Thursday, 19th February 2015

KEY DATES:

FEBRUARY 2015
21 Outdoor Cinema “Lego Movie”
23 Information Evening - Years 1 & 2
24 Information Evening - Years 3 & 4
25 Whole School Athletics Day
Information Evening - Years 5 & 6

MARCH
1 Working Bee
2 Parent Teacher Interviews - Years 1 & 2
3 Parent Teacher Interviews - Years 5 & 6
4 Parent Teacher Interviews - Years 3 & 4
10 Curriculum Day - PUPIL FREE DAY
16 - 20 Year 6 Camp
24 Sushi day
26 School Photos
27 LAST DAY OF TERM 2.30PM FINISH

*** Save the Date ***
Friday 16th October - Fiesta and Fireworks

FROM THE PRINCIPAL

Today, Thursday 19th February, is Chinese New Year and, to help mark a vibrant community event, the Chinese Youth Society of Melbourne lion dance troupe visited us on Tuesday. Watching the beautiful lion come to life with the skilful gymnasts twisting, turning and leaping to the strong beat of the drum and cymbal accompaniment was enthralling. Many students felt the fur eyelashes brush their cheeks and Rosalie even had to catch an orange from the lion’s mouth! Happy Chinese New Year to all.

TERM 1  WEEK 4

Anyone making the trip into Chinatown in Melbourne this weekend will see the lion troupe in action as part of the celebrations.

Valuing Diversity is one of our school values. We are so lucky to live in a diverse community and these varied celebrations certainly highlight this beautifully. Our school leaders are doing a terrific job presenting our school values every week in assembly. Last week they explored ‘working together’ and this week, ‘valuing diversity’. Congratulations to the students who have received Principal Awards for demonstrating behaviours that reflect these values. Sometimes even the smallest good deed can make the biggest difference to someone else's day.

Speaking of valuing diversity from another perspective, it is fabulous to see so many students, and some parents, riding to school. Just a reminder that when on the school grounds you must get off your bike and walk it to the bike shed. Being able to ride and walk safely into school at the peak before and after school times is important so, bike riders, please walk those bikes to the bike shed. In addition, we are having trouble with some students crossing Holland Rd at places other than our school crossing. If your child enters OGPS from the Holland Rd side, please have a discussion with them about ALWAYS using the school crossing.

Last year, we introduced several play boxes for use by the students at lunchtimes. For some, the lunch time break is a long time and a toy in the hand can spark imaginative games and help develop new friendships. The toys were much loved and now need a top up. If you have any sturdy toys that you no longer need at home - things like matchbox cars, plastic tea sets, even small soft toys, plastic animals/dinosaurs etc - we would really appreciate making use of them here at school. A tub will be outside the office for any donations, and thank you to any families who donate.

School Philosophy

Orchard Grove Primary School is committed to providing a safe, nurturing environment that engages curiosity, promotes learning, personal growth and wellbeing for all students. We strive to develop adaptability and resilience so students can become valued members of the local and global communities and be prepared for future life experiences.

DEECD and Orchard Grove P.S. do not endorse the products or services of any private advertiser. No responsibility is accepted by DEECD for accuracy of information contained in advertisements or claims made by them.
This week, the Year 5 and 6 students have been on an excursion to the Melbourne Immigration Museum. They are currently studying Our Community and looking at migration to Australia over the years and how this has changed over time. The excursion was quite an adventure with students meeting at Blackburn Station and catching the train into town. It is wonderful to hear how beautifully behaved our children are when out and about. They are a real credit to us all.

Next week we have our information evenings. This is a wonderful opportunity to get a real understanding of what is happening for your child this year and how you can partner with us so that your child has an effective and engaging learning experience in 2015. Year 1 and 2 are on Monday night, Year 3 and 4 Tuesday and Year 5 and 6 on Wednesday. Feel free to bring your children along if you cannot find a babysitter. The following week we have Parent/Teacher ‘Get to Know You’ interviews and we have a new on-line booking system. Please read the instructions carefully and book in a time to meet with your child's teacher. These are very important opportunities to talk one on one with the teacher, and helps us immensely to meet your child’s needs here at school.

Don’t forget this Saturday we have the marvellous movie event here at school. The movie we are showing at our outside cinema is ‘The Lego Movie.’ It will be a great night so, if you haven’t got tickets yet, get your friends and family together and join our community for a night of fun and support the school at the same time.

As you would be aware it is incredibly popular these days to keep chooks at home. We now have our own chooks here at school and it certainly is a wonderful experience for the children and the eggs are great, too. We have a friend of the school who needs to downsize his flock. He has 20 or so beautiful young chooks around 14 to 17 weeks old, for which he needs to find homes. They will start laying around 22 weeks. Some of these birds are the common Isa Browns, that we are all familiar with and others are more speciality chooks such as a Wyandotte Golden Lace hens (quite beautiful). He is willing to sell them for only $10 when some of these birds are worth up to $50. They have all been hand raised and need to go to families, as they are quite tame. If you are interested, please give Margaret your name and contact phone number and let her know how many you would like.

Finally, don’t forget our Athletics Day next Wednesday 25th February at Bill Sewart Oval. It is always a terrific day and the children would love it if you could come and cheer them on. That’s all from me for this week.

Have a wonderful weekend with the family.
Talk next week.

**Glenda Harry**
Principal

**PAYMENTS DUE AT THE OFFICE**

- Year 6 Camp -
  full payment $406.00 due Wednesday 25th February OR 2nd instalment $100.00 due Wednesday 25th February
- Whole School Athletics Day - $7.00 - due 20th February

**JUNIOR CHOIR 2015**

Junior Choir will be starting again next MONDAY, 23rd FEBRUARY AT 1.35pm (middle bell) IN THE WICKING CENTRE.
Mrs Fellowes would love to see old members and new from GRADES 1 and 2 for some fun singing.

**PRINCIPAL AWARDS**

Oscar, Caitlin - 1DW
Aleisha - 1KC
Rohan - 1LC
Jason - 2CM
Setia - 2KE
Sam - 2KM
Esme - 1/2M
Zoe - 3DW
Alex - 3KM
Remy - 3TK
Victoria - 4CM
Aidan - 4GH
Jade - 4MA
Eric - 5/6B
Serene - 5/6M
Emilie - 5/6T
Caelan - 5/6W

**PARENTS’ CLUB**

**Movie Night - The Lego Movie - Saturday 21st February**
Tickets are still available and can be purchased on the night. On the night please enter from the Orchard Grove gate or the bottom carpark. There will be fences around the area. Tickets will come home this week.

**Metal 2 Metal School Challenge**

We will be holding this fundraiser again between 11th - 25th March. More information to follow next week.

**Next meeting** - Wednesday 11th March 2015 at 2.45pm in the staffroom.

Bronwyn McLroy
Coordinator

**NEWSLETTER ROSTER**

**Thursday, 26th February**
Kim Williams
Karin Martin

**SICK BAY ROSTER**

**Friday, 20th February**
Cathy Kimbel - 3KT

**UNIFORM SHOP**

All out of stock items have been ordered and should be delivered next week.

**SPANISH CORNER**

Hola to everyone!
The Spanish program is in full swing and the Grade Ones and Twos have been having fun practising their colours. There is access to the websites we have used at home for free and they’ve asked for the details. Maybe you can have a go yourself too:
http://www.spanishspanish.com/colors/colors_beetles.html
http://www.spanishspanish.com/colors/colors_simon.html
and everyone´s favourite video on Rockalingua:
http://rockalingua.com/videos/colors-and-numbers

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Hi Everyone,

Last week was our welcoming the preps week! They have all settled in well and the staff are all enjoying the new company. This week we are working towards decorating the room. We have our bright carpet, so we need to have bright decorations. During outside play at OSHClub all children are required to bring a spare hat during terms 1 & 4.

Happy Chinese New Year to everyone this week.

We ask of all families to please donate any recycling materials including, but not limited to: boxes; shoe, tissue, books, games, clothes for dress ups, cushions, blankets. If you have any questions, please do not hesitate to call the program on 0438 565 727. Calls will be answered/returned between 7-9am and 3-6pm.

Also, please remember to book your children into the program online to avoid the casual fee surcharge and assist the program to be appropriately staffed to comply with regulations. Be sure to book in early.

Have a great week,
OSHClub Team

PERSONAL GOODS BROUGHT TO SCHOOL

Personal property is often brought to school by students, staff, and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school grounds. DEECD does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

STUDENT ACCIDENT INSURANCE

Just a reminder that parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs. Reasonably low cost accident insurance policies are available from commercial insurers.

We are currently in the process of re-printing our newsletter paper. If you are interested in permanent advertising on the back page of the school newsletter please contact Natalie Simpson on the number below.

1800 245 077
sales@austnews.com.au

Proud sponsor of RUBY Orchard Grove’s School dog

WHITEHORSE MUSTANGS

Under 9s to Under 19s
JUNIOR BASKETBALL

Join the Mustangs!
WINTER SEASON COMMENCES TERM 2

FUN FAMILY FRIENDLY BASKETBALL

HOME COURTS: Box Hill High School and Orchard Grove Primary School
TRAINING COURTS: Surrey Hills Primary School and Orchard Grove Primary School

EMAIL & REGISTRATION FORMS: admin@whitehorsebasketball.org.au
ENQUIRIES: Kirsten Holness, 0422 890 634

GIRLS AND BOYS WELCOME!
Make a team with your friends...or make new friends
BELLBIRD PRIVATE HOSPITAL IS SEEKING EXPRESSIONS OF INTEREST FOR
Registered Nurses & Enrolled Nurses

Bellbird Private Hospital is a 44 bed health care facility offering medical and surgical services, located in the heart of Blackburn. We have two operating theatres. Bellbird Private Hospital is rapidly changing with the introduction of new and expanded services including Plastic Surgery, General Surgery, Oral Surgery, General Medicine, Orthopaedics and Endoscopy.

More staff are required due to growth in our services. We are seeking a suitably qualified staff member to join our friendly and dynamic team.

We have both casual and permanent part-time shifts available.

Essential Criteria:

- Registered Nurse or Enrolled Nurse with current AHPRA registration
- Excellent communication, team-work and interpersonal skills
- A commitment to high standards of clinical and customer care
- Enthusiastic and innovative approach to care
- A wide range of surgical clinical expertise in caring for patients with medical conditions
- Excellent ability to plan and prioritise work
- Excellent verbal and written communication skills and ability to communicate with a multidisciplinary team.

Please direct enquiries and applications to:

Susan Nucan
Nurse Unit Manager
Bellbird Private Hospital
150 Canterbury Road
Blackburn Vic 3130
Ph: 03 9845 2323
Email: susan.mecnari@healthscope.com.au

Closing date: Friday, 6th March 2015

Step by Step Psychology is a psychology practice located in Forest Hill* committed to improving the quality of life of young people and their families.

Step by Step Psychology offer:

- counselling services for young people and their families for a range of concerns
- group programs for primary school students to address resilience, mindfulness and coping skills
- assessment services including cognitive assessments and adaptive behaviour assessments which can be used in applications for school funding

Medicare or Private Health Insurance rebates may apply for some services.

Please see how website for more information or contact us to see how we can help your family.

*soon to be located at Springfield Rd, Blackburn

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GIVE YOUR CHILD THE BEST START IN 2015

Our Karate Program can help your kids achieve amazing things at school and at home. Karate gives children skills for life

Karate helps your child reach their potential with:

- Good attitude
- Better focus
- Unlimited confidence
- Awesome Discipline
- Increased physical activity
- Personal Safety Skills

There’s a reason more state and national champions come from Unsu Kai Karate than any other school. Accept nothing less than the best for your child.

Beginners classes starting now!

Reserve your place today
0450 799 702 or
www.firstclasskarate.com
Why slop on sunscreen?

- A wide brimmed hat can protect from the sun’s direct UV but UV can also be scattered and reflected so even with a hat, UV can still reach the face.
- Sunscreen helps protect the face and areas of skin not covered by clothing. If you can see skin, UV can reach it.
- The arms, legs, head and neck are common sites for skin cancer.
- Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term.
- Sunscreen use is also protective against skin damage, sun spots, discolouration and wrinkles.

Sunscreen tips

- Always use sunscreen with other sun protection measures – don’t just rely on sunscreen alone.
- Try a pump pack or roll on (they are usually easier to use).
- Check the use by date.
- Have a mirror so children can see what they are doing.
- Appoint sunscreen buddies so children can help each other.
- Apply sunscreen to all parts of skin not covered by clothing.
- Whenever possible, try to apply 20 minutes before going outside.
- Reapply sunscreen every TWO hours even if the stated level of water resistance is 4 hours.
- Store sunscreen in a cool place.
- Add sunscreen to the school booklet.

Blackburn Newhope Football Club welcomes new players to season 2015

Details

- Catering from beginner to experienced players, every player gets equal playing time in a fun and encouraging environment.
- We have 19 mixed teams in ages from 7 through to 17
- We play in the Victorian Churches Football (Soccer) Association
- Training is once a week on either Tuesday, Wednesday or Thursday’s
- Games on Saturday mornings, with home and away format. First game starts on April 18th.
- Our ground is Mirrabooka Reserve, off Holland Rd, Blackburn South
- Come and see us on our Registration Day on Sunday 22nd February from 2-4pm at our grounds
- Early Bird Discount till 21st Feb and very reasonable fees.
- For more information check our website or call
Rob van der End, president, mobile 0412 581 122 or email president@blackburnnewhopesoccer.com.au

Parenting through Tough Times

Are your children struggling with change and stress? Is your family facing challenges like moving house, relationship changes, new school, illness, losing a job...or whatever is happening for you?

Is coping with parenting extra hard at the moment?

Would you like a chance to talk with other parents in similar situations?

You are invited to a two-session program to:

- Get more understanding about how change and stress affects both parents and kids
- Talk about why your kids’ behaviour is so challenging at the moment...and ideas about what you can do to help them settle and cope better
- Build your strength and family resilience
- Take some time out explore ideas to gain support and meet your own needs

WHO FOR: Parents & carers of children aged 0-13 years
WHERE: Anglicare, 7-11 Shipley Street Box Hill
WHEN: 1.00pm-3.00pm Wednesdays 11th & 25th March 2015
CONTACT: Gill: 0458 002 536, Kim: 9735 6146
COST: Free – Booking essential

To register or for more information go to www.blackburnnewhopefc.com.au
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘parents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy
The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2

Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.


parentingideas.com.au

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