and especially Mrs Darbyshire for making this happen through promotion of the program, initiating older students reading to the younger students and keeping track of our progress. This is a fantastic effort by all.

### Lions Club Public Speaking Competition

The Narre Warren Lions Club Junior Public Speaking competition was held on Friday 2nd September at the Narre Warren Senior Citizens Centre. Seven of our students - Aleisha F, Ryan B, Austin F, Lachlan M, Adela K, Aaron E and Kelsey T - confidently spoke about their topics: If I were a Superhero... (Grades 3/4) or A Day in the Life of....(Grade 5/6). I was very proud of all the students as they presented. Their speeches were informative and very entertaining. Kelsey was the winner of the Grade 5/6 competition resulting in our school keeping the perpetual trophy. She also received a winning trophy to keep, a certificate and a medallion for making the zone finals on Friday 9<sup>th</sup> September. An outstanding achievement!!



### OHS Audit

Last month our school had an OHS audit. This process occurs every 4 years and is a very rigorous process. I am pleased to report that we received a 'Big Tick' for this audit and are 91% compliant with processes and procedures related to Occupational Health and Safety.

### Student Engagement

A year ago we converted the old lab into a 'Create and Make' space for students to work in as part of Student Engagement. Last week Adam Wight organised a Graffiti artist to create a feature wall containing the room's name 'Cre8ive HQ' that was suggested by Grade 1B. This art work is amazing. When you have a chance feel free to go and have a look. The room is situated next to my office. Mr Wight also posted before and after shots on our school's facebook page. Thank you Mr Wight for

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organising this for our school.

It's hard to believe it is already the end of Term 3. I hope everyone has a wonderful holiday.

Connie vanderVoort,  
Principal

### **Commonwealth Bank Student Banking**

Please note: There will not be any student banking for the week between Monday, 31<sup>st</sup> October and Friday, 4<sup>th</sup> November. Also when you are submitting a lot of coins for your banking, can you please put them into a plastic bag first as sometimes they fall out of the plastic money pocket of the banking folder.

### **District Athletics**

District Athletics was held on Wednesday 17<sup>th</sup> August at Knox Athletics Track. We had 56 students represent our school in a variety of events. The selected students were outstanding in their performances on the day and had a great time. We had 9 successful students who qualified to go onto the next round being Divisional Athletics which will be held on Wednesday, 5<sup>th</sup> October at Casey Fields Athletics Track. Well done to all students who have represented our school in Athletics and good luck for the Divisional Athletics!

*Mrs Robinson Grade 5/6 Teacher & Co-ordinator of District & Divisional Athletics.*



## **WHAT IS GOOD MENTAL HEALTH? WHAT DOES IT MEAN FOR YOU? HOW DOES IT AFFECT THE WAY WE LIVE AND LEARN?**

Next term, the students and staff of Narre Warren North Primary school will be exploring these questions and finding the answers. We will be celebrating our learning later in the term with a day spent on experiencing and participating in good mental health practices.

We are looking for members of our school community who have skills or expertise in good mental health practices, that would love to share their knowledge with the students of NWNPS, to participate in this day. You may have skills in yoga, meditation, fitness, mindfulness, cooking and nutrition etc.

If you are interested in facilitating and running sessions with the students and you have a working with children's check, then please come and talk to a member of the KidsMatter Action Team and put forward your interest. Once we know who the wonderful experts in our school community are, then we can start making firmer plans.

We look forward to hearing from you!

KidsMatter Action Team

Connie vanderVoort, Adam Wight, Cathy Maher, Raina Rydberg, Shannon Anderson, Jessica Robinson



“Resilience refers to the ability of a person to successfully manage their life, and to successfully adapt to change and stressful events in healthy and constructive ways. It is about survivability and ‘bounce-back-ability’ to life.” – Maggie Dent.

We all can develop resilience, and we can help our children develop it as well. It involves behaviours, thoughts and actions that can be learned over time. Here are some ways to help develop resilience in children:

1. **Make connections**  
Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.
2. **Help your child by having him or her help others**  
Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work, or ask for assistance yourself with some task that he or she can master.
3. **Maintain a daily routine**  
Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.
4. **Take a break**  
While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying them.
5. **Teach your child self-care**  
Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.
6. **Move toward your goals**  
Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges.
7. **Nurture a positive self-view**  
Help your child remember ways that he or she has successfully handled hardships in the past and then help him understand that these past challenges help him build the strength to handle future challenges.
8. **Keep things in perspective and maintain a hopeful outlook**  
Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times.
9. **Look for opportunities for self-discovery**  
Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever he is facing can teach them "what they are made of."
10. **Accept that change is part of living**  
Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable.

## *'Aussies of the Month'*

*Congratulations to our recent 'Aussie of the Month' recipients:*

### *Elloise C – Grade 2A*

- ❖ Elloise is a mature, responsible leader in Grade 2A.*
- ❖ She is a diligent worker always striving to improve her skills.*
- ❖ Elloise is helpful and supportive of her teachers and peers.*
- ❖ She anticipates what needs to be done without being asked.*
- ❖ Elloise is an excellent team worker.*
- ❖ She uses the habit of mind 'finding a sense of humour' to brighten up our day.*

### *Andrew M – Grade 1/2C*

- ❖ Andrew shows empathy, is extremely kind and has a very caring nature.*
- ❖ He will invite others to join in their games and plays fairly.*
- ❖ Andrew is helpful, respects and values school rules.*
- ❖ He follows instructions and can work independently as well as cooperatively with others.*
- ❖ Andrew is honest and willing to acknowledge when he needs help.*
- ❖ He is resilient, a positive role model who is developing leadership qualities.*
- ❖ Andrew learns new skills quickly and is an attentive listener.*
- ❖ He has enjoyed one of his CAFÉ books so much that he has memorised it.*

### **Parents' and Friends' Club**

#### **Disco**

Thank you to all the parent helpers that helped out on the night. The children had a ball, so many happy faces and the dance moves were spectacular! We appreciate your patience with signing your children in on the night, this was the first year doing this process, so unfortunately there was a bit of a queue and we are working on a better solution for next year.

#### **Special Lunch and Footy Day**

It was great to see all of the children dressed up in their footy team colours, and hope they all enjoyed their 'Special Lunches'. Thanks to the parents that helped cook and distribute the special lunches today, we couldn't have done it without your help!

#### **Shade Sails**

Thank you for a great term of fundraising, we have done a great job raising funds towards our Shade Sails which we hope to see at the start of Term 4 ready for summer!

#### **Shopping Tour**

It is not too late to join us on our Shopping Tour on **Saturday, 15<sup>th</sup> October**. This is a great day out and an opportunity to start your Christmas shopping. Please book now! For details, please collect a flyer from our school office or refer to the previous newsletter.

#### **Next Meeting**

- Our next meeting will be held in the staff room on the **Tuesday, 4<sup>th</sup> October** at 9.00 a.m. (early next term).
- Please feel free to come and see what is happening in Term 4!

Emma Donaldson, President



## BELEZA HALLAM

TERM 3 SCHOOL HOLIDAYS TRADING HOURS

LAST DAY OF TERM (16<sup>TH</sup> SEPTEMBER 2016) - - 9:00am to 2:00pm

THE STORE WILL BE

**CLOSED**

ON SATURDAY 17<sup>TH</sup> SEPTEMBER 2016

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**TRADING 10:00am to 3:00pm**

BETWEEN

MONDAY 19<sup>TH</sup> SEPTEMBER 2016 to FRIDAY 23<sup>RD</sup> SEPTEMBER 2016

**10:00am to 1:00pm**

ON SATURDAY 24<sup>TH</sup> SEPTEMBER 2016

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WE WILL RESUME BACK TO NORMAL TRADING HOURS AS OF

MONDAY 26<sup>TH</sup> SEPTEMBER 2016

**NORMAL TRADING HOURS**

(Effective as of 2<sup>ND</sup> July 2016)

Monday to Friday - - 9:00am to 5:00pm

Saturday - - 9:00am to 1:00pm

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# Spring into Tennis!



.... beginners  
most welcome!

Mon 26 Tues 27 Wed 28 of Sept.  
groups organised to suit all standards

**Holiday  
Junior Tennis  
Clinic**

**DRILLS  
GAMES  
MATCHPLAY**

Bookings are essential.

Call or text Jeff: 0407 842 269

 **Footwork Tennis Coaching**

**See below for details....**

The School Holiday Junior Tennis Clinic is conducted by Footwork tennis coaching in the 2nd week of the holidays. Monday 26th, Tuesday 27th and Wednesday the 28th of September.

The clinic provides lots of fun and rewarding sessions in groups that are structured according to standard, from first time beginners to advanced players. It's about lots and lots of tennis!

The 3 days will include drills and games that develop the fundamentals of all shots, from groundstrokes to volleying and serving.

Advanced groups will work on ironing out weaknesses and improving attacking weapons, strategy and matchplay.

3 Days, 3 Hrs 9am to 12pm \$120

3 Days, 4 Hrs 9am to 1pm \$150  
(advanced)

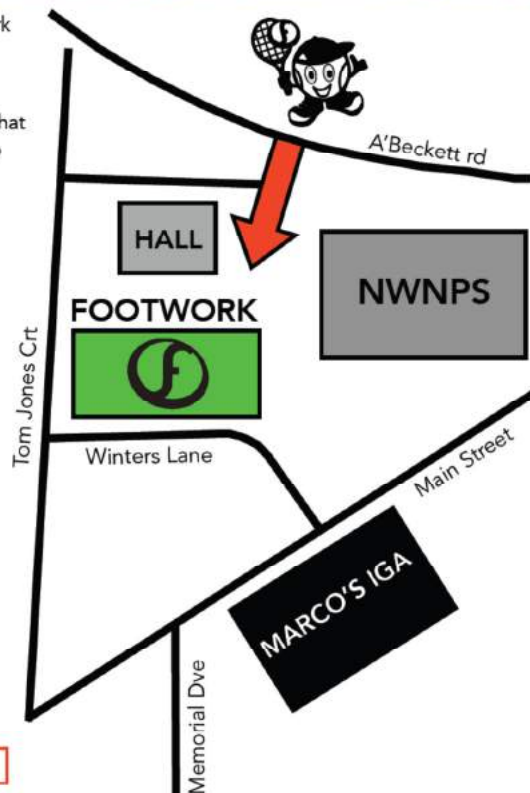
Racquets can be provided for new players.

For further enquiries please call

Jeff: 0407 842 269

footwork@live.com.au

Narre Warren North Tennis Club: (see map)  
A'Beckett rd, Narre Warren North



**..we are also taking enrolments now for next term 4, 2016...**

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