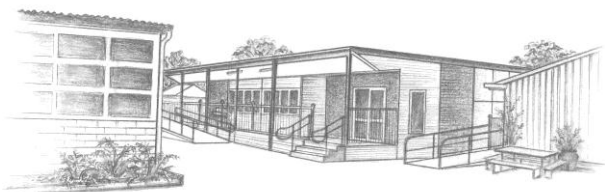


TALLYGAROPNA PRIMARY SCHOOL NO.3067



Victoria Street, Tallygaropna

Phone 03 58298264

Fax 03 58298244

tallygaropna.ps@edumail.vic.gov.au

Website - <http://www.tally-ps-3067.vic.edu.au/>

Mobile 0403625625 / 0411960164

SCHOOL VALUES - RESPECT, HONESTY & INCLUSION

NEWSLETTER

TERM 3 NO.21 23rd July 2012

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After School Care is now available to families. Booking will need to be made by 1pm with Stepping Stones not Tally PS.

Book Club is Due on Friday

Forms for the Grade 3/4 Camp need to be in ASAP. The camp begins next Wednesday.

Hi everyone,

This week promises to be a very exciting one at Tally PS with many events planned in and out of school. All of the children are really looking forward to the Bugalugs Bum Thief play on Wednesday and we have made early lunch arrangements to fit in with this performance.

On behalf of the whole school community, I would like to thank the Parents Club for organising the Christmas in July lunch on Thursday as well. This should be a lot of fun and give the kids an opportunity to sit and eat in a formal setting provided by the parents. Our School Leaders will assist with the serving of this lunch, which will begin at 12.30pm and conclude at approximately 1.10pm. If any parents can come along and assist on this day – please contact the office. Our new cutlery arrived last week and we look forward to using this for the first time on Thursday also.

Finally, our Grade 4-6 children will be in Shepparton on Friday playing football and netball respectively. Special thanks to Andrea Walker for volunteering to coach the girls with netball, I will be back and forth from Shepparton and Mooroopna all day at both sports – barracking and encouraging our great kids. A reminder that permission forms will need to be returned ASAP and all parents are welcome to come along.

The Opening Ceremony of the Olympic Games begins this week and there is certainly a lot of buzz and talk about this worldwide event around the school. The children have begun working on activities in regard to the Olympics and will build on their knowledge of this topic over the next few weeks. The Grade 3/4 Camp is only a few days away also and a reminder about final payment for this experience and forms will need to be in the office before the 1st August.

Next week, our first School Council meeting for the semester will be held and we will be looking at results from the Attitude to Schools Survey on this night. Students not attending the camp will also attend the Fame performance at Wanganui SC next Wednesday and permission forms for this day will go home this week.

Karen will be in the office until Thursday this week, if any matters need addressing. Have a great week everyone and I look forward to catching up with some parents at the Christmas in July lunch on Thursday.

David Brodie – Teaching Principal

If you would like to receive this newsletter by email contact our office.

An alternative is to go to our school website.

Enrolments for 2013 can now be made. Tours of the school can be requested as well.

Critter Hunt – Science Specialist Program



1. Junior School Council

Our new Junior School Council for the second semester had their first meeting today. Office Bears will be announced next week. Congratulations to our new members: Taylah McKenzie, Brenton O'Brien, Marc McHale, Zailie Dempster, Kaleb Oxley, Bailey McNab, Ebony Mills and Teagan Brett.



2. Interschool Football / Netball

This Friday 27th July, our senior students will be invited to participate in Interschool Football & Netball. We will travel by bus leaving at 9.15am and returning at approximately 2pm. This will include students in Grades 5/6 and Grade 4 students will also be invited so that we can fill teams appropriately. Our school will be entering a Tallygaroopna PS netball team but a combined football team will be entered between Tallygaroopna PS and Congupna PS. **The cost for the day will be \$6** which will cover buses and entry for each team. Permission forms went home last week and will need to be returned along with money ASAP. **Mr Pettigrew (Congupna PS) will be coaching the football team and Andrew Walker has kindly offered to coach the netball team. Parents are welcome to come along and assist as well. Mr Brodie will be rotating between both venues on the day.**

The winning team will then have the opportunity to compete against other divisions in our region.

VENUE:	FOOTBALL	Mooroopna Oval & John Gray Oval, Mooroopna.
	NETBALL	McEwen Reserve, Shepparton.

Football

School uniform will still be required on the day of the sport. Teams will change at school before they leave to make the day run smoothly and to start games on time. Boys who are playing football will need to bring football boots, socks and shorts. If students have their own Northerners Football jumper (North Melbourne – Kangaroos) this will be used on the day so students must bring this as well. There will be a number of spare jumpers made available for any students who do not play with Northerners. Ideally, light blue shorts and socks can be worn but we are not asking for parents to go out and buy these for a one day event – any colour would be fine. Students are encouraged to wear mouthguards and helmets. Students will change back into school uniforms when they return to school. The boys need to bring their **lunch and a drink bottle**.

Netball

The girls are required to wear their sports uniform to interschool sports. Shorts will be fine, but it is recommended that they wear tracksuit pants over the top so that they can keep warm on the sidelines when they are not playing. The girls need to bring their **lunch and a drink bottle**. Patches (bibs) and balls will be provided by the school.

3. Bugalugs Bum Thief

As stated in last week's newsletter, the whole school will be attending the Bugalugs Bum Thief performance at Eastbank in Shepparton this Wednesday. We will leave by bus at 12.30pm and the performance should begin at 1pm. We anticipate returning back to school by 2.30pm. We will have lunch early this day at 11am and children will have their normal snack when they return to school in the afternoon. Mrs Haberfield and Mrs Wallace will both attend this performance – permission forms will need to be returned ASAP. Special thanks to the Parents Club for funding this program. This is really appreciated by all involved.

4. Christmas in July

This Thursday, all of the children in the school will be having a formal sit down lunch (roast meal) to celebrate Christmas in July. The lunch will begin at 12.30pm and all of the grades will be served in small intervals starting with the Junior Grades. Christmas pudding and custard or chocolate cake and custard will also be served along with a drink of cordial. Please let us know if your child does not want to participate

5. Grade 3/4 Camp

The cost for the school camp is **\$200** which includes the camp and bus costs. If any families would like to discuss a payment plan could you contact Karen at the office please. We hope to have some more information out to parents ASAP.

This camp is scheduled to be a 3 day camp from Wednesday 1st August until Friday 3rd August and the camp will depart from Congupna PS at 9am. The camp will be a Cluster camp so 5 cluster schools will participate. Mrs Haberfield will be attending the camp and the Grade 2's will be split at school for the duration of the camp. They will have a small booklet to work through during this time.

Forms which need to be returned to school immediately are:

- Parental Permission Form / Campers Agreement
- Confidential Medical Information – 2 pages

Please contact the office ASAP if you require extra forms.

Camp Website - <http://www.campcurumbene.com.au/>

6. Asthma at School

Please read the information attached to this edition of the newsletter. As of the 1st July 2012, schools and preschools in Victoria will be implementing a new policy in regards to single person spacer use. This means that schools and preschools will no longer be able to wash, sterilise and re-use spacers and face masks from their asthma emergency kits when assisting students and children with asthma symptoms. As a result, all students with asthma need to supply a named spacer to remain at school just in case of an asthma attack. We will be looking at updating our Asthma policy in the near future.

7. Athletics Awards

Congratulations to the following students who achieved Athletics Achievement Awards - Daniel Collins, Leah Collins, Liv Burgess, Ashleigh Moore and Jack Fleming. These awards were presented at assembly this morning. The certificates are measured on the most concepts mastered and the most correctly mastered.

Top Students In School

Rank	Student Name	Concepts Mastered	Concepts Attempted
1	Leah Collins	46	47
2	Daniel Collins	38	41
3	Liv Burgess	33	37
4	Ashleigh Moore	21	22
5	Jack Fleming	21	24

8. Cluster Book Day

On Friday 17th of August, our whole school will attend Katandra West PS for the whole day for the annual Cluster Book Day. This will involve plenty of fun activities and schools from Congupna PS, Dookie PS, Zeerust PS, Currawa PS and Lemnos PS will be in attendance. **The theme for this day is Champions Read. Children can dress up as a book character of a champion of any kind.** The author for this program is DC Green, who will be selling books on the day. More details will be available soon.

9. Education Maintenance Allowance

All applications for the semester 2, 2012 will be processed by August 3. If you handed in an application form for EMA at the start of the year, your application will be automatically rolled over for approval. You will be notified if this is not approved by Centrelink.

If your circumstances have changed and you now hold a current Health Care Card or other eligible pension card, please call into the office and apply for the EMA as this will assist you financially with school expenses.

All applications close on August 3, 2012.

10. Preps – First 100 Days

Last week, we had a visit from the Shepparton News in regard to our Prep students first 100 days at school. There were a couple of great articles in the newspaper last Thursday and you can access some of this information on the internet as well. Our Preps were a joy to listen to when they talked about what they enjoy doing at school.

Website Link - <http://www.mmq.com.au/local-news/shepparton/tallygaroopna-preps-notch-up-century-1.23983>

11. Tissues

Could all families please donate a box of tissues for children to utilise during the cold wintery months. Thanks in anticipation.

12. School Uniform

A reminder that full uniform is required at school and a **note must be presented to staff if this cannot be adhered to.** We acknowledge that there may be issues with uniforms during the Winter months at school.

13. Active After School Program – Term 3

This term, we will be introducing a new sport with the AASC Program – BMX (Tuesday's). This will be very exciting and promises to be a lot of fun. Because children will need to be competent and confident riding a bike, enrolment will begin with Grade 6's and work down to Preps. There will be a first in best dressed policy applied because the program – **places have now closed.** The first 5 sessions will be held at school and then the last 2 sessions will be held at the BMX track in Shepparton. We will be able to utilise a bus for the last 2 sessions which will take children to the venue and then back to school – arriving at approximately 5.30pm. Mr Brodie will travel on the bus during this time as well.

Our Bike Education Program was only for children in Grades 2 – Grade 6. However, students in Prep and Grade 1 will be able to participate as well – this will be up to the discretion of parents (no training wheels). Bikes, helmets and gloves will all be provided – **all children will need to have a long sleeve top, long pants and enclosed shoes.**

Information Sent Home Last Week - Reminder:

Our AASC program begins next week with Taekwondo being held on the Monday and BMX being on a Tuesday. Information was sent home last week regarding the BMX program. This is included below:

The BMX program will begin on Tuesday 31st July. Our instructor only has **20 sets of bikes, helmets and the such, he normally only has 20 students for his program.** At present, we have 23 students enrolled in this program – these have closed. However, he is more than willing to complement our large numbers and give it a go. If anyone can provide their own equipment please let the school know, but there are some specific guidelines.

Requirements:

Bikes – good working order, no pegs, reflectors, bells, stands or chain guards. As far as brakes go, rear brakes only should be fitted preferably hand rather than foot brakes.

Helmets – full face helmets

Gloves – hands fully covered / good protection

Normal Requirements:

Long sleeve tops, long pants and enclosed shoes.

Prep / Grade 1 – if students can ride without training wheels they should be fine.

Any queries, it might be best to contact Bryan Kennedy on 0418 594 316 or bryan@arnwood.com.au

On Monday's, we will be having Taekwondo at our school. This is very popular as well so it will be first in first dressed. The last session will be held at the Koryo Taekwondo Centre at 415 Central Avenue in Shepparton also and a bus will be provided to and from this venue as well (see details above).

Koryo Taekwondo Centre - 415 Central Avenue Shepparton 0405 659 684

Shepparton BMX Track – Packham St, opposite Wanganui Secondary college (near Shepparton Velodrome)

www.sheppartonbmxclub.com

14. Prep Enrolments for 2013

A month ago, we put our enrolment banner out on the school fence again to promote our school and encourage enrolments for 2013. Currently our school is thriving with an enrolment of 52 students and we look forward to aiming to continually build on this over the next few years. Parents can enrol their children for 2013 now and request a tour of the school if needed. I look forward to discussing the many advantages of our small school.



Earn & Learn Vouchers Finish on Sunday 12th August. We will hand in our Sticker cards to Woolworths on Wednesday 8th August 2012 **(Date Change)** for verification.



Schools can collect vouchers in store from **June 13th to August 14th 2012.**

15. Student of the Week / Values Vault

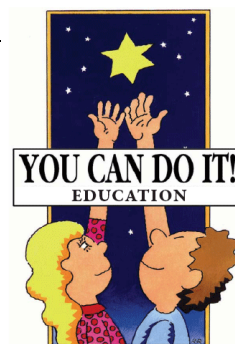
Congratulations to the following students who received Student of the Week last week.

Term 3 – Week 1

P/1 – The Rock N Roll Kids - Zoe Collins for the great leadership she shows in the classroom. Zoe is always willing to help her peers. Well done Zoe.

2/3/4 – Mrs H's Brainy Bunch – Mikayla Church for the fantastic way she has really stepped up a gear already this term. Mikayla is giving 100% in her schoolwork and as usual is an awesome friend to everyone in the playground.

5/6 – The Grade 5/6 Rebels – Marc McHale for the real improvement that he has shown in his getting along skills and the way that he is playing with his classmates in and out of the classroom.



All students receive a certificate and an Icy Pole Voucher.

Last week's Values Vault Winner was: Jhett Canon

16. Term Dates

Over the next few weeks, I will continue to update this section. Dates for TERM 3 are:

July 25th – Bugalugs Bum Thief
 July 27th – Interschool Footy & Netball
 July 30th – Taekwondo Begins (AASC)
 August 1st – Finance & School Council 5
 August 1st – Wanganui SC Performance – Fame
 August 17th – Book Day at Katandra West PS
 August 21st – Subzero School Visit - **Change**
 August 29th – Parents Club Meeting - .30pm
 September 5th – Finance & School Council 6
 September 9th – Community BBQ (Bunnings) - **Change**
 September 19th – School Production

July 26th – Christmas in July
 July 27th – London Olympics Begin
 July 31st – BMX Begins (AASC)
 August 1st > 3rd – Grade 3/4 Camp Curumbene
 August 10th – Community Tea at Footy Ground
 August 20th – Book Fair
 August 23rd – Father's Day Activity Day
 September 2nd – Father's Day
 September 7th – School Disco
 September 10th > 14th – Swimming Program
 September 21st – Last Day of Term 3

Tallygaroopna Primary School Recipe Books

These can still be purchased from the School Office at \$12 each.

New School Fence Erected



Northerners Soccer

Under 7 – It was a beautiful sunny day to start soccer off again after the school holidays with the Northerners playing Wilmot Road. The Wilmot Road team was down a team member so Dan volunteered to play for them the first half and Declan the second half. Great sportsmanship boys! Awesome team work by all players helping to get the ball in the goals. Finn kicked 6 and Declan 1. Northerners defeated Wilmot Road 7-3. **REMINDER: NO TRAINING THIS WEEK.**

Northerners Football

Northerners 3 – 3- 21 defeated Mooroopna Blue 1- 3 -9 in a hard fought very even contest.
Goals: Jordan Gee 2 and Daniel Bagley 1.



Pictured is some of the new crockery purchased for the School Kitchen by Parents Club. It will be put to good use this week for the Christmas in July lunch!

Living Well with Asthma: Advice for Parents and Carers

1 in 10 people in Australia have asthma, and people with asthma often rate their health a lot worse and report a poorer quality of life than the general population. Children and adolescents with current asthma are more likely to miss days of school/preschool due to asthma and a key aspect of improving quality of life is ensuring that your child or teenager is able to engage fully in physical activity and social aspects of life and learning.

Good asthma control is:

- Symptom free during the day and during physical exercise, reducing the need for reliever medication
- Symptom free at night, allowing for a good night's rest
- Rarely experiencing asthma attacks or exacerbations
- Preventer medication and devices are being used correctly and as prescribed (eg. on a daily basis)
- Having an asthma action plan to follow, both for the school/preschool and at home, and promptly acting on the plan when asthma symptoms occur

Asthma symptoms are not a normal aspect of life and should be taken seriously. Children and teenagers with poor asthma control should be encouraged to seek assistance, and should visit their GP or respiratory physician for an asthma review as soon as possible.



For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au

Spacer Use in Schools/Preschools: Advice for Parents & Carers

As of the 1st July 2012, schools and preschools in Victoria will be implementing a new policy in regards to single person spacer use.

This means that schools and preschools will no longer be able to wash, sterilise and re-use spacers and face masks from their asthma emergency kits when assisting students and children with asthma symptoms.

Spacers should always be used when administering reliever 'puffer' medication because:

- Using a spacer with a 'puffer' ensures that more medication reaches the airways
- Spacers are much easier for children to use than a 'puffer' alone, and allows school and preschool staff to help students/children during an asthma attack, often in an emergency situation
- Spacers are an essential part of the Asthma First Aid procedure that Victorian schools/preschools are instructed to follow

Asthma first aid kits should only ever be used as a back-up for when a child with asthma does not have their own spacer available, or if it is a first asthma attack or the cause of breathing difficulty is unknown. Your child's school/preschool may implement a policy where parents/carers are responsible for the cost of the spacer if one must be used from the asthma emergency kit.

Even if your child has mild asthma, it is essential that their medication and spacer (and a compatible face mask if under 5 years old) is always available to school/preschool staff. To ensure that a spacer is not left at home, we would recommend that parents/carers purchase a second spacer for their child to have with them at school/preschool at all times if possible.



For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au

AUSSIE HOOPS



What – 8 week Basketball Program

When – Thursdays 4.00pm – 5.00 pm

Where – Shepparton Basketball Stadium, Numurkah Rd.

Who – Children aged 5-10

Cost - \$60 for first time, includes; Ball, Backpack, T-Shirt, Water Bottle, Sweatband. \$50 for returning children, these children receive a reversible singlet instead of the pack. - Cheques to be made out to Greater Shepparton Basketball Association.

Starts – Thursday 26th July 2012 (Registrations taken on the day)

Aussie Hoops Registration Form

Aussie Hoops is about kids having FUN while experiencing basketball skills. The program can be played all year round, inside or outside and can be enjoyed by all children of all abilities. The Aussie Hoops program is a recognised national brand in the local community delivered in each State and Territory. Sessions are designed to introduce players to the fun of basketball, build confidence and hand-eye co-ordination in a friendly non-competitive environment.

For more details please contact Shaun-Maree 0418 569 097

Email – manager@psba.com.au



<

Name D.O.B Age: Gender M/F

Address

Phone (H) Phone (M)

Email

School you attend

1st registration with Aussie Hoops Y/N

Emergency Contact/Number

Medical Conditions

PARENT/GURADIAN (Print Name):

SIGNATURE:

I hereby authorise the staff and volunteers of Shepparton Basketball Association and the Aussie Hoops Coordinator to act for me according to their best judgement in any emergency requiring medical attention and I agree to hold Shepparton Basketball Association and its staff and volunteers who deliver the program harmless and indemnify them in respect of anything so done. In addition, I hereby waive and release Shepparton Basketball Association and its staff and volunteers from any liability for any injury or illness sustained or experienced whilst at the Aussie Hoops Program, whether arising through the negligence or breach of contract of them or any of them or from any other cause. I understand that public liability and professional indemnity insurance is held by Shepparton Basketball Association and that personal injury insurance is held for financial participants as a condition of registration with Shepparton Basketball Association.



Berry Street provides kinship care service in the Hume Region encompassing the shires of City of Greater Shepparton, Moira, Strathbogie, Mitchell & Murrindindi shires.

Kinship care is the care provided by relatives or a member of a child's social network when a child cannot live with their parents. We would like to invite Kinship carers with preschoolers in their care (age 0-5yo) to our Kinship Playgroup—Little Berries.

Playgroups provide an ideal environment for fostering children's development through play, and an opportunity to develop friendships with other carers. Our goal is to provide a safe environment for children and their care givers to interact with others who are in similar situations as themselves.

Little Berries Playgroups run every Monday and Wednesday during the school term from 10am to 12pm. Please ring Linda Culpin or the intake worker on 5822 8100 for further information.



Berry Street Believes all children should have a good childhood.



Positive Parenting Program Triple P

The Parent Education Service at Primary Care Connect invites parents and carers of 2 to 10 year olds to attend the:

Positive Parenting Program.

At times we are all challenged in our role as parents. Come and join the group and share some strategies to help build strong healthy families and enhance your relationship with your children.

The program will be run as 4 sessions and will take place once a week for 4 weeks on a Wednesday evening.

Topics include:

- Building positive relationships
- Teaching new skills and promoting positive behaviour
- Managing misbehaviour
- Planning ahead/family survival tips
- Parent self care
- Individual parenting strategies.

Starting When & Where?

Wednesday 15th August 2012 for four Wednesday evenings from 7.00-9.30pm

At Primary Care Connect, 399 Wyndham Street, Shepparton

Total Cost: \$25.00 per person (Concession available)

Cost covers program workbook and refreshments

Bookings are essential as places are limited

To register or for further information contact Claire or Meredith

At Primary Care Connect

Tel: 58 233 200



'Tuning into Kids' Emotionally Intelligent Parenting

Hume Region Parent Education Service, Primary Care Connect invites parents and carers to attend a:

'Tuning into Kids' Parenting program

- A 6 session program for parents/carers of children aged 2–6 years that helps you to tune into your children's emotions and manage their behaviour.
- Learn about emotion coaching—helping your children to understand and regulate their emotions.
- Helps you to respond to your children's individual needs in ways that suit the child and the family.

Starting When & Where?

Wednesday 15th August 2012 for six Wednesday mornings 10.00am-12.30pm

At 'The Hub', 23 Alexandra St, Mooroopna

Total Cost: \$20.00 (Concession available)

Cost covers program handouts and morning tea

Bookings are essential as places are limited

To register or for further information contact Claire or Meredith

At Primary Care Connect

Tel: 58 233 200

Prep for Parents: Maintaining Healthy Sleep Patterns In Your Child

Your child needs about 10 to 11 hours of sleep each night. Getting a good night's sleep is essential; it helps your child stay settled, happy and ready for school the next day. It helps them stay healthy, strengthening their immune system. Children are usually tired after school and might look forward to bedtime from about 7.30pm.

Some children fall asleep very quickly. Others sleep lightly at first, moving and fidgeting before settling into a deep sleep. While every child is different and the way they sleep will be different as well, in most children the first half of the night is made up of deep sleep. Closer towards morning their sleep will change to a lighter sleep, making it easier to wake them up.

Some children may experience more problems with sleep and settling down to sleep than others, such as children with autism spectrum disorder (ADS). Positive habits and routines will assist all children to feel sleepy and ready for bed at the right time.

What you can do to promote healthy sleep habits

Bedtime routine

A bedtime routine is very important for your child. It helps them wind down at the end of the day and it settles them prior to going to sleep.

Getting them ready for bed at the same time each day is important. The predictability of going to bed at the same time each night helps children develop a positive sleep routine and feel secure. Allowing children to stay up late, even on weekends, isn't doing them any favours as it disrupts this routine.

Assist your child to wind down about an hour before bedtime. Turning off the television and any computer games, and encourage quiet activities.

A great thing to incorporate into your child's bedtime routine is reading to or with them.

Quietly and calming chatting about what happened during their day at school will also help your child to express any events or worries they may have prior to going to sleep.

Get your child up at the same time every morning. This establishes a good sleep habit and the predictability of this makes them feel secure.

Sleep talk

Some children talk during their sleep, especially if they are excited or worried about something – this can be anything from an anticipated birthday party or what they'll be doing the next day at school. Talking to your child calmly and quietly about the things that are going on in their lives might help reduce night-time chatter.

Bedwetting

Bedwetting happens when your child has a full bladder but they don't wake up; sometimes because they are sleeping soundly, others because they are not aware of their need to go to the toilet.

About 20% of five year olds and 10% of six year olds wet their beds. Most children can't control bedwetting but they do grow out of it.

If your child does wet their bed, reassure them that everything is okay and that they have nothing to be ashamed of. Telling them a story about when you wet the bed or when another family member wet the bed and how you grew out of this can help reassure your child. Telling them in simple terms what is happening and why can also be very helpful and make them feel better about themselves.

Nightmares

Most children experience nightmares from time to time. Frightening dreams can start in children as early as two years old, and reach a peak between the ages of three and six years. Nightmares usually occur later in the sleep cycle, from 4am to 6am, but the frequency differs from one child to the next.

Your child may have only a few scary dreams a year, or be troubled by nightmares much more often. About one quarter of children have at least one nightmare every week. A common theme is being chased by a frightening person or animal.

The cause of nightmares isn't known, but it is thought to be the ordinary stresses and strains of growing up. Children who have experienced a traumatic event, for example, tend to have frequent nightmares for the next six months or so.

Suggestions for coping with your child's nightmares include:

- Go to your child as soon as you can. If your child's bedroom is far from yours and you can't be sure to hear them when they call or cry, consider installing a baby monitor.
- Cuddle and reassure your child. Talk calmly and gently.
- Appreciate that your child's feelings are genuine.
- Be prepared to stay with them until they have calmed down. If your child is particularly frightened, you may need to soothe them with a favourite (but relaxing) activity, such as reading a book together.
- Your child may want to talk to you about their nightmare. Encourage them to come up with alternate endings for the nightmare that are happy or funny.

It isn't possible to stop your child from ever having another nightmare, but you may be able to reduce the frequency of bad dreams. Suggestions include:

- Make sure your child doesn't watch frightening shows on television, or read scary books.
- Consider your child's daily routine. Is anything troubling them? Stressful events that could trigger a spate of nightmares include a new sibling, moving house or starting school.
- Talk about dreams together, and explain that everyone has dreams and occasional nightmares.
- If your child is troubled by a recurring nightmare, help them to explore its meaning through drawing, writing or play acting. Thinking about the nightmare creatively – especially when the child comes up with a happier ending or 'makes friends' with the nightmare character – can help to defuse the power of the dream.

What more can you do?

Some things to consider include:

- Ensuring your child is getting enough exercise. This is vital for restful sleep and for maintaining your child's general health.
- Check to see if there is too much light in the room at night. Block out street lights and make sure any LED displays on clocks are not too bright.
- Reading or listening to relaxing music may help your child wind down and get ready for sleep.
- Minimise noise near your child's bedroom. Some children can sleep through the AFL grand final while others wake up at the slightest noise. Try to ensure any background noise isn't disturbing your child so that they can get a good night's sleep.
- Speak to a health professional for further advice if you continue to have concerns about your child's sleeping and night time routine.

And make sure you get a good night's sleep yourself.

Beyond Primary: Stepping Up To Secondary School

To help your child make the change from primary to secondary school as easy as possible, schools work closely together, offering a range of activities.

What schools do

Last term you may have received from your child's primary school a list of possible secondary schools and you may have been asked to indicate your preference. Some primary schools also hold information sessions on choosing a secondary school for your child, as well as information sessions on the secondary schools in your area.

To help get to know a secondary school, primary school teachers may take their students to visit a nearby school.

Teachers from secondary schools may also visit local primary schools to take small groups for lessons or to talk about secondary school, introducing themselves and the subjects they teach.

Often, secondary students revisit their old primary school to tell Year 6 students what secondary school is like. This can also be taken a step further with the buddy system, where secondary students are teamed up with primary school students and regularly meet face-to-face or communicate by email.

In many primary schools, Year 5 and 6 students become familiar with working with a range of teachers rather than just one. This helps your child prepare for the different teaching methods of secondary schools. (If your child's school has a program like this, talk to the teachers about their experiences.)

Some secondary schools also offer learning environments similar to these arrangements for their students' first year at the school. These schools often have a designated area for Year 7 students including one large, multipurpose classroom. A team of teachers will work with the students rather than individual subject teachers. This allows the students and teachers to get to know each other. (Check whether your child's secondary school organises Year 7 like this.)

In other schools, from the beginning of Year 7, learning is organised into separate subjects that are usually taught by different teachers, and your child may not be in the same classroom, or with the same group of students, throughout the day. (If this is how your child's Year 7 is organised, talk them through the differences from their primary school class.)

Most government secondary schools hold an orientation day to help prospective students and their parents become familiar with the school. All government schools hold this orientation day on the same day (often the second Tuesday of December, but check with your child's school). It may include a school tour, meeting fellow students and teachers, and taking part in special lessons and activities. This is a great opportunity to get to know the school.

Generally, thanks to these arrangements between primary and secondary schools, most students settle very quickly into secondary school life and are successfully challenged to reach their full potential and build pathways to future careers.

What you can do

- The next year will be a time of change for you and your child. One way to help them to adjust to the changes and support their resilience is by building their confidence. You can do this by openly acknowledging the things they do well. They don't have to have done anything particularly special; telling your child that you value them and appreciate their qualities – like how well they help around the house or how thoughtful they are – will go a long way to building and maintaining your child's confidence.
- Talk to your child regularly about going to secondary school over the next few months. Ask them what they think it will be like. Do they expect they'll have to do more homework? Will they learn more things? Are they expecting to enjoy themselves? Feel safe and at ease? What do they think their teachers will be like? What do they think the other kids in the classes will be like? What are they most looking forward to? Listening to your child talk may give you some indication of their concerns. If they have concerns, discuss their options. Let them know that you take these seriously and are there to help.
- Talk to your child's primary school about what they are doing to help your child step up to secondary school and ask them for advice on things you can do at home to help make this step easier for your child.