



*We learn. We show respect.
We are safe.*

Thursday 7th June 2018

"Golden Past, Bright Futures"

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Clunes Primary School Newsletter

UPCOMING EVENTS

Please see our Term 2 Calendar on the back page

Dear Parents/Caregivers,



School Photos-

Wednesday 27th June 2018.

CLUNES PRIMARY SCHOOL NO. 1512



3-WAY CONFERENCES/ PARENT TEACHER INTERVIEWS JUNE 2018.

Dear Parents/Guardians,

Semester 1, 3-Way Conferences to discuss your child's progress will take place on Tuesday 26th of June, in your child's classroom, between 10:00am and 6:00pm. Each Conference will be 15 minutes and students are expected to attend. (your child will be marked as attending school by participating in the Conferences and will only attend at the Conference time)

Please complete and return this form to your child/next classroom teacher by: MONDAY 18th of June.

Family Name:

student: Class:

student: Class:

student: Class:

student: Class:

Name of Parent/s or Guardian/s attending:

Please number three preferences for your preferred time: (1, 2, 3).

We will endeavour to give you your first preference and look forward to meeting with you.

Tuesday 26 th June	
10:00 am - 12:00 pm	
12:00 pm - 2:00 pm	
2:00 pm - 4:00 pm	
4:00 pm - 6:00 pm	

Parent signature: _____

Appointment Slip (returned in HOME to confirm your appointment date and time.)

Parent Name: _____

Student: _____ Class: _____ Time: _____
 Student: _____ Class: _____ Time: _____
 Student: _____ Class: _____ Time: _____
 Student: _____ Class: _____ Time: _____

Conference Day: **Tuesday 26th June** Teacher's signature: _____

Your bright PINK Parent/ Student/ Teacher 3-Way Conferences sheet was forwarded home yesterday ready for Tuesday 26th June. Please complete it and return to the Office asap. All students are expected to participate. Last day to return is Monday 18th June.

Best wishes to you all for a happy and safe fortnight ahead! Sonia & CPS staff.



STUDENT OF THE WEEK AWARDS FOR TERM 2



Our Term 2 You Can Do It key is:
Organisation

Prep/ 1B - James, Lacey	1/2H – Killian, Toby
Year 2/ 3D- Ella, Kodah	3/ 4LM- Tamati
4 /5T - Kara	5/ 6 A- Kynan
Chaplain’s Award- Jatalia	Mrs Laurie’s Award- Dale Ms Jardine’s Award- Purv, James dK, Rowan JT, Ben T, Toby, Lilly W, Callum

Bus Travellers Award: Summer, Lacey, Zeb, Shaylee & Kodah Considering others and getting along!
Sports Congratulations- Aamekah, Chloe W, Hannah T- Cross Country Region Championships participation.
We are all very proud of your efforts!



IT'S NOT OK TO BE AWAY

Please see the page informing us of the changes to the DET Absence notification process included in this Newsletter. From Term 3 onwards you must notify us of any absence by 9.30am on (or before) the day of absence. Thank you.

CHAPLAIN’S CHAT

I was reading the other day about the connection between forgiveness and mental health; the article claimed that the state of our mental health is impacted by our ability to forgive people who have hurt or wronged us. What do you think about this? Are you hanging on to anger, hurt, fear, regret, guilt, shame, resentment towards someone for what they’ve done to you? How is this affecting your thought-life, your actions and behaviours, your relationships with other people? I believe that forgiving others is actually more for our own benefit and good mental health than it is for anyone else. Remember... *You can’t reach for anything new if your hands are still full of yesterday’s junk.*

Have a great week! Blessings. *Julie McDowell* Chaplain

NO more Volunteers required for THIS term for our
Friday Lunch Order delivery please (Roster at the Office)

Roster: Thanking you in advance, Sonia ☺ Sue P 25/5✓ & 8/6✓ And Jennifer for 1/6 ✓, 15/6 ✓ & 22/6.

HOW EMPATHY TRANSFORMS YOUR CHILD'S WELL-BEING

28
MAY

BY DR JODI RICHARDSON

When I called my mum in tears the other day about an overwhelming disappointment she said exactly what I needed to hear; “that really stinks.”

With those three words I felt her empathy.

When our own kids cry and share their upsets and disappointments it can tear at our heartstrings. Sometimes we just want to cry with them.

There are also those times when our kids get upset and it wears on our patience. It's easy to react with “well, I've told you before...” or “how many times ...?” or “if only...”

Don't let frustration get the better of you

It's completely normal for us as parents to feel frustrated, even if our kids are upset, and wonder when the lessons will be learned. And it's completely fair to have those conversations...again. But before we do that, there's a handful of words that we need to share. A handful of words that, when shared with sincerity, can have the most powerful impact on the emotional health and happiness of our kids over their lifetime.

The words? They're the ones that deliver a message of warmth and empathy. Empathy can change the nature of our family relationships, boost our kids' mental health, develop their emotional intelligence and promote warmer healthier, and even less violent, relationships for our kids as young adults. Kids with more empathetic parents are less aggressive, experience less depression, develop greater emotional intelligence (a predictor of success) and grow up to be more empathetic themselves.

Empathy is defined as experiencing emotions of concern at the suffering of others and adopting the perspective of another. It's different to sympathy which is feeling sorry for someone. It's about demonstrating our concern and letting our kids know we get it. That we feel it too.

We can show empathy by saying things like:

“I get it.”

“I hear you.”

“Ahh, I can see that you're feeling....”

“That stinks.”

“I understand.”

For great impact use the right emotional response

Pairing your words with a matched emotional response, love, comfort, warmth and a willingness to sit with them as they express their emotions shows our kids we get it and validates for them that they have every right to feel the way they do. After all, there's no such thing as wrong feelings. We can't help how we feel about the things that happen to us, neither can our kids. We don't need to agree with how they feel, nor do

we have to view their reaction as a reasonable response to what's happened. It's all about showing our kids that their message has been received, and that they have a soft place to land. The conversations can come later.

Validation is an important step in our response to our kids when they're upset, distressed or anxious. For more positive parenting ideas from Jodi, subscribe at drjodirichardson.com.au

Vacation Care

We operate @ Creswick Primary School from 8.30am to 6pm Monday to Thursday throughout the school holidays.

We do excursions to the Movies, Inflatable World, Swimming and Library Activities. We also do a lot of art and craft activities as well as cooking and games.

Please call Liz to make a booking or answer any questions you may have 0429 453808.

For costs and registration please ring the FDC office on 5348 3272.

If you are already registered, it will be the same hourly fee.



Term 2 DISCO –Thursday 21st June *in the Multipurpose Hall*

Theme: Red- (or free dress)

Entry \$2 Juniors (yrs P-2) - 6:00pm – 7:00pm

Seniors (yrs 3-6) - 7:15pm – 8:30pm

There will be Food & Drinks, and some 'glo' products for sale on the night

Mini Spring Rolls

Chicken nuggets

Chips

Lolly bags

Popcorn

Fruit

Fruit Box drinks

Please let us know via the Office if you can assist in the canteen on the night.

HER MAJESTY'S BALLARAT PRESENTS

YO One Cow. One Moon. One Mission.

DIDDLE DIDDLE



Perfect for ages 4 - 8

Tuesday 10 July 10.30am and 1.30pm
Mary's Mount Centre, Loreto College, Sturt Street, Ballarat

Tickets: \$15 and Family Ticket: \$50 (Two adults & two children)

Bookings: 5333 5888 Web: hermaj.com

Creswick Theatre Company Inc

Cinderella Directed by Deanne Davidson

July 10 - 14



10th, 11th & 12th at 11am & 2pm - \$8
Adult shows 13th & 14th at 8pm - \$15

Bookings creswicktheatre.com.au
or ring 0458516275

Bendigo Bank Just Clusters

Courtesy of Amanda Stone Productions

TERM 2 CALENDAR 2018 draft #4 7th June 2018 **PARENTS SCHOOL EVENTS SCHEDULE**

Week 7: 28 May- 1 June

Week 8: 4-8 June

Tuesday 5 June: Junior School Council Meeting
Friday 8 June: Wesley Concert- to the Bluestone 1.30 – 2.30pm

Week 9: 11-15 June Monday Public Holiday 12th -15th Years 5 &6 CAMP WYUNA

Monday 11 June: Queen's Birthday Holiday
Tuesday 12 June: Years 5 & 6 leave for Camp

Week 10: 18-22 June

Monday 18 June: Staff Meeting (PD for staff- Yr 6 'Heroes')
Tuesday 19 June: **Hot Lunch Day**
Wednesday 20 June: School Council 7pm (not week 9 due to camp)
Thursday 21 June: "Heroes Yr 6" School Disco – Theme 'Red'
Friday 22 June: "Heroes Yrs P-5"

Week 11: 25-29 June

Monday 25 June: Student Semester 1 Achievement Reports home to Parents/ Guardians
Choir Concert at Assembly

Tuesday 26 June: Parent Teacher Student Interviews (3 way conferences)

Wednesday 27 June: SCHOOL PHOTOS

Thursday 28 June: "Heroes Yr 6" –

Friday 29 June: Last Day of Term 2 1pm finish Casual Dress Day

Dates to be confirmed: Transition distribution/ collection completed