



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

Thursday 17th October 2019

"Golden Past, Bright Futures"

Canterbury Street, Vic. 3370

Telephone (03) 5345 3182

Email: clunes.ps@edumail.vic.gov.au

Clunes Primary School Newsletter

UPCOMING EVENTS

Please see **Term 4 # draft 1** Calendar on back page



Alert! A case of 'Hand, Foot & Mouth' has been confirmed at school. (yesterday)

Dear Parents/Caregivers,

Peer tutoring between Year 5 /6 students and the Prep class. Focus: Reading and Word Recognition. Every student an absolute superstar!



Wishing you all a terrific fortnight ahead. Kind regards, Sonia & Staff



STUDENT OF THE WEEK AWARDS FOR TERM 4



Our Term 4 You Can Do It focus is:
Confidence

Prep B – Matt	1/2B – Isaac
2/3LM – Branden	3/4L – Lexi
5/6A –	5/6D – Purv
Chaplain's Award – Grace D	Physical Education Award- Quinton! 6 th in the Region Long Jump event!

CHAPLAIN'S CHAT

I read this recently and found it very powerful...

*“Being rude is easy. It doesn't take any effort and is a sign of weakness and insecurity. Kindness show great self-discipline and strong self-esteem. Being kind is not always easy when dealing with rude people. Kindness is a sign of a person who has done a lot of personal work and has come to great self-understanding and wisdom. Choose to be kind over being right, and you'll be right every time because kindness is a sign of **STRENGTH**.”*

Have a great week!

Blessings,

Julie McDowell...School Chaplain

Treat everyone
with kindness and
respect, even those
who are rude to
you – not because
they are nice, but
because you are.

TALBOT MUSEUM POST CODE CRYPTIC TOWNS COMPETITION

ENTRY FEE \$2

FIRST PRIZE \$30

The competition runs from 20th October to 18th November 2019.

The competition is to raise funds for renovations to the Dunach Primary School sited at the Talbot Museum. This is the last remaining public building from Dunach.

Entry forms available from Margaret ph: 5463 2336 or the Talbot Museum.

CLUNES & DISTRICT AGRICULTURAL SOCIETY INC. 159th ANNUAL SPRING SHOW



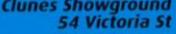
A FULL-ON DAY OF FAMILY FUN
GATES OPEN 9AM - 8PM

CLUNES SHOW

SAT 16 NOV 2019

GRAND PARADE 3PM

- Kids activities • Sideshows • Roving Entertainment • Local Food & Wine Pavilion
- Bar & BBQ • Bute Ute Comp • Creswick Brass Band • Wesley Bands
- Mechanical Bull • Keg & Gumboot Throwing • Tug 'o' War • Wood Splitting
- Vintage Engines • Whipcracking • Shearing Demos • Jamie & Kim's Zoo
- Ferret Racing • Dog High Jump • Full Horse Program • Sheep • Cattle • Poultry • Pigeons
- Goats • Fleeces • Homecrafts • Cookery • Craft • Flowers • Art • Photography + much more...

 Bendigo Bank Bigger than a bank.
 CENTRAL HIGHLANDS WATER
  pet stock
  CVLX
  Clunes Showground 54 Victoria St
 clunesshow.com.au

Working Bee! THIS Saturday 19th October 8am- 10am.

For our last Working Bee for the school year we will focus on gutters, weeding, Walking Track maintenance, mulching prior to Summer, whipper snipping along north and west boundaries to be Fire Safe and Snake Safe, and a general clean up.

We will also begin to remove the top soft-fall layer within our two Play Equipment zones to be ready for a new delivery. Old soft-fall will be used as garden mulch.

Please bring shovels and wheelbarrows, whipper snippers, weeding and pruning tools, tools for tree planting. Thank you sincerely for giving us a helping hand!



Clunes & District Pre-School



Enrol Now 2020

3 & 4 year olds

Contact the pre-school

Ph: 5345 3228

109 Fraser St Clunes 3370

clunes.district.kin@kindergartenvic.gov.au

or enrol online www.ecka.org.au




Why self-sufficiency is paramount

- **CONFIDENCE**

by Michael Grose

Recently, a mother of two primary school children thanked me for the impact one of my presentations had on her parenting style.

When I asked what was it that made the difference, she said that one particular question I posed in the presentation had the most impact. The question was "*What are you regularly doing for your children now that they can do themselves?*"

This mother attended my *Parenting for Independence* seminar after reading my book *Spoonfed Generation*. My message of developing self-sufficiency in children from the earliest possible age stayed with her.

She said that the independence message really came home to roost when her children went to an international school in Germany two years later. Self-sufficiency was expected at the school so the training she provided them as a result of the seminar such as in teaching them to pack school bags, preparing snacks and assisting with meals, doing daily chores, and getting themselves up each morning helped to prepare them for the expectations of an international school.

Why is self-sufficiency important?

Self-sufficiency, of the 'I can do it myself' kind, is the basis of self-esteem and resilience. One of the main developmental tasks is for children and teenagers to gain a sense of control and mastery over their environment. This mastery begins by gaining basic competencies such as being able to feed and dress yourself as a toddler and then gradually adding new competencies as physical and mental capacities allow. The development of children's independence can be frustrating and time-consuming, particularly if you are time-poor or have a strong perfectionist streak. But that is the price of independence-building.

Step back to allow kids to step up

Respected US parenting and child development expert Dr. Debora Gilboa (aka Dr. G) believes parents need to step back to allow children to step up. It's a smart phrase that infers that parents need to take on the role of their child's teacher rather than be the person who is always solving their problems and doing routine tasks for them.

Gilboa says, "It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve their struggles." It is through dealing with their own frustrations and learning from their mistakes that kids develop the resilience needed to stand on their own two feet.

Self-sufficiency tips

Gilboa gives the following three tips to develop self-sufficiency in children at any age:

1. Problem-solving. When your child or adolescent comes to you with a problem, resist the urge to fix it. Invite them to resolve the problem themselves.
2. Welcome failure. This is hard in our perfectionistic world but expect them to struggle and talk about what they can do to get back on their feet.
3. Expect them to help. Give them tasks that help the whole family, not just themselves and make sure they do them well. Be patient, but firm.

Self-sufficiency has many forms and many faces, including the ability to problem-solve, emotional self-regulation and taking responsibility for your actions. It's easiest to develop in children when they are young. This is also because not every child in a family will take to independence as willingly as others.

If developing independence is something that you haven't focused on before, don't despair. It's not too late to start. Begin where you feel comfortable, rather than make huge changes straightaway. Persist rather than give in when you have resisters; the notion of independence is too important for children's future success.



Michael Grose

Students have a snack of fresh fruit and/or vegetables each day during 'me' time. This snack provides the students with many benefits, including increased concentration and providing their bodies with nutrients essential for growing and maintaining good health.

Please support your child by having them come to school with a nutritious snack every day. Thank you. 😊





HEAD LICE



While children are at school, many families will have contact with head lice. While head lice continue to cause concern and frustration for some parents, teachers and children, there are ways we can work together to help manage head lice.

Our school policy for managing head lice is outlined below:

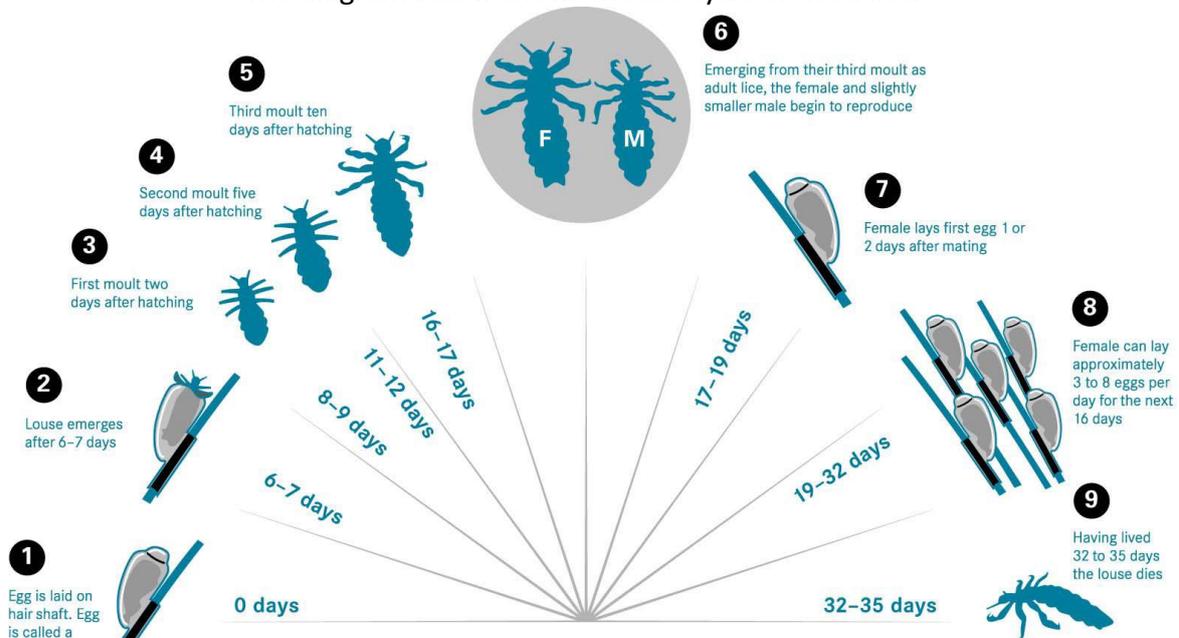
- When head lice have been noticed in your child's class, a note is sent home with all children in the class letting parents know and requesting parents check their child's hair and if necessary, commence treatment.
- Children who have head lice are excluded from school until treatment has commenced. If head lice are noticed when your child is at school, families will receive a phone call from the school asking you to collect your child so he/she can be treated at home. After treatment a child may return immediately to school.
- Our school conducts head lice checks from time to time for those children who have permission. The diagram below shows the life cycle of head lice and just how long head lice will be present.

It is very important that treatment is commenced straight away and that daily checks are conducted and all eggs removed. Talk with your chemist or health centre about effective treatments.

HEAD LICE

While children are at school, many families will have contact with head lice. While head lice continue to cause concern and frustration for some parents, teachers and children, there are ways we can work together to help manage head lice. We hope the information provided in today's newsletter will help families treat and control head lice.

The diagram below shows the life cycle of head lice.



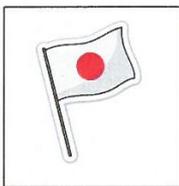
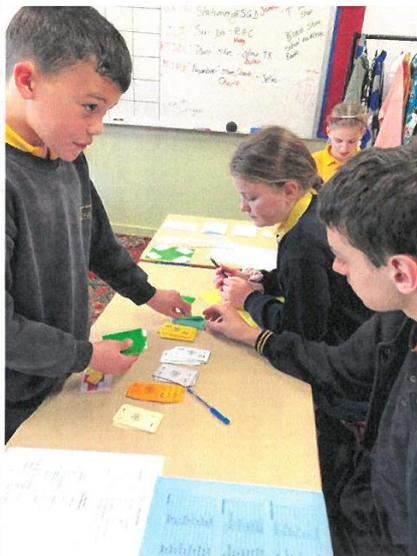
LET'S WORK TOGETHER TO HELP BETTER MANAGE HEAD LICE AT OUR SCHOOL.



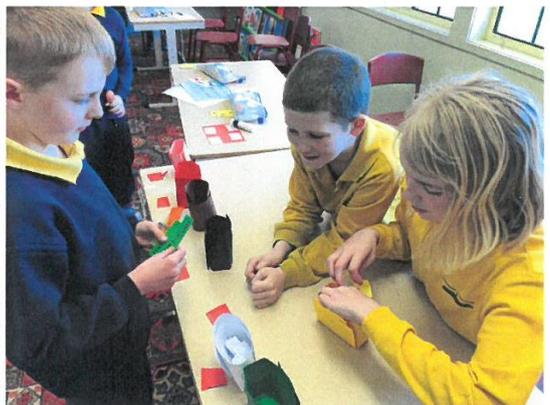


A shopping experience in Japanese.

Do you have? Arimasuka?



Many more photos at school of Year 5/6 A & Year 3/4L in action. 😊



Walk to School 2019

Walk, ride or scoot and build healthy habits for life.



7th Oct. till 1st Nov.

Join hundreds of thousands of Victorian primary school kids this October!

Find out more at

walktoschool.vic.gov.au

Official community partner:



Book Fairs

Check-out these

DINO-MITE NEW BOOKS

EVERY
PURCHASE YOU
MAKE EARNS
LEARNING
AND LITERACY
RESOURCES
FOR OUR
SCHOOL!

Student Wish List

Teacher: _____

School: _____

I previewed the books at my Scholastic Book Fair. Here are some of the books that interested me:

TITLE	LOCATION	PRICE

Parents: if you are unable to
attend the Book Fair, please see
over for a pre-p

Thank you for supporting
our Book Fair! Every purchase
benefits our school!

 SCHOLASTIC
Book Fairs

Date _____

Time _____

CHOOSE FROM

Dear Parents,

A Scholastic Book Fair is a fun event held at your school. It offers children a hands-on experience where they can discover a love of books and ignite a lifelong passion for reading. Children who choose their own books are more likely to read more, understand more, and are more likely to continue reading when they have access to many books.

 SCHOLASTIC

Our Book Fair begins Thurs. 10th Oct!

Term 4 Calendar - Draft 1 Thursday 17 th October 2019			
WEEK 1	Mon	7-Oct	First day of Term 4 BOOK FAIR BEGINS LATER THIS WEEK
	Tue	8-Oct	Walk to School Program begins (Hepburn Shire Challenge until Nov 1)
	Wed	9-Oct	School Council Meeting
	Thu	10-Oct	Breakfast program begins again BOOK FAIR BEGINS TODAY
	Fri	11-Oct	Young Vinnies Camp – 11 th -13 th Oct Pax Hill Camp (9 students)
WEEK 2	Mon	14-Oct	EB = Energy Breakthrough- Clunes 'Team Dynamite' 2019 16 Yr 5 & Yr 6 representatives
	Tue	15-Oct	5 /6 students begin 5 week Swimming Program Session 1
	Wed	16-Oct	EB after school training
	Thu	17-Oct	Energy Breakthrough fundraiser- Walkathon- House Competition
	Fri	18-Oct	Book Fair- 3-4pm Saturday 19 th Oct- school Working Bee- 8am Book Fair 10am-4pm
WEEK 3	Mon	21-Oct	Werribee Zoo excursion- Yrs 3,4,5,6
	Tue	22-Oct	Somers Camp 22 nd - 30 th Oct (12 students attending) 5 /6 students Swimming Prog S2 Koorie SSG meetings
	Wed	23-Oct	Junior School Council Meeting EB after school training
	Thu	24-Oct	
	Fri	25-Oct	World Teachers Day Waubra Wind Farm 10 yr Anniversary
WEEK 4	Mon	28-Oct	
	Tue	29-Oct	5 /6 students Swimming Program S3
	Wed	30-Oct	EB after school training
	Thu	31-Oct	
	Fri	1-Nov	
WEEK 5	Mon	4-Nov	
	Tue	5-Nov	5 /6 students Swimming Program S4 Snail Races TBC
	Wed	6-Nov	EB after school training
	Thu	7-Nov	Kinder Transition 1 9-11am
	Fri	8-Nov	BALLARAT SHOW –PUBLIC HOLIDAY
WEEK 6	Mon	11-Nov	Remembrance Day (School Captains & Sonia to attend 11am Service)
	Tue	12-Nov	5 /6 students Swimming Program- last session S5
	Wed	13-Nov	Parents Club – Hot Lunch Picnic Day TBC EB after school training School Council
	Thu	14-Nov	
	Fri	15-Nov	Saturday 16 th Nov: CLUNES SHOW
WEEK 7	Mon	18-Nov	Julie's last day School Musical – Town Hall rehearsal am
	Tue	19-Nov	2 /3 & 3/4 students begin 5 week Swimming Program Session 1
	Wed	20-Nov	P & 1 /2 students begin 5 week Swimming Program Session 1 EB after school training EB set up Maryb'
	Thu	21-Nov	Kinder Transition 2 9-11am Musical – Town Hall rehearsal pm EB event- most of the day
	Fri	22-Nov	EB event – all day Saturday 23 rd Nov- EB event- until 1pm ish Sunday 24 th Nov- Town Hall Musical set - up
WEEK 8	Mon	25-Nov	Musical – Town Hall Full Dress rehearsal am
	Tue	26-Nov	2 /3 & 3/4 students Swimming Program S2
	Wed	27-Nov	P & 1 /2 students Swimming Program S2 Junior School Council Meeting
	Thu	28-Nov	SCHOOL MUSICAL- 2 performances
	Fri	29-Nov	
WEEK 9	Mon	2-Dec	
	Tue	3-Dec	2 /3 & 3/4 students Swimming Program S3
	Wed	4-Dec	P & 1 /2 students Swimming Program S3
	Thu	5-Dec	Kinder Transition 3 11am -1pm
	Fri	6-Dec	
WEEK 10	Mon	9-Dec	
	Tue	10-Dec	2 /3 & 3/4 students Swimming Program S4 Kinder Transition 4 9am -1pm State-Wide Transition Day
	Wed	11-Dec	P & 1 /2 students Swimming Program S4 School Council Meeting
	Thu	12-Dec	Community Carols & Yr 6 Resilience Project Production
	Fri	13-Dec	Parent Helper End of Year THANK YOU MORNING TEA
WEEK 11	Mon	16-Dec	Focus Day- Christmas Theme TBC
	Tue	17-Dec	2 /3 & 3/4 students Swimming Program last session Semester 2 Reports & 2020 Class Lists home TBC
	Wed	18-Dec	P & 1 /2 students Swimming Program last session School Council Meeting
	Thu	19-Dec	Year 6 Graduation
	Fri	20-Dec	Last day of Term 4 & 2019 School Year 1pm finish FREE DRESS