Well done to our Classroom and School Value award winners for this week.

CLASSROOM AWARD WINNERS
Matilda – For being very observant when we went to the gym and being able to add lots of ideas to our class list and dictate interesting sentences about the experience.
Charlotte – For working hard during Numeracy and using her skills to independently complete addition work.
Jordi – For showing excellent concentration during Numeracy sessions.
Thomas A – For his ability to think of ideas quickly and write with greater detail.

SCHOOL VALUES AWARD WINNERS
Emme – For being an excellent leader with her partner Hugh and leading us very safely to the park on our Gym excursion.
Brianne – For being thoughtful of her classmates and encouraging them with their work.
Meg – For striving hard to complete personal best work and encouraging others to do so too.
Adam – For organising his workspace to give himself the best opportunity to learn.

GOLDEN BRUSH
The winners of the Golden Brush last week were the Gr. 2/3/4’s. Well done!

HOUSE COMPETITION
The winners of the House Competition for the week were Campaspe – 4 rooms vs. 0.

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

INTERNATIONAL WOMEN’S DAY
Today our School Choir completed their first performance for 2016 as part of the International Women’s Day events at the Axedale Tavern. Despite some nervous butterflies and some shaky legs, they performed their two numbers really well – Miss Blume was very pleased. Congratulations to our Grade 6 girls Rachael, Laura and Emily who spoke very well to the gathered audience.

SCHOOL COUNCIL
After our recent nomination and election process, congratulation to nominees Kristen Harrison, Julie Liersch and Garry Van Wynen on their election to School Council.
I am pleased to announce the School Council for 2016 will comprise of:-
Parent Representatives – Neil Aurisch, Lara Bathurst, Sharon Hipwell, Kristen Harrison, Julie Liersch and Garry Van Wynen
Staff Representatives – Gaye Saunders, Steve Christensen & Corrina Hartland
Principal Rep – Lex Johnstone

Tuesday 22nd March will see the Annual General Meeting held at 6.30pm, followed by the first meeting of the 2016 School Council.

PARENT CAR PARKING
At the City of Greater Bendigo Ward Councillors Meeting last Monday, I was again able to raise the issue of parent parking on Raglan St. School Council has been in contact with COGB over recent years to provide increased and more formalised parking as well as possible sealing of the road surface.
While the sealing is some way off (minimum regular daily requirement for sealing consideration is 150 cars), Ward Councillors were happy to promote our cause for parking works once the school has submitted a preferred plan. Work will begin straight away on this plan.
Works on the corrugated road surface should be taking place before the holidays.

The following information was included in last week’s Newsletter. For those who missed it:-

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 you 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-Goornong 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.

DATE CHANGES
Over recent weeks, staff have reviewed a number of dates for some of the extra-curricular activities that we run. The following changes are made to best suit activity requirements, make the most of out of school opportunities, be most cost effective for parents and be as beneficial as possible for students.
• The Grade 1/2 Camp to the Axedale Rotary Camp will take now place in the second last week of Term Three. The Grade 3-6 Camp will follow in the last week of Term Three.
• The 2 day Grade 4/5/6 Bike Hike will now take place in early Term Two each year. The next Bike Hike will be in mid/late April 2017. This will provide a more suitable time weather wise, tap into summer fitness levels and not encroach on the school camp and the swimming program
• The swimming program has been moved from Term Three to Term Four to lead into the swimming season. It will now take place in the week November 7th -11th .
• From 2017, our Gym program will be on during the last 4/5 weeks of Term One. This will allow a more settled start to the academic year, will dodge the heat and will allow our new Prep students to attend all sessions.

RIDE2SCHOOL DAY
Many thanks to all the students, pre-schoolers and toddlers who joined us last Friday for National Ride2School Day. We had a great turn up of people, all enjoying the wonderful O’Keefe Rail Trail that runs through our town. Many thanks to Ricky, and parent helpers for preparing our yummy breakfast.
The idea of Ride2School Day is to encourage our students to walk or ride to school at every opportunity. It was great to hear two parents planning to meet with their children each Friday from now on to walk the trail to school.

CONNECTING WITH KIDS
An enjoyable and thought provoking session was conducted last Thursday night at school with the leaders from CatholicCare. As well as being a chance for parents to build friendships in the school community, it was a great chance to reflect on their own families and how they work together to best develop personal and social skills in their children.
Follow up sessions will take place later in the year. Everybody is welcome.

DRAGON MILE
The 30th Annual Bendigo Bank Dragon Mile is on again this year on Sunday 27th March (Easter Sunday). If students are interested in participating they can collect an entry form from Mr C. On the day, meet Mr C in Pall Mall at 10am ready for an 11am start. Grade Prep-4 complete the mini mile (800m) while Grade 5 & 6 complete the mile (1.6km).
BUILDINGS AND GROUNDS SUB-COMMITTEE
Following requests for interested parents to be on the Buildings and Grounds Committee, whose first task is to work on an overall grounds Master Plan, three people have indicated their interest.
Our first meeting will be held next Wednesday 16th March at 6.30pm.
Please contact Mr. J if you are keen to be involved.

CLEAN UP AUSTRALIA DAY
Students will be taking part in Clean up Australia Day tomorrow **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.

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.

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 15th March – Hannelie Schutte & Emma Carmody
Thursday 17th March – Marli Meerman & Casey Reid
Tuesday 22nd March – Melinda Pengelly & Emma Carmody
Thursday 24th March – Hannelie Schutte & Samantha Gilbertson

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

ROYAL CHILDREN’S HOSPITAL APPEAL
Attached to the newsletter is a donation envelope for the Royal Children’s Hospital Good Friday Appeal. Families who wish to make a donation are asked to return the envelope to school by Monday 21st March so our donation can be included as part of the Good Friday Appeal. Receipts are also available for your donation

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 were attached to the newsletter last week. 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 last week’s newsletter was 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.
- Other fundraising events through the year will include:
  * Footy Tipping Competition
  * Mother’s Day Stall
  * Hot Dog Lunches
  * Fruit Tree Drive
  * Christmas Raffle
  * Progressive Dinner
  * Father’s Day Stall
  * Golf Day
  * Photo Fundraiser
MICHAEL GROSS PARENTING RESOURCES
Our school is a member of Parenting Ideas. Visit www.parentingideas.com.au
This week’s attached article is “18 ways to raise a resilient child”

QUOTE OF THE WEEK
“You can’t soar like an eagle if you hang around with turkeys.”

Lex Johnstone
Principal

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

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

ZONE FAMILY NIGHT
Return form with numbers indicated by Friday 18th March.

EASTER RAFFLE TICKETS
Raffle books were attached to the newsletter last week. The raffle will be drawn on Thursday 24th March.

COMMUNITY
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
18 ways to raise a resilient child

Dr Justin Coulson

If you are like me, it is not the big holidays or major events that built your sense of worth and resilience. Instead, it was the consistent, small interactions that added layer upon layer upon layer to your feelings that you were valued for who you were.

Here is a list of 18 things you might be able to do, starting today, to help your children feel cared for and heard. There is one for each year that they are a child – although they apply to all years, from day one.

1. Stop saying “I’m busy”.
There is an old quote that “To a child, LOVE is spelled T-I-M-E.” If that is the case, I can’t help but wonder what “Hurry up” might mean to a child. Or “I’m too busy right now”.
When we are too busy for our children, or when we are rushing them, they suffer. They withdraw. They miss out on opportunities to connect with us. And when they are older, our relationship with them will suffer.

2. Turn off your smartphone.
There may be no greater sign that you care, and that you will listen, than to power down your phone – or at least go to flight mode – when your children want your attention. Studies show, definitively, that the mere presence of a phone detracts from the quality of our conversations. Put the phone away when you are talking.

3. Turn off screens.
Make certain parts of the day screen-free. No TV. No tablets. No phones. Just a focus on the people in front of you. That means no texting, reading, swiping or playing games. It means no beeps, pings, whistles or reminders. It’s just you and your kids, and conversation. Perhaps it might be at meal time. Maybe it could be while you travel. When you decide to do it is less important than making the decision.

4. Make eye contact.
When your children want to connect and communicate with you, pause what you are doing and look them in the eyes. Physically turn towards them and pay attention to them in a way that makes it clear to them you really are right there.

5. Listen.
Sometimes our children come to us with problems. When they do, put down your tools and listen! When they tell you about a friendship drama, a challenge on the netball team, a teacher making them feel rotten or another difficulty, ask them to tell you all about it. Listen carefully. When they are finished, ask, “What do you think you should do?” and listen again. Usually that’s enough. You don’t have to solve their problems. The answers are inside them.

6. Bed time is best.
I have written previously about how to make the last 10 minutes of the day a precious bonding time with your children. Try it. Our children need to go to sleep feeling secure, loved, and hopeful about the day to come.

7. Give hugs, and touch them.
In our home, we have a habit of always touching one another as we move past one another. It might be a squeeze on the arm, a stroke of the hair, a caress on the cheek, or an arm across the shoulder. The touch is an acknowledgement that you are passing a real person. It is a recognition that you have seen and noticed your child (or spouse). And it feels nice to be noticed. Plus, research shows it can boost wellbeing.
I also find that if a child is struggling, one of the best things we can do is hug them. In fact, the times our children deserve our hugs the least are the times they need them most.

8. Stay calm.
I once heard Steve Biddulph say that a parent’s main job is to stay calmer than their child. When we stay calm, our children learn to regulate their behaviour. They learn we are stable, secure, predictable and safe. They learn that they can come to us no matter what, and we will respond calmly and kindly.
9. One on one time is crucial.
I have six children (and one wife!) who all want time with me. Our children feel important, heard, and worthy when they have our undivided attention. Outings, walks and other forms of one-on-one time may be the most important way we can show our children we care about them and want to listen to them. These ‘dates’ can be crucial relationship builders, and we will see our relationships strengthen as we make them a priority.

10. Smile.
Let’s face it: most parents are so busy and so stressed that we do not smile as much as we might. But a smile says we can feel safe, and welcome. Our children need to see us smiling, especially at them.

11. Make time to do nothing.
When was the last time you simply sat in your lounge room with no agenda except to be there? Our children are most likely to talk to us when they feel conversation is welcome. If our schedule is packed so tightly we cannot even find time for a conversation with our children, we cannot make them feel cared for or listened to. Sometimes simply sitting and being available can be enough to help our children know we will listen.

12. Respond to challenging behaviour with maturity.
It is common to respond to our children’s challenging behaviour with anger. This will invariably leave a child feeling uncared for and unheard. Sometimes we ignore our children. This has similar results. When we remember that challenging behaviour comes from unmet needs, and we see that challenging behaviour as a chance to get close to our children and problem-solve with them, we build our relationships rather than tear them down. Remember that discipline means teach or instruct, not hurt or punish.

13. Leave love notes.
You might shoot your child a text or Facebook message. Perhaps you could drop a note into his or her lunch box or pop a quick letter under his pillow. Children love getting notes from mum or dad. They feel noticed, important, acknowledged, valued.

Our children feel unloved when we control them. They chafe and resist our stifling demands. While we do need to have rules and limits, our children will thrive, feeling heard and cared for, when we give them choices and allow them to decide for themselves wherever possible.

15. Get down on the floor with them and play.
Children love it when a parent lets the agenda go and flops down on the floor for some playtime. They flourish downtime with their parents where they can play, laugh and be together. Older children love wrestling too! But they respond just as well to those old-school games like Uno, Phase 10, or Skip-Bo. And they love it when we jump on the trampoline, have Nerf-gun wars or play handball or skipping.

16. Save their presents.
There is something precious and heart warming about going back through all of the handmade mothers or fathers day cards, birthday cards and Christmas cards our children give us. Show them that you treasure their thoughtfulness and kind gifts. My great-grandmother kept a pottery ‘thing’ I made on her shelf for over a decade until she passed away. I saw it every time I visited and marvelled that she kept it on display. I felt like she loved me because she loved the gift.

17. Tell them you love them.
They need to hear those three words often.

18. Show them you love them.
More than the words, they need to feel you love them. Show them as much as you can. They will grow up resilient, because they will grow up feeling cared for and listened to.
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 18th March.

The Zone Family Fun Night

Family Name: ____________________________________________________________

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