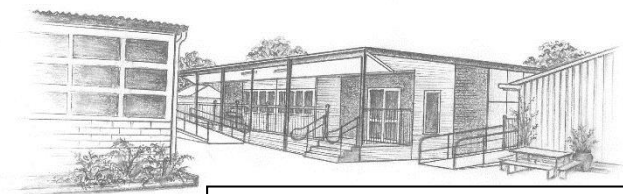


# TALLYGAROPNA PRIMARY SCHOOL NO.3067



TERM 3 NO. 23 1<sup>st</sup> August 2016



Victoria Street, Tallygaropna

Phone 03 58298264

Fax 03 58298244

[tallygaropna.ps@edumail.vic.gov.au](mailto:tallygaropna.ps@edumail.vic.gov.au)

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

Mobile 0403625625 / 0411960164

Facebook Page - [Click here](#)

Small Schools Website - [Click here](#)

**SCHOOL VALUES - RESPECT, HONESTY & INCLUSION**

## News from the Principal's Desk

Hi everyone,

It sure has been a cold and wet winter season and hopefully there will be a few more warmer days ahead. Unfortunately, we had to postpone our Tree Planting Day last week and this is now scheduled for this Thursday – fingers crossed. I will keep parents informed via Tiqbiz in regard to this, but there is the possibility of this event being postponed again. I would also like to congratulate all of the students who attended the Interschool Sport with netball and football as well. Horrendous conditions were evident on this day and it was a shame that the netballers had to cancel their day while the boys battled on bravely in the muddy and wet weather. It is unlikely that this day will be rescheduled – hopefully the weather is more kind to us next year.

Last week our Breakfast Program began successfully and it was wonderful to see so many of our students come into the Multi-Purpose room in the morning to start the day. Some healthy and nutritious foods are on offer and I look forward to this program continuing to build over the next few weeks. A big thank you to the helpers who assisted last week and we look forward to seeing some more familiar faces on Monday and Thursday mornings soon.

This edition of the newsletter has information relating to some Departmental processes such as the Attitude to Schools Survey and the Parent Opinion Survey. The latter is vital for making our school a great learning environment and we will continue to seek feedback from our families as much as possible. It is not too late to hand this survey in so we would appreciate your attention with this matter.

A reminder that Enrolment Forms are now due for the 2017 school year so that we can begin planning for programs and staffing for the New Year. I have already started discussions with Jacobson's in regard to how the school bus will operate next year and again I am aiming to allow all eligible families to access this form of transport to school. Stay tuned for more details.

Karen will be at school all week until Thursday as usual to attend to any matters that arise. I look forward to catching up with some parents at the Breakfast Club and at School Council on Wednesday night.

David Brodie (Principal)

THE NEXT EDITION OF THE NEWSLETTER WILL BE A MINI ONE. THIS WILL BE PUT ON TIQBIZ AND OUR SCHOOL WEBSITE.

**THE NEXT PLAYGROUP FOR THE YEAR  
WILL BE HELD ON THURSDAY 4<sup>th</sup> AUGUST**

We now have re-stocked RED and  
BOTTLE GREEN beanies for sale. \$10  
one size fits all.

**SOMERS CAMP FORMS ARE DUE BACK  
ASAP - THE COST FOR THE CAMP  
(\$250) NEEDS TO BE PAID BY AUG 1ST**

*Helpers are needed for  
Tree Planting Day  
Breakfast Program*

**ENROLMENTS FOR 2017 ARE DUE NOW.  
THIS WILL ASSIST WITH OUR  
PLANNING FOR THE NEW YEAR.  
THANKS IN ANTICIPATION.**

**PARENT OPINION SURVEYS CAN STILL  
BE HANDED IN THIS WEEK.**

## DIRECT BANK DEPOSIT

Account Name:

Tallygaropna Primary School

BSB: 063—527

Account number: 00907788

Please ensure you include family name and  
payment description as reference.

### A NICE ADDITION TO OUR SCHOOL

Thanks to the families involved for organising this great welcome sign in our school car park.



### New Enrolments for 2017

Welcome to Jodie and Will and their families to our school community.





## Photos of the Week – Breakfast Club





## Photos of the Week – Bike Education Program



## Photos of the Week – Interschool Sport



### **Fairleys Supa IGA Community Rewards Program**

Our school is registered for the Fairleys Supa IGA Community Rewards program. Families can register in-store. Funds generated by customer point donations are converted to cash and handed over at the end of the financial year.

*Introducing*

**FAIRLEYS**

**SUPA IGA**

*Community*

**REWARDS**

FUNDRAISING PROGRAM

**Please Help Financially Support  
Your School... Join Today!**

[fairleysiga.com.au](http://fairleysiga.com.au)

## Photos of the Week – Alternative Furniture



TALLYGAROPNA  
PRIMARY SCHOOL  
PRIDES ITSELF ON  
BEING A  
COMMUNITY  
SCHOOL

### TIGERS BASKETBALL - SUMMER SEASON REGISTRATION

Summer season begins the week commencing Monday 29<sup>th</sup> August 2016.

Unfortunately team numbers will be capped this year so get in early or you will miss out.

\*\*Registrations close Friday 12th August\*\*

Summer registration \$75.00

To register go to [www.gsba.com.au](http://www.gsba.com.au) - domestic competition- registration.

Make sure to choose TIGERS as your club.

For those who didn't play Winter Season you will need to pay GSBA insurance before you can take the court. See the G.S.B.A website for the link

### Age Groups

Under 10 Born 2008/2009

Under 12 Born 2006/2007

Under 14 Born 2004/2005

Under 16 Born 2002/2003

Under 18 Born 2001/2000

### NEW PLAYERS WELCOME

If you have any questions please contact:

GIRLS CO ORDINATOR Julie Zito - 0428 549088

BOYS CO ORDINATOR Melinda Brodie - 0430 083148

**RUNNING GAMES ARE STILL BANNED ON THE COURT AREA WHEN IT IS WET. THE SURFACE IS FAR TOO SLIPPERY AND DANGEROUS AND WE HAVE HAD A NUMBER OF FALLS LATELY. WHEN WET – THE OVAL AND SANDPITS WILL BE OUT OF BOUNDS AS WELL UNFORTUNATELY.**



## **Music Lessons 2016**

Cliff Doorncamp is conducting both guitar and keyboard lessons at the school again this year. Lessons are held each Monday with individual lessons lasting 20 minutes. The cost of the lessons is \$17 per session (payable at time of lesson). For more information, please contact Cliff on 5828 6395 or 0474 769 963. It has been great to see some new students join this program over the last couple of weeks.

## **WHOLE SCHOOL LEADERSHIP PROGRAM**

– Random Acts of Kindness

**Well done to Chantelle and Jake for organising this last week. Benjamin and Lynn will be organising this kind gesture this week.**

**MEDITATION CD'S ARE  
AVAILABLE TO BE  
PURCHASED FROM THE  
SCHOOL OFFICE. THESE  
COST \$20 FOR EACH CD  
AND THE SCHOOL WILL  
RECEIVE \$5 OF THESE  
PROCEEDS.**



**Meditation Website (Path of Calm) - <http://www.pathofcalm.com/>**

Simple Phrase "If in doubt, breathe out".

### **Attitude to Schools Survey**

Results for the Attitude to Schools Survey have been made available and we have some positive results this year for Grade 5/6 students. An improvement has been evident in most areas below and our school sits nicely above Mean Scores for the Region and the State and we look forward to continuing to build on these results into the future.

**Factor Mean Scores Trend - Detail - 2014 to 2016 - Years 5-6**

		Mean Factor Score								
		School			Region			State		
Parent Order Factor	Factor Name	2014	2015	2016	2014	2015	2016	2014	2015	2016
Student Relationships	Classroom Behaviour	3.29	3.75	4.09	3.46	3.46	3.46	3.40	3.38	3.36
	Connectedness to Peers	4.48	4.23	4.68	4.35	4.34	4.33	4.34	4.32	4.31
	Student Safety	4.66	4.53	4.73	4.43	4.39	4.38	4.40	4.35	4.35
Wellbeing	Student Distress	6.27	6.11	6.14	5.98	6.00	5.97	5.94	5.95	5.91
	Student Morale	6.36	5.65	6.00	5.76	5.76	5.72	5.75	5.73	5.69
Teaching and Learning	Learning Confidence	4.09	4.00	4.27	4.16	4.18	4.15	4.14	4.15	4.13
	School Connectedness	4.33	3.95	4.47	4.40	4.41	4.38	4.39	4.39	4.36
	Stimulating Learning	3.88	3.62	3.73	4.15	4.15	4.10	4.16	4.14	4.09
	Student Motivation	4.45	4.54	4.66	4.58	4.57	4.55	4.58	4.56	4.55
	Teacher Effectiveness	4.36	4.13	4.42	4.43	4.42	4.39	4.44	4.41	4.38
	Teacher Empathy	4.47	4.37	4.48	4.44	4.44	4.41	4.45	4.43	4.41

## STUDENTS OF THE WEEK

### – Term 3 / Week 2

All students received a certificate and also a free icy pole voucher to use this term.

#### Foundation / Grade 1

##### The Busy Bees!

Gemma & Kaedyn



Gemma for writing a wonderful recount during Big Write and adding lots of detail. Thanks for your effort Gemma!

Kaedyn for the confidence he has shown during writing tasks. You should be very proud of the progress you have made.

#### Grade 2/3

##### Mrs H's Happy Hippos

Jade



Jade for the fantastic way she is always happy to step forward, help people out & show her leadership skills. Fabulous effort Jade!

#### Grade 4/5/6

##### Miss T's Marshmellow Monsters

Harvey & Kyle



Harvey for persisting with his fractions over the past 2 weeks. You have improved so much because of the hard work you have put in every day.






Kyle for being an excellent mentor to other students during our unit on fractions. Your expertise helped me a lot and you were able to teach a lot of your peers. Thanks for being a superstar.

**Values Vault Winner for Week 2 was Nate**

## STUDENTS OF THE WEEK

### – Term 3 / Week 3

All students received a certificate and also a free icy pole voucher to use this term.

<p><b><u>Foundation / Grade 1</u></b>  <b><u>The Busy Bees!</u></b>          Bohdi &amp; Charlie</p> <div data-bbox="260 515 427 748"></div> <div data-bbox="501 515 670 748"></div>	<p>Bohdi saw a student in the playground who was upset. He went to the student to see if he was okay. Thanks for looking out for others Bohdi!</p> <p>Charlie has really enjoyed learning about money in Maths. I've been impressed with his concentration and his ability to answer questions. Awesome effort Charlie!</p>
<p><b><u>Grade 2/3</u></b>  <b><u>Mrs H's Happy Hippos</u></b>          Jake &amp; Chantelle</p> <div data-bbox="245 1005 413 1238"></div>	<p>Jake for the fantastic way he has been working on his spelling words and going up to Yellow!</p> <p>Chantelle also for the tremendous effort she has put into her spelling. Up to Red Group she goes!!</p>
<p><b><u>Grade 4/5/6</u></b>  <b><u>Miss T's Marshmallow Monsters</u></b>          Leah &amp; Alyssa</p> <div data-bbox="260 1552 427 1785"></div> <div data-bbox="520 1552 687 1785"></div>	<p>Leah for being an outstanding role model both in the classroom and out. You are always willing to offer a helping hand and make everyone feel welcome. Thanks for being awesome.</p> <p>Alyssa for working really hard this week on concentrating and completing your best work possible. I have noticed a huge difference in your work. Well done!</p>

**Values Vault Winner for Week 3 was Beau, Tom & Sam**



### **1. Bus Families for 2017**

I am currently in the process of organizing the new bus route for the start of 2017. This takes some time to organize and we may need to call for a meeting similar to last year to set up a roster to cater for all families. Currently, I have the following students hoping to use the bus for the beginning of 2017.

Dan Klein	Jade Klein	Eloise Walker	Lilly Walker
Liv Burgess	Daniel Collins	Leah Collins	Zoe Collins
Josh Collins	Lachie Mawson	Ryan Voss	Beau Voss
Jake Buckland	Oscar Buckland	James Mawson	Sienna Elliott
Lynn Rutten	Gemma Thomas	Tait Buckland	Lloyd Akers
Imogen Castles	Lara Tielan – F	Fenn Burgess – F	Alira Bux – F
Ryder Thomas – F	Jodi Rutten - F		

Unfortunately, we only have a 21 seater and spots are very limited and I am trying my best to accommodate many families who are not eligible to use the bus service (inside 4.8km going to your closest school). If any of this information is incorrect or you are happy to not use the bus for 2017, could you contact me ASAP so that the bus run can be finalized and organized without any problems. Mr Brodie

### **2. Seasons For Growth Program**

We are thinking of running a Seasons for Growth Program. Information is provided below for interested families of students at our school. We are currently investigating when this program would take place. One idea is to run it at the end of the day or at lunch time briefly while students have lunch, so that class time is not affected in the morning. The commitment would be for one day for maybe 45 mins to 1 hour for students a week -subject to change. This would go for 8 weeks.

Myself and Jade Forman would assist with organising this for students in need but basically its theme is around helping children learn to cope with loss / grief and change. We believe that we have some students who would benefit from this program and more specific information is below. Respond below by Friday 5th August.

*Seasons for Growth* is a small group loss and grief education program. The Children and Young People's Program strengthens the social and emotional wellbeing of children and young people (aged 6 -18) who are dealing with significant loss or change. This may include the death of a loved one, parental divorce or separation, the experience and aftermath of natural disaster, moving house or school, as well as many other life changes and losses.

Small groups of 4-7 children work with a trained adult Companion (facilitator) who supports the children in learning new ways to share, think about and respond to the changes and losses in their lives. Children learn that they are not alone in dealing with the effects of change, loss and grief. They build their understanding and communication, decision making and problem solving skills as part of a supportive peer group.

The *Seasons for Growth* Children and Young People's Program takes place over a structured eight week period filled with peer-to-peer learning opportunities - with time to talk and listen as well as take part in activities including drawing, music, art, journaling, roleplays and story telling. A celebration session and two follow up 'reconnector' sessions complete the program, and each session explores an age appropriate concept, for example "Change is a part of life" and "Caring for my feelings". The story of the seasons is used to explain the cycles of life, including change and loss, and provides a valuable metaphor for children to explore and understand their own story.

They use the imagery of the four seasons to illustrate that grief is cyclical, not a linear journey with a clear end. The program is educational in nature and does not provide therapy. Peer support is a key element of the program, and confidentiality is strongly emphasised.

### **3. Tree Planting**

Unfortunately because of wet weather we had to postpone the Tree Planting Day last week. This is now planned for this Thursday 4<sup>th</sup> August and if you can assist in any way please contact the school. This will begin at 11.30am and conclude at approximately 3pm.

#### **4. Parent Opinion Surveys**

All families in our school have the opportunity to participate in the 2016 Parent Opinion Survey. Each year the school conducts an opinion survey and parents are selected to participate and we use the information to support future school planning and improvement. The survey is designed to take **no more than 20 minutes to complete** and your feedback and opinions play an important role in making our school the best it can possibly be.

Please be assured that your responses are completely confidential. The survey is conducted anonymously and it is important to us that you complete the survey as honestly as possible. Your comments in the final, open-ended question will be scanned and provided back to our school. I ask you to take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school. For example, feedback from parents has helped to change the way many schools structure parent-teacher interviews.

When completed please seal your survey in the envelope provided and write your child's name and year level on the back of the envelope. Your child's name will only be used to record that you have returned the survey. The sealed envelope will not be opened by the school and will be sent to an independent organisation for collation and reporting. The results will be shared with parents via School Council later in the year.

#### **5. Class Stories – Class Dojo**

This year all of our teachers are utilising Class Dojo over the internet. One of the great components of this resource is Class Stories where documentation occurs regarding events in and out of the classroom. Make sure you keep having a look at what is on line because some great things are happening at our school and we would welcome any feedback.



#### **6. Father's Day Breakfast**

At the Parents Club Meeting a couple of weeks ago, we decided to hold a Father's Day Breakfast for the wonderful Dad's, Grand Dad's or Uncles out there. The Breakfast will be held on Monday 5th September from 7am until 9am. Breakfast will involve - Bacon and Egg Rolls or Muffins & Coffee / Tea / Milo.

Special visitors are invited to stay around after breakfast to play some Board Games / Table Tennis. All students of the school will take home a Bag of goodies for their special visitor as well. Students will be monitored at school by staff when special visitors have to leave.

This is a wonderful initiative and I am sure our kids would love to see plenty of Dad's or Grand Dad's or Uncles at this event. Respond via Tiqbiz, reply in the slip in the newsletter or contact the school on 58298264, if you can attend with names of all people attending please. Any new students intending to come to our school in 2017 are invited to participate as well - just might be an early start obviously.

#### **7. Committee Members Needed – 125 year Celebrations of Education in Tallygaroopna**

Any one from the local community who is interested in going on a Committee to help organise the 125 years celebration of Education in Tallygaroopna Event can RESPOND via Tiqbiz, reply using the slip in the newsletter, contact the school on 58298264 or contact Trish Moss on 0427 298288 or 58298255. The first meeting for this Committee will be held at Tallygaroopna PS on Monday 15th August at 7.30pm. Please pass this opportunity on to anyone who you think may be interested. Mr Brodie and Mrs Haberfield have put our hands up so far and we look forward to having some other members of the local community contribute to this great event as well. The celebrations are expected to take place in October some time.

### **8. Health Behaviours Monitoring Study – August 9th**

The Goulburn Valley Primary School Health Behaviours Monitoring study is an exciting study that is being conducted at our school. All Grade 2, 4 and 6 students at our school are being invited to participate. This study will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality and quality of life) among children and adolescents across the Goulburn Valley region of Victoria. We ask that you please read the information sent home last week carefully, so that you can make an informed decision about your child's participation. We ask that you only return the **OPT-OUT** consent form should you and or your child decide **NOT TO** participate. We are using an OPT-OUT consent process whereby your child's participation in this study is assumed unless you indicate via the return of the signed OPT-OUT consent form that you do not wish for your child to participate.

If you and your child agree to participate we would like your child to complete the following activities at school under the supervision of staff:

- Complete a brief physical activity, sedentary behaviour, food intake and health and wellbeing questionnaire **(Grade 4 and 6 only)**;
- Have their height, weight and waist circumference measured in a private and professional manner with trained researchers **(All Grades 2, 4 & 6)**;
- Some children will be asked to wear a match box sized activity monitor (accelerometer) on their right hip during waking hours for 7-days. They will need to return this monitor to school at the end of the week **(All Grades 2, 4 & 6)**.

All activities will be conducted throughout a normal school day, in school time. All information obtained in connection with this research that can identify your child will remain confidential. Your child's data will be made anonymous during analyses, therefore, your child will not be identified in any report, publication or presentation.

Results of this study will provide information about effectiveness of current efforts to improve the health of Victorian children and adolescents. This information will be used by educators, policy makers, health service providers and researchers in future efforts to improve the health of Victorian children and adolescents.

### **9. Breakfast Club**

Our Breakfast Program made a great start last week with over 20 students attending both sessions on Monday and Thursday last week. Feel free to come in and help if you have time – your assistance would be greatly appreciated.

Breakfast includes such things as Wheat Bix, Toast (spreads – jam, vegemite, peanut butter, Nutella), Canned Fruit in Natural Juice.

Milo and Chocolate Quik is available for all students as well and Gluten Free and Dairy Free products are available – Cereal and Toast.

Baked Beans will be available on a Monday and Porridge on a Thursday

Food safety and safe food handling is particularly important in schools as children are at higher risk of contracting food borne illnesses. As the students are not being charged for participating in the program and the low risk foods being served as part of the School Breakfast Clubs program, our school will be exempt from the Food Act. Being exempt from the Food Act means that a number of standard food safety requirements are not necessary for schools participating in this program.

1. There is no legal requirement to register your breakfast club with the local council.
2. Schools will not be required to pay fees to local councils if they choose to register their breakfast club.
3. There is no legal requirement to have a Food Safety Supervisor run the program.
4. Volunteers will not require Food Safety Certificates.

However, as a best practice measure we highly recommended that school staff and volunteers associated with the school breakfast program complete the Department of Health's free online food safety training. This training usually takes one hour and upon completion participants can receive a downloadable certificate.

Online Food Training - <http://dofoodsafely.health.vic.gov.au/welcome.php>



### **10. Playgroup Dates for Term 3**

These sessions below will be held in the Multi Purpose Room from 9am until 11am. The Breakfast Club will be held beforehand on all of these dates as well from 8.45am until 9am.

Thursday 4th August

Thursday 18th August

Thursday 1st September

Thursday 15th September

### **11. End of Year Excursion**

At the Parents Club Meeting last week, it was decided that we would go to the Whittlesea Fun Fields again for our whole school End of Year Excursion. The date for this has been confirmed – Friday 16<sup>th</sup> December. If you intend to attend this day with your children could you contact the school please. Staff are able to supervise any students who are not able to have family assist with supervision on this day. More specific information will be in the newsletter early next term.

### **12. Enrolments for 2017**

So far, we have had 4 promising Open Days and we look like having 10-15 new students at our school again for 2017. To assist with planning it would be appreciated if enrolments forms could be in this week. Enrolment packs can be collected at the office anytime.

### **13. Jump Rope For Heart**

Sponsorship forms have been sent home for any students wishing to raise money for the Heart Foundation. There are a number of wonderful prizes to win for this and all children are encouraged to be with an adult when seeking donations for this program – these have been extended for a couple of weeks. Our Jump Off Day will be held early in mid to late August.

### **14. Sporting Schools Program**

Our Sporting Schools Program begins next Monday. As per usual, sessions after school begin at 3.35pm and will finish at 4.35pm). Students receive a healthy snack before the program begins for all school sessions. Students need to be picked up immediately after each session. Formal permission forms are available from the office and on Tiqbiz. These went home with all students as well.

A summary of specific dates remaining for Term 3 are below

Golf – all sessions at school	Orienteering – all sessions at school
Monday 1 <sup>st</sup> August – Week 4 (cancelled)	Tuesday 2 <sup>nd</sup> August – Week 4
Monday 8 <sup>th</sup> August – Week 5	Tuesday 9 <sup>th</sup> August – Week 5
Monday 15 <sup>th</sup> August – Week 6	Tuesday 16 <sup>th</sup> August – Week 6
Monday 22 <sup>nd</sup> August – Week 7	Tuesday 23 <sup>rd</sup> August – Week 7
Monday 29 <sup>th</sup> August – Week 8	Tuesday 30 <sup>th</sup> August – Week 8
Monday 5 <sup>th</sup> September – Week 9	Tuesday 6 <sup>th</sup> September – Week 9

### **15. Outside School Hours Care**

OSH Care (Outside School Hours Care) continues this Wednesday and Friday in the Multi-Purpose Room. Each session begins at 3.25pm and concludes at 6pm. Specific information is available at the website below and prices are summarised below as well:

Website - <http://www.tally-ps-3067.vic.edu.au/page/176/Outside-School-Hours-Care>

Permanent Enrolment \$18

Casual Enrolment \$20

If collected before 4.30pm \$11

**ENROLMENT FORMS MUST BE RETURNED FOR EACH STUDENT BEFORE THEY CAN PARTICIPATE  
IN THIS PROGRAM AFTER SCHOOL HOURS  
– WEDNESDAY, THURSDAY AND FRIDAY.  
A NEW ENROLMENT FORM IS TO BE COMPLETED FOR EACH CHILD ON AN ANNUAL BASIS.**

I will be able to help or attend with the following School activities

Father's Day Breakfast  
Committee – 125 Birthday Celebrations

Tree Planting Day

People Attending or Helping –

Signed \_\_\_\_\_


#### **16. School Council**


Our next School Council Meeting will be held on Wednesday 3<sup>rd</sup> August. Finance will meet at 6.45pm followed by School Council at 7.30pm. Can any agenda items be forwarded onto Mr Brodie ASAP please.

**THE SHEPPARTON SMALL SCHOOLS  
NETWORK PROUDLY PRESENTS ...**

***“Helping the Anxious Child”***

*Guest speaker ~ Michelle Trudgen ~ Clinical Social Worker*

 **WHEN:** Monday 8th August 2016

**WHERE:** The Shepparton RSL 

**COST:** Free

**TIME:** 6.30pm to 8.00pm (A light supper will be provided)

**RSVP:** Bookings are essential.

**RSVP to your school by Wednesday 3rd August**

***Michelle will teach parents about:***


*The psycho education of anxiety as a normal human response.*

*How anxiety is acquired and is maintained.*

*The importance of parents’ understanding of social learning  
theory - your children are watching you cope  
with the inevitable pain in life!*

*How to increase their child's coping skills.*

*When to seek professional help for your child.*





# Tallygaroopna Olympics Day



We are excited to announce that on Friday the 12<sup>th</sup> of August we will be hosting our own mini Olympics at the school to help celebrate the Rio Olympics. Students are invited to dress in the colour specified for their year level, as they will be representing a team/country they are competing for. The teams are as the following:

- Foundation Students- Blue
- Year One- Green
- Year Two/Three- Red
- Year Four- Yellow
- Year Five/Six- Black

Each group will participate in a variety of fun activities/events on a rotation so that every group has the opportunity to compete. Parents are invited to attend during the day to assist in conducting some of the activities, as well as supporting the students.

The day will begin with an opening ceremony, where students will be able to parade around in their team colours and show off their skills to the rest of the students and parents. After the opening ceremony, classes will run up until recess like usual, and then the Olympic Games begin after recess. Students will rotate between activities until the end of the day. After all events are complete, Students will be rewarded with medals at our closing ceremony, and have the final opportunity to parade around the school.

We are very much looking forward to celebrating this day with the students. We encourage all family members to come along and enjoy the day too.

Looking forward to seeing you all there  
Staff from Tallygaroopna PS



## Sleeping problems in kids

It doesn't matter what age you are, we all have sleepless nights. But it is a common problem for children, and for some parents it is a daily battle to get their kids into bed. Here are a few tips that might help:

- ❖ Kids don't have big responsibilities like adults do but they still have their own set of worries such as doing well at school, making friends, body image, etc. When kids have a bad day, they don't always find it easy to talk about it but may go over the scenario in their minds at night contemplating what they could have said or done differently. Being available and encouraging your child to talk to you gives them a chance to open up to you when they are ready, about any concerns they may have.
- ❖ Be careful what you watch on TV and talk about when children are around for there are many accidents/tragedies that occur in our area as well as overseas that may leave them worrying about their own and others safety.
- ❖ Rather than giving too much stimulation before bed from Ipad, TV and computer games, try to promote reading stories, listening to quiet music/meditation or letting them have a bath to help your child relax before bed.
- ❖ Many children fight sleep and would rather stay up late watching TV or doing things with their family but then they can become over-tired which can lead to them being emotional, grumpy and have more trouble getting to sleep so set a regular bedtime and try to stick to it.
- ❖ Most children make up excuses as to why they need to get back out of bed so try to ensure kids are have had enough to eat, drink and been to the toilet prior to going to bed to avoid them getting up and down.
- ❖ Children have the tendency to have a wild imagination and can hear and see things that aren't really there. Many children are scared of the dark and are afraid of something lurking under their bed or in their room so night lights, a lamp or leaving the hall light on are good ways to help them feel more secure.
- ❖ Even if your child has shown difficult behaviour during the day, try your best to create a calm bedtime and remind them how much you love them. Kids will find it hard to relax if they know that you are frustrated with them.
- ❖ If you have more than one child in a bedroom, children can find it difficult to stop playtime and may need to be separated for a period of time or it might be best if their bedtimes were spaced out such as the youngest going to bed half an hour earlier than the older child.
- ❖ Your child may enjoy a bedtime massage. This can be done on their skin using oils or moisturisers or even over the top of their pyjamas with just your hands. This can be a great way to relieve any tension and you can speak calm words over them whilst you do it.
- ❖ Rewards work well for some children and if they stay in their beds without coming out for a certain amount of nights, you could try rewarding them with a special dessert, play at the park or a toy.

Now, all of these ideas are good and may work on some children, but the truth is they don't work on all kids and you might be one of those families who feel like they have tried everything and it's now really frustrating!! Well, I can empathise with you as my two boys are not the best sleepers. My youngest normally wakes up in the middle of the night and requires soothing back to sleep and my eldest has fearful thoughts every night before bed. I am normally calm and comforting for the first 2 times he gets out of bed, but once it's the eighth time I start to get very frustrated and tend to raise my voice at him. I sometimes have to remind myself that he is not trying to annoy me but merely needs me to reassure him. As parents we have to sacrifice a lot and sometimes this means putting aside what we want to do for a little while and sit on your child's bed to listen to them for a few minutes.

I came up with what I believe is a genius idea for my 6 year old, mind you it may not last but I'm enjoying it while it does. I found a small container of Moisturiser and I told him that it was 'Sleepy Cream'. I pretended to read the instructions on the back..."Massage the cream into child's hands and within 10 minutes the child will fall asleep. Do not use while driving. Do not use on pets."

So I applied the cream and amazingly night after night.. It WORKS! Isaac now asks for it before bed each night and feels so much more relaxed at bedtime. He lays down in bed straight afterward as I explained that he may fall over at any point if he isn't in his bed! My problem will be when he can learn to read and realises its nothing but moisturiser!

I'm sure many of you can relate to feeling like the night time is 'your time'. After dealing with noisy active kids needing your attention all day, it is the best feeling once they go to bed and you have peace and quiet. But kids don't understand that we have set this time aside for our sanity and they are happy to interrupt anything we may have planned. The funny thing is, it doesn't matter what ridiculous hour they finally fall asleep, they are ever so spritely at 6.30am in the morning! You can forget sleep in's and nana naps during the day are a thing of the past. But parenting is not for the faint hearted and all parents deserve a medal. Sleep is one of the most crucial elements to our survival. A person can die from lack of sleep! Yet, something within us gives us the strength day after day to put aside our needs and care for those little people in our homes. I guess that's where LOVE comes into it.

Jade Forman  
(Student Wellbeing Worker)

# TALLY P.S. CALENDAR – TERM 3 2016

Mon	Tue	Wed	Thu	Fri
11 Term 3 Begins Music Science	12 PE	13 OSH Notre Dame Perf - TBC	14 OSH Library Movie Night State C. Country	15 OSH Buddies
18 Speech Therapy	19 Bike Ed.	20 OSH Bike Ed.	21 OSH Bike Ed. Playgroup	22 OSH Footy / Netball Nude Food Day PE – F/1
25 Music Science SS – Golf Breakfast Club	26 PE – F/1/2/3 Bike Ed. SS – Orienteer.	27 OSH Bike Ed. Kidshelpline 2/3	28 OSH Breakfast Club	29 OSH Buddies Bike Ed. LOTE
1 Breakfast Club Com. Plan Mtg.	2 PE SS – Orienteer. Secret Agency Art	3 OSH School Council	4 OSH Playgroup Breakfast Club Tree Planting Kinder Visit -tbc	5 OSH Art LOTE Olympics Begin Nude Food Day

JULY / AUGUST

Mon	Tue	Wed	Thu	Fri
8 Music Science SS – Golf Anxiety Session Breakfast Club	9 PE SS – Orienteer. Secret Agency	10 OSH	11 OSH Library Breakfast Club Art – 4/5/6	12 OSH Nude Food Day Olympics Day
15 SS – Golf Breakfast Club Library Meeting – 125th	16 PE SS – Orienteer. Secret Agency	17 OSH	18 OSH Playgroup Speech Therapy Breakfast Club	19 OSH Art – F/1/2/3 Sustainability Day Nude Food Day
22 Music Science SS – Golf Breakfast Club	23 PE SS – Orienteer. Secret Agency	24 OSH	25 OSH Library Breakfast Club	26 OSH Jump Off Day Nude Food Day LOTE
29 SS – Golf Speech Therapy Breakfast Club	30 PE SS – Orienteer. Secret Agency	31 OSH	1 OSH Playgroup Breakfast Club	2 OSH Art LOTE School Disco Nude Food Day  Father's Day - 4

AUGUST / SEPTEMBER