

AXEDALE PRIMARY SCHOOL

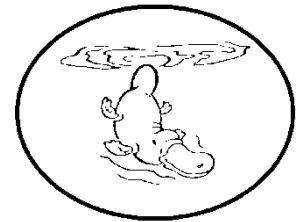
“Excellence Through Endeavour”

High Street, Axedale 3551

Ph. (03) 5439 7232 Fax. (03) 5439 7575

Principal – Lex Johnstone

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



NEWSLETTER No. 5 February 26th 2016

Important dates:

March	1st School Photo Day	March	10th International Women’s Day – Choir
	2nd Preps first Wednesday at School		11th School Council nominations close
	2nd Gym Prep-5 (12.45pm - P/1 & 1.45pm - Gr 2-5)		14th Labour Day holiday
	2nd Young Leaders Conference – Melbourne – Gr. 6		21st MARC Van (Prep/1 borrowing)
	4th Ride2School Day		22nd MARC Van (Gr 2-6 borrowing)
	7th MARC Van (Prep/1 borrowing)		24th Last day of Term 1 – 2.30pm
	7th PVF Meeting 7pm		Finish
	8th MARC Van (Gr 2-6 borrowing)	April	11th First day of Term 2

Well done to our Classroom and School Value award winners for this week.

CLASSROOM AWARD WINNERS

Mekayla - For listening carefully and working hard on all work pieces, particularly her writing.

Sam C - For accepting challenges in Numeracy and showing that he can make and name two digit numbers using MAB blocks

Noah – For completing a personal best week in all learning tasks

Laura – For completing a tremendous writing piece about ‘My Place’.

SCHOOL VALUES AWARD WINNERS

Darby – For being happy, co-operative and getting along with everyone.

Grace – For being a caring and considerate member of the class.

Lincoln H – For being organised and ready for all learning tasks.

Georgia –For showing responsibility and being trusted to complete jobs around the school efficiently.

GOLDEN BRUSH

The winners of the Golden Brush last week were the Prep grade. Well done!

HOUSE COMPETITION

The winners of our first House Competition for the week were McIvor – 3.5 rooms to 0.5



MAGIC WORDS

Well done to our students who have moved up some levels with the Magic and Oxford Words.



PRINCIPAL'S REPORT

YOUNG LEADERS CONFERENCE – Wednesday 2nd March

Each year our Grade 6 students head off to Melbourne for the Young Leaders Conference. Next Wednesday, they will join approximately 5,000 other students at the Melbourne Exhibition Centre to listen to guest speakers that include Nathan “Dubsy” Want, Kate Austin, Dylan Parker, Harry Baker, Elliot Costello and Dr Alan Duffy.

Aspects around leadership, determination, goal setting and responsibility are covered.

Students will be travelling by train with Mr. C and Jocelyn Davies, leaving from the Bendigo station. There is no cost to parents for this excursion. Notes and information is attached to the newsletter today.

HEATHCOTE COMMUNITY GAMES

Last Saturday as part of the Heathcote Community Games, families and community members took part in walking the Axedale Historical Loop as part of the official opening. It was great to see some school families involved. Well done to Steffi Liersch and Katya Bathurst who won prize packs provided by Girls Brigade. These will be presented at next Monday's Assembly.

HEATHCOTE COMMUNITY GAMES

Today our Grade 2-6 students headed to Heathcote to take part in some activities and coaching from SEDA students as part of the Heathcote Games. Reports and photos in next week's Newsletter.

CONNECTING WITH KIDS

A great session for parents titled 'Connecting With Kids' is taking place at the school next Thursday March 3rd from 6.00 – 8.00pm. Register your attendance with Katrina in the office.

Come along to this 2 hour workshop and find out more about how to use emotional intelligence to teach children about managing their feelings. Emotional Intelligence is the ability to identify your emotions, understand them and be in control of the way we express them.

PARENT TEACHER & GOAL SETTING INTERVIEWS

Thanks to parents for coming along to our Parent Teacher Interviews last Tuesday. We trust they were helpful and that they set the scene for a positive year ahead.

I know staff were appreciative of extra information provided by parents that helps to build a whole understanding of the children.

SCHOOL PHOTOS

Richard Gibbs Photography will again be taking the school photos this year. **School Photos will be taken next Tuesday March 1st.** Correct money needs to be placed in the photo envelope and returned to school by photo day.

RIDE2SCHOOL DAY

Next Friday 4th March is National Ride2School Day. For Ride 2School Day this year, we will be riding along the O'Keefe Rail Trail in the Axedale River Reserve. Riders can ride to, or be dropped off, either side of the footbridge next to the McIvor Hwy bridge.

Some staff will be on patrol along the trail from 7.45 – 8.15 for students to ride along or up and back with friends. At 8.15, we will begin to make our way as a group to school. We will follow the bike path to the Axedale Park, cross at the Police Station and make our way to school.

Younger riders are encouraged to be a part of the ride and can join us at a distance that suits their fitness and riding skills. Parents are encouraged to join in.

Upon arrival at school, everyone is welcome and encouraged to join us for a yummy breakfast from 8.30am. Please contact Mr. J for clarification or further details

INTERNATIONAL WOMEN'S DAY

On Thursday 10th March our School Choir will be performing at the Axedale Tavern as part of the International Women's Day 'Tea with Eleanor' event being organised by the CWA. The event runs from 10-12 noon, our students will be performing from 11.00am. As part of the day, our Grade 6 girls have also been invited to present a short speech to the gathered crowd. The Choir and the Grade 6 girls will be supervised by a number of staff at the event.

Please contact the school if you have any queries or concerns about your child being at this venue.

PARENTS, VOLUNTEERS AND FRIENDS (PVF)

Our next meeting will be an evening one, to provide the opportunity for parents who can't make it through the day to come along. The next meeting will be on Monday March 7th from 7.00pm.

A list of all fundraising activities will be provided for families once confirmed.

ZONE FAMILY FUN NIGHT

A Family Fun Night at the Zone is planned for Monday March 21st from 5-7.30pm. This night, organised by the PVF, provides a BBQ tea for the family, and the children (and parents) an opportunity to play laser tag. Laser Tag is on from 5.30-7.30pm. Families are asked to BYO drinks. In past years, it has been a very pleasant evening and another opportunity to meet up with others in our school community.

A charge of \$10/family covers entry, BBQ tea and laser tag.

WEEK 5 GYM

For any parents wishing to come along and watch our last session next week, our Prep and Grade 1 students will attend gym at 12.45pm and the Grade 2-5 students will attend at 1.45pm.

Thanks to the families who have offered assistance with Gym transport next Wednesday March 2nd. We are not seeking further helpers.

SCHOOL COUNCIL ELECTIONS

From February 18th – March 4th, nominations will be open for parents wishing to be a part of School Council. We have six Parent Representatives positions in total, with three up for re-election each year. This year, three positions are available, with Garry Van Wynen, Claire Turner and Julie Liersch all completing their two year positions at the next School Council Meeting. Garry, Claire and Julie do have the option of re-nominating.

What does School Council do? For further information, an information page from DET is attached to the Newsletter, or you could speak with Garry, Claire, Julie or our other three Parent Reps, Sharon Hipwell, Lara Bathurst and Neil Aurisch. I am also happy to speak with anyone interested in nominating.

The three elected representatives will complete a two year role from March 2016 to March 2018.

Nomination forms are available at the Office.

CHEAP BICYCLES

There is a volunteer community group in Bendigo called FreeWheeling Fun. Their aim is to enable access to bicycles for everyone and to achieve this they take bicycles in good condition, clean them and then do any necessary servicing and repairs. Once they are ready to go they distribute the bikes to people for a very small donation. Their aim is to get kids, adults and families cycling.



Currently they have a large number of bikes that are in need of a home.

If you don't want to spend money on a bike that a child is just going to grow out of, or if you are short of cash and need a bike for your child or yourself then it would be worth checking out FreeWheeling Fun. The people who run the group are all volunteers who love cycling and they can provide you with advice and assistance. If you are new to cycling or would like to give it a go then it's a great way to get a bike and try cycling without spending lots of \$ and they can even help you out with lessons. They have even been able to help out a couple of families where the child had specific needs e.g. the family needed a bike with no gears on a larger frame.

You can find 'FreeWheeling Fun' on Facebook or at the garage behind the Good Loaf every Wednesday & Friday from 3 – 5pm (more details on their Facebook page). Alternatively they are at the Trove Market.

FAMILY CONTACT INFORMATION

Thank you to those families who have already returned their student update form. It is extremely important that the school has **up to date** information about your children and their contacts etc. Please look through the forms sent home last week in your family envelope, correct/add anything that you think needs changing/adding and return them to school ASAP. Many thanks for your support in this matter.

BREAKFAST CLUB

All students are welcome to come along and share breakfast with some of their school mates from 8.30-8.50am Tuesdays and Thursdays.

Thanks to those who've been helping out, the support has been wonderful.

Thanks also to our sponsors:

Tuesday 1st March – Emma Carmody & Casey Reid

Thursday 3rd March – Hannelie Schutte & Tanya Czuczman

Tuesday 8th March – Marli Meerman & Melinda Pengelly

Thursday 10th March – Casey Reid & Susie McGrath



FRESH FRUIT FRIDAY

Many thanks to those who have volunteered to help cutting up fruit on Fridays.

Friday 4th March – Melinda Pengelly & Marli Meerman

Friday 11th March – Casey Reid & Sara Vanis

ART SMOCK

All students are asked to bring along a named art smock to protect their school uniform. An old oversize cotton shirt usually does the job.

ASTHMA MANAGEMENT PLAN

At the beginning of each school year we require an updated Asthma Management Plan for those students who are diagnosed with asthma. Can these please be organised ASAP and the new plan dropped into the office so we can update our records? Parents are also asked to check the expiry date on any medication which is kept at school and supply the school with new Ventolin if required. Parents are reminded that we require each student to have their own spacer due to health regulations. Thanks for your assistance with this.

CITY OF GREATER BENDIGO

On Monday March 7th at 7.00pm, there will be a City of Greater Bendigo Ward Councillors Meeting at the Axedale Hall. This is a great chance for residents to speak with Councillors and COGB staff about a range of local issues. In recent years, a number of items have been instigated and actioned through this process.

STUDENT ACCIDENT INSURANCE

We have been requested by DET to remind parents that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance.

CONVEYANCE ALLOWANCE

A Conveyance Allowance is available for eligible students using private cars to attend school. To be eligible, a student must live more than 4.8km by the shortest practicable route from the nearest school or bus stop. Please come into the office by the end of February to complete an application form if you are eligible.

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

Primary school student rate is \$125 per year.

The CSEF is paid directly to the school and will be allocated by the school towards camps, sports and/or excursions costs for your child.

To be eligible for the fund, a parent or legal guardian must:

- on the first day of Term One, or first day of Term Two:
 - a) be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
 - b) be a temporary foster parent, and:
 - c) submit an application to the school by the **due date – 29th February 2016.**

MICHAEL GROSS PARENTING RESOURCES

Our school is a member of Parenting Ideas. Visit www.parentingideas.com.au

This week's attached article is "Resisting Kids Pester Power"

QUOTE OF THE WEEK

"Life always offers you a second chance, it's called tomorrow"

Lex Johnstone
Principal

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

FAMILY INFORMATION

It is extremely important that the school has **up to date** information about your children and their contacts etc. Please look through the forms sent home in a separate envelope last week, correct/add anything that you think needs changing/adding and return them to school ASAP. Many thanks for your support in this matter.

CAMPS, SPORTS, EXCURSION FUND

The Camps, Sports Excursion Fund (CSEF) is available for eligible families with a Health Care Card. Please come to the office to complete a form.

The payment is \$125 and is paid directly to the school to be put towards the child's excursion or camp costs.

Applications need to be submitted to the school by Monday 29th February.

ASTHMA MANAGEMENT PLAN

At the beginning of each school year we require an updated Asthma Management Plan for those students who are diagnosed with asthma. Can these please be organised ASAP and the new plan dropped into the office so we can update our records? Parents are also asked to check the expiry date on any medication which is kept at school and supply the school with new Ventolin if required. Parents are reminded that we require each student to have their own spacer due to health regulations. Thanks for your assistance with this.

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YOUNG LEADERS CONFERENCE

Grade 6 students – permission form to be returned by Tuesday 1st March.

COMMUNITY



BROMLEY PROPERTY MAINTENANCE
 All aspects of garden maintenance and cleaning
 bromleypropertymaintenance@hotmail.com
 Pensioner discounts
 Bendigo and Surrounds
 Call Sharon 0448989958



SJFC Strathfieldsaye Storm Junior Football Club

Positions Available
 Under 9
 Under 10
 Under 12
 Under 14

Youth Girls – DOB 1.1.1998 – 31.12.2003
Junior Girls – DOB 1.1.2004 – 31.12.2006

For registration enquiries please contact SJFC Registrar Angela Gamble
sjfcregistr@bigpond.com
 Phone: 0409 304 654



Parent and Carer Information Session

Guardianship & Administration Information
Thursday 10th March
 at
 Julie-Anna Comfort Inn, 268 Napier St, Bendigo

Presented by
 loddon campaspa
 community legal centre

Speakers: Jessica McCartney, Health Justice Partnership Lawyer & Clare Sapiro – Legal Practice Manager
 Time: 10:00am – 11:00am

When should a parent or carer consider a Guardianship or Administration Order?
 What is an Enduring Power of Attorney?
 What are Nominees?
Morning Tea Provided: 11:00am – 11:15am

Plus
 5 things you need to know and prepare for the NDIS

Speakers: Jackie Dacey NDIS Advocate (Funded by the Helen Macpherson Smith Trust)
 Time: 11:15am – 12:00pm
 Presenters: 5 therapists to help you to prepare for the NDIS

Helen Macpherson Smith Trust

RSVP: contact Interchange to register by Monday 7th March 0441 1550.
 This information session has been kindly supported by Carers Support Services Bendigo

CAREER COACHING SERVICES

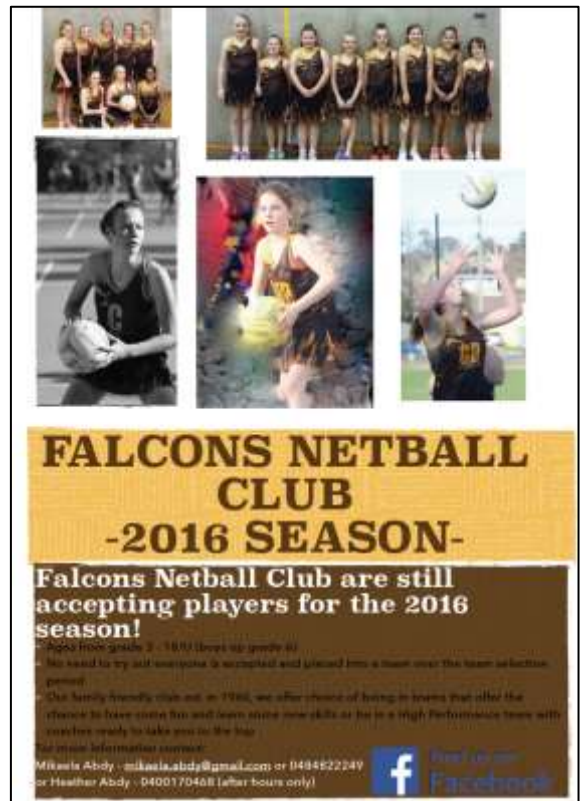


SOUTH BENDIGO FOOTBALL & NETBALL CLUB

REGISTRATIONS
 for
JUNIOR FOOTBALL PLAYERS
 from Under 9s through to Youth Girls
 are now open for the 2016 Season

REGISTER ON LINE
 SOUTH BENDIGO JUNIOR FOOTBALL CLUB
 - Fox sporting Pulse

If you have any questions about the registration process, please email
juniorsecretary@southbendigofnc.com.au
 01 1819088 0431 300 067



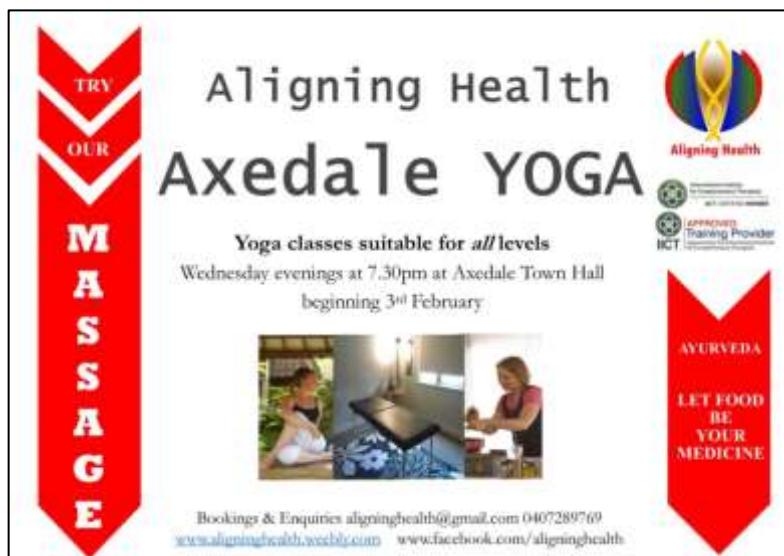
FALCONS NETBALL CLUB
-2016 SEASON-

Falcons Netball Club are still accepting players for the 2016 season!

• Open to girls aged 11 - 18 (level up grade 10)
 • No need to try out - response is accepted and placed into a team over the team selection period
 • Our family friendly club set in 1960, we offer chance of being in teams that offer the chance to have extra fun and learn some new skills as we're a High Performance team with coaches ready to take you to the top

For more information contact:
 Mikaela Abdy - mikaela.abdy@gmail.com or 0494622249
 or Heather Abdy - 0400170468 (after hours only)

Facebook



Aligning Health
Axedale YOGA

Yoga classes suitable for *all* levels
 Wednesday evenings at 7.30pm at Axedale Town Hall
 beginning 3rd February

Bookings & Enquiries aligninghealth@gmail.com 0407289769
www.aligninghealth.weebly.com www.facebook.com/aligninghealth

TRY OUR MASSAGE

AYURVEDA
 LET FOOD BE YOUR MEDICINE

LIVING TOGETHER

A special event during the 2016 Bendigo Festival of Cultures exploring how we live together, acknowledging we're all different.

Come along to connect, participate, discuss challenges, share existing initiatives and contribute new ideas to foster an even brighter future for our community.

Tuesday, 15 March, 6.30pm - 9pm

Morley Johnson Building, 23 Mitchell St, Bendigo

Everybody is welcome.

For more information and register visit www.makeachange.org.au/livingtogether



It's that time of year again when the Doxa camp at Malmesbury need a bit of TLC. That's where you come in!

Can you spare a day to ensure that our facility is tidy, safe and as shipshape as it possibly can be for the thousands of children and young people that visit each year.

We'll need you to dig in and get your hands dirty in and around the site, helping out to make areas safe and secure and generally giving the place a refresh.

If you're a keen gardener, builder or generally like to chip in and do what you can, we want to hear from you. We promise you'll have fun and feel great for helping out. Please get in touch soon to register your interest.

Contact

Jo O'Minion
t (05) 5472 4310
e johankin@doxa.org.au

AT A GLANCE

When?

Saturday 5 March 2016

How long?

10:00am - 4:00pm

Where?

1000 Vaughan Springs Rd
Droghda

Wear?

Clothes for comfort and safety



CMS Dance Worx

Offering Tailored classes in:

- *Ballet - Cecchetti *Jazz *Tap *Casual Classes
- *Competition Classes *Catering for Ages 3+
- *Beginner to Advanced levels

Qualified & Trained Teaching Staff

Annual Concert at the Capital Theatre

Showcase Performances for All Students

Exciting & New Location: Uniting Church Hall
21-23 Condon Street Bendigo



Now Offering:

Special Under 8 Class's

Ideal for Preschool age kids

Saturday Mornings

Fairy/Beginner Ballet 9.30am

Beginner Jazz 10am

Adult Ballet/

Conditioning Class

Thursday Nights

7.15pm - 8.15pm

Enrolment Information and Enquiries

Email: cmsdanceworx@bigpond.com

Phone: 0419 362 745



<https://www.facebook.com/CMS.Dance.Worx.12/>

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator



Resisting kids' pester power

Kids have a way of getting under your skin when they really want something.

"Mum, can you buy me a treat?" "MUUUMMMM, can you get me some new clothes?" "It's not fair. You never let me have any fun."

Sound familiar?

Kids have a way of getting under your skin when they really want something. You can refuse their request for a treat, some extra time up out of bed or some new clothes and they can keep at you until you give in.

Some kids when they receive a knockback from one parent, will try the other parent. "Okay, mum said no to an ice cream, I'll just check to see what dad says" is the type of tactic I'm talking about here.

Sole parents can easily become worn down by pester power as there is no one to share the burden with.

There is no doubt that kids' pester power is alive and well and living in Australian homes right now. In these times of small families the voice of one child resisting can be the only voice a parent hears.

Currently, kids are seen as fair game by marketers and advertisers that use increasingly sophisticated tactics to stimulate consumerism in kids. This makes life increasingly difficult for parents.

Pester power hasn't always been a problem for parents. In the days of large families, when four or more children were common, not only was there less propensity to give kids what they wanted but siblings had their own way of dealing with rebellious or prima donna type behaviour.

If your kids don't take no for answer, particularly when they want you to buy, buy, buy consider these well-tested resistance strategies:



- 1. Avoid getting into too many negotiations with kids.** It's worth remembering that it's okay to say no...without always having to explain yourself.
- 2. Make yourself scarce, either physically or psychologically when they don't take no for an answer.** My wife was an expert at the latter method when my kids used to argue the point with her. She would ignore attempts to change her mind, going about her business as if they weren't there. They soon realised that arguing was futile.
- 3. Differentiate between a want and a need.** Kids want many things including the latest gadget, more free time and lots of treats. But they don't necessarily need these things. Understanding the difference between a need and a want helps you resist pester power.
- 4. Communicate with your partner.** Teenagers are adept at putting pressure on parents to acquiesce to their demands, particularly when it comes to going out. Get into the habit of bringing your partner into the picture. "I'm not sure about that. I'll check with your father and get back to you" is a handy response.
- 5. Draw strength from a friend.** It helps, particularly if you are on your own, to phone a friend to check if you are being reasonable. It's easy to doubt yourself, and your sanity, when you are on your own.
- 6. How can you make this happen?** Sometimes it's best to put the onus on to kids, particularly when they pester you to buy them things. "Sure, you can have a new mobile phone. Have you got enough money to buy it now or do you have to save for it?" is the type of response I suggest for kids who just love you to be their automatic teller machine.

Resisting kids pressure for parents to purchase items for them is a challenge that comes with living in more affluent times. But it's a challenge that's worth meeting, not just for our peace of mind, but to promote some restraint and self-discipline in kids.

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au



PO Box 167 Balmarring VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. office@parentingideas.com.au



Connecting With Kids

Axedale



Emotional Intelligence is the ability to identify your emotions, understand them and be in control of the way we express them.

- Do you often wonder why children do what they do?
- Would you like to learn how to help children manage feelings such as worry, frustration and anger?

Come along to this 2 hour workshop and find out more about how to use emotional intelligence to teach children about managing their feelings.



Term 1, 2016

When:	Thursday 3rd March 2016
Time:	Arrival and registration 5.45pm Sessions 6.00pm - 8.00pm
Where:	Axedale Primary School, High Street Axedale
Cost:	Free
Facilitators:	Jo Rodriguez and Linda Lynch (CatholicCare Sandhurst)
	Please advise at time of booking if you require childcare



For bookings and enquiries contact Ricky Cawley (Student Wellbeing) on 0354397232

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged