**NEWSLETTER No. 2 February 5th 2015**

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<td>6th Fresh Fruit Friday begins</td>
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<td>23rd Information Sessions &amp; Family BBQ</td>
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**WELCOME**

We welcome our new Preps Will, Emily B, Danielle, Paddy, Sam C, Ebony, Sam D, Grace, Sadie, Cody, Charolotte, Emily J, Steffi, Lincoln, Lotti, Mia, Abigail, Ben, Daniel and Hugh to Axedale PS.

We also say a big welcome to Nick, Thomas, Emily, Jordi and Max and their families to our school community.
STUDENTS OF THE WEEK
Congratulations last week’s award winners:
Ben St. – Being very responsible and helping the new children in Prep to learn our rules and routines.
Olly - making a great start to the year
Zane – For being very committed to his learning and showing great organisation
Ben Sh. – For completing a detailed and well-presented Lotus Diagram about his holidays.

GOLDEN BRUSH
Our Golden Brush is awarded to a classroom each week who take pride in having a tidy room at the end of each day.
Congratulations to Grade 3 for winning the Golden Brush this week.
Thanks to Liam who has repaired our broken trophy!

HOUSE COMPETITION
Each week students can earn house points for their team. At our school we have two ‘Houses’ – McIvor and Campaspe. Each week the winning house is presented with their trophy at Assembly. Our first house trophy will be awarded at next week’s Assembly.

RICKY CAWLEY - WELL BEING WORKER
A key member of our school’s staff is Ricky Cawley. Ricky is our Student Wellbeing Worker and works at Axedale on Tuesdays, Thursdays and Fridays.

Ricky’s background is Counselling and Mental Health. Ricky comes from a well-known non-for-profit organisation called St Luke’s Anglicare. Ricky has worked with St Luke’s for approximately 3 years supporting young people aging from 10-17 with severe trauma and mental health issues.

Ricky’s work at Axedale involves supporting students, parents, families and school staff to build the wellbeing and confidence of all students. Ricky works one-to-one with students (parent’s approval) and also works with the family (where appropriate) to offer the best possible support for the student. Ricky can also work with parents; he offers a confidential free service that is available to all members of the school community.

Ricky can be contacted via the school’s number 5439 7232 or face-to-face during school hours. On the days that Ricky is not at school or unavailable and you feel the matter is urgent parents can contact.
BREKKY CLUB ROSTER
Our Brekky Club runs each Tuesday and Thursday morning from 8.30 – 8.50am. Students are welcome to come in and enjoy some cereal or toast while enjoying the company of classmates and friends. Parents are welcome to attend as well.

Ricky co-ordinates the Brekky Club and has had continued support from Joce and Julie. To share the load a little, we are asking parents who might be interested, to put their name down on a roster to help out. It would involve coming in from 8.20 – 9.00 to help set up, serve and tidy up afterwards. With sufficient help, you may only be rostered on once per term. Please complete the slip below if you are keen to help out. Talk to Ricky for further information.

TERM ONE CALENDAR
Please find included in your family envelope today, a calendar of school events for Term One. It may be useful to put on the fridge and add to as things come up.

FAMILY BBQ & INFORMATION SESSIONS
Information sessions for each class will be held on Monday 23rd February from 5.30pm for Grade 4/5/6 (Netbook Information) and from 6pm for Prep-6. This will be an opportunity for parents to get to know the teachers and how their classes will operate through the year. Further information will be in next week’s Newsletter.

Following the Information Sessions, we will be holding a Family BBQ from approximately 6.30pm at the school to welcome both new and existing school families. School will provide meat, bread and salads.

PARENT TEACHER & GOAL SETTING INTERVIEWS
We will also be holding Parent /Teacher Interviews Thursday 26th February. It will be a chance to analyse the first few weeks of school and to make clear plans covering academic and social aspects. At these meetings, each student’s Individual Learning Plans will be negotiated and put into place for the remainder of Terms One and Two.

SCHOOL PHOTOS
School photos will be taken on Tuesday 3rd March from 9.00am. The school uses Richard Gibbs as our photographer. Purchase option packs will be delivered to the school within the next two weeks. Photos will need to be ordered and paid for before the day. The school collects the money and passes this onto Richard on the day. Please be aware the students cannot have their photos taken without pre-order and payment completed before the day.

OPEN WATER LEARNING EXPERIENCE – LAKE EPPALOCK
Next Friday, February 13th, our Gr. 4/5/6 group will be travelling to Lake Eppalock to take part in a special Water Safety Day based around safety in an open water environment. The session will be run by trained staff from Life Saving Victoria. A permission form will be sent home on Monday.

SCHOOL COUNCIL ELECTIONS
Our School Council is a representative group that makes a range of decisions about the directions, facilities and programs that the school offers. School Council is made up of six parent representatives, three staff representatives, Principal (Executive Officer) and two community representatives.

Current Parent Representatives are Julie Liersch, Claire Marshall and Garry Van Wynen (all until March 2016) and Shane Carmody, Lara Bathurst and Neil Aurisch (all until March 2015)

Each February/March, we conduct School Council Elections. This year there is three Parent Representative positions and two Community Representative positions up for election. Shane, Lara and Neil are able to re-nominate if they so desire.

Nomination forms are available at the Office. You can have someone nominate you or you may choose to self-nominate. Nominations open on Friday 6th February and close on Friday 20th February at 3.45pm.
If more than three parent nominations or two community nominations are received, an election process will take place prior to the Annual General Meeting on March 24th. Nomination forms are available at the Office.

What is involved? School Council meet monthly, traditionally at 6.30pm on the third Tuesday of the month. Reports are provided in Finance, Curriculum, Buildings, Facilities and Grounds, Parents, Volunteers and Friends as well as a Principal’s Report. Being involved is a great opportunity to contribute in a positive way to the feel and the happenings around the school.

If you are interested, talk to one of the current Councillors or Mr. Johnstone to find out more.

Election timeline
- February 6th Nominations open
- February 20th Nominations close
- February 23rd Successful candidates announced or an election process begins if required
- March 24th Annual General Meeting followed by March School Council Meeting

AUNTY PEACH SHOW
On Tuesday March 10th, students will be heading over to the Axedale Hall with students from Epplaock to watch the highly acclaimed Aunty Peach Show. The Aunty Peach Show was the winner of the 2011-2014 Performers In Schools Excellence Award.

This school show provides children with a fun-filled learning experience that supports literacy, personal development & drama units, all in an enjoyable, interactive environment.

Centring around the magic of Roald Dahl’s wacky and humorous twisted fairy tales as published in the "Revolting Rhymes", this educational show is children’s entertainment at its best.

Along with the animated storytelling, the magic, the visual spectacle and the humour, Aunty Peach also passes on to the students, stage terminology and useful tips for drama performance.

The cost of this performance is covered in our Excursion levy.

If you haven’t paid the excursion levy upfront the cost will be $6 per child. Please pay this by next Monday 9th March.

FACEBOOK
As proud parents, we often post pictures onto Facebook of our children showing important moment in their lives or funny things that have happened. Just a little reminder that if you are posting pictures of your children when they are involved in school activities, that other students may be inadvertently in the picture too. Clever photography will ensure other faces won’t need to be cropped out of the shot before posting.

BOOKLISTS & SCHOOL FEES
Many thanks to all the families who collected books and made arrangements for payments on Tuesday. We put some new plans into place to make this time of the year easier for families. Any feedback on payment options, booklists supplies/collections etc. would be helpful in planning for this time next year. Feedback can be shared with myself or Katrina.

School would like ALL supplies to be returned to school where they will be kept to replenish as required.

TIMETABLE
For your information, a classroom timetable is included in your family envelope today. Wednesday’s program will begin after the Gym program is completed.

PARENTS, VOLUNTEERS & FRIENDS
Our Parents, Volunteers and Friends Committee is our main fundraising group. I would like to encourage all new families to be a part of this committee if time permits. Meetings are held roughly once a month and are casual and friendly. This Committee also provides parents with an opportunity to discuss queries or issues with the Principal.

Our first Parents, Volunteers and Friends meeting will be in the Staffroom on Monday 9th February at 9.30am.
Agendas are available on the table near the Parent’s Noticeboard

ASSEMBLY
Assemblies are held every Monday morning from 9.00am. Parents are welcome to stay for assemblies.
GUITAR LESSONS
Our Guitar Teacher Jo Woodward begins lessons tomorrow, Friday 6th February. Parents of students taking lessons are asked to send along their $12 each week. Payments in advance are also possible. If your child is interested in guitar lessons please phone Jo on 0417 374 834 or email jo.woodward@iinet.net.au

DRUM LESSONS
David Dewar will begin drum lessons next Monday morning. Lessons are $20 for a 30 minute session. Parents who indicated their child would be interested in drum lessons in December last year have been notified. If your child is interested, please contact the school for further information.

READING EGGS
We are registered with ABC Reading Eggs an online program designed for children. You are able to access this program from home. Grade 1 – 6 students have a letter included in their family envelope today with their login and password.

THANK YOU
A big thank you to the Ticehurst/Harrison family for welding up a new cage around the new split system in the Gr. 4/5/6 building. The cage secures the new unit safely. Your help is appreciated.

ZARA SMITH & CWA – THANK YOU
A big thank you to Zara Smith and the Axedale CWA for recent donations to the school. Zara won a $100 Goldfields Revegetation voucher at the Axedale Carols and has kindly donated this to the school. The Axedale CWA also made a $100 donation to the school at the Australia Day Ceremony. Both of these donations will be used to replant our front garden along the Raglan St fence. Work on this are will begin soon with garden arches to be installed, irrigation to both garden beds fitted, with mulching and planting to follow. Please keep an eye out for dates/times to help if you are keen to be involved.

AXEDALE IN HARMONY
Axedale in Harmony, the adult singing group recently formed in Axedale, practice every fortnight at the Axedale School. Axedale in Harmony have also made a $75 donation to the school. This donation will be used to purchase items for our classroom music program. We thank them for their generosity and look forward to their continued involvement in our school.

PLAYGROUP DONATION
The Axedale CWA also made a very generous donation to the Axedale Playgroup. These funds will be used to provide further resources for the Playgroup. Our Playgroup runs every Wednesday from 9.30 – 11.30 in the old Admin building here at school. Please bring along a gold coin and a piece of fruit to share. Parents and children are welcome to come along, have a cuppa and chat while the children interact and play with a range of resources that have been built up over time. Contact Jocelyn on 0409 877 473 or the school for further information.

STUDENT BANKING
Next Monday 9th February, a representative from the student school banking group will be at Assembly to talk to the students about the Dollarmite Program. Our school banking day is Tuesday. The school banking program includes an exciting Rewards Program designed to encourage children to get into the habit of making regular saving. Every time your child makes a deposit at school they receive a silver coloured Dollarmites token. The first token will be received upon the first deposit at school. Once your child has individually saved 10 tokens they can redeem them for an exclusive Dollarmites reward item. Students will also have fun saving their tokens for these cool rewards items. School banking is also a great fundraiser for our school. The school receives $5 when children make their first deposit at school and a commission on every deposit made through the school banking program. Taking part in school banking is easy If your child has an existing Commonwealth Bank Youth Saver account they can start banking straight away, they just need to bring in their deposit every week using their Dollarmites deposit wallet. If your child has misplaced their Dollarmites wallet, they can request a new one from their local branch or contact the school banking Co-ordinator.
If your child does not have a Youth Saver account we will be holding an account opening day on Monday 9th February from 9.00am until 10.00am. The Commonwealth Bank will also speak at assembly on this day.

**Lunch Orders**
A ‘Lunch Order List’ is available from the Office.
Lunch orders can be placed in the tub near the fish tank.
The Fresh Fruit Friday Program will continue this year. Fruit will be provided at recess each Friday beginning on Friday 6th February. Please complete the slip for Fruit Duty help at the end of the newsletter if you are able to assist.

**Prep Welcome Bag**
We ask that Prep students bring the welcome bag (minus the contents) they receive from DET back to school to use as their MARC Van borrowing bag.
Extra bags have been ordered for those student who missed out.

**Newsletters**
These are the most important means of communication between school and home. Newsletters are sent home every Thursday. Please get into the habit of looking for them, reading them carefully and responding to the contents as soon as possible. Please call the school if you have any queries. The Newsletter is also available on our website at www.axedaleps.vic.edu.au

**School App**
The Newsletter and a range of other school items are available on the school app. Just go to the app store and search for Axedale Primary School. Continued feedback from current users would be useful.

**Bus Timetable**
A draft Bus Timetable is attached to this Newsletter. This may be refined over the first few weeks of travel.
Ross’ phone number is at the top of the list.
New bus travellers – please let the school know when your child will be starting to use the bus eg. some Preps may not use the bus for the first few weeks.
Previous users- please text Ross to let him know if you will not be catching the bus in the mornings. Ross is happy to take messages from 7.00am.

**Student Free - Curriculum Days 2015**
Each year, schools can plan for four Student Free Days. School Council has approved the following dates as Curriculum Days for 2015.
Wednesday January 28th – Planning and Preparation
Friday July 31st – Michael Ymer PD
Parents will be notified of the other two student free days following our next School Council Meeting on Tuesday February 17th

**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 today, correct/add anything that you think needs changing/adding and return them to school ASAP. Many thanks for your support in this matter.

**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.

**Family Payments Sheet**
At the end of last year all families were given a family payment sheet. This is a summary of all costs for the year for your family. If you require another copy please see Katrina in the office.
EXCURSION LEVY
We have introduced a new payment option for parents in 2015. Our Excursion Levy will cover most excursions and incursions for the year. This will allow families a range of payment options to suit their circumstances. Families will be able to pay:
- by lump sum,
- by term instalments,
- by monthly or fortnightly direct debits from bank accounts,
- item by item as they arise through the year.
The camp will be a separate payment, usually with deposit due mid Term 2 and balance before camp in Term 3.
The Excursion Levy total for each year level is listed below:

- Prep – $107
- Grade 1 – $134
- Grade 2 – $134
- Grade 3 – $144
- Grade 4 – $154
- Grade 5 – $154
- Grade 6 – $154

PARENT'S NOTICEBOARD
A noticeboard for parents has been set up in our Assembly area. As well as the weekly Newsletter, important dates, spare absence notes, medical information (eg. head lice) etc. will be on display.
We also have a Parent Resource Library there for parents to borrow as required. Listed below are some of the book titles available.

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<th>HAPPIER AT HOME</th>
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<tr>
<td>READY, SET, GO?</td>
<td>SURVIVING YOUR ADOLESCENTS</td>
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<tr>
<td>TEACH YOUR KIDS TO SHRUG!</td>
<td>ADHD, WHO'S FAILING WHO?</td>
</tr>
<tr>
<td>ONE STEP AHEAD</td>
<td>NATURAL REMEDIES, SELF- SUFFICIENCY</td>
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<td>WHY FIRST BORNS RULE THE WORLD AND LAST BORNS WANT TO CHANGE IT</td>
<td>DON'T LET THE PIGEON DRIVE THE BUS!</td>
</tr>
<tr>
<td>RAISING GIRLS</td>
<td>HELPING YOUR CHILD LEARN TO DO MATHEMATICS</td>
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<tr>
<td>THE SECRET OF STRONG KIDS</td>
<td>HELPING YOUR CHILD LEARN TO WRITE</td>
</tr>
<tr>
<td>THRIVING</td>
<td>WHEN I FEEL ANGRY</td>
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<tr>
<td>TEEN STAGES</td>
<td>LOST IN THE STORM</td>
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<tr>
<td>RAISING BOYS</td>
<td>10 THINGS I CAN DO TO HELP MY WORLD</td>
</tr>
<tr>
<td>TRICKY KIDS</td>
<td>THE BIG LITTLE BOOK OF HAPPY SADNESS</td>
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<tr>
<td>HONEYCOMB KIDS</td>
<td>HELPING YOUR CHILD LEARN TO READ</td>
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<td>THE POLITICALLY INCORRECT GUIDE TO TEENAGERS</td>
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SCHOOL HATS
A reminder that students are expected to wear their broad brimmed school hats during Term One. They are available for purchase at the Office for $11.

DRINK BOTTLES
A reminder that students need to bring a drink bottle to school, with the weather warming up again next week.
SCHOOL SUPPORT PAYMENT (replacing EMA)
Our school has introduced a School Support Payment as per 2014 EMA arrangements. To be eligible for receipt of the School Support Payment you must:
- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 or be a Veterans Affairs (TPIL) pensioner or be a foster parent.
Consequently parents/guardians are able to access the School Support Payment if they have a current Health Care Card or Pension Card. The eligibility criteria must be met as at the first day of Term 1 – 28th January 2015. Please come to the school office to complete the application. We need to sight your current card as part of the application process. Closing date for applications is 27th February 2015.

The School Support Payment provides an annual amount of $150 for students in Grades 1 – 6 and $200 for Prep students.

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.

WORKING BEE
There will be a one hour Working Bee tonight from 6-7pm to spread soft fall in and around the relocated playground. Please bring rakes, shovels & wheelbarrows. (pitchforks may be helpful if you have one!)

WHIPPER SNIPPER
The school has had to purchase a new whipper snipper as the old one is no longer repairable. The old whipper snipper is available to school families for spare parts if anyone wants it. It is a Kawasaki 'K Power' 2-stroke engine. The carburettor is in very poor condition and they do not make them anymore. It has a relatively new bump feed head. Please contact Lex if interested.

PERSONAL PROPERTY
Personal property is often brought to school by students and visitors. This can include toys, sporting equipment and cars parked on school premises. The Department of Education and Training does not hold insurance for personal property brought to schools and it will generally not pay for any loss or damage to such property. Students should be discouraged from bringing any unnecessary or particularly valuable items to school. If bus travellers have things at school they must be stored in the Day Safe in the office. Please remind your children of this.

PRINCIPAL CONTACT
I am happy for parents to contact me as required. If contact needs to be made out of school hours, my mobile phone number is 0408 138 836 and my email is johnstone.alexander.i@edumail.vic.gov.au

TERM DATES 2015
Term 1: Thursday 29th January – Friday 27th March (Easter is in the middle of the school holidays)
Term 2: Monday 13th April – Friday 26th June
Term 3: Monday 13th July – Friday 18th September
Term 4: Monday 5th October – Friday 18th December

MICHAEL GROSS PARENTING RESOURCES
Our school is a member of www.parentingideas.com.au
This week’s attached article is “Michael Grose’s 10 Golden rules for parenting success in 2015”.

Lex Johnstone
Principal

CONGRATULATIONS
The school community would like to congratulate Lex on his Australia Day Axedale Citizen of the Year award. We are proud of his achievements and commitment to our community.
CLASSROOMS

LOST PROPERTY
Hugh White has lost a brand new rugby jumper. Can we ask families to check at home in case it has made it’s way home in the wrong bag. Thanks.

CATHEDRAL VISIT
While the Grade 3-6 students were at the Gym, Gr. 1/2 had a very interesting visit o the Sacred Heart Cathedral in Bendigo. The students were amazed by the height of the roof, all of the paintings inside and the 2,548 organ pipes!
SAFETY AROUND SCHOOLS – John Hasty
Parking and Animal Services from the City of Greater Bendigo have contacted our school and requested that the following information be conveyed to our school community.

The illegal parking of vehicles adjacent to our school poses a safety concern to children, pedestrians and other road users. Parents are reminded that it is essential to comply with parking restrictions when dropping off and collecting children from school.

Motorists must not stop in no stopping areas, even briefly, with or without the motor running. They must not stop next to a continuous yellow edge line, on resident’s nature strips, too close to school crossings, park over driveways or double park. A number of schools have short term time restricted areas, such as 2 minute pick up drop off. These parking areas are in place to allow for ease of access close to schools and these restrictions must be adhered to. Drivers should also be aware that they cannot perform a U-turn over an unbroken or continuous dividing line.

With regard to children’s crossings, the law requires that a driver approaching a children’s crossing must drive at a speed at which the driver can, if necessary stop safely before the crossing. Please slow down and take extra care when driving in school zones.

City of Greater Bendigo Parking Officers and Bendigo Police do conduct random patrols throughout the school year at various locations to ensure that motorists are adhering to the Road Rules.

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FRUIT DUTY ROSTER

I am able to assist with cutting up fruit on Friday mornings.

Name: ________________________________________________

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BREKKY CLUB

I am able to assist at the Brekky Club from 8.20-9am. Please indicate below the day/s you are available.

Tuesday □  Thursday □

Name: ________________________________________________
Help your kids manage their asthma

Checklist for Parents

<table>
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<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Does your child have an up to date Asthma Action Plan (Asthma Care Plan)?</td>
<td>The Asthma Care/Action Plan tells the school how to manage your child's asthma and what to do if their asthma gets worse. This should be updated &amp; signed by the doctor on an annual basis.</td>
</tr>
<tr>
<td>Does your child carry their reliever puffer and spacer with them at all times? Or is it readily available to their Carers?</td>
<td>Medication needs to be available wherever your child may be (school, child care, sporting field, home)</td>
</tr>
<tr>
<td>Are you and your child aware of their asthma triggers?</td>
<td>Do you take steps to avoid these triggers? Are the Teachers aware of these triggers?</td>
</tr>
<tr>
<td>Do you listen to what your child says?</td>
<td>They will be aware of their asthma symptoms and should be able to tell you when they need their medication.</td>
</tr>
<tr>
<td>Does your child take their asthma medication correctly?</td>
<td>Good technique allows more medication to get into the lungs where it is needed. Talk to your doctor or pharmacist if you would like to check your device technique.</td>
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COMMUNITY

CITY OF GREATER BENDIGO BRASS BAND
Saturday 7th February
10.30-11.15am
Rotunda, Rosalind Park
FREE
Children and families are invited to the Rosalind Park Rotunda to enjoy a free performance by the City of Greater Bendigo Brass Band. Bring a cushion, a snack, a teddy-bear and a blanket and enjoy a lively half-hour performance (grown-ups are welcome to bring a chair!)
Welcome to Girls’ Brigade 2015

PURPLE NIGHT

Monday 9th February 2015
6-7:30pm

Come wearing as much purple as you can or as a purple character etc.

Bring a plate of supper to share

Prizes for the best costumes

Contact Mrs. Mac for more details 0429 397 557

Bendigo Baptist Church
757 McIvor Highway Junortoun

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PlayGolf

Clinics

Women Beginner Golf Clinics

Belvoir Park Golf Club
77 Belvoir Park Rd, Big Hill, Bendigo

Women’s Clinic (Level 1)*

Fridays 27th February, 6th, 13th, 20th and 27th March 2015

Time: 9:30am - assembly for a 10:00am start

Coffee and Cake - Morning Tea after the Clinics

* Level 1: For complete novice or people wishing to return to the game

Equipment provided - Dress comfortably (flat shoes) - Giveaways

Registration forms online at www.golfvic.org.au

(Click tab - PlayGolf, Clinics)

For enquiries, please contact:

Janice Klemm - 0409 463 844 or

Di Ratcliffe - 0419 534 812

or Mark Bamford - 0428 241 213

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Tuning in to Kids

Bendigo

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

In this six session program you’ll find out how to help your child understand and manage feelings such as worry, frustration and anger.

Term 1, 2015

When: Thursday, 26th February - 26th March 2015

Time: Arrival and registration 9.30am

Sessions 9.45am - 11.30am

Where: CatholicCare Sandhurst, Noel Daly room, 176-178 McIvor St, Bendigo

Cost: $20 for program (no charge for health care card recipients)

Child Care: Sorry, child care is not provided

Facilitators: Barb Webb and Linda Lynch

Parking: No on-site parking available - please park in surrounding streets

For bookings and enquiries phone Ky Gregg on 5438 1300

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Senjuns Hockey Club

Registration Day

Sunday 8th February 2015
12pm – 2pm

At the White Hill Botanical Gardens

Free BBQ lunch!

Please bring a salad to share and your own chairs

Contact:

Danny Ross 0418 221 664
Sheyl Huntley 0400 261 750
Experience The Magic Of Hosting

In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgetable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my respects to Toon's parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn't have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Request student profiles now to find out more!

www.wep.org.au  1300 884 733  info@wep.org.au

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Mini Roos

Soccer is the game everyone can play,
join Epsom FC to become a MiniRoos today!

Come to the Epsom FC Family Welcome Day at Epsom Huntly Reserve:
- Tue 17 Feb 4:30-6:30pm OR
- Wed 18 Feb 4:30-6:30pm
- Find out more about soccer at Epsom FC
- Chat to club coaches and officials
- Kick a soccer ball around
- Meet other players and parents

Season starts mid April for U6 through seniors
Registration preferred by 27 Feb, otherwise contact us

What is MiniRoos?
MiniRoos is a version of soccer that gives a fun introduction to the world game for boys and girls aged under 6 to under 12. It involves mixed teams, kid-friendly rules and Saturday morning matches played on local grounds.

epsomfc.com.au
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Cm: 0458 742 447
Online registration available

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Making Stepfamilies Work
Bendigo

This six week program for couples explores various aspects of stepfamily life and covers the unique and often complex issues associated with stepfamily relationships. It is offered for those planning or already in a stepfamily.

Term 1, 2015
When: Thursday 19th February - Thursday 26th March 2015
Time: Arrive and registration 6:45pm
Sessions 7:00pm - 9:00pm
Where: Noel Daly Room, 176-178 McCrae St, Bendigo
Cost: $20 per couple
Child Care: Sorry, child care is not provided
Facilitators: Kate Kerlin and Narelle Williams
Parking: Enter at 110 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300

Groups are subject to maximum and minimum numbers. Early registration is encouraged.
Michael Grose's 10 Golden rules for parenting success in 2015

The start of the year is a great time for reflection, and setting new directions and goals. We do so at work and in our personal lives, so why not set some goals to become a better parent in 2015.

I’ve listed 10 very different ideas below to guide and inspire you to reinvigorate your parenting this year. Read on and choose one or two ideas to focus on in the coming months.

1. **Build redundancy into your parenting** You don't want your kids living with you when they’re forty so you had better start making yourself redundant right now. Expect kids to help at home without being paid and develop their self-help skills from the earliest possible age. If your kids are dependent on you then start small and work from there.

2. **Build self-belief in kids** It is self-belief rather than ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children’s strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them.

3. **Talk less when kids misbehave** Do you repeat yourself when your kids don’t do as you ask? Perhaps you raise your voice to be heard. Don't. It leads to parent-deafness. Act rather than repeat yourself or shout. Put the meal on the table rather than remind them to come to dinner. Turn the TV off if they are fighting rather shout for some peace and quiet. This year talk less when kids are less than perfect.

4. **Choose your battles wisely** If you always seem to be fighting with one or two of your kids sit back and assess what’s important and what’s not, and then only fight over major stuff. Fighting over minor issues burns up parent energy and damages relationships. Make a list of minor and major issues as a reminder.

5. **Help kids appreciate what they have** Some children have a default mechanism that is both negative and self-centred. They are never happy and they always want more. You can change their way of thinking with effort. Start by encouraging him or her to look on the bright side and be thankful for what they have.

6. **Encourage kids to be self-occupiers** Parents underestimate the importance of kids being able to keep themselves busy. Spending time on their own encourages self-initiated play, is good for their mental health and is a pre-requisite for success at school. If you are your child’s home entertainment machine then you can change. First, avoid rushing in when children seem bored. Then suggest ideas rather than provide entertainment when they're bored.

7. **Don’t fight your children’s battles** Leave some battles for your kids. Well-meaning parents can sometimes fight too many of their children’s battles, robbing them of opportunities to solve their own problems. If this is you, next time your child experiences some frustration or difficulty at school or at home stand back, offer support and suggestions but don’t solve the problem for him.

8. **Have at least five family mealtimes a week** If you want to influence your kids’ thinking then you need to talk with them. Mealtimes provide these opportunities as long as the TV is turned off and you avoid getting into fights about how much they eat. Set a goal of five shared mealtimes as a minimum.

9. **Encourage a sense of generosity** Moving kids from thinking 'me' to thinking 'we' takes work these days as families are small and parenting tends to be child, rather than family-focused. Develop a sense of altruism by encouraging your kids to volunteer, giving some pocket money to charity, and giving away old or unused toys.

10. **Fast track your own development** Being a modern parent means you always have to update your parenting skills and knowledge. After 30 years as a parenting educator I know that the most effective parents are those who have a rich repertoire of skills and knowledge at their disposal, which is constantly being updated. So take a course; go deep into an area such as emotional intelligence; confidence-building or resilience development; or develop a relationship with a respected professional who can guide your development.