Dear Parents/Guardians,

Thank you to the parents who come each week and support our students at the student led assemblies. Our student leaders are continuing to learn about presenting and as you can imagine it can be quite a nervous experience.

The gym program has been running very well with the children very keen to try their best and improve on their gym skills. We have three more weeks after this week and on the last week parents are invited to watch their child’s session. Details of the class times will be given in future newsletters.

Welcome back to Jan Brunswick 5/6B from long service leave and thanks to Gary Larvas for covering Jan’s absence so professionally.

Our class blogs are being added to each week so please take time to check our blogs and we’d love to see some parent comments.

Thank you,
Jenny Ashby
Acting Principal

SIGNING STUDENTS IN AND OUT
A reminder that if you are picking up your child early to sign them out at the Office before heading to the classroom. The “sign out” form then needs to be handed to the teacher. The same procedure is relevant when signing your child in to school if they are late etc.

CHANGED YOUR PHONE NUMBER??
CHANGED YOUR EMERGENCY CONTACTS??
CHANGED YOUR ADDRESS??
Please let the Office know.

Junior School Council Notice:
RUBIX CUBE COLOUR DAY: TOMORROW
This Friday August 2nd 2013 the Junior School Councilors will be holding a Rubik cube colour day. This is where you can wear colours on a Rubik cube. You are required to bring a gold coin donation. You can wear orange, red, white, blue, brown, yellow and green. If you don’t want to participate in this fun day you can just wear your school uniform.
You will need to be organised for this day up ahead.

OPEN MIC SESSION:
Next Wednesday the Junior School Councilors will be holding another Open Mic Session August 7th 2013. The last session was brilliant and we had loads of people sign up. We now have 6 performers left in Open Mic because they missed out last time. So if you want to watch this session next Wednesday it will be in the middle of lunch. Thank you.
From the Junior School Councilors Lach H and Skye W.

(The Junior School Council are hoping to raise money to purchase small mobile basketball rings suitable for the Junior grades.)

You Can Do It!! Awards

This week’s focus was on ORGANISATION....

Congratulations to

Jesse W, Jorja S, Lily, Isabelle, Savannah, Skye, Paula, Acacia, Reece, Caleb, Harry, Georgina H, Caleb T, Layla, Jarrod, Oliver and Seeton

Next week’s YCDI Focus will be PERSISTENCE
DATES TO REMEMBER:
Mondays  Active After-School Communities Gr 3-6 start 3.30-4.45pm
Tuesdays  Student Banking
Wednesdays  Active After-School Communities Gr P-2 start 3.30-4.45pm
Fridays  Subway lunch orders (Must be in before 9am on Friday)

TERM 3

WEEK 3
Friday 2nd Aug

THIS WEEK  July 29th—August 2nd
Rubies Cube Day—Gold coin donation

WEEK 4
August 5th—August 9th
Wed 7th August  Open Mic session in MPR at lunchtime
Wed 7th August  Techtime for parents 3pm in MPR

WEEK 5
August 12th—August 16th
Mon 12th August  Fundraising Meeting @ 9.30am
Wed 14th August  Senior Excursion to Swan Hill Pioneer Settlement
Friday 16th August  Grade 5/6—Talk from Chiropractor @ 2.30

WEEK 6
August 19th—August 23rd
Mon 19th August  School Council Meeting
Wed 21st August  Techtime for parents 3pm in MPR
Thurs 22nd August  Last Gym Session
Friday 23rd August  Zone Golf

WEEK 7
August 26th—August 30th
Thurs 15th August  Soup Day (BYO cup and bread)
Friday 30th August  Fathers Day Stall

WEEK 8
September 2nd—September 6th
Wed 4th September  Techtime for parents 3pm in MPR

WEEK 9
September 9th—September 13th
Wed 11th September  Upper School Athletics (Grade 4-6)

WEEK 10
September 16th—September 20th
Mon 16th September  School Council Meeting
Friday 20th Sept  Footy/Pie Day

TERM 4

7TH OCTOBER-20TH DECEMBER
Mon 21st October  School Council Meeting
Wed 30th October  BENDIGO CUP
Thurs 7th November  Prep Orientation Program 9.15am-12pm
Friday 8th November  Junior Excursion to ScienceWorks, Melbourne ($25)
Thurs 14th November  Prep Orientation Program 9.15am-12pm
Mon 18th November  School Council Meeting
November 11th-15th  Swimming program (5 sessions—4 grades)
Mon 18th November  Prep Orientation Program 12pm-3pm
November 18th—22nd  Swimming program (5 sessions—4 grades)
Mon 25th November  Prep Orientation Program 12pm-3pm
Tues 3rd December  Orientation Day
Mon 16th December  School Council Meeting

PAYMENT OF FEES
Half the school year has already gone and we all know how expensive the end of the year can be!
It is possible to make regular part payments in order to finalise your account...before the end of the year creeps up on us.

To deposit directly into school’s account
BSB: 633000  Account No: 107661738
Account Name: Epsom Primary School
Please use child’s surname as your reference.
ACTIVE AFTER SCHOOL CARE COMMUNITIES
Our AASC program has begun. Children will participate in the sport of *basketball* for term 3.
Monday sessions will be for the 3-6 students and Wednesday sessions for student in P-2. Sessions times for both nights are 3:30pm to 4:45pm
Permission forms are available from the office or Mr Saddlier.

GARDENING FAMILIES
Thank you to our families who tidy up the school grounds. This duty doesn’t have to be done on weekends, any day after school or even while you’re waiting to pick up your children is ok. There’s always something to pick up or sweep. It doesn’t take much.
This week keys will be going home to the Guy, Hair and Halfpenny families.

FUNDRAISING MEETING
The next meeting will be held on **Monday August 12th straight after Assembly**. The meeting is being held to discuss the Fathers Day stall, Soup day and the very popular Footy Day (held on the last day of term). There will be a raffle held for Fathers Day with some fantastic prizes to be won.

New faces are needed and very welcome! Please consider helping out with fundraising for your child’s school.

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**WOOD FOR SALE**

*$80 FOR A 6X4 TRAILER LOAD.*

**PLEASE SEE DEANNE IN THE OFFICE IF YOU WOULD LIKE TO PURCHASE SOME WOOD**

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**PARENT TECH TIME**
Parent tech time is on next Wednesday at 3pm. Our focus next week will be iPads and iPhones. So bring yours and let’s have an Appy time.
Please fill in the attached form with your ideas for future learning in techtime and return it to the office.

*Your sincerely*
*Jenny Ashby ICT specialist*

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**Techtime for Parents**

Name........................................... (not comp)

I would like to learn.................................................................

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in techtime for parents.

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**EMA**
Parents and guardians may be eligible for the EMA if they have a valid Centrelink Health Care Card or Pensioner Concession Card.
If you lodged an EMA application at the beginning of the year you do not need to lodge another EMA application to receive the second instalment EMA payment.
Parents/guardians whose children have transferred to this school since 28 February 2013 will need to submit a new EMA application form. Applications close on **2 August 2013**. Contact school office for an application form and further information. No late applications will be accepted.

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**NETBALL REPORT from the Coach**
Surprisingly the weather was good to us for most of the day. The Epsom mixed netball team did a tremendous job and should give themselves a pat on the back. The team had so much versatility and showed strong passages of play throughout the day. After an 8-0 loss, the Epsom team then went on to win 11-1 in their next game showing incredible resilience and perseverance. Thank you to all players who attended the day as well our helper Saffron who did a great job with the scoring. I’d also like to thank the parents who came along to support the team as well as Sue who helped the day run very smoothly. Well Done Epsom!!
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:
1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.