NEWSLETTER  No. 18 June 16th 2016

Important dates:

June
17th Students Reports sent home
21st Parent Teacher Interviews
21st School Council Meeting 6.30pm
24th Out of Uniform & Soup Lunch
24th Gr 3-6 Camp 2nd Payment due
24th Last Day of Term – 2.30pm finish

July
11th First Day of Term 3
11th MARC Van
12th MARC Van
13th Regional Netball Gr 5/6
19th Regional Football Girls Gr 4/5/6
20th Regional Football Boys Gr 4/5/6

CLASSROOM AWARD WINNERS
Bonnie – For taking greater care with her written work and using colouring and drawing pictures.
Daniel – For using fantastic ‘Sizzling Starts’ in his writing.
Isabella – For showing the confidence to complete all learning tasks to a high standard.
Emily W – For working hard on improving her Numeracy skills and showing some excellent results in her times tables and Mathletics scores.

SCHOOL VALUES AWARD WINNERS
Ted – For being very helpful in the classroom and being responsible when doing his job.
Sam C. – For being a caring and supportive member of the classroom.
Olly – For co-operating with others and participating in the softball clinic.
Katya – For always showing a fun attitude and having a smile on her face.

GOLDEN BRUSH
The winners of the Golden Brush last week were the Prep grade.

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.

PREP DRESS UP DAY
Today our Prep students had a Sea Theme Dress Up Day. They joined up with the Kinder children for lunch in the park. We saw some great characters this morning! Thanks to parents for their support.

CBA STUDENT BANKING
The Commonwealth Bank has been running a Consistent Banker Competition recently. Well done to the following students who have made 5 deposits or more over a 7 week period: Zaitian, Georgia, Cameron, Abi, Meg, Paddy, Shania, Lottie, Mia, Steffi, Emily J, Logan, Darcy, Emme, Hugh and Will. Congratulations to Georgia and Logan whose names were drawn out at Assembly on Tuesday for winning our Consistent Banker prize packs.
So far this year, students have banked $2693 through school banking.
BENDIGO COMPETITIONS
Congratulations to our School Choir for achieving Silver Standard in the Bendigo Choir Competitions last Friday. The Choir sang “Pass It Along”, “Time Enough to Give” and “I Can See Clearly Now”. There were four other choirs in the Open Section. For their first time in Open Section they performed exceptionally well. Thank you to the parents who helped prepare the students, transported students to and from Ulumburra and watched on the day.
The Choir students need to be praised for the way they presented themselves and represented the school on the day. They should be proud of their efforts.
Thanks to Michelle and Gail Godber for their work in preparing the students.

SCHOOL UNIFORM
We have an increasing number of students starting to wear non-school uniform hoodies to school. A reminder to all families that students are required to wear school uniform rugby tops or bomber jackets.

PARENT TEACHER INTERVIEWS
Student Reports, Learning Journals and Digital Portfolios will be sent home tomorrow.
Parent Teacher Interviews will be held next Tuesday, June 21st.
Parents are asked contact the school if a time has not been allocated.
Your allocated time is attached to the Newsletter today.

SOUP AND ROLL DAY – Camp Fundraiser
On the last day of term, Junior School Council will be running a Soup and Roll lunch along with Red Nose Day.
For $1, students can purchase a red nose and $2 will cover a mug of soup and a fresh bread roll.
Red Nose funds will be forward to the SIDS program and all money raised from the lunch will be put towards our school camp.
Order forms will be sent out on Monday.

PROGRESSIVE DINNER
If you’re keen to take part in the Progressive Dinner fundraiser this year, lock in Saturday night, August 20th into the calendar. More details next term.

FRUIT TREE DRIVE
Thanks to all those who ordered fruit trees recently. The trees will be back in the school during July. Keep an eye out for details early next term.

SCHOOL CAMPS
Our Grade 1/2 Camp to the Axedale Rotary Camp will take place on September 8th & 9th. Our aim is for Grade 2’s to attend the camp, including an overnight stay. Grade 1 students will join us for both days, taking part in a range of activities with the Grade 2’s. An overnight stay is optional for Grade 1’s. The students will take part in a range of bush and camping activities, tasks that build teamwork as well as some environmental activities. Cost will be $50 which will cover food, accommodation, transport and equipment. Axedale Rotary Camp is a Department of Education accredited camp.

GRADE 3-6
Our Grade 3-6 School Camp will be taking place in the last week of Term Three, from September 13th – 16th, and will be based at Sunnystones Camp near Bacchus Marsh. Students will take part in a range of bush, adventure and environmental activities. Sunnystones Camp is a Department of Education accredited camp. The cost for the camp will be approximately $300.
A camp notice form was sent home with a payment voucher book. Deposit of $50 was due Friday 3rd June.
Please contact the school with any queries.

PREP 2017 ENROLMENT
A reminder to families that we would appreciate enrolment forms for next year’s Prep students by Friday 24th June to help with planning. If you know of any families who don’t have students currently at our school can you please remind them of this request.
BBQ FUNDRAISER
Ricky is running a fundraising BBQ at Coles McIvor Rd on Saturday 9th of July and is in need of volunteers to help fill two hour shifts between 10am-4pm. If you are able to assist with the BBQ please contact the school and state what time you are able to help. Thank you in advance!

SCHOOL MEALS PROGRAM - Expression of interest
Ricky Cawley (Student Wellbeing Worker) is hoping to implement a meals program at Axedale Primary. This program will help provide meals for families who face difficulty in their lives due to unforeseen circumstances. If you could like to be part of this program or would like to know more, please contact Ricky on 03 5439 7232 or you can catch him on a Monday, Tuesday or Thursday.

NEW SCHOOL APP
Thank you to those families who have already subscribed to our new school app. We are sure you will find it very useful when communicating with school and keeping updated.
Our old school app is no longer being kept up to date.
To download the app just visit the App Store for iPhones or Google Play for Android’s.
Search for Updat-ed and from the menu select our school. We’ll receive your registration request and will need to approve you before your app is up and running.
So what will the app do?
The app’s great for us to send out alerts and reminders, and for parents you can use the app to access our school newsletter online, send absence notes and one of its best features being the ability to save events directly into your phone’s calendar.
If you are experiencing difficulty with your app please take a look at our Trouble Shooting Guide. Any further queries should be directed to: helpdesk@sponsor-ed.com.au
Please state the following in your email to helpdesk:
- Your school
- Name and email address
- Model phone/tablet
- Software version
We hope you enjoy being Updat-ed. Please let your extended family know they are also welcome to download this app also – we just need to know what child they are attached to.

VICTORIAN PREMIERS’ READING CHALLENGE
The Victorian Premiers’ Reading Challenge is now open and Axedale Primary School is excited to be participating. 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.
We currently have 41 students who have registered. They have read 221 books so far.
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 21st June – Susie McGrath & Hannelie Schutte
Thursday 23rd June – Claire Noyce & Liz Harrington

FRESH FRUIT FRIDAY
Many thanks to those who have volunteered to help cutting up fruit on Fridays.
Friday 17th June – Susie McGrath & Melinda Pengelly
Friday 24th June – Tanya Czuczzman & Jocelyn Davies

MICHAEL GROSS PARENTING RESOURCES
Our school is a member of Parenting Ideas. Visit www.parentingideas.com.au
This week’s attached article is “Helping kids be brave.”
JOKE OF THE WEEK
What flies and wobbles?
A jellycopter!
Thanks to Cooper for this classic!

QUOTE OF THE WEEK
The whole purpose of education is to turn mirrors into windows. Sydney J. Harris

Lex Johnstone
Principal

CLASSROOMS

ART WORK
Lots of Art work is displayed around the school. Well done to the students for their great work.
PARENTS, VOLUNTEERS & FRIENDS (PVF)

FATHER’S & SPECIAL PERSON’S DAY RAFFLE & BREKKY
Call out to all Dad’s to keep Thursday 1st September free for our Father’s & Special Person’s Day Breakfast from 7.30am. We will also be running a Father’s Day Raffle if anyone has goods or services that could be offered or knows a business owner who might wish to contribute please contact the school.

FOOTY TIPPING
Just a quick reminder that anyone can enter the Footy Tips on any weekend. You don’t have to have played previous rounds to join in the fun.
Round 12 - $12.00 Jackpot Winner – Frances Wilson. Congratulations!
Footy tipping sheets for Round 13 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.

PAMPER EVENING
Looking for people interested in providing a pamper experience to our Axedale residents on the 29th July for a Pamper Evening from 6.30-9.30pm. This event will support the Pam Gunn Fund for our Axedale children.
Please contact Sarah by next Tuesday 21st June if you would like to offer a service. If you’re interested in attending, look out for further details.

Sarah Vanis
Aligning Health
info@aligninghealth.com.au

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

GR 3-6 CAMP – Camp attendance note & $50 deposit is now overdue.

FOOTY TIPPING SHEETS – Round 13 due tomorrow.

COMMUNITY

Strathfieldsaye – Bendigo Holiday Program 4th/5th July
Video analysis, skill acquisition, games, fun, prizes and more...

E info@vidafooty.com.au  W www.vidafooty.com.au  P 0408 149 252
OUTSIDE SCHOOL HOURS CARE

*Increasing services to Axedale Primary School in 2017

BEFORE School Session

- 6:30am-8:30am
- Breakfast included
- Drop off to Axedale Primary School
- Approved for Childcare Benefit and Child Care Rebate

AFTER School Session

- 3:30pm-6pm
- Afternoon tea included
- Pickup from Axedale Primary School
- Approved for Childcare Benefit and Child Care Rebate

For more info please visit www.axedalefamilydaycaycare.com

Or Call Claire on 0487 325 512

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Kangaroo Flat Family Fun Day

Come and enjoy free kids activities and a free BBQ lunch!

Sunday
July 10, 2016
12.00pm - 3.00pm
Kangaroo Flat Primary School Gymnasium
Entrance from Freeman Drive

For more information contact Kristy
7 6434 0327

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TY CASTING OPPORTUNITY
NEW DOCUMENTARY SERIES
my year 7 life

We’re looking for kids who are currently in grade 6 and starting high school in 2017

From childhood to adolescence, moving from primary school to high school is a time of significant change.

It can be a time full of fun, excitement and new experiences, but can also be challenging and scary for some kids.

This new documentary series will tell the real story of the transition from primary school to high school told by the students who are going through it.

APPLICATIONS: https://goo.gl/VM0KVR or email casting@princess.net.au

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City of Greater Bendigo
MUSIC PROGRAM
Come and Try Evening
21st July 2016
7.00 - 8.00 pm
BSE Theatre
For all students thinking about doing music in 2017

Bendigo South East College
2017

Out There
The Australian Ballet Education
Brought to you by Samsung
FREE Workshops
4-8 July

“Out There” comes to Ulumbarra for a week of FREE holiday workshops in July.

Learn, create and have fun with members of The Australian Ballet's Dance Education Ensemble.

No auditions or previous dance experience required

There will be two sessions each day: ages 7 to 10, & 11 to 15.

For information and registration go to: tinyurl.com/jtlk52e

Registrations close Friday, 25 June (note each session is limited to 30 participants and spaces will be allocated on a first in basis.)

For more information email: arts.info@bendigo.vic.gov.au
or call 5434 6478

Ironbark Riding Centre

SCHOOL HOLIDAY PROGRAM

THE PROGRAM INCLUDES:
+ Riding Lessons
+ Mounted Games
+ Obstacle Course
+ Pastur Painting
+ Trail Rides
+ Bog Bash and Refreshments
+ 9am to 3pm (EARLY SPECIAL)
+ Trail Rides for the whole family.
+ Saddles Club
+ Riding Lessons
+ Pony Rides
+ Pony Parties.

WE NOW HAVE BUGGIES AND GOLD PANNING AVAILABLE COMING SOON... ARCHERY

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Email: ironbarkhorses@bigemail.com

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What's on:
Fun Fun Fun
Horses and all equipment provided.
Ages from 5yr and up.

Dates:
30th June - 1st July

Times:
Sessions 10am - 12pm and 1pm - 4pm

Location:
Lynn MacIntyre Equestrian
Sebastopol Vic 3356

Price:
Registration $55.00

Register Now!

Contact Name:
Lynn MacIntyre
Phone:
0404632024

Online:
Facebook:
Lynn MacIntyre Equestrian
Lynnmacintyre01@gmail.com

BE QUICK!
Pre-registrations required as class sizes are limited
More info: ReadySetTrot.com

Sponsored by:

[Logos and images are present in the document]
Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should I worry?

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practices, let’s quickly list some practices that are unhelpful for parenting anxious kids:

- Fixing kids’ problems.
  Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

- Allowing avoidance.
  Letting kids escape new or fearful situations validates their fears.

- A ‘get over it’ attitude.
  There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. Let’s go to the party for an hour then I’ll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at
Subscribe to Happy Kids, the FREE Parentingideas weekly guide while you are there.