Students are supervised between the hours of 8.50 am and 3.45 pm

Principles report
What a great school, we have here at Nyora Primary School. It has been a real pleasure to watch our students come to school, happy to learn and take advantage of our great learning environment. In the playground they have been happily playing together, with the sandpit being a hive of activity this week.

At Assembly on Monday, our Grade 6 leadership team was announced and presented with their awards by John Murray. Congratulations go to Mia, School Captain and Nathan and Sheridan, School Leaders.

Lunchtimes have become exciting with our new school leaders, having practice sessions for the end of term sports. What a great start to their leadership roles.

It was great to see so many parents come to our Getting to Know You Interviews. This exchange of information is extremely valuable. Thankyou to staff for giving up their time to make this possible.

Karen Farbus ~ Principal

Preps start full time
Our preps start full time the week beginning Monday 27th February.

Parent payments for essential items
Parent payments are now due, you can make payment via Credit card, cash or cheque. Payments plans are also available please see Karen or Kerry in the office.

Cadbury Chocolate drive
Our Chocolate drive is now under way, boxes have been sent home, we appreciate your help with our fundraising efforts. More boxes are available in the office if needed!

Nyora clean up schools day
On Friday the 3rd March we will be holding Nyora PS Clean up Nyora day. Please bring along a pair of gloves we are starting the cleanup at 2.30pm, Volunteers welcome!

Dress up for relay for life
On Friday the 3rd March children can wear Yellow, Purple or White on the day for a gold coin donation for relay for life. Money raised will be split between relay for life and a South Gippsland family whose son is fighting brain cancer.

Easter Raffle Donations
It is that time of year again Easter raffle donations are needed for our raffle hampers please leave in the basket located in the office. Raffle tickets will go home at the start of March.

School sports day
Children are in full swing with training for our upcoming and coming sports day which is to be held at Nyora recreation reserve on Thursday 30th March. We will be also be needing volunteers for the canteen on this day.
Uniforms
Nyora has a compulsory school uniform policy. Our students wear a gold or navy polo shirt, navy shorts or track pants (no leggings), a royal blue windcheater, and broad-brimmed navy blue hat. Girls may wear a blue and white check school dress. All items are available for sale at the office.

Hats
Nyora Primary has a Sun smart policy and all students must wear a broad-brimmed hat when involved in outdoor activities or playing during break times. These are part of our uniform and are available at the office for $10.00.

Swimming
Nyora Primary School Swimming program is held in term 4.

Monthly Calendar
Each month a new calendar will be sent home with all the important dates and activities that are happening at Nyora Primary School. While we try to include all upcoming events, at times some events are offered at late notice. I will send out information and dates if this occurs, can you please add these to your calendar.

Camps and Excursions Fund
A number of our families are eligible to receive the state government’s Camps and Excursions fund (CSEF). Monies that have were not expended in 2016 have been carried forward for use by your child/children in 2017. New applications can be made at the office now and must be made by 3rd March 2017. Information on eligibility and how to apply are attached to this newsletter.

Personal Accident Insurance
Parents are reminded that the Department of Education and Training does not carry personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students including transport costs. Student accident insurance cover is available from some insurers and if parents wish to cover out of pocket expenses not covered by Medicare or private health cover they should source this privately. Ambulance membership/cover is also readily available.
In the unlikely event of a serious injury we will make every attempt to make contact with parents, but we will call for an ambulance if we judge it to be necessary even if we have been unable to contact parents.

Lunch Orders
Lunch orders are available at Nyora Primary on Fridays. These are prepared by the Nyora General Store menus have been sent home, If you need another Price list they are available from the office.

The Nyora general store is following government guidelines to promote healthy eating. To support the store in following these guidelines, please order what is on the lunch order list, so that your child/children are not disappointed.

Playgroup
Nyora Primary Play Group meet on Wednesdays from 9.00 to 11.00 at the school. It is a great way for kids to play with new friends and mums to meet for a chat. All are welcome.

Community catch-up
On Friday mornings 9am - 11am Nyora Primary School will be holding a Community Catch-up. The morning will be held in the playgroup room. The morning will give all members of our community a chance to come together and have a coffee and a chat.

A BIG Thank-you
Thankyou to Jessie Murray for her donation of the boxes, it was greatly appreciated.

Tiqbiz
If you haven’t got the Tiqbiz app on you smartphone yet, it is available at the App store or Playstore.

Thankyou to Jessie Murray for her donation of the boxes, it was greatly appreciated.
A word from Jen Agesa ~ Nyora Primary School Chaplain

Top Tips for Parents on Building your Child’s Self-Esteem

Give children choices
By giving your child the ability to make reasonable choices will empower them to develop confidence with their growing abilities. Start small like allowing them to choose to make their breakfast cereal or choose what they would like in their sandwich. These small choices can then develop into the bigger more difficult decisions they will need to make in future. Trust that you as a parent have done a great job in teaching them right from wrong and allow them to make mistakes along their journey as we all have, which will teach them better next time.

Don’t do everything for your child
Be patient and allow your child to work things out for themselves. Choose age appropriate activities and demonstrate how to do various activities, when ready allow them to do things for themselves. For example, teach your child how to make a sandwich and then let her try it on her own, without your hovering or intervening. A great example is also setting the table, folding laundry and as they get older helping you make dinner. This is also a great opportunity to bond together with your child and spend some quality time getting to know what your child is thinking and how their mind is developing. It’s important for our children to learn how to overcome disappointment. This will grow resilience and competence in their abilities.

Let them know that no one is perfect
The way you react to your child’s errors will determine how they believe they need to behave. Explain that you are not expecting perfection that we all make mistakes but to give their best. Children will model their behavior and language from those around them. As parents it’s important to be willing to say ‘I’m sorry’ and work together to do better next time. No one succeeds at everything all the time. There will be setbacks and failures, criticism and pain. Use these hurdles as learning experiences rather than dwelling on the events as failures or disappointments. The old adage, “Try, try, try again,” has merit, especially in teaching kids not to give up. Having said that, it’s also important to validate your child’s feelings rather than saying, “Oh, just cheer up,” or, “You shouldn’t feel so bad.” Acknowledge and empathize with what they are feeling. This helps children learn to trust their feelings and feel comfortable sharing them. Children will learn that setbacks are a normal part of life and can be managed. If your child does poorly on a test, don’t smother him with pity or tell him that he’ll never be a good reader. Instead, talk about what steps he can take to do better next time. When he does succeed, he will take pride in his accomplishment.

Be mindful of our words.
Affirmation and praise are vital in developing a healthy self-esteem. However be accurate in how you praise them by offering statements like “wow, I really like the detail in your work like daddy’s beard” rather than “wow, that’s great, you are the best artist in the world.” Our words ‘make’ or ‘break’ a child. It’s words and experiences that develop a child’s self-concept and identity. Model self-love and positive self-talk. You must love yourself before you can teach your child to love him or herself. You can model this behavior by rewarding and praising yourself when you do well. Whether you run a marathon, get a promotion at work or throw a successful dinner party, celebrate your successes with your children. Talk about the skills, talents and efforts needed for you to achieve those accomplishments. In the same conversation, you can remind your child of the skills he or she possesses and how they can be developed and used. Don’t draw comparisons between children. Appreciate your child’s individuality and unique talents. By comparing your child with other siblings or friends will only make your child feel unacceptable for who they are. Be careful to consider whether the words we choose as parents will be “helpful” or “harmful”.

Set rules and be consistent.
Children are more confident when they know who is in charge and what to expect. Even if your child thinks your rules are too strict, she will have confidence in what she can and can’t do when you set rules and enforce them consistently. Every household will have different rules, and they will change over time based on your child’s age. Whatever your household rules, be clear on what is important in your family. Learning and following rules gives children a sense of security and confidence. As children get older they may have more input on rules and responsibilities. But, it’s important to remember that you are the parent—not a best friend. Someday when your child is feeling peer pressure, he or she may appreciate having the foundation and confidence to make a right choice.

www.dove.com/self-esteem
www.workingmother.com
www.raisingchildren.net.au
<table>
<thead>
<tr>
<th>Partner</th>
<th>Support Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>IGA</td>
<td>Supports the school throughout the year, by supplying breakfasts for different activities and fruit for our Fresh Fruit Wednesday Fruit Platter Program.</td>
</tr>
<tr>
<td>Lang Lang Community Bank</td>
<td>Providing funding for multiple projects through the annual Community Grants Program</td>
</tr>
</tbody>
</table>
Station Street Veterinary Clinic
72-74 Station Street Koo Wee Rup
Ph: 03 5997 2222
Veterinary care for all animals, large and small.

PRIVATE PIANO TUITION
Children and Adults
Beginner to advanced
Music for study or leisure
AMEB, ANZCA, and VCE MUSIC PERFORMANCE SYLLABUS
Lessons available before and after school hours
Christine Christensen
(DipMusT) Member V.M.T.A
Telephone 5659 4282
Mob: 0419 569 431
Email: christensenc@bigpond.com

Bass Glass
www.bassglass.com.au

Place Your Ad Here
Reasonable Yearly Rates
Contact Principal
Karen Farbus
5659 6240

Inner Psych Solutions
ABN: 636 2870 2706
PO Box 228,
Tooradin, VIC, 3980
Fax: (03) 5997 5919

Local Bulk-billed counselling services in Poowong
Nikole Charlton provides ongoing counselling to people needing support at the Maternal and Child Health Centre in Poowong. Services can be accessed by anyone living in the local and surrounding communities, children, adolescents and adults.

Issues we can help with include: Depression, Anxiety, Bereavement, Family Conflicts, Relationship problems, Phobias, Panic Disorders, Life crisis, Psychosis, Sleep Problems, Post-traumatic stress, Adjustment issues.

Sessions are fully bulk billed with no out of pocket costs to you.
To access this support simply visit your local GP and ask for a Mental Health Care Plan. Once this is written contact Nikole on 0419 699 965 to make an appointment.