



Killara Primary School

Our Best – Every Child, Every Day

Caring Acceptance Responsibility Excellence Support & teamwork

Newsletter No 21

25 July 2013

TERM CALENDAR

29 July - 4 Aug	National Literacy & Numeracy Week
1 Aug	3/4 & 5/6 Australian Maths Competition
6 Aug	Prep ABC Farm excursion
7 Aug	Prep DE Farm excursion
6/7/8 Aug	3/4 Lego excursion
12 /13 Aug	Kym Lardner Author visit
19 – 23 Aug	Book Week
26 August	Keyboard “open lesson” day
28 August	Fathers’ Day Stall
29 August	Guitar “open lesson” day
29 August	WALKATHON
4 Sept	Killara family Maths night
17 – 19 Sept	School Production: “WIPING OUT WASTE”

FROM THE EXECUTIVE TEAM

Hi everyone,

BOILERHOUSE THEATRE – ARISTOCATS

The Boilerhouse Theatre Company is holding a preview of their youth production of Disney’s *The Aristocats Kids*, a retelling of the well-loved Disney story of Aristocats, for selected Sunbury Primary Schools. Our school has been offered 50 tickets for our students.

As the show is best recommended for students in years 5 and 6, we will offer the tickets to them first, on a first come, first served basis.

The preview will be held at Killara Primary School Theatre on Friday, August 16th at 5.30pm and will run for approximately one hour.

Tickets are \$5 per student.

To be one of the first 50, please complete the attached order sheet and send \$5 to the office by the end of next week at the latest.

WALKATHON

Plans continue for our Walkathon and you are encouraged to be part of the fun and festivities on Thursday August 29, from 2pm. Sponsor forms will be sent out in the next week or so and students will be encouraged to seek sponsors and contributions from friends and family. Parents are also welcome to walk and attract sponsors. Prize packs will be raffled for students, with 3 major prizes (the more you raise, the more chance you have of winning). All will be explained in the sponsorship package.

LITERACY AND NUMERACY / BOOK WEEK

Please see the details of plans for Literacy and Numeracy Week and Book Week below.

KIDSMATTER (Excerpt Kidsmatter newsletter)

Parents and carers matter too

Sometimes parents and carers spend all of their time focusing on their kids’ wellbeing and forget to look after themselves. But your psychological health is important, too! When parents and carers feel good, they’re more likely to provide their kids with the best care possible.

Mental and physical health go hand-in-hand, so it’s important to eat well, exercise regularly and get sufficient shut-eye. Eat a balanced diet of fresh fruit and vegetables, whole grains, lean meats, oily fish, low-fat dairy products and small amounts of healthy fats like olive oil. As a general guide, stick to fresh, unprocessed foods found in the outer aisles of the supermarket and cook meals you and your kids enjoy.

Experts recommend a minimum of 30 minutes of exercise daily – walk your children to school, take up a team sport or cycle to the shops. If you’re especially pushed for time, three 10-minute blocks of exercise is a great compromise. Most adults need at least seven hours of sleep a night, but it’s important to listen to your body and monitor how you feel during the day to calculate your optimum quota.

Parenting can be a stressful caper, and too much stress over a long period of time is bad news for your health. Recognising signs of anxiety and finding ways to combat stress is an important part of looking after yourself. To stay calm, try these strategies:

- Build positive relationships with other adults and enjoy regular child-free time.
- Find an activity you enjoy and practise it regularly – take a yoga class, read a book or go for a walk first thing each morning.
- Practise relaxation – this can be as simple as closing your eyes and breathing deeply for several seconds while imagining a calm place.

Best wishes, Phil, Marie & Andrew

PREP ENROLMENTS 2014

Enrolments are currently being accepted for 2014. Enrolments should be made by **TOMORROW (Friday July 26), 2013.** This will assist the school with planning for 2014.

Enrolment forms are available from the school office. Enrolments should be accompanied by a birth certificate and immunisation certificate. Copies of these documents are acceptable.

Please be sure to alert your family and friends who may be interested in the excellent learning opportunities that Killara Primary School provides.



NATIONAL LITERACY AND NUMERACY WEEK 2013



This year's National Literacy and Numeracy Week at Killara Primary School will be held from 29 July to 4 August.

Literacy and Numeracy is an essential and all-encompassing daily learning experience for all students at Killara Primary School. During our national week in Literacy and Numeracy, classes will be engaged in exciting activities that celebrate our students' achievements in learning. Listed below are just some of the learning experiences students at our school will be enjoying, not only during National Literacy and Numeracy Week but throughout Term 3.

Week 3: National Literacy & Numeracy Week

- The Australian Mathematics Competition (Thursday 1st August)
- Daily class activities in Literacy & Numeracy drawn from the official National week website for teachers throughout Australia.
- Daily lunchtime activities involving Mathematics and Literacy
- Premiers Reading Challenge (Ongoing)

Week 5: Author Kym Lardner visits

Week 6: Book Week including character dress-up day parade (21st August)

Week 8: Killara Family Maths Night (Wednesday 4th September)

As part of our learning partnership with parents we invite families to join in our celebration of Literacy and Numeracy with some following suggestions.

- Share your favourite stories by reading aloud to each other
- Check your family has entered all their Premier Reading Challenge books
- Play Scrabble, Chess, Checkers, Snap, Jigsaw Puzzles and Scattogories
- Visit your local library and investigate a new author or a new section of the library
- Play number games such as Connect 4, Sudoku or run a time table challenge (Year 3 and above)
- Have fun measuring by baking a cake, making some jelly, building towers or have a time challenge by estimating how long it will take to complete a certain task ie: eating dinner

Looking forward to a wonderful Term 3, full of exciting and engaging Literacy and Numeracy.

Jo Fogarty
Literacy Coordinator

Nancy Smith
Numeracy Coordinator

EDUCATION MAINTENANCE ALLOWANCE

The second instalment of the Education Maintenance Allowance (EMA) payment is due to be paid from mid-August onwards for parents/guardians who chose the 'direct deposit' or 'pay direct to school' payment option on their application form.

Parents/guardians who chose the cheque payment option will receive their payment from late August / early September.

Parents and guardians who lodged an EMA application at the beginning of the year do not need to lodge another EMA application to receive the second instalment EMA payment.

Parents/guardians whose children have transferred to this school since 28 February 2013 will need to submit a new EMA application form. Applications close on 2 August 2013.

Eligibility information can be obtained from: www.education.vic.gov.au/aboutschool/lifeatschool/ema/default.htm

Contact: School Office for an application form and further information.

ADMINISTRATION PROTOCOL

Parents requiring assistance from office staff please report to the front office window and not the door at the rear of the office. This is an admin area only. Thank you for your assistance.

PAYMENTS TO SCHOOL

Payments can be made into your family account to sit as credit for use when excursions camps etc occur. This can be done weekly or fortnightly, for any amount, and either by cash, cheque or direct deposit. This makes paying for camps in particular less of a burden. You will be surprised how quickly \$10 per week adds up! With events such as Year 3/4 camp, netbook fees and backpack payments (2014) coming up over the next few months part paying on a regular basis will make meeting those commitments much easier. Please contact the office if you would like further information.

DENTAL DONATIONS

Just a reminder to please help our school support an Indian community by donating **new** dental products. 5/6 members will visit classrooms each week to collect any donations and pack them ready to hand over to our local Rotary Club. Every product counts and will make a difference.

Thank you
Mandy Marks-White

SCHOOL PRODUCTION

Rehearsals have continued to go smoothly this week for the class performances. The main cast members also started their rehearsals this week with a read through of the script and began working on the first 2 scenes in Act 1. The students are really enjoying their rehearsal time, which is great to see. Some classes have been able to try on costumes this week with more being tried on next week. Also, a reminder to the students in the main cast that I need your signed contracts and bios ASAP, as they are overdue.



NUDE FOOD CLASS CHALLENGE

Winners of last Term's Nude Food Class Challenges were;
 PREP EF with 6 Trophies
 YEAR 1/2HMKP, 1/2RA, 1/2SH, 1/2Susan with 2 Trophies Each
 Year 3/4HH with 6 Trophies
 Year 5/6 JF with 6 Trophies.

Week 1 Term 4 winners were
 PMD, 1/2SH, 3/4RG, 5/6Karen

COMMUNITY NEWS

PUBLIC FORUM ON DRUG AWARENESS

The Sunbury PCCC has organized a Public Form on Drug Awareness with a number of speakers from law enforcement and support professionals to address students, parents, teachers and any other interested people.

Date: 29 August
 Time: 7pm
 Venue: Sunbury Bowling Club, 49 Riddell Road

SUNBURY CRICKET CLUB

Milo in2cricket and junior registration day for all junior teams (under 11,12, 14 and 16) and Milo in2cricket (ages 5-10) at Sunbury Football Social Club - Clarke Oval Riddell Road Sunbury on Monday 12 August 2013 between 5.30 and 7.30 pm. Cost - Milo in2cricket \$75.00 Junior Registration: New players \$120 Current players \$100
 Contact: Travis Botten 0417101595
 Shayne Lewis- 0402547002
 Club email: sunburycc.vic@gmail.com

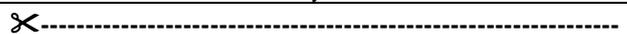
PUPIL OF THE WEEK TERM 2, WEEK 11

Junior School Preps For impressive learning throughout Term 2		Middle School Teachers Choice	
R1	Chiara R	R11	Shonara W
R2	Zac S	R12	Jaide H
R3	Lilly R	R13	Talia C
R4	Charlie K	R14	Matesse D
R5	Lachlan H	R15	Sohail B
Year 1/2 Using good manners consistently		R16	Harrison L
		Senior School Consistent effort throughout Term 2	
R6	Lachlan D	R7	Trizelle S
R17	Rylan C	R8	Mitchell H
R18	Shailla M	R9	Corey W
R19	Joel Q	R10	Emily L
R20	Brodie J	R25	Liam B
R21	Cooper M	R26	Caylee T
R22	William P		
R23	Aiden E		
R24	Bradley C		

PUPIL OF THE WEEK TERM 3, WEEK 1

Junior School Preps For a detailed holiday recount		Middle School Making a positive start to the new term	
R1	Isabella J	R11	Alannah Y
R2	Caylem W	R12	Patrick B
R3	Jett F	R13	Nadia M
R4	Memphis B	R14	Ryan B
R5	Lily A	R15	Nathan W
Year 1/2 Settling back into classroom routines quickly		R16	Zack T
		Senior School Teachers Choice	
R6	Riley M	R7	Korey G-W
R17	Summer J-B	R8	Andrew P-C
R18	Kaiden A	R9	Harry H
R19	Jack G	R10	Vanessa L
R20	Nathaniel K	R25	Mia W
R21	Tamarah J	R26	Jade F
R22	Taylah J		
R23	Jacob V		
R24	Hailee A		

Specialist Class of the Week
Performing Arts
 Prep B – Michelle Douglas
 Rehearsed enthusiastically on the stage for the school production.
Visual Arts
 1/2 G – Shannon Hodson
 Fantastic listening when sharing and discussing their work.
Physical Education
 5/6 E & F – Caroline Hole / Katelyn Fraser
 Making an awesome start to term – excellent focus.
Library
 1/2 I – Jessica Sharp
 Focussed listening and sharing their knowledge about fairytales.



The Aristocats Kids Student Preview
 5/6 students Friday August 16, 5:30 – 7:00

Name: _____ Room: _____

Enclosed \$5

INSIGHTS

by Michael Grose - No. 1 parenting educator



What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

"If I don't do well in this test my whole year will be messed up!"

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.

Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won't just be bad, they'll be catastrophic!

They won't just mess up if they give a talk to their class at school. They'll make total fools of themselves and the whole class will laugh at them, or so they say.

They won't just fall over in a game. They'll break a leg, end up in hospital and miss out on going to school camp, or so they say.

They won't just get a dirty look from their teacher if they arrive late for school. They'll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child's age.

Under fives generally don't overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child's propensity to catastrophise. Here are five ways you can use to challenge your child's catastrophic thinking:

1. "What's the most likely scenario?"

Sometimes it's useful to introduce a dose of old-fashioned rational thinking. "Yep, you could break your leg if you go skiing. But the odds are that you won't."

2. "Does it really matter?" "You may be right, but is it the end of the world as we know it?"

One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it's not so bad.



"Where does this fit on the disaster meter?"

Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. "That's unhelpful thinking."

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, 'everyone must like me', 'I must never make a mistake' and 'bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts. E.g. "It would be nice if everyone liked me but not everyone will. It's important to have some good friends."

5. Replace extreme words for feelings with more moderate descriptors:

Today's kids talk in extremes - 'awesome', 'the best' and 'gross' roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace 'I'm furious' with 'I'm annoyed', 'It's a disaster' with 'It's a pain', 'I can't stand it' with 'I don't like it'. Sounds minor but by changing kids' language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.

Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child's need to jump to the worst from time to time. A bit of reassurance is all that's needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child's catastrophising.

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