**NEWSLETTER No. 5 February 26th 2015**

**Important dates:**

<table>
<thead>
<tr>
<th>February</th>
<th>March</th>
<th>April</th>
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<tbody>
<tr>
<td>27th Red Balloon Day (Casual clothes)</td>
<td>10th Aunty Peach Show - $6</td>
<td>13th First day of Term 2</td>
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<td>27th Clean Up Australia Day</td>
<td>12th Ride 2 School Day</td>
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<td>27th Bulb Orders Due</td>
<td>13th Young Leaders Conference – Gr 6</td>
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<td>3rd School Photos</td>
<td>17th MARC Van</td>
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<td>3rd MARC Van</td>
<td>23rd Zone Family Fun Night</td>
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<td>4th Preps first Wednesday at School</td>
<td>24th School Council AGM</td>
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<td>4th Gym</td>
<td>27th Last day of Term 1</td>
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<td>9th Labour Day holiday</td>
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**SCHOOL CAPTAINS & HOUSE CAPTAINS**

At Assembly this week we were able to present our 2015 School Captains, House Captains and Vice Captains were announced. These students were presented with their badges.

Congratulations to our 2015 School Captains – Josh Liersch and Zara Smith

Congratulations to our 2015 House Captains – Laura Hipwell & Ben Shaw (McIvor), Kathryn McKay & Cody Tuohey (Campaspe)

Congratulations to our 2015 Vice Captains – Emma Hipwell & Alex Aurisch-McGrath (McIvor), Katya Bathurst & Jesse Prendergast (Campaspe)
STUDENTS OF THE WEEK
Congratulations to last week’s award winners:
Prep – Daniel for working very hard and always being a very keen and enthusiastic student.
Gr. 1/2 – Bianca for working hard during writing time and writing some fantastic pieces.
Gr. 3 – Jaeyln for being an excellent helper and friend.
Gr. 4/5/6 – Blair for personal best score of 16 out of 20 on his latest spelling test.

GOLDEN BRUSH
Congratulations to Gr. 1/2 for winning the Golden Brush this week.

HOUSE COMPETITION
Last week’s House Competition winners were Campaspe.

SPELLING & READING AWARDS
Well done to the students who advanced another level with their spelling and reading words this week.

PRINCIPAL’S REPORT

RED BALLOON DAY
This Saturday is Red Balloon Day across Australia. Red Balloon Day occurs on February 28th (last day of summer) and is a day when we can show our appreciation for all the work our local CFA and the CFA state wide do in caring for and protecting communities during each year’s fire season.
Tomorrow is an out of uniform day and we are encouraging all the students to wear something red to school. Please bring a gold coin donation – all funds raised will be passed on to the Axedale CFA.
Please do not go and buy red items. Students without something red will be provided with some red bands to wear.

CLEAN UP AUSTRALIA DAY
Students will be taking part in Clean up Australia Day tomorrow, Friday 27th February. We will be working in our school grounds and around the town to pick up as much rubbish as we can find.
The school has some gardening gloves but students are encouraged to bring their own if they have some.

SCHOOL COUNCIL ELECTIONS
Last week’s Newsletter contained a range of information about the upcoming School Council Elections.
Nomination forms are available at the Office or on the Parent’s Noticeboard. You can have someone nominate you or you may choose to self-nominate. Nominations opened on Friday 6th February and close tomorrow Friday 27th February at 3.45pm.

SCHOOL PHOTOS
School Photos will be taken on Tuesday March 3rd by Richard Gibbs Photography. Ordering Packs have been sent home. Parents are asked to complete an order envelope per child, include the correct money (it goes straight to Richard) and return the Order Pack by tomorrow Friday the 27th February.

CLASSROOM QUESTION & ANSWER SESSIONS & FAMILY BBQ NIGHT
Many thanks to the families that came along on Monday night to our Parent Information sessions. We hope that what was provided enabled families to understand the way each classroom will function during the year.
Parent Teacher Interviews today will provide a further opportunity to discuss the specifics of your child’s education for the first semester of this year.
PARENT TEACHER & GOAL SETTING INTERVIEWS
At interviews today, your child’s teacher will share their Individual Learning Plan with you. Each child’s progress so far this year will be shared and the meeting will provide an opportunity for parents to share important information with the teachers.

SCHOOL CHOIR AND GRADE SIX GIRLS
Next Thursday our School Choir will be performing at the Axedale Tavern as part of the International Women’s Day ‘Embracing Empowerment’ event being organised by the CWA. (see advert below) The event runs from 10-12 noon, our students will be performing from 11.00am. As part of the day, our Grade 6 girls have also been invited to present a short speech to the gathered crowd. The Choir and the Grade 6 girls will be supervised by a number of staff at the event.

Please contact the school if you have any queries about details of this activity.

COMMUNICATION PHONE TREE
As part of our Emergency Management Plan, we have a Communication Tree in place. We are currently finalising this document.

- Families with silent numbers will not be a part of the Communication Tree.
- Families without silent numbers will have their names and phone numbers published on this Communication Tree.
- A copy of this document will be sent home to all school families.
  - If you do not want your phone number shared as part of this process, please contact the school before Friday March 6th.

YOUNG LEADERS CONFERENCE
On Friday March 13th, our Gr. 6 students will be travelling to Melbourne to take part in the Young Leaders Conference at the Melbourne Conference and Exhibition Centre. They will be joining with around 2,000 other students to listen to guest speakers such as Andy Griffiths, Bindi Irwin and Winter Paralympian Jess Gallagher. The guest speakers will be sharing their thoughts on what makes a good leader, working as a team, encouraging others and taking on special projects. More information can be found at http://www.halogen.org.au/event/melbourne-primary

We are looking for a female parent helper to assist with this excursion. If you are interested in attending please contact the school.

LUNCH ORDER REMINDER
Parents are reminded that hot food is only available for lunch orders on FRIDAY. If your child orders hot food on other days the shop will organise with us to swap the order for another item.

Also milk drinks are now only available in the 250ml size.

On Fridays, each class will now be provided with their own lunch tub for orders to be placed in. Lunches will be brought back to the school in these tubs for sharing out.

When placing a lunch order can families please make sure you write your child’s grade on their lunch order.

An updated lunch order list is attached to the newsletter today.

SCHOOL CAMP
With increased numbers in Grade 2-6 this year, staff and School Council have had to consider changing the organisation of our camps program. This year’s camp is to Melbourne and taking all Grade 2-6 students would mean a total of 48 students. This is a large group to take away, especially to Melbourne where trains, trams and lots of walking are involved. For some Grade 2’s, nights away from home can be tricky. With increased enrolments in our younger grades, this issue will continue to grow.

Changes in our camps arrangements were discussed and approved at School Council on Tuesday night.

The main school camps will now be for Grades 3-6. This works on a three year – city, bush, beach rotation.

This year’s camp is to Melbourne.

A smaller camp will involve the Grade 1/2 students. We will look to utilise the local Axedale Rotary Camp for a two day camp late in Term Three. Grade Two students will sleep over and Grade One students will complete an afternoon/evening stay, sleep at home overnight and then return to camp for another half day of activities. Some Grade One’s may be comfortable sleeping overnight. This will be an option that can be worked out closer to the time. With the Grade Two’s sleeping over for a night close to Axedale, it provides an opportunity to sleepover as a lead in to Grade 3-6 camp.
The Grade 3-6 camp will take place on 15th – 18th September and the Grade 1/2 camp is planned for 3rd and 4th September.

All school camp details and costs will be sent home in the first week of Term Two. A range of payment options will be place.

**ZONE FAMILY FUN NIGHT**

Our Parents, Volunteers and Friends group will be hosting a Family Fun Night at the Zone on Monday 23rd March from 5pm. This is not a fundraiser, just a chance for families and children to get together in a relaxed environment. A small charge of $10/family will cover the cost of a BBQ tea and Zone entry.

**BREAKFAST CLUB ROSTER**

Thanks to those who have offered some help with Breakfast Club. A roster is attached for those families.

The Roster is as follows:

Tuesday 3rd March – Corrine Cummins & Sharon Hipwell
Thursday 5th March – Melissa Doak & Jocelyn Davies
Tuesday 10th March – Julie Liersch & Sharon Hipwell
Thursday 12th March – Corrine Cummins & Emma Carmody

We are happy to continue to add names if others are keen to help out.

**RIDE 2 SCHOOL DAY**

Our Ride2School Day will take place on Thursday March 12th. We will again be joined by members of the ‘Friends of the Bendigo Kilmore Rail Trail’ group. The ride is planned to arrive at school at approximately 8.45. There will be a number of starting points along the way for all ranges if fitness. Younger students may wish to ride their scooters and smaller bikes from the Axedale Park as the main group comes through. A longer than previous ride will be available for those students who coped so well with last year’s Bike Hike. Parents are welcome to come along as well. More details will be in upcoming Newsletters.

**POKEMON**

A number of students have been bringing Pokemon cards to school recently. These cards are proving to be a distraction for some students and some unfair trading has been occurring. Parents and students are asked to ensure that these cards are not brought to school until further notice. Thank you.

**CHOIR PRACTICE**

Plans are underway for an ANZAC Day Service to be held in Axedale this year. The service will take place at 9.30am on Saturday 25th April in the Axedale Park.

AOTOF, who are co-ordinating the service, have asked for our School Choir to perform. The School Choir will be combining with the Axedale in Harmony group (a group of Axedale adults who practice at the school every second week) to sing the National Anthem and ‘In Flanders Fields’. The School Choir will be performing ‘Lest We Forget’ and the Axedale singers will be performing Eric Bogle’s classic ‘And the Band Played Waltzing Matilda’.

As part of the preparation for this service, we are organising a combined practice with Axedale In Harmony on Tuesday 24th March at 7pm at the school (last week of term). It is anticipated this practice will run for no more than 30 minutes.

**TOWN LIBRARY VAN**

A reminder to all school families that the Goldfields Library Van visits Axedale every Wednesday from 3.30-4.30pm in the Axedale Park. This is a great chance to borrow quality books without having to make a special trip to Bendigo.

**FRESH FRUIT FRIDAY**

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

Friday 27th February – Corrine Cummins & Tracey Meekings
Friday 6th March – Susie McGrath & Donna Brandt
Friday 13th March – Jodie Black & Melissa Doak

Students will be provided with a couple of plates of fresh fruit at the end of lunch time and recess to munch on.
STUDENT ACCIDENT INSURANCE
We have been requested by DET to remind parents that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance.

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 “Helping kids unwind”.

Lex Johnstone
Principal

FROM THE CLASSROOMS

AUNTY PEACH SHOW
On Tuesday March 10th, students will be heading over to the Axedale Hall with students from Eppalock PS 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 by Friday 6th March.

GRADE 4/5/6 – e READING
This week students in 4/5/6 have been reading online via Goldfields Library website. Students select a text then listen and follow along using their netbooks. This assists with their pronunciation of words and is a fun way to read.
Some shots from the classrooms this week

GUITAR LESSONS
Our Guitar Teacher Jo Woodward has begun lessons for the year. 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 is offering drum lessons on Mondays at school. Lessons are $20 for a 30 minute session. If your child is interested, please contact the school for further information.

PARENTS, VOLUNTEERS & FRIENDS (PVF)
Our Parents, Volunteers and Friends Committee are our main fundraising group. Fundraising plans for this year as well upcoming events were discussed at last week’s meeting.
Points to note and some dates to add to your calendar from the meeting include:-

• Bulb orders have been sent out and are due back tomorrow February 27th.
• Easter Raffle tickets will be sent out on March 12th. Closer to the end of term, families will be asked to donate an item to the Easter Raffle.
• The Axedale School Masquerade Ball will be held on Saturday June 20th at the Axedale Hall.
• The annual Progressive Dinner will be held on Saturday August 22nd.
• PVF will run a Family Fun Night at the Zone on Monday 23rd March. A flyer is attached to the newsletter today.
• The Mother’s Day Stall will be held on Friday May 8th.
FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

SCHOOL PHOTOS
Photo order envelopes are due back tomorrow Friday 27th February ready for photo day on Tuesday 3rd March.

FAMILY INFORMATION
Thank you to the families who have returned these forms. It is extremely important that the school has up to date information about your children and their contacts etc. Please look through the forms that were sent home, correct/add anything that you think needs changing/adding and return them to school ASAP. Many thanks for your support in this matter.

PRIVACY INFORMATION CONSENT FORM
Privacy consent forms for each student have been sent home can these please be filled in and returned to school ASAP so our records can be updated.

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.

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 (TPI) 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.

AUNTY PEACH SHOW
Payment of $6 is due by Friday 6th March if Excursion Levy hasn’t been paid in full.

FAMILY FUN NIGHT – THE ZONE
Return form with $10 per family due by Friday 13th March.
Interested in playing Indoor Cricket over Winter....
Those who are looking to keep their skills sharp during winter please note that the Strathfieldsaye Jets Cricket Club are fielding interest in running some Indoor Cricket teams at Bendigo Major League. Age groups of approx 10 to 16 years of age. Indoor cricket is a great fun format of the game and can help improve cricket skills. Michael Clarke seems to have benefited starting his career playing Indoor. You don’t have to be registered with the Club to play & could be a good way to get involved in a short form of the game or if other summer sports get in the road of a game you still enjoy.
For all enquiries, and to register interest please email strathfieldsaye@club.cricketvictoria.com.au
Summer in the Parks Outdoor Cinema
Outdoor Cinema - Heathcote Screening: How to Train Your Dragon 2
This FRIDAY, 27th February at Barrack Reserve
TIME: 8.30pm - 10.30pm
Come along and enjoy the Summer in the Parks Outdoor Cinema at the Barrack Reserve screening How to Train Your Dragon 2
The thrilling second chapter of the epic How To Train Your Dragon trilogy. A great film for all to enjoy! (subtitles available for hearing impaired patrons).
Bring along a rug, picnic and enjoy!

Support your child with Dyslexia or other Learning Difficulties in Upper Primary or Secondary School.

Presented by:
Karen Starkiss
RSA Dip SpLD Port Oral SEN
Dyslexia Support Services and Educational Resources

The course content includes:
- What is dyslexia and what causes it?
- How to recognise the signs and symptoms of dyslexia in children
- How to improve your child's self-esteem and resilience
- How can you support your child at home and school?
- Information about effective strategies and accommodations
- Technology and its importance for these students
- Useful websites and resources for children and their parents

Series 1
Monday 16th March 2015
TIME: 6.30pm arrival for a 6.45pm start
WHERE: Catholic Education Centre, 120 Hargreaves St, Bendigo
COST: Family/Individual $10 including ferry tickets

Complete the registration form attached or at www.bold.org.au
Enquiries: email info@bold.org.au
- Information: Judy 0408 312 027
- Booking: 5404 2602

Support your child with Dyslexia or other Learning Difficulties in Upper Primary or Secondary School.

Term 2, 2015
When: Wednesday 15th April - 3rd June 2015
Time: Arrival and registration 3.45pm
Sessions 4.00pm - 5.00pm
Where: CatholicCare Noel Daly Room, 170-178 McCrae St, Bendigo
Cost: $25 - if health care card recipient $15
Child care: Sorry, child care is not provided
Facilitators: Marlene McLaughlan and Linda Lynch
Parking: No on site parking available - please park in surrounding streets

For bookings and enquiries phone Marlene or Linda on 5438 1300

Seasons for Growth
Change, loss and grief happen to everyone. Sometimes it hurts. Seasons for Growth can help.

City of Greater Bendigo Eppalock Ward Meetings
Ward Councillors – Rod Campbell, Helen Leach and Mark Weragoda

Meeting time and date may be subject to change. To confirm, please visit www.bendigo.vic.gov.au

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<th>Location</th>
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<tbody>
<tr>
<td>Junortown</td>
<td>Tuesday February 24</td>
<td>7.30pm – 9pm</td>
<td>Bendigo Baptist Church</td>
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<tr>
<td>Strathfieldsaye</td>
<td>Monday April 29</td>
<td>7pm – 8.30pm</td>
<td>McIvor Highway, Junortown</td>
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<td>Mia Mia</td>
<td>Tuesday May 12</td>
<td>7pm – 8.30pm</td>
<td>Strathfieldsaye Shire Hall, 838 Strathfieldsaye Road</td>
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<tr>
<td>Redesdale</td>
<td>Monday May 18</td>
<td>7pm – 8.30pm</td>
<td>Mia Mia Mechanics Institute Valley Road, Mia Mia</td>
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<td>Heathcote</td>
<td>Tuesday July 28</td>
<td>7pm – 8.30pm</td>
<td>Redesdale Hall 2631 Kyneton-Redesdale Road, Redesdale</td>
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<td>Axedale</td>
<td>Tuesday August 4</td>
<td>7pm – 8.30pm</td>
<td>Healthcote RSL 127 High Street, Heathcote</td>
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<td>Junortown</td>
<td>Tuesday August 18</td>
<td>7pm – 8.30pm</td>
<td>Axedale Hall High Street, Axedale</td>
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<tr>
<td>Strathfieldsaye</td>
<td>Monday September 21</td>
<td>7pm – 8.30pm</td>
<td>Bendigo Baptist Church McIvor Highway, Junortown</td>
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<td>Mia Mia</td>
<td>Tuesday October 13</td>
<td>7.30pm – 9pm</td>
<td>Strathfieldsaye Shire Hall, 838 Strathfieldsaye Road</td>
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<tr>
<td>Redesdale</td>
<td>Monday October 19</td>
<td>7pm – 8.30pm</td>
<td>Mia Mia Mechanics Institute Valley Road, Mia Mia</td>
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<td>Heathcote</td>
<td>Tuesday November 24</td>
<td>7.30pm – 9pm</td>
<td>Redesdale Hall 2631 Kyneton-Redesdale Road, Redesdale</td>
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<td>Heathcote RSL 127 High Street, Heathcote</td>
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Bendigo East Baseball Club  Est. 1961
Interested in playing Baseball  Contact us today!
FEATURES OF OUR CLUB:
- Family orientated
- Strong club ethos, with many active contributors
- Strong contribution to Bendigo Baseball Association
- Our players participate in other baseball events such as State Winter Championships, Masters Games, University Games, Bendigo Academy of Sport
- Players & families may join our Social Club
- We have a supportive sponsorship base, & low playing fees

TEAMS:
We field teams in all age groups and have vacancies for boys or girls aged 6 years and older to play T Ball and junior Baseball age groups U 12, U14 and U16 in the 2015 winter competition commencing Sunday the 19th of April.
Seniors compete in either A, B or C grade.
Male and female players are welcome

CLUB FEES:
- T Ball $45  under 12 $65
  under 14 and Under 16 $85  under 18 $90
  Senior $140
Baseball training is held at the Ken Wust Oval, Quarry Hill.
For more details go to www.bendigoeast.baseball.com.au or contact Helen 0419 510 762 or Gay 0419137556

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National Red Balloon Day is an event that has been created by a Bendigo woman, to honour and thank our brave and courageous firefighters Australia wide. The idea behind the day simple. We are being asked to fly a ‘Thank you Fireys’ balloon from our letterbox or fence on Saturday 28th Feb (the last official day of Summer in Australia), to let our firefighters, both career and volunteers, know just how much we appreciate their dedication, hard work and tireless efforts in protecting our lives, our homes and our communities throughout the year.
(The balloons are available to purchase from Strathfieldsaye IGA for $1)

Communities are also fundraising for their local CFA.

Friday 27th February

Is CASUAL CLOTHES DAY so if you can please wear something RED, a t-shirt, shorts, socks, a ribbon, red hair, & bring a gold coin to be donated to the Axedale CFA.

Thank you for your support & thank you Fireys!
Helping kids unwind

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities.
Under lives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.
School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.
Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.
Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often.
There is a temptation to fill kids’ days with activities so that no time is wasted.
“I’m bored!” is the last thing most parents want to hear their kids say.
Many parents feel compelled to do something to alleviate a child’s boredom.

There is nothing wrong with a little boredom now and then.
Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the fire.
   Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids’ mental health.

2. Let kids exercise without rules.
   Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.
   Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.
   Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids.
   When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.
## Axedale General Store
### 2015 Lunch Order List

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<tr>
<th>Sandwiches (Toasted extra 30c)</th>
<th>S/W</th>
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<tbody>
<tr>
<td>Ham &amp; Salad</td>
<td>$4.80</td>
<td>$5.00</td>
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<tr>
<td>Chicken &amp; Salad</td>
<td>$4.80</td>
<td>$5.00</td>
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<tr>
<td>Salami &amp; Salad</td>
<td>$4.80</td>
<td>$5.00</td>
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<tr>
<td>Plain Ham, Chicken or Salami</td>
<td>$3.50</td>
<td>$3.80</td>
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<tr>
<td>Egg &amp; Lettuce</td>
<td>$3.80</td>
<td>$4.00</td>
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<tr>
<td>Ham &amp; Cheese</td>
<td>$3.80</td>
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<tr>
<td>Cheese, Peanut Butter or Vegemite</td>
<td>$2.80</td>
<td>$3.00</td>
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<tr>
<th>Wraps (every day)</th>
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<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$4.80</td>
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<tr>
<td>Chicken, Cheese &amp; Avocado (seasonal)</td>
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<tr>
<td>Salami &amp; Cheese</td>
<td>$4.50</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drinks</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Nippy’s Flavoured Milk 250ml (Choc/s/berry, banana)</td>
<td>$1.80</td>
<td></td>
</tr>
<tr>
<td>Water 600ml</td>
<td></td>
<td>$2.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snacks and Treats</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulla Strawberry Frozen Yoghurt</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Fruit - Apple, Orange, Banana</td>
<td>$1.00</td>
<td></td>
</tr>
</tbody>
</table>

### Fridays Only

<table>
<thead>
<tr>
<th>Hot Food (Sauce extra 30c)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Pies and Pasties</td>
<td>$3.80</td>
<td></td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.80</td>
<td></td>
</tr>
<tr>
<td>Hot Dog in bread</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Pineapple Pizza</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Hot Chicken &amp; Gravy Roll</td>
<td>$4.80</td>
<td></td>
</tr>
<tr>
<td>Dim Sims (steamed only)</td>
<td>$1.00</td>
<td></td>
</tr>
</tbody>
</table>
FAMILY FUN NIGHT
@ THE ZONE

Monday 23rd March  5pm-8pm
(Laser Tag 5:30pm-7pm)

Bring the whole family. It’s on again!
We had so much fun at the end of 2013, that we are doing it again.
We have booked the Laser Tag & BBQ area for our exclusive use.
It’s heaps of fun, good exercise, suitable for toddlers to adults,
and a great way to have a relaxed evening with other families.

This year The Zone staff will be organising shorter games,
and larger elimination games to ensure everyone gets lots of tagging time.

$10 per Family

Includes Laser Tag and a BBQ dinner for the whole family.
Please return the slip & $10 below by Friday 13th March.

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The Zone Family Fun Night

Family Name: ____________________________________________________________

Adults:__________ Children:__________ I have included $10 payment per family