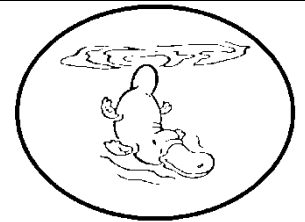


**AXEDALE PRIMARY SCHOOL**  
*"Excellence Through Endeavour"*  
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**NEWSLETTER No. 22 July 19<sup>th</sup> 2018**

**Important dates:**

<b>July</b>	20 <sup>th</sup> Camp instalment payment due 23 <sup>rd</sup> MARC Van 24 <sup>th</sup> MARC Van 24 <sup>th</sup> PVF Meeting 9am <b>24<sup>th</sup> Regional Football Girls Gr 4-6 \$5</b> 24 <sup>th</sup> School Council Meeting <b>25<sup>th</sup> Regional Football Boys Gr 4-6 \$5</b> 26 <sup>th</sup> Tree Planting Prep – Gr. 4 <b>27<sup>th</sup> Music is Fun Exc – Prep-6 \$10</b>	<b>August</b>	7 <sup>th</sup> MARC Van 9 <sup>th</sup> Finance Meeting 10 <sup>th</sup> Hot Lunch Day – Prep, 1 & 2 14 <sup>th</sup> Life Education Van 14 <sup>th</sup> School Council Meeting 15 <sup>th</sup> Life Education Van 17 <sup>th</sup> Hot Lunch Day – Gr 3, 4, 5 & 6 17 <sup>th</sup> Camp instalment payment due 21 <sup>st</sup> Book Week – character parade 30 <sup>th</sup> Father's & Special Person's Breakfast 31 <sup>st</sup> Camp balance due
<b>August</b>	3 <sup>rd</sup> Camp instalment payment due 3 <sup>rd</sup> Jeans For Genes Day 6 <sup>th</sup> MARC Van		

**KIWANIS AWARD**

Congratulations to Leah Prendergast who was chosen as the recipient for the Term Two Kiwanis Terrific Kids' Award. Leah has completed an excellent term and displays our school values everyday.

Leah is pictured here receiving her award from John Reid. A big congratulations also to our other nominated students - Kennedy Westhead (Prep), Koby McCallum (Gr. 1), Logan Smith (Gr. 2/3), Charlotte Evans (Gr. 4/5) and Meg White (Gr. 5/6).



**HOME READING AWARDS**

Well done to the students pictured who achieved their 25 and 50 night Home Reading Award Certificates at the end of last term.



## **REGIONAL NETBALL CHAMPIONSHIP**

On Wednesday the girl's netball team (Abi, Bella, Charlotte E, Izzy, Katya, Macy, Nadia, Piper and Tahlia) went to the Bendigo Stadium for the Goldfields and Sandhurst Regional Netball Tournament.

We played five games, winning four and losing one. After the first two games we found our groove and played outstanding team games for the rest of the day. We finished the day as second out of six teams.

**Katya** stepped up in Goal Keeper, sticking like glue and taking lots of intercepts.

**Piper** and **Abi** made an exceptional partnership in goals, as well as **Izzy** who shot five goals in the last game.

Running well in Centre, **Nadia** was always where we needed her and got her hands on everything.

**Tahlia** made it easy for our goalers, making lots of space down our end, with great passes into the ring.

**Bella** provided lots of height in both Goal Keeper and Goal Shooter, contributing two goals to our score.

**Macy** put lots of pressure on our opposition making it hard for them to get the ball.

**Charlotte** also put a lot of defensive pressure on the opposition, especially in our attack end. She also provided a lot of support, leading the teamwork all day.

Thank you to all of the parents who came to support the girls, to Mr. C for organising the day, Miss Mannes for coaching and Deb Tuohey for umpiring. A special thankyou to Mrs. Jacobs for the loan of her bus.



## **PRINCIPAL'S REPORT**

### **WELCOME BACK**

Welcome back to all of our school families for Term Three. We look forward to a great term ahead.

A Term Three Calendar was sent home last term, please contact the school if you require another copy.

### **RESPECTFUL RELATIONSHIPS AND EXPECTED BEHAVIOUR POLICY**

On Tuesday, a copy of our newly developed Respectful Relationships and Expected Behaviour Policy and Matrix were sent home to all families.

As the expectations and skills in these areas are crucial for all students to develop, we are asking all families to read through the documents and sign the response page and return it to school. Your feedback on this response sheet will also help us to ensure the documents meet the needs for all students at Axedale PS.

To be in the draw for a **free family pass to the Bendigo Cinemas**, post your response sheet into the box on Mrs. Baldwin's bench by next Friday, July 27<sup>th</sup>.

### **NETBALL ROOF**

Attached to the newsletter today is some information regarding the proposed construction of a roof over our netball court and how school families and the wider Axedale community can support this project. We are seeking financial support from possible partners to bring this project to completion. Strathfieldsaye & Districts Community Enterprise is a possible partner at this stage.

Contact the school for further information.

### **MUSIC IS FUN**

Each year we attend the Music Is Fun concert at the Marong Community Hall. This year the concert is on next Friday, 27<sup>th</sup> July from 10.45am. Many rural schools from around Bendigo combine for this event which is always enjoyable. Some of our students will be involved in the performances and have been practicing their moves and lyrics this week.

Travel will be by bus and the permission form signed at the start of the year will cover travel and supervision arrangements.

**The \$10 cost for the excursion is covered by the bulk excursion levy. There are still a few families who need to pay. Please see Katrina if you are unsure about payment.**

## **NATIONAL TREE DAY**

The Grade Prep-4 will be planting a variety of indigenous plants along the Campaspe River next Thursday 26<sup>th</sup> July as part of National Tree Day. The day will run from 12.30-2pm and will provide a wonderful opportunity for students to learn about habitat, local flora and fauna and working with the community.

The day is organised, funded and run by the Longlea & District Landcare group with the support of the City of Greater Bendigo, the North Central Catchment Management Authority and Bendigo Toyota.

If students could bring a named trowel that would be great!

Also there will be a community event on Sunday 29<sup>th</sup> July at the same area of the Campaspe River for families to come along. More details to come.

## **LIFE EDUCATION VAN**

On August 14<sup>th</sup> and 15<sup>th</sup> Healthy Harold the Giraffe and the Life Education Van will be in our school. The Life Education Van is a semi-trailer arrangement, providing a classroom space inside where the lessons are conducted.

All Prep-6 students will be involved in age appropriate sessions based on learning to make safe and responsible life choices. There is also a parent information session provided at the start of the two days to find out what will be covered and how. The timetable for the two days is:-

<b>DATE</b>	<b>SESSIONS</b>	<b>SESSIONS</b>	<b>SESSIONS</b>
<b>Tues. 14/8</b>	9.00 – 9.30 Parent Session 9.30 – 11.00 Gr. 5/6 Relate, Respect & Connect	12.00 – 1.00 Prep My Body Matters	2.00 – 3.00 Gr. 1 Harold's Friendship
<b>Wed. 15/8</b>	9.30 – 10.30 Gr. 2 Growing Good Friends	12.00 – 1.30 Gr. 3 All Systems Go	1.45 – 3.15 Gr. 4/5 Mind Your Medicine

## **GRADE 1/2 CAMP – AXEDALE ROTARY CAMP**

Our Grade 1/2 Camp to the Axedale Rotary Camp is on August 23<sup>rd</sup> and 24<sup>th</sup>. The two day/one night camp provides the students with their first opportunity to be on camp, in a known environment and not be far from home.

We aim to have all Grade 2's stay the night. Grade 1 students and their parents can choose whether they would like to stay overnight or not. This choice can be confirmed much closer to the camp.

A camp information form, with a return slip, has been distributed to Gr. 1/2 students today.

## **SCHOOL ROCK BAND**

Our senior rock band continues to rehearse and are looking forward to their performance later this year at the Bendigo Blues and Roots Festival.

After auditions at the end of Term Two, we have formed a second band of mainly younger students, who have begun to practice together just this week. The band will comprise- Callum C (GUITAR), Mia (VOCALS/KEYBOARD), Lottie (DRUMS), Sadie (VOCALS/KEYBOARD), Emily J (VOCALS) and Amelia (GUITAR).

The band members will be combining for some items and are working on 4 songs at the moment.

## **OUT OF UNIFORM DAY**

On the last day of last term we had an out of uniform day. Students were encouraged to wear something blue and donate a gold coin to assist MND research.

Thanks to Junior School Council for co-ordinating this event.

We raised \$210 for MND research and \$195.10 to purchase paint for the ground and wall markings for our Rebound Wall.

## **FRUIT AND ORNAMENTAL TREE DRIVE**

Our ornamental and fruit trees on were delivered to the school today and can be picked up today or tomorrow. Thanks to Helen, Julie, Robyn and Jeanette for helping to bundle up the orders today.

384 trees were ordered, raising over \$1,900 for the school.

## **PICTURE PLATES**

A big thank you to Jodie Black for co-ordinating our Picture Plate Fundraiser. Picture Plates were distributed yesterday. I know many of the students were very proud and pleased to see the results of their handiwork.



## **BOOK WEEK 2018**

Tuesday August 21<sup>st</sup> is our Book Character Parade Day. Students are encouraged to come along dressed as their favourite Book Character Day for our parade from 9.00. Following our parade, students will be working in groups and rotating through activities based on the 'Book of the Year' shortlisted books. This years Book Week theme is 'Find Your Treasure'.



## **CONSTRUCTION**

Sydney and Shania were very busy this morning constructing a temple made out of KAPLA blocks that the school has just purchased. We have purchased 2 kits and are looking forward to lots more wonderful creations.

## **FATHER'S & SPECIAL PERSON'S BREAKFAST**

We will be hosting our Father's & Special Person's Breakfast on Thursday 30<sup>th</sup> August. Ricky is looking for helpers to assist with cooking breakfast from 7am on the day.

If you are able to help please contact Ricky on 0434 036 882 or catch up with him at school.



## **AXEDALE EVENTS**

The Axedale Events Committee run the Axedale Quickshear each year. Funds raised support the Axedale Primary School, Kinder, CFA and Hall Committee.

On the school holidays, the Axedale Events Committee catered for an equestrian event at the Elmore Field Days site. Over \$2,000 was raised to help support the organising of the 2019 Quickshear Event. Our thanks go out to the committee for their efforts. School families involved include the Carmody, Doak, Harrington, Woodhams families.

## **AGM - AXEDALE EVENTS**

Axedale Events Incorporated invites any interested persons and community group representatives to their ANNUAL GENERAL MEETING on July 25th at 7.00pm at the Axedale Public Hall.

Come join our committee and help us raise money for some local community groups. There will be an annual review of the activities of Axedale Events Inc. and election of committee members.

## **SCHOOL UNIFORM**

Over recent weeks there have been a number of students wearing jumpers and hoodies that are not school uniform. While I understand that wet and cold days can make it difficult to get washing dried, it is our expectation that students are in full school uniform every day. Thank you for your support.

## **STATE SCHOOLS RELIEF**

We are in a position to access school uniforms through the State Schools Relief Program for families who might be finding it difficult to purchase needed items. If you are finding it difficult to cover the cost of uniform items required, please contact Katrina, Ricky or Mr. J and we will get things underway. Your request will be confidential.

## **STUDENT ABSENCES**

From the start of this term, all government schools are required to make contact with parents on the same day of an unexplained absence. We ask that you notify the school as soon as possible on the day of absence using our school app (this is the preferred method as it provides us with documentation), email or phoning the school. Parents who have not notified the school will receive an automated SMS message when your child is marked absent on the electronic roll without explanation. This will occur before 10am each day. Thank you for your assistance with this new process.

Details on how to download the App are below.

## **SCHOOL APP**

If you haven't already signed up to our school app we ask that you take the time to download it.



The majority of our families have now signed up for our school app and are finding it is a great way of staying in touch with easy access to newsletters, receiving calendar updates direct to your phone and entering absence notes. It is also the way we send our alerts and reminders.



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.



## **BOOK FAIR**

Books that were ordered and paid for from the book fair are now available to be collected from the office, thanks. Deb Tuohey.

## **FRESH FRUIT FRIDAY**

The Fresh Fruit Friday Program continues this term. Fruit will be provided during lunch and afternoon recess each Friday.

Friday 20<sup>th</sup> July – Hannelie Schutte & Tanya Czuczman

Friday 27<sup>th</sup> July – Susie McGrath & Samantha Condon

## **BREAKFAST CLUB**

Thank you to our volunteers, a new roster for Term 3 has been sent home.

Tuesday 24<sup>th</sup> July – Samantha C

Thursday 26<sup>th</sup> July – Liz H

Tuesday 31<sup>st</sup> July – Melinda P

Thursday 2<sup>nd</sup> August – Kellie S

## **MICHAEL GROSS PARENTING RESOURCES**

Our school is a member of Parenting Ideas. Visit [www.parentingideas.com.au](http://www.parentingideas.com.au)

This week's attached article is "Developing your child's emotional intelligence"

## **WONDERING OF THE WEEK**

Do you know what a palindrome is?

Notice anything about these words????

mum, dad, Eve, Anna, Alla, Hannah, eye, pop, noon, level, radar, kayak, rotator

Notice anything interesting about these sentences??

Rise to vote sir.

Step on no pets.

Never odd or even.

A nut for a jar of tuna.

No lemon, no melon.

Some men interpret nine memos.

Gateman sees name, garageman sees nametag.

\*\*Did you know that a joke term for fear of palindromes is 'Aibohphobia'.

Our Gr. 2/3 students are palindrome experts.

Lex Johnstone

Principal

## **FORMS TO BE RETURNED OR ORGANISED AT SCHOOL**

**MUSIC IS FUN** - \$10 payment due by Thursday 26<sup>th</sup> July.

**FOOTBALL** – Grade 4, 5 & 6 students. \$5 payment due for all students as not included in Excursion Levy.



## Developing your child's emotional intelligence

by Michael Grose



Everything old is new again.

Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all." Socrates was talking about the development of what we now call emotional intelligence.

Current day muse Dr. Marc Brackett director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure just what they are doing.

So where do we start exploring the alien landscape, the new frontier of parenting? Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

### 1. View emotions through the pleasantness lens.

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

### 2. Set your antennae to pick up emotion.

Ever have a child come home from school and misbehave in a way that is out of character? If so, did you focus on the behaviour or did you try to detect the emotion behind the behaviour? The default mechanism for many adults is to respond to children's behaviour rather than stand back and take notice of what may be going on beneath the surface. We respond to aggressive behaviour and sometimes fail to notice the anger seething below. Stop automatically reacting to behaviour and start noticing the emotion that may be driving the behaviour. You still need to manage poor behaviour but responding in this way may give you a valuable insight into your child's inner world.

### 3. Validate kids' emotions.

Children and teenagers who are upset or experience extreme emotions require to understanding and validation.

You don't necessarily have to necessarily fix the situation, but it is important that your child knows that understand he is upset. Convey your empathy with statements such as, "Ahh, I see your upset that your brother ."; " Yes, it's understandable to be annoyed "; and "I can see that you are angry about this ."

#### 4. Help your kids recognise, then regulate emotions.

Kids, like adults, need to recognise their feelings before they can regulate their emotional state. Emotional recognition is a complex process that takes practice. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality. Cue kids to their emotions by reflecting back to them how they maybe feeling rather than shutting them down or ignoring them. E.g. "It seems that pretty angry right now. Could I be right?"



#### 5. Build your child's vocabulary of feeling words.

Emotionally smart kids generally have a wide vocabulary, which means they are better placed to shift their moods when required. Reflect back as accurately as possible how your child or young person may be feeling. The differences between emotions such as anxious, tense, nervous, worried and overwrought maybe small but they are important in terms of giving kids some wiggle room to shift their feelings.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. Impacting on family culture is the best way of creating inter-generational change. You'll know you've had generational impact when your children as adults identify you as the person who trained them in the skills of emotional intelligence. How cool would that be!



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.