Dear Parents and Friends,

Curriculum day next week.

Next Tuesday we have a curriculum day and Emily, Siobhan, Angelica, Rainer and I will be at the Bastow Institute of Educational Leadership in North Melbourne learning more about creating a culture of high performance learning. We will back there on the Wednesday too but school will be on for our students. We have booked relief teachers who are familiar with our school and Alison Kitching will be in charge that day.

All our curriculum days this year will see us at the Bastow Institute to attend the ‘Creating a high performance learning culture’ course. We are very excited about attending the course and the positive impact our learning will have on our school.

Hot days!

We are certainly enjoying (!) plenty of hot, sunny weather this year. We always make sure our students can keep cool by-

* having the air conditioning on in the Library at lunchtimes so students can come in and read or draw quietly.
* putting out the water play equipment so they can ‘puddle’ about.
* providing icy poles for after lunch treats, and sometimes our lovely parents turn up with icy poles for our students too– Thanks Belinda!

We are lucky that our classroom building stays reasonably cool most days and if not, we have air conditioned rooms we can take our grades to if we need to.

School and House Captains.

I am very pleased to announce the following students have been appointed to student leadership positions this year-

Elizabeth and Jack T are our School Captains.
Frankie and Shaylee are our Hollows House Captains.
Tahlia and Maddie are our Chisholm House Captains.
Isabel and Conor are our Freeman House Captains.

Junior School Council members will be announced at tomorrow’s assembly.

School Council elections.

Thank you to the parents who expressed an interest in being on our school council.

Our new school council consists of-

Kate Kuyateh, Roger Dunn, Josh Ellis, Kirsty Doyle, Kate Graham, Belinda Budd, Lachlan Elliott, Mark James, Chris Bromley and Angelica Davies.

A very big thank you to our retiring members– Sharon Turvey, Olivia Coutts and Kate Gamble, for your commitment to our school, your energy and enthusiasm.

Warm regards,
Carolyn Tavener.
Outside of School Hours Care (OSHC)

Our OSHC children have such great ideas about what we can have for our after school snack and activities they would like to do. Fruit salad has been a request for next week and they love to be involved in making their after school snack so zucchini slice and toasted sangas here we come!

Here is our program for next week:

- **Monday**– Fruit salad. Card making & card games.
- **Tuesday**– Zucchini slice. Cooking the zucchini slice, card making & board games.
- **Wednesday**– Toasted sandwiches. Making our sandwiches, card making & construction.
- **Thursday**– Seaweed biscuits & dip. Card making & drawing.
- **Friday**– Raisin bread. Card making & free choice. Games outside.

Don’t forget, for your child to attend OSHC they must have a 2016 enrolment form completed and handed in to the office. Children can be booked in by 11am each day or you can make a permanent booking for a particular day of the week.

From Claire.

Parents Club.

Easter Raffle. It’s time to send along your donations for our Easter raffle. Donations can be left at the office and we will draw the raffle on the last day of term, Thursday 24th.

Parents Night Out. A sign up sheet is at the front of the school for parents who would like to come out for dinner at the pub on Wednesday 23rd March. Our wonderful teachers have offered to do the child minding so we can all have a meal together. You will be paying for your own meals but the child minding is free! Make sure you add your name if you are coming along so we know how many people to book for.

Don’t forget our first fresh produce market coming up on Friday 18th March. Home baked goodies and home grown goodies will be on sale. All donations welcome!

From Katie and Marg.

STUDENT ACHIEVEMENT AWARDS

Congratulations to the following students for striving to be the best they can be.

You Can Do It Award–

- **Sylvie** for speaking with confidence and fluency when presenting her poem to the class.
- **Bella** for using her persistence key and working hard to improve her reading.

Absent: **Bella**

Don’t forget that Tuesday 8th March is a curriculum day and no students will be at school. All staff will be attending a professional learning day at the Bastow institute in Melbourne. Our OSHC service will not be operating on this day.
On Wednesday we worked as a whole school on a range of maths investigations based on the book “Clancy, Millie and the very fine house.” Some of the investigations involved surveying other students to find out what their houses were made of (most of us live in homes made of brick and timber), identifying the shapes used in Clancy’s home and designing a home using those shapes, building streetscapes, making a box from paper and using the boxes to make a tower then measuring the tower. Our students could choose who they wanted to work with. There was lots of fun and great maths conversations too.
LEARNING, SHARING, GROWING TOGETHER

CFA Fire Safe Kids visit.
Lunchbox Winners!

Potato and Zucchini mini pancakes.

Ingredients:
- 650g (approx. 2 large) potatoes suitable for mashing.
- 1/2 brown onion, chopped
- 1 lightly beaten egg
- 400g zucchini
- 1/4 cup chopped leek
- 1 cup wholemeal flour
- Olive oil spray

Method:
1. Grate the vegetables then mix well.
2. Add the egg and beat for a further 30 seconds.
3. Sift the flour in to the mixture of vegetables and egg. Fold the flour in and season with pepper.
4. Heat a fry pan on medium heat and spray with olive oil spray.
5. Spoon 1 tablespoon of mixture into the fry pan. Flatten with the back of the spoon and cook each side until golden.
6. Eat!!

Preparation time: 15 mins
Cooking time: 20 mins
Serves: 50

► Make your child’s favourite sandwich then on top add two slices of cucumber and 2 blueberries for eyes, a crust of bread for the mouth, a halved cucumber slice for feet then lettuce around the bottom of the frog for a lily pad.

From the Office.
- We need complete immunisation certificates for all our students. If you received a letter last week about this it means we don’t have the information we need. Please ensure we have it asap.
- Please ensure we have your updated contact details that includes mobile phone number, work phone number and address of you have moved.

School banking details-
Bank Australia
BSB – 313 140
Acc. No. 12074523
Reference – your surname

Student Absences.
Please remember if your child is absent from school, you must inform the school the reason for their absence. You can send a note, tell their teacher, contact the school or send us a message via http://goo.gl/i0dKij

Some sandwich filing ideas-

☺ Grated carrot, cream cheese and sultanas
☺ Lettuce, tuna and mayo
☺ Chicken, celery and mayo.
☺ Froggy sandwiches! (See below)
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.


Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” Strategy: containing thinking Good for: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.


When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help Good for: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope Good for: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing Good for: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.


If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world” Strategy: maintaining perspective Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about …” Strategy: flexible thinking Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?” Strategy: taking action Good for: kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dialogue, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what’s been called the Parenting Event of the year at parentingideas.com.au
Taradale Mineral Springs Festival

Sunday 13 March 2016 10am – 4pm
Taradale Mineral Springs Reserve

- Handcrafted local wines
- Specialty foods, oils and multicultural delights
- Music & dance including flamenco, rock & folk music
- Historical displays & Devonshire teas
- Vintage and classic cars
- Art Exhibition - Sat & Sun 10am - 4pm
- Jumping castle & giant slide

Free Parking
$5 entry - children under 15yr free
BYO picnic basket & blanket

Art Exhibition Opening Friday 11th March 7-9pm

GISBORNE SECONDARY COLLEGE

INFO NIGHT
WED 4 MAY

Our Open Night this year will be run as an Information Evening for new and prospective families.

As more and more parents join us on our Weekly Tours, we feel that this is the best way for families to see and experience the college in action.

COLLEGE TOURS
EVERY WED. 9.15AM

Dromkeen LITERARY FESTIVAL
SATURDAY 19 MARCH 2016

It's Back - a Festival celebrating Children's Writing and Storytelling at beautiful Dromkeen Homestead & Gardens.

Come along and meet authors & illustrators; hear them read their stories; have fun with book & story activities; listen to panels discussing writing, literacy, and learning; join in creative workshops - all in picnic settings.

Meet the Authors & Illustrators.
Fun & Activities in the Gardens.
Book Readings and Panel Sessions

For tickets or further information visit: www.dromkeen.com.au/litfest
COMMUNITY NEWS

Bug-A-Lugs Holiday Program
29th March - 8th April

*Little Comedians Workshop*  *Dino Diggers*  *Minute to Win It*
*Magic Show & Workshop*  *Sovereign Hill*
and much more!

Qualified staff and government rebates available
Call Bug-A-Lugs 5422-2767 or www.bug-a-lugs.com.au for more information

CELEBRATE

EASTER EVE

Program
* Choir of Angels
* Harpers Bizarre  *harpists
* Federation Bellringers
  Jon Madin & Group
* Malmsbury Music Makers
  David Kram & Katie Nowland
* Federation Handbells & Pilgrim’s Way
  Anton Hasell & Srebenka Kunek
* Historical architecture presentation
  Rev. Canon Graham Snell & Robyn Snell
* Thanksgiving Feast
  Peter Ferron singing ballads

* Blessings & candles

where: St John’s Malmsbury
time: 10.00am till late
when: Saturday, 26 March 2016

local foods
local foods
local foods

alcohol free zone
Books are like shoes:
they need to be a good fit for you!