**Important dates:**

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<tr>
<th>March</th>
<th>4th</th>
<th>Ride2School Day</th>
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<tr>
<td>March</td>
<td>7th</td>
<td>MARC Van (Prep/1 borrowing)</td>
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<tr>
<td>March</td>
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<td>PVF Meeting 7pm</td>
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<td>March</td>
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<td>MARC Van (Gr 2-6 borrowing)</td>
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<td>March</td>
<td>10th</td>
<td>International Women’s Day – Choir</td>
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<td>March</td>
<td>11th</td>
<td>School Council nominations</td>
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<td>March</td>
<td>14th</td>
<td>Labour Day holiday</td>
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<tr>
<th>March</th>
<th>16th</th>
<th>Bunraiser - Hot Cross Bun orders due</th>
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<tr>
<td>March</td>
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<td>MARC Van (Prep/1 borrowing)</td>
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<td>March</td>
<td>22nd</td>
<td>MARC Van (Gr 2-6 borrowing)</td>
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<td>April</td>
<td>24th</td>
<td>Easter Raffle drawn</td>
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<td>April</td>
<td>24th</td>
<td>Last day of Term 1 – 2.30pm Finish</td>
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<td>April</td>
<td>11th</td>
<td>First day of Term 2</td>
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Well done to our Classroom and School Value award winners for this week.

**CLASSROOM AWARD WINNERS**

**Ted** – For using the ‘Connect Blocks’ to make the Gingerbread Man and the fox and then using his models to tell the story.

**Cooper** – For showing great improvements in his writing and always successfully spelling ‘went’

**Abi** – For showing persistence to complete all learning tasks to her personal best.

**Zayne** – For writing a fantastic children’s book for his buddy.

**SCHOOL VALUES AWARD WINNERS**

**Ada** – For being very organised and ready to start her work pieces promptly.

**Sadie** – For being caring and considerate of others by ensuring that they had someone to play with outside.

**Tahlia** – For continually showing respect to her teachers and peers.

**Jaidyn** – For including others at the Heathcote Games.
GOLDEN BRUSH
The winners of the Golden Brush last week were the Gr. 4/5/6’s. Well done!

HOUSE COMPETITION
The winners of the House Competition for the week were Campaspe.

MAGIC WORDS
Well done to our students who have moved up some levels with the Magic and Oxford Words.

PRINCIPAL’S REPORT

RIDE2SCHOOL DAY
Tomorrow, Friday 4th March is National Ride2School Day. For Ride 2School Day this year, we will be riding along the O’Keefe Rail Trail in the Axedale River Reserve. Riders can ride to, or be dropped off, either side of the footbridge next to the McIvor Hwy bridge.
Some staff will be on patrol along the trail from 7.45 – 8.15 for students to ride along or up and back with friends. At 8.15, we will begin to make our way as a group to school. We will follow the bike path to the Axedale Park, cross at the Police Station and make our way to school.
Younger riders are encouraged to be a part of the ride and can join us at a distance that suits their fitness and riding skills. Parents are encouraged to join in.
Upon arrival at school, everyone is welcome and encouraged to join us for a yummy breakfast from 8.30am. A map is included further on in the Newsletter.

CONNECTING WITH KIDS
A great session for parents titled ‘Connecting With Kids’ is taking place at the school tonight from 6.00 – 8.00pm. Register your attendance with Katrina in the office.
Come along to this 2 hour workshop and find out more about how to use emotional intelligence to teach children about managing their feelings. Emotional Intelligence is the ability to identify your emotions, understand them and be in control of the way we express them.
We have had a good response but places are still available. Contact the school or Mr. J to book in.

GYMNASTICS
Yesterday we completed our fifth and last Gymnastics session. The students are to be commended on their enthusiasm and determination. A big thanks to Emma Carmody and John Palmer from the Gym for their efforts and continued commitment to the kids from Axedale.
Our Preps joined in yesterday for their first session and had a great time. Can’t beat watching yourself in the mirror!
Thanks to Mr. C for coordinating this activity and to Kellie and Tanya for helping out with transport yesterday.
PARENT CAR PARKING
With increased student numbers brings increased traffic. We have noticed a significant increase in parent traffic, particularly at home time, on Raglan St.
With help from all families, our aim is to make this time and space as safe as possible. We ask parents to help out by following these suggestions:-
- Encourage your children to walk or ride to school where/when possible
- If you are parked on the school side of Raglan St., then please leave by travelling around past the CFA.
- If you are parked on the opposite side of Raglan St. (near the teacher's cars) please leave by heading towards Axedale-Goorong Rd.
- No reverse U-turns as you are backing out.
- Ensure your school age children, pre-schoolers and toddlers are supervised when crossing the road.
I have had discussions with COGB regarding this issue and at this stage there will be no intervention or assistance from them.
We have been completing some clearing work to create more spaces (thanks Mandy) and some further work will continue on this next week.
I will be attending the COGB Small Towns Meeting next Monday to raise this further with representatives from the Council.

$4,000 GRANT – ICT
Late last year much work was done in completing a four year computer and technology plan for our school. At the end of the year we were notified that our submission had been accepted by the Department of Education and Training and that we were successful in being allocated $4,000 to upgrade our current equipment.
This money has come into the school and has been used to purchase 10 new laptops and 4 new iPads. These computers will predominately be used in the main school building classrooms to provide 1:1 computer instruction to our Prep-Gr 4 students.

BUILDINGS AND GROUNDS SUB-COMMITTEE
At last week’s School Council Meeting, we discussed the development of a Master Plan for our school grounds. This plan would include the development of the cleared area near the school crossing as a formal entrance to the school, the development of the cleared area near the Netball Court, the location of a possible new double classroom building, development of play areas, shade provision, tree planting program, water provision, parent parking etc.
The sub-committee would also help to co-ordinate Working Bees throughout the year.
If you would like to be a part of this sub-committee (you don’t need to be on School Council), even if it’s only for the front entrance development, please contact Mr. J.

YOUNG LEADERS CONFERENCE – Wednesday 2nd March
Each year our Grade 6 students head off to Melbourne for the Young Leaders Conference. Yesterday, they joined approximately 3,000 other students at the Melbourne Exhibition Centre to listen to guest speakers that included Nathan “Dubsy” Want, Kate Austin, Dylan Parker, Harry Baker, Elliot Costello and Dr Alan Duffy.
Thanks to Mr. C for co-ordinating the day and to Joce for coming along to help out.

SCHOOL COUNCIL ELECTIONS
Nominations for School Council close tomorrow at 4pm. We have six Parent Representatives positions in total, with three up for re-election each year. This year, three positions are available, with Garry Van Wynen, Claire Turner and Julie Liersch all completing their two year positions at the next School Council Meeting. Garry, Claire and Julie do have the option of re-nominating.
The three elected representatives will complete a two year role form March 2016 to March 2018.
Nomination forms are available at the Office.
HEATHCOTE COMMUNITY GAMES
Last Friday, our Grade 2-6 students attended the Heathcote Games along with students from Hetahcote, Holy Rosary, Redesdale and Tooboorac schools. They took part in skill activities in Netball, Soccer, Football and Cricket. All activities were run by the SEDA students from Bendigo with help from Netball Vic and the AFL. We were very pleased with the way the students mixed with the other students and they participated with great enthusiasm.

CLEAN UP AUSTRALIA DAY
Students will be taking part in Clean up Australia Day next Friday 11th March. 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 PHOTOS
School photos were taken on Tuesday and we expect the photos to be sent to the school by March 18th.

INTERNATIONAL WOMEN’S DAY
Next Thursday 10th March our School Choir will be performing at the Axedale Tavern as part of the International Women’s Day ‘Tea with Eleanor’ event being organised by the CWA. 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 or concerns about your child being at this venue.

PARENTS, VOLUNTEERS AND FRIENDS (PVF)
Our next meeting will be an evening one, to provide the opportunity for parents who can’t make it through the day to come along. The next meeting will be on Monday March 7th from 7.00pm.
A list of all fundraising activities will be provided for families once confirmed.

ZONE FAMILY FUN NIGHT
A Family Fun Night at the Zone is planned for Monday March 21st from 5-7.30pm. This night, organised by the PVF, provides a BBQ tea for the family, and the children (and parents) an opportunity to play laser tag. Laser Tag is on from 5.30-7.30pm. Families are asked to BYO drinks. In past years, it has been a very pleasant evening and another opportunity to meet up with others in our school community.
A charge of $10/family covers entry, BBQ tea and laser tag. A flier is attached to the newsletter.

CHEAP BICYCLES
There is a volunteer community group in Bendigo called FreeWheeling Fun. Their aim is to enable access to bicycles for everyone and to achieve this they take bicycles in good condition, clean them and then do any necessary servicing and repairs. Once they are ready to go they distribute the bikes to people for a very small donation. Their aim is to get kids, adults and families cycling.
Currently they have a large number of bikes that are in need of a home.
If you don’t want to spend money on a bike that a child is just going to grow out of, or if you are short of cash and need a bike for your child or yourself then it would be worth checking out FreeWheeling Fun. The people who run the group are all volunteers who love cycling and they can provide you with advice and assistance. If you are new to cycling or would like to give it a go then it’s a great way to get a bike and try cycling without spending lots of $ and they can even help you out with lessons. They have even been able to help out a couple of families where the child had specific needs e.g. the family needed a bike with no gears on a larger frame.

You can find ‘FreeWheeling Fun’ on Facebook or at the garage behind the Good Loaf every Wednesday & Friday from 3 – 5pm (more details on their Facebook page). Alternatively they are at the Trove Market.

BREAKFAST CLUB
All students are welcome to come along and share breakfast with some of their school mates from 8.30-8.50am Tuesdays and Thursdays.
Thanks to those who’ve been helping out, the support has been wonderful.

Thanks also to our sponsors:
Tuesday 8th March – Marli Meerman & Melinda Pengelly
Thursday 10th March – Casey Reid & Susie McGrath
Tuesday 15th March – Hannelie Schutte & Emma Carmody
Thursday 17th March – Marli Meerman & Casey Reid

FRESH FRUIT FRIDAY
Many thanks to those who have volunteered to help cutting up fruit on Fridays.
Friday 11th March – Casey Reid & Sara Vanis
Friday 18th March – Hannelie Schutte & Susie McGrath

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.

CITY OF GREATER BENDIGO
On Monday March 7th at 7.00pm, there will be a City of Greater Bendigo Ward Councillors Meeting at the Axedale Hall. This is a great chance for residents to speak with Councillors and COGB staff about a range of local issues. In recent years, a number of items have been instigated and actioned through this process.

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.

PARENTS, VOLUNTEERS & FRIENDS (PVF)
Our Parents, Volunteers and Friends Committee are our main fundraising group. Points to note and some dates to add to your calendar include:-

• Easter Raffle tickets are attached to the newsletter today. Tickets are $1 each – please sell both sides. We are asking all families to donate an Easter item that will form part of the prizes that will be bundled up. Donations can be left at the Office.

• BUNRAISER – Also attached to the newsletter today is a Hot Cross Bun order form. Order forms and money are due at school by Wednesday 16th March (no late orders will be accepted). Hot Cross Buns will be delivered to school on Tuesday 22nd March.

• PVF will run a Family Fun Night at the Zone on Monday 21st March. A flyer is attached to the newsletter today.
Our school is a member of Parenting Ideas. Visit www.parentingideas.com.au

This week’s attached article is “10 confidence-building strategies every parent and teacher should know”

QUOTE OF THE WEEK
“If you cannot do great things, do small things in a great way”
Napoleon Hill

Lex Johnstone
Principal

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

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.

BUNRAISER
Order form and money due by Wednesday 16th March.
COMMUNITY

Strathfieldsaye Storm
Junior Football Club

Positions Available
Under 9
Under 10
Under 12
Under 14


For registration enquiries please contact SJFC Registrar Angela Gamble
sjfcregistrar@bigpond.com
Phone: 0403 304 054

HEATHCOTE JUNIOR FOOTBALL CLUB
WELCOMES THE 2016 SEASON
FINAL SIGN UP/REGISTRATION DAY
WEDNESDAY 9TH MARCH
5.30PM TO 7.00PM
BARRACK RESERVE OVAL

REGISTRATIONS BEING TAKEN
FOR U12 & U14 FOOTBALL,
U14 & U16 NETBALL

BROMLEY PROPERTY MAINTENANCE
All aspects of garden maintenance
and cleaning
bromleypropertymaintenance@hotmail.com
Pensioner discounts
Bendigo and Surrounds

FALCONS NETBALL CLUB
-2016 SEASON-
Falcons Netball Club are still accepting players for the 2016 season!
- Open to all grades
- 1st team uniforms
- We are looking for girls with a passion for Netball

Aligning Health
Axedale YOGA

Yoga classes suitable for all levels
Wednesday evenings at 7.30pm at Axedale Town Hall
beginning 3rd February
Bookings & Enquiries aligninghealth@gmail.com 0472 207 979

TRY OUR
ACUPUNCTURE
ACUPUNCTURE
LET FOOD BE YOUR MEDICINE

Bendigo East Baseball Club
Est. 1961
www.bendigoeastbaseball.com

TRAINING:
Registration: Monday, 19th Jan (at Kern Oval)
Training will commence in March.
Season commences 31st March.

TEAM:
Field selection in all age groups
Seniors and Juniors of different age
Teams comprise of either A, B or C grade
AAA and Premier grades are available
Toddlers
Under 8
Under 9 and Under 14 Softball
Under 12 and Under 14 Softball
Under 14 Softball

Features of Our Club:
- Friendly environment
- Strong club ethos; many senior commitments
- Strong support from Bendigo Baseball Association
- Our players participate in other baseball events such as tournaments
- We have a membership of over 100 members
- Bendigo Baseball Association Mill at Arms

Enquiries:
President
R. Green
7032 2612
sugilass@hotmail.com
Treasurer
S. Duckworth
0410 687 020
bendigoeastbaseball@gmail.com

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Bendigo, Victoria
www.bendigoeastbaseball.com
Email: bendigoeastbaseball@gmail.com
Website: www.bendigoeastbaseball.com

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Website: www.bendigoeastbaseball.com
LIVING TOGETHER

A special event during the 2016 Bendigo Festival of Cultures exploring how we live together, acknowledging we’re all different.

Come along to connect, participate, discuss challenges, share existing initiatives and contribute new ideas to foster an even brighter future for our community.

Tuesday, 15 March, 6.30pm - 9pm
Morley Johnson Building, 23 Mitchell St, Bendigo

Everybody is welcome.

For more information and register visit www.makeachange.org.au/livingtogether

Parent and Carer Information Session

Guardianship & Administration Information

Thursday 10th March
at Julie’s Anna Confort Inn, 260 Napier St, Bendigo

Presented by

Vic Coronet community legal centre

Speaker: Jessica McCartney, Health Justice Partnership Lawyer & Clinical Services & Legal Practice Manager

Time: 10:00am - 11:00am

What a power of attorney can do for you

Morning Tea Provided: 10:00am - 10:30am

Plus 5 things you need to know and prepare for the NDIS

Speaker: Jackie Darcy NDIS Advocate
(Funded by the Helen MacPherson Smith Trust)

Time: 11:15am - 12:15pm

This information session has been made possible by: Helen MacPherson Smith Trust
Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2. **Focus on effort & improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. **Praise strategy**
   While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4. **Develop self-help skills from an early age**
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. **Practise unconditional acceptance**
   Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence.
... 10 confidence-building strategies every parent and teacher should know ...

If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7 Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

8 Recognise improvement
Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that school may require.

9 Put the training wheels on to support learning
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

10 Build teaching and training into your day
Teaching and training needs to be part of the every day repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you a hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.
FAMILY FUN NIGHT
@ THE ZONE

Monday 21st March  5pm-7.30pm
(Laser Tag 5:30pm-7.30pm)

Bring the whole family. It's on 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.
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. BYO drinks.

Please return the slip & $10 below by Friday 11th March.

----------------------------------------

The Zone Family Fun Night

Family Name: ________________________________________

Adults: _________ Children: _________

I have included $10 payment per family