

TALLYGAROPNA PRIMARY SCHOOL NO.3067



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SCHOOL VALUES - RESPECT, HONESTY & INCLUSION

NEWSLETTER

TERM 4 NO.34 7th November 2012

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Forms and Payment (\$320) for the Grade 5/6 Queenscliff Camp need to be returned to school ASAP.

Any parents who would like to join our Kidsmatter committee contact Mr Brodie ASAP.

Can all students bring in some Santa hats and tinsel next Monday for some photos for the School Calendar.

Hi everyone,

Last week was a busy one with a couple of extra curricula activities taking place in and out of the school grounds. Our junior students were the ones who benefited this time with the annual Farm Excursion taking place as well as the Bravehearts Personal Safety session. Both of these activities are very important for the wellbeing, safety and enjoyment of our children at school and we look forward to them hopefully taking place again next year..

This time of the year is a very busy one with camps and other excursions or incursions planned. Our Grade 5/6 students have a busy couple of weeks with the Somers and Queenscliff camps being held. Information is provided in this edition of the newsletter, so please read this carefully in regard to specific details about times and lunches...etc. We also welcome our new 2013 Preps again tomorrow for the second transition visit. This is from 9am until 11.30am.

After the success of the Ecolinc excursion a couple of weeks ago, we are fortunate to again have this opportunity next year as well. A different cohort of children will be invited in 2013, which will include students in Grades 4/5. This will allow for 4 different grades to benefit from this Science excursion – which is part of our Science Specialist Program.

Numbers for our end of year excursion are filling up fast, so parent names must be in NOW to avoid disappointment on this day. There are only a few spots remaining so be quick. It was a terrific gesture by School Council funding all of our children for this day and this will enable all families to benefit from this excursion.

Finally, we are in the process of registering for an initiative called Kidsmatter. An item is again highlighted in this edition of the newsletter so I encourage all parents to have a read of this and also refer to the website for more information. **At this stage, we are still seeking some parents to come on our new committee in regard to this initiative so if you are interested please contact the school. For this to be a success we need key stakeholders to be involved and our parents regularly make a wonderful contribution to our school in all sorts of ways.**

Karen will be at the office until Thursday this week, if any matters need addressing. I will be here for the rest of the week also after a couple of disruptive weeks – although I will be on camp for 4 days next week. Have a great week everyone.

David Brodie – Teaching Principal

Poppies for Remembrance Day are available for sale at the office for 50c each.

Remembrance Day is on Sunday 11th November.

We will have a minute silence on 12th November at 11am.

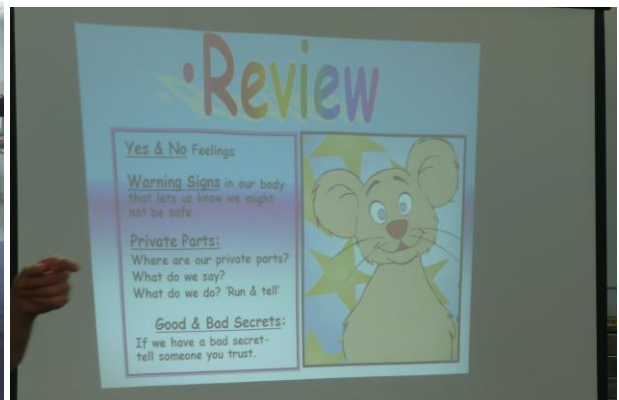
**If you would like to receive this newsletter by email contact our office.
An alternative is to go to our school website.
Enrolments for 2013 can now be made. Tours of the school can be requested as well.**

Farm Excursion

A big thankyou to Mrs Wallace for organising the Farm Excursion last Wednesday. This local excursion is always a highlight for the junior students and from what I hear, everyone had a great morning. Special thanks to Jim and Judy Pedretti for allowing our school to go to the farm and for the parents who came along to help out as well.



Bravehearts Personal Safety



Mrs H's Brainy Bunch.
Due to the short week there will be no spelling homework this week.
Reading at night will need to be done as per usual.

1. Motorcycle Program

Our children will be participating in a Motor Cycle Program free of cost on Friday 23rd November . The MotorSafe program was developed in 1998 with the aim of educating school children on the importance of safety and responsibility when using a motorcycle. The MotorSafe program promotes motorcycle safety, competitive and recreational riding and the sporting Motorcycle Club within your region.

A brief outline as to what is discussed throughout the program is below:

- * Children, the law and motorcycles
- * Motorcycle skills
- * A brief mechanical overview
- * Recreational riding for children
- * Wearing correct safety gear whilst riding
- * Club involvement – procedures and benefits

The program includes the entire MotorSafe Presentation, bike display, safety gear dress up's for the kids, one MotorSafe Show Bag for every student, MotorSafe certificates for the children, one mini licence per child, (pending parent approval) and one teacher's manual per program. In conjunction with the school presentation, there are also 'MotorSafe Mini License Sessions' at the Cobram Motorcycle Club on the 2nd of December 2012, this is where children are given the opportunity to ride their bikes in a controlled environment with the supervision of qualified coaches and officials, watch others ride if they would like to, and be given the opportunity to meet and chat to those who are already riders within the club.

Permission forms have gone home and must be returned in order for students to participate in the program.
Contact the office if you require another form ASAP.

2. Bee Hive

We have noticed a bee hive out of the power pole across the road from school – front carpark. Mr Brodie has contacted Powercor and this will be removed in the next few days. All members of the school community are to stay right away from this area until the hive has been completely removed. Thank you to the concerned parent who notified the school in regard to this matter.

3. Conveyance Allowance

There have been some changes made to the Conveyance Allowance Program (CAP) for 2013 The program provides financial assistance to families attending schools in rural or remote areas who have limited or no access to public transport or a school bus. This is the first review of the program in 30 years and the Government has decided to better target the assistance to those most in need. Families who have received this in the past will receive a parent brochure in the mail. Copies can be collected from the office if needed.

4. Bunnings BBQ - 2013

Mr Brodie has applied for another Bunnings BBQ and we are very fortunate to been given another booking for 2013. This day is a huge fundraiser for the school and we were able to raise \$1400 to go towards urgent works for the school this year. **Our BBQ for next year is scheduled to be held on Sunday 24th March – so put this date in your diaries.**

To enable our school community to implement this BBQ successfully, we need a representative from the school to attend an information night which will be held on Thursday 22nd November at 6.30pm at Bunnings in Shepparton. Unfortunately, Mr Brodie will be at Mulwala at a Principals conference on this night so it would be appreciated if someone could attend – see Mr Brodie if you are available. This information night is very brief and should only go for approximately 30 minutes.

5. New Department Website

This year has seen many changes to education in Victoria. The region is currently going through a restructure and the Department Website has also been updated. A screenshot of the website is included:

Website found here - <http://www.education.vic.gov.au>



6. Healthy Foods

At Tallygaroopna PS we promote healthy eating by having a fruit snack at 10am each day. We encourage all families to have healthy snacks and lunches for the duration of the day also so that children have the appropriate energy levels throughout the school day. Lately staff have noticed an influx of chocolate and lollies (and wrappers in the playground). If parents could reinforce this with their children it would be really appreciated and would help our school become a rubbish free environment.

7. Tennis Tournament

The Numurkah Lawn Tennis Club is inviting our school to participate in its "School Tennis Championships of Northern Victoria" proudly sponsored by Riverland Oil Processors, Numurkah on the 26th & 27th November this year. If any students are interested in participating in this could they see Mr Brodie immediately.

8. Kismatter

Tallygaroopna PS is looking at implementing an initiative called Kismatter in 2013. This has a clear focus on mental and physical health and involves the whole school community as students, staff and parents work together as one. We are hoping to entice some great parents to come on our new Kismatter committee. There will be 2 days of formal training in December which will involve a member of staff and we are hopeful that a parent from this committee will be able to attend this training as well – only the first day. The goals of this initiative are listed below, but more information can be found at the website - <http://www.kismatter.edu.au/primary>

9. Somers Camp

Some of our lucky students hit the road for the Somers Camp yesterday bright and early at 8am from the Shepparton Library. We wish all of these kids a great camp, which should be a fantastic learning experience. We were very fortunate to get one extra spot so Olivia Meyland was able to join the camper's as well – very short notice on Monday night. This meant that 6 of our children were able to go to this outdoor camp – very, very lucky. Thanks to Grant Hicks and Kerry Brett for assisting with this. Olivia was selected from the random draw which was conducted a few months ago.

The children will be returning at the Shepparton Library (Princess Park) at 2.30pm on Wednesday November 14th. When the children return from Somers, there will be an expectation that they attend school although the rest of the class will be at the Grade 5/6 camp at Queenscliff. Children will be in Mrs Haberfield's class during this time, working through a small work booklet.

10. Kanga 8's

Children from Tallygaroopna PS will be participating in a Kanga 8's tournament which will be played in Shepparton on Wednesday 21st November. Students in Grades 5/6 will be invited to attend this day and some Grade 4 children may be invited as well to field teams. We have entered a boys and a girls team for the Kanga 8's tournament. Permission forms will go home this week.

WE ARE IN DESPERATE NEED OF A PARENT HELPER TO COACH AND UMPIRE ONE OF THE TEAMS AND TO ASSIST WITH TRANSPORT. IF YOU CAN ASSIST IN ANY WAY, IT WOULD BE GREATLY APPRECIATED.

11. End of Year Excursion

After the success of last year's school excursion, it was decided that we would make the Whittlesea Fun Fields the venue for our End of Year Excursion again this year. This will be held on Thursday 6th December. We are looking at taking 2 buses to the venue and all parents will be invited – first in best dressed. Because we are taking 2 buses we are positive about everyone being able to attend. Last year, all students were supervised by parents and if possible we would like this to occur again.

Parent numbers are due now. At this stage we expect all school children to attend, but behaviour will be closely monitored leading up to the event. All school children will be free and parents attending will be \$45 each. The money will need to be in at school by Friday 23rd November. Feel free to discuss this at school, because we can negotiate a payment plan if needed. At this stage, no Preschool children or older brothers or sisters will be invited because we would like parents to see this trip as an opportunity to spend some quality time with their children who are presently enrolled at Tallygaroopna PS.

Conditions of Entry and Height Restrictions can be found here - <http://www.funfields.com.au/>

12. Grade 5/6 Camp

All medical, clothing and permission forms should now be handed into the office for the Queenscliff camp. **The final payment of \$320 is now due also.** The camp is scheduled from Tuesday 13th November until Friday 16th November. Mr Brodie will attend the 4 day camp and any Grade 5/6 students at school during this time (ie: returning Somers Campers), will have a small work booklet to work through with Mrs Haberfield.

Website - <http://www.geelong.ymca.org.au/index.php/ymca-camp-wyuna/general-information>

Specific Details:

- Depart from Congupna Primary School at **8.00am** sharp on Tuesday 13th November. Arrive at camp at 12.00pm.
- Bring a back pack with your lunch for the first day and some pens/pencils for camp book activities. Also include a drink bottle that can be filled and used during the week.
- Depart from camp at 1.00pm on the Friday. Arrive back at Congupna PS at **5.00pm**.
- Supper is provided. No need to bring pack of biscuits as previously advised.

13. Active After School Program

Our Active After School Program began a couple of weeks ago with tennis, circus tricks will be on a Tuesday. Both sessions begin at 3.35pm and conclude at 4.35pm and a fruit snack will be provided before each session. Andrea Walker will be our supervisor on a Monday and Jill McFarlane will fulfil this role on a Tuesday. Special thanks to Gill O'Brien for filling in last week and assisting as always. Enrolment forms can be collected from the office or accessed from our school website.

Last week's participation award was handed out to Jhett – free icy pole.

A reminder that school hats are always required during this after school program.



2013 Programs – Semester 1 (to be confirmed)

Term 1 – AFL, Aerobics

Term 2 – BMX, Netball

14. Term Dates

Over the next few weeks, I will continue to update this section. Dates for TERM 4 are:

November 8th – Transition Day 2 (9-11.30am)

November 13th – Kindergarten Visit

November 21st - Finance & School Council 8 – **week 7**

November 23rd – Motor Bike Safety Program

December 4th – Kindergarten Visit

December 11th – Orientation Day

December 18th – Christmas Concert

November 13th – Grade 5/6 Camp

November 17th – Rotating Dinner

November 21st – Kanga 8's Tournament

November 28th – Transition Day 3 (9am – 2pm)

December 6th – End of Year Excursion

December 17th – Reports Home

December 21st – Last Day of Term 4

15. Student of the Week / Values Vault

Congratulations for the following students for week 4 – Term 4

Rock & Roll Kids – Prep / Grade 1

Leah Collins – for the confidence she displays in all her work. We all enjoyed the fabulous story Leah wrote last week about a toy horse. Well done Leah.



Mrs H's Brainy Bunch – Grade 2/3/4

Last week's award goes to Brock Austin for the way he has been persisting in his schoolwork especially in grids. A good effort Brock!

Grade 5/6 Rebels – Grade 5/6

Harri Ring – for the positive start that he has made to his project on Apartheid in South Africa. Great to see the enthusiasm.

All students received a free icy pole voucher

This week's Values Vault winners were– Stephanie, Brooke, Kelsie, Mikayla and Ebony – thanks for cleaning up the leaves.

Parent's Club News

Parent's Club would also like to put a feeler out for interest in resurrecting the **ROTATING (PROGRESSIVE) DINNER** of years past. This is an event where small groups of school parents progress from host house to host house, eating 1 course of a meal at each home, throughout an evening. So that each host would prepare just one course of a meal, for a small group, and then move on to enjoy themselves at another host's home. A proposed date for this has been suggested: Saturday 17th November, when the weather is warmer, but before the Christmas rush. Please let a parent's club member or Karen at the office know if you'd be interested in being a part of this fun social event.

2013 TERM DATES – to be confirmed at the end of the month after our last School Council meeting for the year.

Please keep these in a handy spot as you may wish to book your family holidays during the school holidays.

Term 1: 30 January (students start) to 28 March

Term 2: 15 April to 28 June

Term 3: 15 July to 20 September

Term 4: 7 October to 20 December

Can all students bring in some Santa hats and tinsel next Monday for some photos for the School Calendar.

PRESS RELEASE

Sustainable Transport for Rural Regions

Wednesday November 7th : Transition Tatura proudly present
respected Speaker and Sunrise regular;

Elliot Fishman, Grad. Dip. Transport Planning (RMIT), BAppSc (La Trobe)
Director, Institute for Sensible Transport



Elliot is one of Australia's leading experts on sustainable transport and oil vulnerability. He has worked both internationally and around Australia on a variety of transport issues - with a special interest in energy, infrastructure planning and active transport (walking and cycling). He acted as Expert Witness on Canberra's Senate Inquiry into Australia's Fuel Supply and Alternatives and advised the Prime Minister's Office on petrol prices.

Elliot will be Transition Tatura's November guest speaker and he will discuss sustainable transport issues and options for rural regions and transport links to metropolitan centres. Amongst other topics, Elliot will also discuss the crucial significance of walking and cycling paths, as well as oil vulnerability planning.

Elliot was Project Director and Report Editor for Australia's first Peak Oil Contingency Plan, commissioned by a local council.

He has written numerous articles for *The Age*, the *Herald Sun*, *British Medical Journal* as well as a host of industry journals on transport, energy and sustainability. He also appears regularly on Channel Seven's *Sunrise* program.

Elliot is currently the Director of the Institute for Sensible Transport. This role requires him to develop sustainable transport, land use and energy solutions for government and the private sector.

Elliot is currently undertaking a PhD on public bicycle systems at the Centre for Accident Research and Road Safety - Queensland. His work was presented at the Transportation Research Board in Washington DC in January 2012, where he also advised New York City's Department of Transportation on public bicycle systems.

Transition Tatura are proud to partner with the Greater Shepparton City Council to bring you this event.

Venue: Tatura Community House, Tatura (entry via Kerferd Street carpark)

Doors Open: 7:15pm

RSVP: Ross Musolino 0407 845 247



Can all students bring in some Santa hats and tinsel next Monday for some photos for the School Calendar.



Parents & Community Making a Difference

"Parents and Community working together to support all young people"

Issue: 4
October 2012

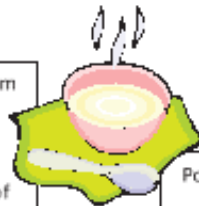
Health and Wellbeing



Children thrive in school when they are healthy and feel happy, comfortable and secure. The food your child eats before school, and at school, is important for their energy, concentration levels and ability to learn. Exercise and sleep are also very important.

Children need to eat breakfast to give them the energy they need to start the day. Some good breakfast foods are:

- Wholegrain cereals (avoid packaged cereals that have a lot of sugar and artificial colours and flavours)
- Toast and spread
- Fresh fruit
- Yoghurt



Porridge is a great breakfast, as it is quick and easy to make in the microwave, and packets of oats are very inexpensive.

Healthy school lunch ideas include:

- Sandwiches, bread rolls or pita bread with salad and egg, cheese or lean meat
- Dry biscuits with spread or hummus dip
- Fresh fruit
- Washed and cut-up carrot, celery or cucumber sticks
- Salads
- Falafels
- Reduced fat yoghurt
- A water bottle



In hot weather, include a frozen water bottle or cold pack to keep the food fresh.

It is important to notify the school office and your child's teacher if your child has a medical condition. A child with a significant medical condition or illness (such as asthma, epilepsy, haemophilia, diabetes or severe allergic reactions) should have a health support plan developed by the school, you, your child and your child's doctor.

Can all students bring in some Santa hats and tinsel next Monday for some photos for the School Calendar.

Most children have fears or worries of some kind. If you're concerned about your child, think about the following questions:

Does anxiety stop my child from doing the things they want to?

Does it interfere with friendships, school work or family life?

If so, you should seek professional help. Your school's welfare staff or your family doctor will be able to help with this.

If you think your child is being bullied at school:

- Ask your child questions to understand if there is a repeated pattern of bullying
- Listen carefully to your child and show concern and support
- Talk to your child's teacher about the problem
- Work with your child's school to solve the problem by establishing a plan for dealing with the current situation and future bullying incidents.



Many schools set up 'buddy' systems for younger children with older students, to create a positive and welcoming experience from the very beginning of school. The older children learn to take on responsibility, while the younger children know that they have a fellow student they can look to for support. Ask your school about this.

Physical exercise is really important.

Research shows that it not only helps to keep students physically healthy, but it improves their mental and social development. Encourage walking, running, dancing, swimming, bike riding and playing sport.



Children 5 – 12 years need 10 – 11 hours of sleep a night. Getting a good night's sleep is essential to helping your child stay settled, happy and ready for school the next day. It also helps them stay healthy, strengthening their immune system.

Having a predictable night time routine helps children to wind down, ready for sleep. Reading or listening to music may help your child to relax.

Make sure there is not too much light in the room at night. Block out street lights and make sure any LED displays on clocks are not too bright.



Keep televisions, computers and mobile phones out of bedrooms to avoid disturbance.

Victorian School Term Dates

Term 4:

8th October
to 21st December

Term 1, 2013:

29th January (teachers)
to 28th March

This information comes from:

The Department of Education and Early Childhood Development's *Welcome to Primary School Parent's Guide*, and *Prep for Parents* newsletters
www.livestrong.com
www.raisingchildren.net.au

'iLenny at the Library' is an exhibition of photos and stories of iLenny's Adventures, created by Gowrie Street and Mooroopna Primary Students. It will be on display from Nov 13 to 23 at the Mooroopna Library in Morrell St.

Keep track of iLenny's Adventures via his Facebook page!
www.facebook.com/iLennysAdventures



Prep for Parents:

Talking to Your Child's Teacher

There are two types of conversation you could have with your child's teacher: a short discussion over a relatively simple, minor thing; or a more in-depth discussion over an on-going issue or something more serious, which will usually require an appointment with the teacher.

Some common issues which are raised with teachers include:

- how well my child is doing with their school work
- improving my child's reading
- identifying my child's strengths
- improving subjects that my child is not strong in
- how my child gets on with other children
- concerns about things going on in your family.

Some things you can do to prepare for these discussions include finding the right time to talk to your child's teacher and being prepared ahead of time for these discussions.

When we asked teachers how they'd like parents to approach them, the teachers suggested that parents should:

- be clear about what they want to discuss
- have some idea of what they would like to happen or what outcome they would like to achieve
- talk about current issues, don't try to bring up things that happened a long time ago or are not relevant to what is happening right now
- come with a positive attitude. Approach things on the understanding that you and the school will work together in way that benefits your child's learning
- make a plan. Decide together what the teacher will work on in the classroom and how you can help at home. Decide how you will keep in touch with the school and your child's teacher – whether it's by phone, e-mail, or follow-up meetings.

Finding the right time

Always ask the teacher if they have time to talk, or better yet, when it might be convenient for them to do so.

It may not be practical to have an extended conversation lasting more than a couple of minutes with your child's teacher during drop-off and pick-up times at school. It is probably best if you made at time when you and your child's teacher could sit down and discuss the issue in detail without other distractions.

Make an appointment

Call the school office and make a time to talk to your child's teacher. Let them know how long you think you'll need and when the best time for you would be.

Let the school know what you'd like to talk to the teacher about. Be specific. For example, you might say, "Lucy's been having trouble with the book sent home last week. She struggled with the book and had a lot of trouble with some of the bigger words. We stopped reading after 30 minutes because she was getting so frustrated. Can we speak about some things we can do to help Lucy with her reading?" This way everyone is clear about what will be discussed.

Also let them know if this should be a face-to-face meeting or over the phone. If you are not sure which would be best, ask the school office for their advice.

Be flexible about the timing of the appointment and recognise that while the timing may not be ideal, the fact you and your child's teacher can discuss things is a great outcome for your child.

If you need a translator, arrange this with the school at the time you make the appointment.

Being prepared

Write a list of specific questions you wish to ask your child's teacher. Rank these questions in order of how important they are or which ones need answering first. This will help you focus your discussion with your child's teacher on what matters most.

Remember, the story you hear from your child may not be very accurate. Your child sees things very differently from how an adult would. We are not suggesting that you dismiss your child's story rather that the situation may require your child's teacher's perspective as well as your child's before the whole picture is clear and a solution can be formulated.

Think about what you would like to see happen. Knowing what you want to happen or what outcome you'd like to see, and how long you expect that to take, is something you should seriously consider when preparing for the meeting with your child's teacher.

Don't expect your child's teacher to propose all of the answers. Be prepared to make suggestions and offer solutions by doing a bit of researching or thinking about the issue before you go.

Be diplomatic, tactful, and respectful. Teachers have feelings, too. And they're more likely to be responsive if you remember that the purpose of your meeting is conversation, not confrontation.

And don't forget to listen and if necessary, take notes. The purpose of your meeting isn't just to hear yourself talk. It's to achieve an outcome that will help your child's learning.

Ask about specific ways you can help at home. Ask the teacher to define what your role should be in the problem-solving partnership, making sure everyone – your child's teacher, your child and you – all have roles in achieving the desired or expected outcome.

Related links

- Being Involved – supporting your child, staying informed and getting involved in their learning and school life.
- Staying Informed – positive partnerships between families and school help support children's learning.
- Find an Early Childhood Service or School – a list of all the schools in your area and their contact details.

Beyond Primary: Our Young People Are The Foundation For The Future

At 1.8 billion, young people aged 10 – 24 years make up more than a quarter of the world's population.

This stark statistic singles out children as our investment in the future.

Despite the fact that many young people are healthy, we know that many issues, such as obesity, drugs, alcohol, emotional abuse, family breakdowns and even family violence, are taking their toll, and making it harder for the young to find their place in society.

Road traffic accidents, suicide and homicide, violence and war, drowning and fire related incidents account for 40% of all youth mortality, in contrast to people older than 25 years for whom these injuries account for only 10% of deaths.

A huge investment in education world wide is now pretty well compulsory as individual countries realise that unless their children can read, write and count, employment, wealth, satisfaction and happiness will be beyond them.

In recent years, the internet and social media have become such a huge influence on our young, that basic living, health and welfare standards are often being challenged swiftly, presenting both risks and opportunities.

The world is not the easiest place for young people to grow up in.

They need our help. They also need our support and love as parents.

As they make the transition to secondary school, young people need to know that we are there for them.

Your child also needs to know that the whole school community is there for them too.

As parents we can't look after everyone, but we can support those closest and dearest to us.

We need to be aware that our children might struggle from time to time.

We need to be there for them if they are not sleeping, if they are disconnected, if they become impatient, if they retreat into their shell, if they start to lack confidence and a sense of direction.

Young people can be vulnerable. As parents we must understand that and ensure that between ourselves and our school, there are very clear and helpful programs to ensure we can work together to overcome problems.

As well as assisting our children as parents, overseas research these days suggests that our young people also need to be given a much stronger voice to tell us what their needs and concerns are.

For example, if your child can articulate what their health concerns are, what their fears and apprehensions are, what is troubling them or the things that they are grappling with, either face-to-face with you or via social media and other mechanisms open to young people, then together we can discuss what the issues and the solutions might be.

Issues such as these can, of course, be challenging.

But again, as with so many of the issues we all confront in life, when we look at them closely, we see they require a common sense approach that involves being open minded and non-judgmental in discussions with our young people, and being willing to compromise.

Finally, it cannot be underestimated how necessary it is for young people to be part of the solution.

Their contribution to the solutions must be as visible as anyone else.

Young people need to be inside the tent, helping to decide their own futures, not left out in the cold.

By allowing our young people to openly articulate what their issues are they will also eventually assist in articulating what the solutions are to overcome these issues. As parents, we can help our children to work out what is happening and help guide or support our children towards the solution.

Related links

- Better Health Channel's Thoughts and feelings – how we think and feel can affect our emotional, mental and physical health
- Better Health Channel's Families – what makes them happy – communication, togetherness, sharing activities, affection, support, acceptance, commitment and resilience are typical in families that function well
- Better Health Channel's Young people (13-19) – parents can offer information and guidance to support young people through their teenage years.

Dear Parents,

Last year we participated in the Kmart Wishing Tree. We, the Teachers at Tally were so gratified and pleased with the response that we had. We had so many wonderful reports of children doing lots of chores and extra jobs to earn a few dollars to contribute.

This year we wanted to continue this wonderful tradition and have decided that this year we will participate in the 96.9 Star FM's "I Believe in Christmas Toy Drive."

The money that is contributed will be pooled together and toys will be bought to donate to this Charity event. Our school will be thanked on air and we may have a visit from Star FM's Jordan and Steph to collect these toys.

So, Parents, please talk with your child about ways that he or she can actively give something. The teachers would like this to be meaningful for your children, and if everyone's parents just give them money it won't teach our children the spirit of giving. You might consider having your child do extra jobs to earn money to donate or having them use some of their pocket money. Please work out a plan that is right for your family.

We would like the money to be in no later than the 7th of December. (That will give Mrs. H time to buy the gifts)

We think this will again, be a wonderful project to share a little of what we have with others who are in need. Thanks!



Positive Parenting Telephone Service:



Are you the parent or carer of a child or children aged 2 – 10 years?

**Are you looking for ways to have more positive communication with
your child/ren?**

**Do you have other commitments that prevent you from attending regular group parenting
courses?**

Well, how about this?

We are running a fantastic parenting program for parents, grandparents and carers of children aged 2 – 10 years **that you can do from the comfort of your own home.**

It is called the Positive Parenting Telephone Service and you get a weekly telephone appointment at a time that suits you (day or evening) with a trained parent educator for 6 – 10 weeks.

Our program educators aim to assist you in developing a stronger and more positive relationship with your children, as well as offering some practical suggestions on how to manage everyday behaviour problems such as disobedience, temper tantrums and disruptive behaviours.

Interested? - For more information or to enroll phone

FREECALL 1800 880 660

ENROLMENTS TAKEN ALL YEAR ROUND

Start now and make a positive start last a lifetime



This service is funded by Department of Human Services Victoria

Hosting is Fun! Become a WEP Family!

Bring a piece of the world into your home by becoming a volunteer host family to an exchange student from Italy, Canada, Finland or Brazil in January.

Visit New Places – Revisit Old Favourites!

Hosting a student encourages families to see Australia through the eyes of an exchange student. Invite a motivated teenage student into your home for a semester or year and gain a new family member and friend for life.



Become a WEP Host Family – It's Easy!

Simply submit your host family application and choose your student. Before you know it you'll be communicating with your new family member while everything else is organised by WEP!

FIND OUT MORE!

Contact Sylvia Kelly at WEP today for a FREE information pack.

Phone: 1300 884 733
Web: www.wep.org.au
Email: info@wep.org.au



World Education Program (WEP) Australia is an Australian, not-for-profit student exchange organisation, determined to make a difference by helping young people of different cultures gain insight and understanding about other ways of life and world views.

BRAIN FOOD

Developing healthy eating habits is an important lesson that we aim to promote at Tallygaroopna PS. It is vital that children understand the importance of nutrition in developing physical and mental fitness as well as providing the energy they need to participate actively in life. Food and drink are vital for children to grow and develop, but the types of food that children consume, is important.

At Tallygaroopna Primary School we encourage students to think about the types of food and drinks they eat in a typical day. Children are often keen to eat healthy foods when they understand that their body needs these foods to grow and develop. Some classes have begun the introduction of brain food snacks to promote healthy eating, as well as giving students an opportunity to keep energy levels up. At various times during the day, students may take a brain food break where they can consume some food or drink that is healthy and will provide an energy boost. The snack must be healthy – fresh fruit, vegetables, nuts or dried fruit are all examples of brain food. Students enjoy the chance to nibble away while working, but are also learning the benefits of healthy eating habits. All students are encouraged to keep up their intake of water with individual water bottles permitted in classrooms. Children need to drink plenty of water, even in cooler weather, to keep their bodies functioning well.

Our curriculum encourages students to think about their own food choices and to realise the importance of healthy eating. We acknowledge that families provide the pivotal role model for children as they learn about food choices, but at school we also need to compliment and encourage the work of families. The end result is healthy children; what more could we all want!

