PRINCIPAL’S BLOG

Dear Parents and Friends,

PUPIL FREE DAY
A reminder that we have a pupil free day on Tuesday 30th August.

FANTASTIC NEWS NUMBER 1
Our School Council Finance Committee met on Tuesday and looked at what major projects we have planned can be funded with our donations, fundraising and budgeted funds. The great news is that we have now fully funded our basketball court upgrade! This project includes, re-asphalting, line marking, tree management to remove overhang, new seating, a new entrance, and the fencing fixed! Thank you to everybody who donated to our school, who helped raise funds and the Junior School Council for asking us in 2015 to take on this project as a matter of urgency!

FANTASTIC NEWS NUMBER 2
Ditto to EVERYTHING above but insert Multi Purpose Room! We also have enough funds to refurbish our Multi Purpose Room. This has been in the planning stage for a long time. We are going to sanding and revarnishing our floor, adding much needed lines, e.g. basketball, volleyball, etc., installing a full-sized basketball ring at the south end, and developing a mural for the north wall. Our other exciting project for our MP Room involves all our students in the Valued Start Program each year. Our walls will be painted and during this first two weeks of the year, each class will create a huge mural picture following a theme for the year. These will then be attached to the walls in the MP Room. Each new year we remove the previous year's works and repeat again, with a new theme. The removed artworks will be reattached above the current wall line. Emma Jennings, one of our parents and a brilliant artist, is going to help us with this!

FANTASTIC NEW NUMBER 3
I received a phone call from James Merlino on Tuesday. Many of
you who attended our leadership assembly will remember James telling us all that he had received a request for some help in our school. We specifically asked for funding for a covered way from the Junior building to the MP Room and for a covered area to be built over our netball court. The good news is that we have received a significant amount of funds for the covered way and he is actively still pursuing our netball court project.

WHAT TO SAY WHEN KIDS BECOME ANXIOUS
I have been talking on a fairly regular basis with a number of parents over the past few months about their children being very anxious. Michael Grose, an amazing childhood specialist, wrote an article outlining 7 practical things to say to our children to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference. Children take their cues from their parents, so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

‘You’re okay. I’m here and I won’t be going anywhere.’
Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”
A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”
Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”
Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.
When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

2017 FOUNDATION ENROLMENTS

It is now late August and we are getting extremely busy with enrolments for 2017. Our Transition Program is going really well. Please, could current parents who have siblings attending our school next year enrol soon so we can begin some real planning for our 2017 year?

WORKING BEE

This SATURDAY we are holding our third House Working Bee. This time we are asking all parents and families from Merri (Yellow), to attend. The working bee begins at around 1pm and concludes about 4pm. All members from a Merri family receive house points. And all students will receive a thank you certificate at Assembly. Double points for those families not ion Merri! PLEASE try to attend! We have included a flyer with this newsletter.

Have a great week,
Matthew
SCHOOL BANKING NEWS

School Banking is a great way to set up healthy savings habits.

To encourage your child to continue or start school banking, there are several incentives being offered at the moment:

1. Make 15 deposits by the end of Term 3 to go into the draw to win a trip to Australia Zoo, 4 nights accommodation, airfares and $1000 spending money.
2. Make 3 deposits during Term 3 to go into the draw to win a camping kit, camera or magazine pack. In addition, go online to enter the draw for a Playstation pack.

It’s not too late to enter. There are 3 banking weeks left in Term 3 (there will be no school banking on 30 August - Curriculum Day). Once you have made your 3 deposits, you are automatically entered into the draw for the camping kit, camera or magazines. Don’t forget to go to the website above and enter the additional prize draw for a Playstation pack.

Parents, when you receive the statement for your child’s Youthsaver account, please ensure you check that the deposits match what is in your child’s bank book.

Happy Banking!
Lease and Kirrily - School Banking Coordinators

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<tr>
<th>Name and contact number</th>
<th>Items sold at stall</th>
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* we do not require payment at this stage.

Community Stall Holders - Twilight Festival 2016
Friday November 11

We have room for 10 ‘community’ stalls at the Festival. We are offering these spots to our school families first. These stalls can be handmade items or manufactured items that you may sell as part of your business etc. If you are interested in having a stall on the night, please complete the form below and return to school ASAP. As stall spots are limited, it will be a case of ‘first in, first served.’ Stall allocation will also be dependent on the product being sold (we do not want any obvious ‘clashes’ with class stalls.)

Stalls are $30* plus a donation to our raffle hampers (this may be an item from your stall or a purchased item such as a bottle of wine, box of chocolates etc.) Stall holders will need to bring their own table and gazebo, if you choose to do so.

You will be contacted by the end of this term to let you know if your stall application has been successful. Thank you and Good Luck!
Twilight Festival 2016

Preparations are well under way (keep an eye out in your child’s diary/Tiqbiz for a notice from your grade’s Festival Rep) and now **we need YOU!!**

We have 9 class stalls, which are:

- Lolly stall (F-KJ)
- Pocket Money stall (F-R)
- Wine Bags (1/2A)
- ‘Handmade in the Hills’ stall (1/2B)
- Chocolate Toss (3/4C)
- Lucky Boxes (3/4L)
- Plants (4/5S)

Some of these stalls need their grade’s support whilst others **need help from the whole school.** If anyone can help with any of these things, please let your Festival Rep know, Jill or Dana at the Office or contact myself directly - jessop.rhian.r@edumail.vic.gov.au

**We need:**

- Wine (or any bottles of alcohol you may have lurking in the back of your pantry that you know you won’t drink!) for the 1/2A stall (Megan Burgess)
- Contacts anyone has for Wineries or bottle shops who may be able to donate wine to the 1/2A stall
- Contacts anyone has for Nurseries who may be willing to donate plants to the 4/5S stall (Yvonne Carbone)
- Handmade items (anything!) for 1/2B (Margie Moore)
- Raffle hamper items - your Festival Rep will let you know which colour items your grade is collecting. There will also be a ‘rainbow’ hamper in the 5/6 area.
- Second-hand books for our Book Sale - organised by Dec Eames.

**We are looking for a parent or group of parents to join our Festival Committee to coordinate the JUMBLE SALE, BBER TENT and the many FOOD stalls. If you can help at all, please contact the Office ASAP or myself...**

Together, let’s make this a GREAT 2016 Twilight Festival!

*The Festival Committee*
Our Special MERRI Working Bee

Is scheduled for

This Saturday, 20th August
12-4pm

We would like to encourage all Merri families to participate, and for it to be an enjoyable family event. So please bring all the kids, bikes and other toys along so they can have fun too.

Jobs that must be done

- General gardening
- Indoor work
- Pruning
- Sweeping
- Whipper snippering
- De-cobwebbing
- Lots more

Please bring along your wheelbarrows, garden tools, work gloves, kids and their toys. Afternoon Tea will be provided.

Thank you,
Merri House Captains

Please fill in and return slip if attending or not attending

Merri Working Bee – Saturday 20th August

The __________________ family can attend / cannot attend the Merri Working Bee on the 20th August, 2016

Numbers attending __________________
Dad's & Grandpa's SAVE THE DATE

Father's Day and FCPS Pie & Footy day
Friday 2nd September, 8.30am onwards

Kids invite Dad, Grandpa or a special friend to join you for a fabulous and fun day of footy. Come dressed in your team's colours.

A quick overview of the day's activities:
- Footy parade at assembly
- Followed (by popular demand it's back for the 2nd year running!) The teachers & parents V Grade 6 football match (both Mums and Dads are invited to take the field)
- After recess the kids will be involved in a fun AFL skills clinic run by our Grade 6s
- Parents, friends, siblings are invited to stay for lunch and have a pie.

More details to follow – just giving the Dads (and other special people) a save the date reminder. It's such a fun day, hope you can make it!
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<tr>
<td>Jodie/Kristy</td>
<td>Tully H: For her wonderful help in making the Rainbow charts for the Foundations to take home! Thanks Tully.</td>
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</table>
| Rhian               | Jam L: For always taking your work ‘seriously’ and working hard on keeping your letters the same size.  
|                     | Violet S: For being so enthusiastic when we have reading time. Your love of books is infectious! |
| 1/2 Anna            | Mitch H: For his outstanding teamwork and sportsmanship at Hooptime. A great team member, Mitch!  
|                     | Maya P: For her happy and enthusiastic attitude towards school. You give everything a go with a smile on your face. Keep it up, Maya! |
| 1/2 Brian           | Evie-Lee S: For always trying her best to present her work very neatly and creatively.  
|                     | Eliza B: For working enthusiastically during our geography unit on New Zealand. |
| 3/4 Cheryl          | Grace M: For being a good role model to others and demonstrating good behaviour in the classroom.  
|                     | Tallulah H: For being a gentle and kind person and being inclusive towards others. |
| 3/4 Lynda           | Ava W: For always being “Inclusive” with her friends and continuing to be a fantastic writer.  
|                     | Amelie S: For always being a positive and happy student and always challenging herself. Your writing has continued to be a pleasure to read. |
| 4/5 Samantha        | James P: For doing a fantastic job on his iMaths post-test. Well done on remembering to check your answers!  
|                     | Carlisle J: For always helping others when they need help and managing his time well! Fantastic job! |
| 5/6 Lisa            | Maudie P: For her kind and caring approach to all of us around her!  
|                     | Tilly H: For her cheerful and positive attitude to everything that we do! |
| 5/6 Coby/Kelly      | Mia: For the passionate way she took on our Chinese cultural studies, making fantastic glitter lanterns.  
|                     | Charlotte R: For the passionate way she took on our Chinese cultural studies, bringing decorations from home to beautify our room. |
### What’s On Next Week in the Ferny Creek OSHC BOOK WEEK

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>STORY BOOK</td>
<td>BOOK QUIZ</td>
<td>LIGHTS CAMERA</td>
<td>STORY TIME</td>
<td>FAIRY TALE</td>
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<tr>
<td>Ever thought about becoming an author? Now’s your chance to write your very own original story book! I bet everyone would love to read it!</td>
<td>Test out your book knowledge and answer the most questions right in our Book Quiz! The winner will receive a special prize!</td>
<td>Let’s bring our favourite stories to life! It’s your time to shine as you act out a story for everyone to enjoy!</td>
<td>Let’s all make-up a story together! The catch is, you can only say one word each</td>
<td>Get ready for fairy tale arts and crafts! You can make a magic wand or a swash buckling sword!</td>
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### Kids Corner

Jackson and Adam having fun with their favourite game Foosball! Finn preparing his delicious jam crumpet!!

### Joke Of The Week

What did Mars say to Saturn? Give me a ring sometime!

### Junior Leaders

Finn for always being polite and a great friend to everyone!

You were fantastic Junior Leaders!

### Community News

Winter is upon us! Please keep bringing your warm jumpers/scarves/gloves/hats - the mornings and afternoons are chilly!

Attention if anyone has any recycle material they are not using why not give them a second home and Ferny Creek After The Bell.

Don’t forget that it can cost you as little as $6.31 per session/ child with the Government Rebate.

### Reminder

Pupil free day 30th August! Don’t forget to put your child’s name on the roll to confirm their attendance on this Fun-filled day!

### ENROLMENT AND BOOKINGS

We always welcome new faces to our Before & After School Care! 2016 Enrolments can be completed online or by downloading a paper version, or you can pick one up at the OSHCare room. Should you need any assistance with the online process, feel free to come and see us and we will be happy to help you out with the process.

### CONTACTS US

Booking/Cancellation: enrolment@afterthebell.com.au
OSH contact phone: 0428 258 940
Program Leader - Ashliegh

Find us on: [Facebook](#)