**NEWSLETTER No. 12 April 28th 2016**

**Important dates:**

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<th>April</th>
<th>May</th>
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<td>29th</td>
<td>5th</td>
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<tr>
<td>Prep School Nursing Questionnaire due</td>
<td>Kinder students to visit</td>
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<td>2nd-6th Book Fair Week</td>
<td>10th NAPLAN Gr. 3 &amp; 5</td>
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<td>2nd MARC Van</td>
<td>11th NAPLAN Gr. 3 &amp; 5</td>
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<td>3rd MARC Van</td>
<td>12th NAPLAN Gr. 3 &amp; 5</td>
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<td>5th Mother’s &amp; Special Person’s High Tea 9.30-11am</td>
<td>13th Cross Country (Gr 3-6)</td>
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<td>5th Mother’s &amp; Special Person’s Day Stall 12-3.40pm</td>
<td>16th MARC Van</td>
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<td>17th MARC Van</td>
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<td>19th 2017 Prep Info Session 9.30am</td>
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**CLASSROOM AWARD WINNERS**

Ally – For taking greater care with her written work and using colour very effectively when colouring and drawing pictures.

Cody – For concentrating hard during Numeracy Groups and helping others in his group.

Della – For persisting with all learning tasks.

Anthony – For showing a committed approach to improving his spelling by passing his weekly Oxford Words.

**SCHOOL VALUES AWARD WINNERS**

Shania – Being very responsible with her belongings and keeping them neat and tidy.

Steffi – For continuing to show self-responsibility at school.

Matthew – Consistently showing respect to teachers and peers.

Piper – For showing resilience and making improvements to her writing.

**GOLDEN BRUSH**

The winners of the Golden Brush last week were the Gr. 2/3/4’s. Well done!

**HOUSE COMPETITION**

The winners of the House Competition for the week were Campaspe.
MAGIC WORDS
Well done to our students who have moved up some levels with the Magic and Oxford Words.

PRINCIPAL’S REPORT

VOLUNTARY FINANCIAL CONTRIBUTIONS
Can we please ask those families who committed at the end of last year to paying a voluntary contribution for 2016 to arrange payment so we can use the funds to put towards our recent purchase of new literacy books. The suggested amounts are:

- $50 1st Child
- $30 2nd Child
- $20 3rd + Child

There is also a grounds maintenance and beautification contribution of $20 per family.
Please see Katrina if you are unsure the amount you committed or for payment options. Remember we now have BPay available.

Attached to the newsletter today are statements for those families with outstanding amounts owing to the school. Prompt payment would be appreciated. Please note if you have a CSEF amount on your family statement this can only be used for Camp or Excursions.

SHRINE OF REMEMBRANCE
Last Friday our Grade 6 group attended the Victorian schools ANZAC Day Commemoration Service at the Shrine of Remembrance in Melbourne.
Thanks to Bendigo Legacy for coordinating the day and Mr. C and Tanya for attending.

Kodi – I learnt that the reason for the slouch hat was to have the brim of the hat out of the way of their rifles when they were marching.

Max – I enjoyed the trip. I found it interesting because I learnt a lot of things.

Emily – I thought the museum section at the Shrine was interesting because there were a lot of pictures and facts about the war. I learnt a lot.

Jaidyn – Inside the Shrine we went into the underground museum and I found the information really interesting.

Laura – I liked watching the soldiers march up the steps and then they split into two groups and stood in formation.

Rachael – I liked laying the wreath on behalf of the whole school. I felt like I had an important role in the whole ceremony.

Zayne – I learnt a lot from both the museum and the ceremony. I found it amazing that the eternal flame is still going to remind us of the need to never forget.
ANZAC DAY
Thank you to all the families that supported the ANZAC Day Ceremony at the Axedale Park on Monday. On behalf of the school I would like to thank Craig Turner, Phil Hughes and Ann Mason for coordinating the Service. Our School Choir performed wonderfully well and enjoyed the opportunity to join with Axedale in Harmony. It is with a lot of pride that I watch our Choir conduct themselves with self-discipline, teamwork and respect. Thanks to Miss Blume for her leadership. Our School Captains Laura and Zayne laid a beautiful maroon and gold wreath on behalf of the school. The event will be evaluated at the next Axedale Our Town Our Future meeting. If you have any feedback from an audience point of view, it would be greatly appreciated. Axedale in Harmony practice at the school every second Tuesday night from 7.00 – 8.00pm. If interested, contact Jo Woodward.

SCHOOL TOILETS
Parents may have become aware through their children that our inside toilets are currently out of action. We have had some issues with the walls that divide the cubicles. They weigh 80kg each. They had been poorly installed (as part of the initial build) with wall fixings not suitable for carrying such weight and had started to become loose. We have sought steel footings from the manufacturer that will correctly carry the weight of the dividing walls. These are being freighted from Sydney and will be here next week. We expect these toilets to be out of action until the end of next week. Students are using the outside toilets during this time.

BOOK FAIR
The annual Book Fair is on again next week from Monday 2nd – Friday 6th May. Books will be displayed in the foyer area all through the week, with time set aside for students to compile a wish list. Julie Liersch will be available from 3-4pm daily for the purchase of items. A flyer is attached to the newsletter today.

MOTHER’S & SPECIAL PERSON’S DAY STALL
Our Mother’s & Special Person’s Day Stall this year will be held next Thursday May 5th from 12 noon onwards. Items will be priced from $1 - $5. Our friends from the Axedale Pre-School will be joining us again for the stall and an activity and lunch while here. For younger siblings aged 0-4, items will be available for purchase from 3.00 – 3.40pm. Thanks to Julie, Joce and Kellie for co-ordinating the gifts. Thanks to Ricky for running a BBQ at Coles McIvor during the school holidays to raise some funds for the High Tea. We trust the funds will help to make the High Tea enjoyable for all.

MOTHER’S DAY RAFFLE
Yesterday raffle books were sent home with the eldest in the family. Tickets are $1 each. The raffle will be drawn at the Mother’s & Specials Person’s High Tea next Thursday 5th May. Prizes include 3 x Yoga Classes, 2 x Personal Training sessions, Full body aromatherapy massage, Basket of hair care products and Flower & Herb pack.

THE O’KEEFFE MARATHON
The O’Keefe Marathon is taking place this Sunday. The event will begin at Catholic College Junortoun and will finish at Heathcote. Axedale Our Town Our Future have been asked to provide some support when the run comes through the town between 9-11am. Please contact Lex if you are able to help. Students may wish to take part in the O’Keefe Rail Trail Mile Interschool Challenge. Please see flyer below.
NAPLAN
Our Grade 3 & 5 students will be involved in NAPLAN testing on May 10/11/12. The testing is Australia wide and involves students in Years 3, 5, 7 and 9. Students will be working on a number of practice areas over the coming weeks in preparation.

On a home front, the best preparation you can help with is to ensure your child is well rested, drinking lots of water, is eating healthy food and is encouraged to tackle this task with a positive frame of mind and that they complete the testing to their personal best.

EDUCATION WEEK
Education Week will run again this year from Monday May 16th – 20th. During Education Week, we will be hosting a Grandparents and Special Visitors Day on Tuesday May 17th. Grandparents and Special Visitors are encouraged to come along from 10.00 – 11.00 and visit the students in the classrooms and work with them. Students may wish to provide a tour of the school for their special visitor if they are new to the school.

Our 10.00 -11.00 classroom sessions will be followed by a Morning Tea from 11.00.

Whole school Literacy and Numeracy rotations
On Friday May 20th, we will be taking part in Walk Safely to School Day. Students are asked to come to school wearing their brightest colours. A gold coin donation for the day will be donated to charity. Walk to School Day will be on the O’Keefe Rail Trail, beginning where the trail crosses Crowes Rd/Cemetery Rd. corner. More details in upcoming Newsletters.

2017 PREP INFORMATION SESSIONS
The Information Session for prospective 2017 Prep families will be held on Thursday 19th May at 9.30am in the Axedale PS Staffroom. If you know of any families who are contemplating Axedale PS for their 2017 Prep child, please let them know of this date/time.

COMMUNITY MARKET BBQ HELPERS
The Axedale Community Market is on Saturday 28th May. We are looking for volunteers to help run the BBQ. If you are able to help please contact the school.

PREP SCHOOL NURSING PROGRAM
All Prep students took home an envelope a few weeks ago with a questionnaire from the School Nursing Program. Please take the time to complete the questionnaire and return to school by tomorrow Friday 29th April. The School Nurse will visit our school following this date.

CBA STUDENT BANKING
We are holding a Consistent Saver competition starting next Tuesday 26th April through to Tuesday 7th June. During this time any child who banks 5 times will go in the draw for the chance to win one of 2 prizes. The prizes are on display at the office.

Please see Katrina for further details or to register your child for Commonwealth Dollarmites Banking.

VICTORIAN PREMIERS’ READING CHALLENGE
The Victorian Premiers’ Reading Challenge is now open and Axedale Primary School is excited to be participating.

The Challenge is open to all Victorian children from birth to 16 years in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by the closing date of the challenge.

Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

If you would like your child to participate, please return the privacy and consent form, see Katrina in the office for a copy.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll.

For more information about the Victorian Premiers’ Reading Challenge and to view the booklists, visit: www.education.vic.gov.au/prc
BREAKFAST CLUB
Many thanks to those who have volunteered to help with Breakfast Club.
Thanks also to our sponsors.
Tuesday 3rd May – Casey Reid & HELP NEEDED
Thursday 5th May – Hannelie Schutte & Tanya Czuczman
Tuesday 10th May – Claire Noyce & Melinda Pengelly
Thursday 12th May – Hannelie Schutte & Susie McGrath (No Ricky)

FRESH FRUIT FRIDAY
Many thanks to those who have volunteered to help cutting up fruit on Fridays.
Friday 29th April – Hannelie Schutte & Marli Meerman
Friday 6th May – Samantha Gilbertson & Tanya Czuczman

MICHAEL GROSS PARENTING RESOURCES
Our school is a member of Parenting Ideas. Visit www.parentingideas.com.au
This week’s attached article is “10 ways to promote good mental health & wellbeing in kids.”

QUOTE OF THE WEEK
“Problems are only opportunities in work clothes.” - Henry J Kaiser, American Industrialist

Lex Johnstone
Principal

CLASSROOMS

WORMS, WORMS, WORMS
The worms have arrived!
Today we had lots of volunteers for the Green Team investigating our red wriggler worms, what they look like, what they eat and how we set up their ‘bed’. We have done some learning about what our worms love to eat (most fruit, veggies, etc.) but they really don’t like citrus, dairy, meat and bread! Help us keep our worms healthy by talking with your children about what can and can’t go in our classroom scrap buckets.

CROSS COUNTRY
On Friday 13th May, all of our Grade 3 – 6 students will be attending the Bendigo District Cross Country event. Details and a travel permission form will be sent home in the next couple of weeks.

SPORTING SCHOOLS
Thanks to our Sporting Schools funding students will be attending Tennis (P-6) and Softball (2-6) clinics at school starting soon.

PARENTS, VOLUNTEERS & FRIENDS (PVF)

TROLLEY TOKEN KEYRINGS – ORDER FORM
Are you often stuck at the shops without a coin for the trolley? We have your solution.
Attached to the newsletter the other week was an order form for trolley token key rings. We have a limited quantity of trolley tokens available in each design so get your order in quick to ensure you receive the design you are after.
The cost is $3 each or 2 for $5. Please return your order with payment to the office.

FOOTY TIPPING
Round 5 - $79.50 JACKPOT
Footy tipping sheets for Round 6 were sent home earlier this week and need to be in by tomorrow or to the Axedale General Store 1 hour before the first game of the round.
FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

PREMIER’S READING CHALLENGE
Forms to be returned for those students wishing to participate.

TROLLEY TOKEN KEYRING ORDER FORM

PREP SCHOOL NURSE QUESTIONNAIRE – due tomorrow Friday 29th April

FOOTY TIPPING SHEETS – Round 6 due tomorrow.

COMMUNITY

Hi everyone,
Weather is getting cooler but for those wishing to have a fun hit of cricket in a different version then it’s not too late.

We are looking for anyone in particular of Grade 5 & 6 wishing to have a game of Indoor Cricket on a Monday night at 4pm. Played at Bendigo Indoor Sports, it’s an hour of fun & you don’t have to be a registered play of the club to participate.

For anyone interested please email brent.yates@bendigoadelaide.com.au .

Thank you & GO JETS!!!

Brent Yates
www.strathfieldsayejets.com.au

S. J. F. C. J-Foot Football Club

Positions Available
Under 9
Under 10
Under 14
U12 Junior Girls
U18 Youth Girls

Training Nights
Monday – Under 9 & Under 10
Tuesday – Under 14 & Under 18
Wednesday – Under 12, Junior Girls & Youth Girls
Thursday – Under 14 & Under 18

For registration enquiries please contact SJFC Registrar Angela Gamble
sifcregistrar@bigpond.com
Phone: 0409 304 654
It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits**: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**: Kids should practice creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Provide a space of their own**: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give kids the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. **Talk about their troubles**: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
Win the teams event for your school!

Date: Sunday May 1st, 2016
Time: 9.55am
Where: O’Keefe Trail, off Herriot St, Heathcote
Please ensure you enter your school name when prompted.
Enter by 25th April for “Early Bird” entry rates.
Enquiries: to gm.athsbendigo@gmail.com
Conditions: Race conditions are included on the entry form.
The winning school will be decided by points scored by the first three finishers, both male and female for both grades 3/4 or below and grade 5/6 from the school. Bonus points for the school with the most entries. The winning school will receive an individual trophy, and be named on the perpetual trophy. The distance is a mile - 1609 metres.