

TALLYGAROPNA PRIMARY SCHOOL NO. 3067



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SCHOOL VALUES - RESPECT, HONESTY & INCLUSION

NEWSLETTER

TERM 1 NO.6 15th March 2011

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Dear Parents,

Hi everyone. We are all very excited about the progress that has occurred in relation to our new school building. The Inside is nearing completion and we are just now waiting for carpenters to arrive to provide the finishing touches to this facility. There is still some work which needs to be completed externally, but we will be having a meeting to discuss these matters this week. We were also pleased to see our concrete slab arrive last week for our new sport shed and we are expecting this to be built in the next week or two. Once this occurs, we will hold a working bee to sort out some specific equipment.

Our school has the responsibility of organising the Grade 5/6 Camp to Melbourne this year and we would really appreciate exact numbers with a small deposit before the end of the month. This will make our job a lot easier, considering how busy it is at the moment. Specific times and details about the Athletic Sports are featured in this edition of the newsletter also. This will assist parents and allow them to organise themselves prior to the day. We are still seeking helpers for this day, so contact the office if you can assist in some way.

Karen will be away at OHS Training on Thursday, but she will be available at the office until Wednesday. **We will be having a School Financial Audit at school tomorrow though, so Karen and I will probably be unavailable for a large proportion of the day.** Have a great week everyone.

David Brodie – Principal

“The best way to cheer yourself up is to cheer someone else up.”

1. Parents Club Annual General Meeting

Last Wednesday, the Parents Club had a successful Annual General Meeting. Fundraising activities were discussed on the night and new office bearers were elected for the 2011 School Year.

President: Di Montgomery
Secretary/Treasurer: Deb Bagley

Vice President: Leanne Florence
Uniform Coordinator: Bev Montgomery

2. Proposed Working Bee

We are hopeful of having a working bee on Friday 25th March starting at 4pm and finishing at 6.30pm. If anybody can help in any way could you please contact the office this week. On the night, we are planning to put equipment in the sportshed, do some general gardening and take away some large branches which have fallen down from storms. Utes, trailers or chainsaws would be very helpful on the day.

3. BER Building Project

On Thursday, members of School Council will be meeting with a representative from both Coffey Projects and Grove Builders to discuss the external plan around our new building site. The inside of the building is nearing completion and it is integral that we keep moving forward so that the handover date of 8th April is still a possibility.



4. Sport Shed

I have been informed that our new sport shed will start to be built on **Friday 18th March**. This resource will be a great addition to the school and much of the equipment which is stored in the container will be moved into the sport shed. If any parents can assist with this shift contact the office – we plan to organise a working bee.



5. Anaphylaxis Training

On Tuesday 22nd March, staff from our school will be completing Anaphylaxis Training. This will begin at 4.15pm and conclude at 5pm. If any members of the community would like to come along to this session, they are more welcome. Please leave names at the office.

6. School Council AGM

We will be having our School Council Annual General Meeting on Wednesday 23rd March beginning at 7.30pm. Currently, we have 3 school councillors who are about to finish their two year terms, but all of these members have agreed to stay on School Council for another term. This is really appreciated and we welcome Wendy Sidebottom back on School Council for the 2011 school year. Office bearers elected at the AGM will be published in the newsletter in the near future.

7. Regional Network Leaders Visit

On Thursday 24th March, I will be having a meeting with our RNL from 9.30am until 11am. The office will be unattended during this time because Mrs Armstrong will be at OH&S Training.

8. Zone Sport Trials

Any students interested in zone sport trials can collect information from Mr Brodie at school. This is for basketball, netball, soccer and football.

9. Plovers at School

We have had some plovers at school nesting over the last few weeks. Although, measures have been taken to remove these birds from the school premises children are reminded to stay away from the football oval if they reappear. Could this be reinforced at home please.

10. Athletic Sports – School Uniform Required

The EGPSSA athletic sports will be held on Monday, 4th April at McEwen Reserve, Shepparton (Little Athletics track beside the Sports Stadium). Parents are requested to transport athletes to and from McEwen Reserve. Children will need to be dropped off no later than 9.00am and will report to Miss Bicknell who will mark the roll. At the conclusion of the sports, parents are to collect them. This should be approximately 3.00pm. If families think they will have difficulty transporting their children to the sports please contact the school. In the event of inclement weather, the wet weather committee will meet at 8.00am, **if there is going to be a postponement, this will immediately be announced on 3SR and 96.9FM and the principals of the schools will be contacted.** A Back Up Day has been scheduled for Wednesday 6th April.

Children are asked to bring their own drink which will travel with them, or a plastic mug labelled with their name. Children may bring their own lunch or lunches and drinks can be purchased from the Canteen which is being catered by Kialla PS. Children who are not competing in an event must bring along a note signed by a parent.

If any parents can help out in any way on the day of the sports could you contact the office ASAP. This year, we are trying to cut costs by **not** hiring a marquee, so if any families have a shade structure which may be used on the day could they also contact the office.

Tallygaroopna PS will be running the high jump at the sports along with Congupna PS and Katamatite PS. We are seeking helpers for the 10 Old Year Girls and 8 Old Year Boys

11. Grade 5/6 Camp

Plans have begun for the Grade 5/6 Urban Camp to Melbourne. Our school is responsible for organising this and we need to know definite numbers before the end of March, so that the cost for the camp can be formally set. We are anticipating that this cost will be between \$150 and \$200. The camp begins on Monday 6th June and concludes on Wednesday 8th June. Please return the Expression of Interest form and a deposit before the end of March if your child will be attending the camp.

The Camp will involve some of the following attractions – Aquarium, IMAX, MCG – Sports Museum, Shrine, Aquatic Centre, Museum and Science Works. More details will be available soon. Please contact Karen at the office if you would like to organise a payment plan for the camp.

GRADE 5/6 URBAN CAMP EXPRESSION OF INTEREST / DEPOSIT

My child.....would like to attend the Melbourne Urban Camp from 6th June until 8th June. I encloseas a small deposit for the camp.

Signed.....

12. Supervisor – AASC Program

I was encouraged to have a couple of parents come and see me about becoming a supervisor for the Active After School Communities Program. This was terrific to see and it is a testament to the great community spirit which exists at our school. The next training day to become a supervisor will be held during the school holidays on Tuesday 19th April.

AASC Participation Winners for Week 6 were – Alyssa Lindrea, Bailey McNab, Shae Montgomery and Brock Austin.

Parents will need to pick their children up from the Tally Bowls Club after the AASC Program on the 22nd and 29th March.

13. Grade 6 Shirts

These were handed out today to students who have paid for the \$8 print. Could all payments be made at the office before any other shirts/uniforms are collected please.

14. Term Dates

Over the next few weeks, I will continue to update this section. Confirmed dates for TERM 1/2 are:

March 16 th – School Audit	March 22 nd – Anaphylaxis Update
March 23 rd – School Council (AGM)	March 26 th – Possible Working Bee
April 4 th – Athletic Sports	April 7 th – Munch N Crunch
April 8 th – Melbourne Symphony Orchestra Excursion	April 25 th – Anzac Day Ceremony (School Leaders)
April 27 th – Term 2 Starts	May 6 th – EGPSSA Cross Country
May 9 th – AASC Starts – Term 2	May 10 th >12 th – NAPLAN Testing
May 16 th – Bike Ed. Program Begins	May 25 th – Life Ed. Van
May 26 th – Biggest Morning Tea	June 1 st – Jump Rope for Heart Day
June 6 th > 8 th – Grade 5/6 Camp	

15. Northerners Soccer Club

Registration will be held tomorrow at 3.30pm at Tallygaroopna PS. Any queries please phone Donna McNab 0437352634 or 58298313.

16. You Can Do It Awards

Congratulations to the following students for week 6 –

P/1 Ashleigh Moore for the fabulous way she gets along with everyone in the room. Ashleigh is always happy to work with anyone. Well done Ashleigh.

2/3/4 Brittany Meyland for her exceptional getting along skills and for the fantastic persistence she shows in her schoolwork. A marvellous effort Brittany!

5/6 Ebony Mills for her brilliant persistence skills during maths (even when the task was a bit tricky!) and also for the way she is always willing to share her things with others. Well done Ebony!



Tally Netball Team

Any children interested in playing Saturday morning competition (11 & Under) Registration Night is 21st March. Names need to be in to Bev Montgomery (ph 0400 914 464) before this date.

Northerners Football

Expressions of interest are invited for students who would like to play school age football for Northerners Football Club. Please contact Karen at Tallygaroopna Primary School and leave your name, date of birth and a contact number if interested.



Post Separation Services

Co-Operative Parenting Program (CPP)

Berry Street Shepparton, Post Separation Services, offers a one-off, 3 hour education seminar occurring fortnightly to assist separated parents understand the developmental effects of parental conflict on their children.

The Program offers support and resources to assist parents to move toward managing their own parenting arrangements and aims at reducing the reliance on legal processes. The Program is recognised by the Family Law Court, however self referrals are also welcome. For more information please contact 03 5822 8100.

Children's Contact Services (CCS)

Berry Street's Children's Contact Service aims to minimize a child's exposure to conflictual situations by assisting separated parents in managing access arrangements. Staff are trained to understand the difficulties that are often experienced during and after separation and provide a safe and child focused environment for supervised visits. The Service also offers separated parents a neutral location for changeovers to occur. Changeovers enable the child to be transferred smoothly from one parent to the other at contact times, offering separate entrances and exits for each parent. To find out more about the program, please contact the Children's Contact Service on 03 5822 8100.

Kid's Turn Around (KTA)

Is a 6 week program in a small group setting for children 7-11 of separated parents who are struggling with their parents separation.

The children are provided with the opportunity to acknowledge and explore their feelings and develop coping strategies to manage them in a positive manner. To find out more about the program, please contact Dennyse on 03 5822 8100.

PARENTING IDEAS FROM MICHAEL GROSE

Michael is Australia's number one Parenting Educator.

We will regularly have parenting tips in the school newsletter from Michael.

Help your children make sense of natural disasters. As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

The Queensland floods and the Victorian floods wreak incredible havoc on so many people's lives and will no doubt leave an in-delible imprint on our collective psyches. These two natural disasters have been brought into our living rooms via the media over the last few weeks, and will continue to do so in the immediate future. As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this. So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? **Here are some ideas:**

Reassure children that they are safe. The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

Be available. Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

Help children process what they see and hear, particularly through television. Children are good observers but can be poor interpreters of events that are out of their level of understanding.

Support children's concerns for others. They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heart warming to see this empathy in children for the concerns of others.

For more parenting tips please go to the website www.parentingideas.com.au

Junior Dance Party



It's on again.

At the Katandra West Hall

18th March 2011

6.00pm – 10.00pm

All Dancing Queens and Groovy Guys
aged between 9 & 16 are invited.

DJ Dave will again be playing all the latest dance music.

Entry is only \$8.00

Includes a can of Soft Drink.

Extra cans purchased @ \$2.00 a can.

Supper supplied.

Adult supervision will be in attendance.

No Pass Outs

Strictly No Alcohol.

Enquiries can be made by telephoning Jo Mann on 58283221 or Gavin Candy 0427522054.

Supported by Katandra CFA Brigade

All proceeds going to Katandra CFA Junior Brigade

Building Respectful and Safe Schools

A fact sheet for parents and carers about
responding to bullying and unacceptable
behaviour

Discovering that your child is being bullied or that your child is bullying others is very stressful and upsetting. Most parents and carers initially experience anger, confusion and guilt.

The following information has been developed to provide you with useful strategies in dealing with incidents of bullying or other forms of unacceptable behaviour.

What is bullying and unacceptable behaviour?

Bullying is when someone, or a group of people, who have more power at the time, deliberately upset or hurt another person, damages their property, reputation or social acceptance on more than one occasion. Bullying includes physical bullying such as hitting; verbal bullying such as name calling; indirect bullying such as spreading rumours and cyberbullying which includes the use of digital technologies to bully or harass someone.

Unacceptable behaviour refers to a wide range of behaviours that are not appropriate or acceptable, including harassment, discrimination and threats or acts of violence.

Bullying is NOT

- o a situation where there is mutual conflict, that is a balance of power where students are both upset and usually want a resolution to the problem,
- o Social rejection or dislike (unless it is a repeated act and directed towards a specific person).
- o Single episodes of nastiness, meanness or one off acts of aggression or intimidation.

How do I know if my child is being bullied or a target of unacceptable behaviour?

Some of the signs that a child is being bullied or a target of unacceptable behaviour include¹:

- o an unwillingness or refusal to go to school
- o feeling ill in the mornings
- o frightened to walk to and from school
- o wagging school
- o doing poorly in their school work
- o becoming withdrawn, starting to stammer, lacking confidence
- o crying themselves to sleep, having nightmares
- o asking for money or starting to steal (to pay the bully)
- o refusing to talk about what's wrong
- o having unexplained bruises, cuts, scratches
- o beginning to bully other children or siblings
- o becoming aggressive and unreasonable
- o a reluctance to discuss cyberbullying in case their computer or phone is taken away.

What can I do if my child is being bullied or targeted by unacceptable behaviour?

Step 1: Listen carefully to your child and show concern and support.

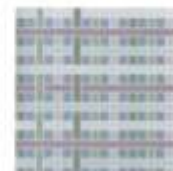
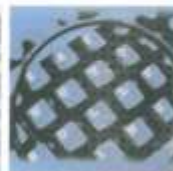
Step 2: Congratulate your child for confiding in you.

Step 3: Give sensible advice – don't encourage your child to fight back; this will most likely increase the bullying or unacceptable behaviour.

Step 4: Assist your child to develop positive strategies including:

- o 'saying leave me alone' and calmly walking away
- o avoiding situations that might expose them to further bullying or unacceptable behaviour

¹ Adapted from Kidscape, available at
www.kidscape.org.uk/parents/signsof.shtml



- o making new friends
- o using technologies safely and responsibly.

Step 5: Ask your child the following questions to understand if there is a repeated pattern:

- o What, where and when did the incident happen?
- o Who was involved on each occasion?
- o Did anybody else see it and, if so, who?
- o What solutions have been tried so far?
- o The names of any teachers who may be aware of the problem.

Step 6: Work with your child's school to solve the problem. Schools take their responsibilities in relation to bullying and unacceptable behaviour very seriously and they have more success when parents work with the school to solve the bullying problem.

Remember, if you were not aware that your child was being bullied or the target of unacceptable behaviour, then perhaps your child's teachers did not know about it either.

You should:

- o Make an appointment with your child's teacher and make notes of the points you want to discuss before the meeting.
- o At the meeting try to stay calm and present information in a way that makes it clear that you and the school are working as partners in trying to fix this problem.

The school will need time to investigate and to talk to teachers and, perhaps, other students.

Step 7: Work with the school to establish a plan for dealing with the current situation and future incidents of bullying or unacceptable behaviour. Before you leave, ask for clarification about the next steps in the plan.

Step 8: If needed, ask for appropriate specialist staff to become involved.

Step 9: Encourage your child to report any further incidents of bullying or unacceptable behaviour to a teacher they trust at the school.

What should I NOT do if my child is being bullied or a target of unacceptable behaviour?

- o **Do not** directly approach any other student who you believe may have been involved in bullying or targeting your child.
- o **Do not** try to sort the issues out with their parents. This usually doesn't work and makes the situation much worse.

What if my child is bullying or targeting others?

- o Respond calmly and non-defensively, and commit to working with the school to manage the problem in a helpful way.
- o See the situation as an opportunity for your child to learn important developmental lessons.

What should I NOT do if my child is bullying or targeting others?

Do not directly approach the bullied student or their family or try to get other parents to take your child's side.

What can I do to reduce bullying and unacceptable behaviour at school?

- o Report all incidents of bullying and unacceptable behaviour to the school, not just incidents that happen to your own child.
- o Let your child know how much you disapprove of bullying and unacceptable behaviour and why.
- o Any type of bullying and unacceptable behaviour at home should be avoided, and respect for others should be modelled and encouraged.
- o Talk to your child about the qualities associated with caring friendships and discourage them from staying in 'friendships' where they are mistreated or not respected.

Useful websites

Building Respectful and Safe Schools: A resource for school communities

www.education.vic.gov.au/respect

Safe Schools are Effective Schools: Student Engagement Policy Guidelines

<http://www.education.vic.gov.au/healthwellbeing/wellbeing/engagement/default.htm>

Bullying. No Way!

www.bullyingnoway.com.au

Learning On Line

<http://education.vic.gov.au/learningonline>