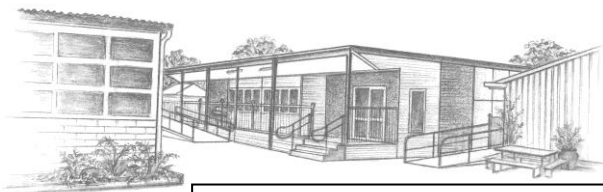


# TALLYGAROPNA PRIMARY SCHOOL NO.3067



TERM 1 NO. 7 15<sup>th</sup> March 2016



Victoria Street, Tallygaroopna

Phone 03 58298264

Fax 03 58298244

[tallygaroopna.ps@edumail.vic.gov.au](mailto:tallygaroopna.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,

The weather lately has been out of control and this recent heatwave has had an effective on all of our school. As per normal, we frequently put processes in place for the safety and welfare of our staff and students and we will continue to implement hot weather timetables when necessary. All of these days are currently only in place during lunch time and are at my discretion, but we will continue to monitor the weather leading up to the term break.

Last Friday was our first Cluster Excursion for the year and it was fantastic to see many of our children renew friendships and develop new ones with students from other small schools. We encountered a hot day and many thanks to the parents who came along and helped apply and reapply sun cream at this time. The informal Aquamoves activities are a great way to start the year and we really enjoyed some of the traditional games and look forward to exploring other cultures and traditions throughout the year.

Our next big event is the Athletic Sports on Friday and specific information is provided in this edition of the newsletter. We are in need of some assistance with Shot Put and we also need to get our School Marquee to the venue so if you can assist it would be greatly appreciated. Hats are compulsory along with enclosed shoes and bring plenty of water for the day.

Our 5 cent fundraiser has also begun and if any families have loose coins which they don't need these can be donated to the school. Our Junior School Council group will decide on an appropriate cause for this initiative towards the end of the year, but I think a target of \$200 is not too unrealistic.

In this edition of the newsletter, there are some other items relating to the School Production, the Life Ed. Van and School Photos so read these carefully please.

Karen will be here all week to address any matters if needed. A reminder to families that Karen is in the office every day except Friday and I teach P.E. every Tuesday as well. I look forward to catching up with some families at School Council on Tuesday night where our Annual Report for 2015 and Annual Implementation Plan for 2016 will be presented.

David Brodie (Principal)

"I learned that courage was not the absence of fear, but the triumph over it." Nelson Mandela

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 24<sup>TH</sup>  
MARCH.**

**ANY FAMILIES INTERESTED IN  
NORTHERNERS SOCCER SHOULD  
CONTACT JULIE MAWSON ASAP.**

***EXPRESSION OF INTEREST FOR THE GRADE 3/4  
CAMP TO CURMUMBENE IS DUE ON MONDAY  
21<sup>ST</sup> MARCH - A SMALL DEPOSIT IS NEEDED AS  
WELL.***

**PERMISSION FORMS DUE TO BE  
RETURNED ARE:  
ATHLETIC SPORTS - 18<sup>th</sup> March**

Could all Easter donations and raffle books be in by the 23<sup>rd</sup> of March, so we can then draw winners out on the 24<sup>th</sup> of March.

**BOOK CLUB ORDERS DUE ON WED.**

**THURSDAY 24<sup>TH</sup> MARCH  
CASUAL DAY - come as your  
favourite sportsperson.  
Gold Coin Donation per family for the  
Royal Children's Hospital Appeal**

## DIRECT BANK DEPOSIT

Account Name:

Tallygaroopna Primary School

BSB: 063—527

Account number: 00907788

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

## Photos of the Week – Geelong FC Clinic

Thanks to Congupna PS for organising this. We survived the heat during the day and enjoyed an icy pole on our return to school.



**NO OUTSIDE SCHOOL HOURS CARE THIS FRIDAY BECAUSE OF THE ATHLETIC SPORTS AT SHEPPARTON.**





## 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)



**When your child misses school,  
they miss out.**

Support your child's success. Make sure  
they attend school all day, every day.

every day counts



## WHOLE SCHOOL LEADERSHIP PROGRAM

– Random Acts of Kindness

**Well done to Nate and Lilly who both organised a very generous random act of kindness last week. Ashton and Rubyrose will be organising this kind gesture this week.**

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

Simple Phrase "If in doubt, breathe out".



## Photos of the Week – Cluster Aquamoves & Koorie Day



**A FOOD AND DRINK PRICELIST HAS BEEN PUT ON TIQBIZ FOR THE SCHOOL COMMUNITY  
TO REFER TO IF NEEDED.**

**PROGRAM OF EVENTS**

**Times**

9:15 INSTRUCTIONS TO OFFICIALS & ASSEMBLY OF CHILDREN

	L/J 5-13	T/J 7-13	HUR 5-13	H/J 5-13	200m 5-13	S/P Vor 5/6	SPRINT 5-13
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9:30	5/6	12/13	11	10	9	8	7
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10:05

10:05	7	REST	12/13	11	10	9	8
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10:40

10:40	8	7	5/6	12/13	11	10	9
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11:15

11:15	9	8	7	5/6	12/13	11	10
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11:50

12:00 – 12:30 LUNCH BREAK

800m will be run during lunch break.

10yrs boys/girls, 11yrs boys/girls & 12/13yrs boys/girls

12:30	10	9	8	7	5/6	12/13	11
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1:05

1:05	11	10	9	8	7	5/6	12/13
------	----	----	---	---	---	-----	-------

1:40

1:40	12/13	11	10	9	8	7	5/6
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2:15

2:30 RELAYS 10, 11, 12/13yrs 4 x 100m

Parloof Relays

CAPTAIN BALL

**WANTED TO BUY**

**Second hand children's guitar.**

**Please see Mrs H or contact the school.**



## STUDENTS OF THE WEEK

### – Term 1 / Week 6

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

#### Foundation / Grade 1

#### The Busy Bees!



Kaedyn - for consistency trying his best when attempting new tasks. Thanks for your concentration and willingness to learn!

Lloyd - for his enthusiasm towards learning. Thanks for sharing your newspaper article on Red Balloon Day and bringing in your (Cat in the Hat) hat to celebrate Dr. Seuss' birthday.

#### Grade 2/3

#### Mrs H's Happy Hippos



For the awesome way he has got a Maths Certificate in Mathletics every week since the start of the year and for getting a Gold Certificate in Mathletics last week. Great job buddy!

#### Grade 4/5/6

#### Miss T's Marshmellow Monsters



Taylah – for standing up for herself and her friends when people were being mean in the yard.

Harvey – for the excellent way he has shown his leadership skills both inside the classroom and in the playground, checking in on every student.

### Values Vault Winner for Week 6 was Kade

## STUDENTS OF THE WEEK

### – Term 1 / Week 7

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

#### Foundation / Grade 1 The Busy Bees!



Cooper – for making a big effort to catch up on the school work he missed while he was away on a family holiday. Great work Cooper!

Jimmy – for taking care of the Foundation students and looking out for others.  
Keep it up Jimmy!

#### Grade 2/3 Mrs H's Happy Hippos



For the awesome way she has been leading from the front helping others and using her initiative in the playground and classroom.

#### Grade 4/5/6 Miss T's Marshmallow Monsters



Grace – for showing five star effort everyday including a positive attitude towards her learning and improving in her maths and reading.

Ethan – for making good choices towards his learning and behaviour in the playground.  
Such an improvement!

### Values Vault Winner for Week 7 was Beau

### **1. Athletic Sports**

The EGPSSA athletic sports will be held on Friday, 18<sup>th</sup> March at McEwen Reserve, Shepparton (Little Athletics track beside the Sports Stadium). A back up day is planned for Monday 21<sup>st</sup> March if there is inclement weather. 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 Mrs Haberfield 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. **Parents will be contacted via Tiqbiz if the sports are cancelled.** Students will still be required at school – IF THE SPORTS HAPPEN TO BE CALLED OFF!!

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 for by Wunghnu Primary School. Children who are not competing in an event must bring along a note signed by a parent.

This year, we will plan to use our new school marquee again, so there should be plenty of shade available. **If you can assist with transporting this please contact the school ASAP.** School Uniform and School Hats are required for the day – sun cream can be provided on the day if needed, but students are encouraged to put this on before they arrive on the day.

**WE ARE DESPERATE FOR HELP ON THE DAY SO IF YOU CAN ASSIST PLEASE LET US KNOW ASAP. WE WILL BE RUNNING SHOT PUT THROUGHOUT THE DAY AND SOME EXTRA HANDS WOULD BE BENEFICIAL. STAFF WILL ALSO BE SUPERVISING THE 10 YEAR GIRLS AND THE 11 YEAR GIRLS. WE ALSO NEED SOME HELP GETTING OUR LARGE MARQUEE TO THE VENUE – CONTACT MR B.**

### **2. Camps, Sports & Excursion Fund – final reminder**

Parents are reminded that if you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for the CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The Camps, Sports and Excursions Fund helps ensure that no student misses out on the opportunity to join their classmates for important, educational and fun activities – invitation only. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their achievements.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

How to Apply

Contact the school office to obtain a CSEF application form or download from the CSEF website. Applications close on the 3rd June 2016.

### **3. Head Lice – Consent Forms**

A few weeks ago, consent forms for Head Lice were sent home. Head lice infection can be a sensitive issue for parents and your children and can be difficult to manage so your support with this would be appreciated. The Head Lice Policy with the consent form was put on Tiqbiz last and is readily available on our School Website.

### **4. School Photo Day**

This is scheduled for Wednesday 20<sup>th</sup> April. Photo envelopes will go home to families as soon as they arrive at school. All payments along with envelopes need to be returned before the photo day. More details will be available early next term.



### **5. Life Ed. Van**

This program is scheduled to be held on Thursday 21<sup>st</sup> April. We are hopeful that all children will participate in the Life Education Program. Although the van session is a one off, all class teachers have booklets to further reinforce themes which are discussed as part of this program. Permission forms will go home this week and the cost is \$4 per student. Half of the cost is kindly funded by the Tallygaroopna & District Lions Club.

#### **Harold's Mystery Tour (Years 1-2)**

**60 mins**

In this session, the class take a mystery tour with Harold. An animated video magically introduces them to internal body parts such as the heart and lungs. They explore safety at the park and on the beach, and talk about how people feel in different situations.

- identifying the function of vital organs (heart, lungs and brain)
- recognising that a balanced diet and exercise promotes good health
- exploring strategies to manage feelings and emotions
- safety in public places
- recognizing the safe use and storage of medicines

#### **bCyberwise (Years 3-5)**

**90 mins**

This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. The students explore a range of issues such as password security, risks of sharing personal information, how to communicate respectfully both online and offline, and strategies to handle bullying including cyberbullying.

- responsible and respectful behavior when using communication technology
- skills for building positive relationships with friends
- keeping personal information safe online
- strategies to deal with bullying and cyberbullying
- exploring the role of bystanders

#### **Mind Your Medicine (Years 3-6)**

**90 mins**

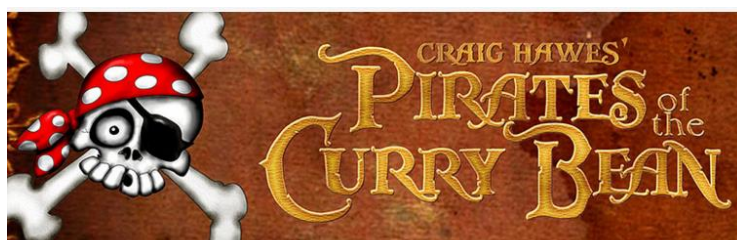
Using a friendly game show format, Mind Your Medicine develops students' understanding of medicines and their safe use, positive communication, strategies for managing conflict, stress, and bullying and explores how feelings influence the choices that we make.

- factors that influence someone's sense of self worth
- techniques for effective communication
- identifying the impact of different factors on health and wellbeing
- strategies for managing stressful situations
- medicines as drugs and the consequences of their misuse

### **6. School Production Auditions**

All grade 4/5/6 students have received scripts for the School Production which is planned for Wednesday 14<sup>th</sup> September. The production this year is titled "Pirates of the Curry Bean" and there are a large number of speaking parts. All of the characters are in this edition of the newsletter and we are planning to audition early next term. Therefore, any students wishing to try out for specific parts should read their scripts as much as possible in anticipation of auditions and the finalisation of parts.

Website - <http://www.musiclinedirect.com/junior/pirates-of-the-curry-bean/>



### **7. Attendance Awards**

Students with 95% or above attendance will receive attendance awards at the first assembly back after the holidays. At Tallygaroopna PS, we like to acknowledge good attendance, but we do accept that there will be times when children may not be able to attend school for a multitude of reasons.

### **8. Pie Warmers / Lunch Orders**

During second and third terms, students are able to bring along pies, sausage rolls, pizzas, etc to be heated in the pie heater. Food must be wrapped in foil and labelled with the child's name using a permanent marker. This will begin first day back after the holidays. No lunch orders are available in Terms 2 and 3 from the Tally Servo.

### **9. Money at School**

Just a reminder to students and parents, that the Box on the side of the bench in the office should be utilised for any money which would be handed in at the office. This box sits near the alarm and should be utilised as much as possible. We would prefer money to not be put on the office bench. We are currently looking at implementing a Cash Handling Policy to improve these processes.

### **10. Colder Months - Tissues**

Obviously, with anticipated colder weather students should be wearing appropriate clothes during this term. If families, could bring in a box of tissues each this would assist the school

### **11. Icy Poles**

We have decided to continue to make Icy Poles available to students each Friday. The cost of icy poles will continue to be 50 cents each and money for this will go towards fundraising generated by the Junior School Council.

### **12. School Hats**

Please remember to pack school hats when your children return to school next term. As a Sun-Smart School we wear hats until the end of April.

### **13. Anzac Day**

On Monday 25th April, our school will participate in the Anzac Day Memorial Service which will be held at Welsford Street in Shepparton at 10.30am. Harvey and Kyle (School Leaders – uniforms required) will represent our School Leadership group and they will lay a wreath as a mark of respect for this important day. Students attending will need to be at Welsford Street by 10.00am. All students, parents and teachers are welcome to attend this ceremony to remember and acknowledge the ultimate sacrifice our diggers have made during wartime.

The Grade 4/5/6's may also complete a Powerpoint Presentation which will be utilised for the ceremony at Tallygaroopna on this day. We hope to have this finished early next term and this will then be emailed to Trish Moss.

We hope to again make a wreath for the Anzac Day ceremony and students can participate in this session as well. **If any families could donate some flowers for the wreath it would be greatly appreciated.**

### **14. 125 Year Celebrations**

It will be 25 years this March since the school celebrated 100 years of Education in the Tallygaroopna area. Our school may be involved in some celebrations or an Open Day in the near future and we will keep the school community informed when more specific details are available in regard to this.

### **15. End of Term 1**

The last day of Term 1 will be on Thursday 24<sup>th</sup> March and dismissal will be an hour earlier at 2.25pm as per usual. We will be having a quick assembly in the afternoon to announce winners of the Easter Raffle. Outside School Hours Care is still available on this day. Friday is a Public Holiday because of Good Friday. School resumes on Monday 11<sup>th</sup> April.

### **16. Curriculum Day**

Our second Curriculum Day for the year will be held on Tuesday April 19<sup>th</sup>. This is a Pupil Free Day and all staff will be involved in a Professional Learning Day on the VCOP (Big Write Program). All schools are entitled to 4 Curriculum Days for the year and future PD days will involve Report Writing and the Bounce Back Social & Emotional Learning Program. All Pupil Free Days are formally approved at School Council.



### **17. Outside School Hours Care**

OSH Care (Outside School Hours Care) continues this Wednesday, Thursday 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.**

### **18. Sporting Schools Program**

Our Sporting Schools Program continues this week with Athletics on a Monday and Lawn Bowls on a Tuesday. As per usual, sessions after school begin at 3.35pm and will finish at 4.35pm (**Lawn bowls will finish 10 minutes later though**). Students receive a healthy snack before the program begins for all school sessions. Students need to be picked up immediately after each session. The Lawn Bowls sessions will be held at the Tallygaroopna Recreation Reserve and students participating are to be picked up from there. Staff will be attending all of these sessions and will walk students down to the Rec. Reserve after school.

A summary of specific dates remaining is below.

<p>Athletics – all sessions at school (Preparation for the Athletic Sports Carnival at the end of the term)</p> <p><b><u>Monday 14<sup>th</sup> March – no session (Labour Day)</u></b> Monday 21<sup>st</sup> March – Week 9</p>	<p>Lawn Bowls – all sessions at the Recreation Reserve.</p> <p>Tuesday 15<sup>th</sup> March – Week 8</p>
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**The Sporting Schools Program for Term 2 will involve AFL and Basketball. More specific details will be available early in Term 2. We anticipate starting this program on Monday 18<sup>th</sup> April.**

### **19. Student Information – last reminder**

A few weeks ago, a number of forms went home for approval by families – to be filled out, signed and returned. It is essential that these are returned to aid our Communication and Emergency Management Processes at school. If you require new ones to be sent home let the office know ASAP please.

\* Green Confidential Student Information

\* Acceptable ICT Use – p.3

\* Engagement Policy – last page

\* Chaplaincy Consent

Some families have also School Asthma Action Plans if needed – could these be returned promptly to the office also.

**There are many library books requiring contacting at present. If parents would like to assist could they please let the office know. If we get a few able to help we may be able to organise a morning to suit with morning tea being provided.**

## **Asthma**

School Asthma Action Plan forms have been sent home to families with students with asthma. Could these forms be completed and signed by a doctor as soon as possible and returned to school. This is to ensure that the school has the student's most recent Action Plan on file.

## Confidential Student Information

A green Confidential Student Information form was sent home at the start of term. This form acts as a quick reference for the staff on excursions and ensures that the school has up-to-date information and signatures for a variety of issues and programs. Could this form please be filled out (please ensure both sides have been completed) and returned to the school Office as soon as possible.



TALLYGAROPNA  
PRIMARY SCHOOL  
PRIDES ITSELF ON  
BEING A COMMUNITY  
SCHOOL

### Music Lessons 2016

Cliff Doorncamp will be conducting both guitar and keyboard lessons at the school again in 2016. 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.

### NORTHERN JUNIOR FOOTBALL

As cricket draws to a close and football season is just around the corner, I am seeking expressions of interest for the upcoming season, there will be more information to follow in the next couple of weeks. To register your interest or for more details please call Lisa Newbound 0417128378.

### *Easter Egg Raffle*



It is our tradition here at Tallygaroopna PS to run an Easter Egg Raffle with families contributing some sort of chocolate bunny, chicken, Easter eggs or other related items; soft toy etc. Donations can be left at the school office. We then bundle these into numerous prizes. The more donations, the more prizes we can have. The money raised, is donated to the Royal Children's Hospital – Good Friday Appeal. Please find attached to the newsletter a raffle book. More raffle books can be obtained from the School office. If we could have all donations and raffle books in by the 23<sup>rd</sup> of March, we can then draw winners out on the 24<sup>th</sup> of March. Thank you.

Bev Montgomery (Parents Club President)





## Welcome to Auskick 2016 at Tallygaroopna.

NAB AFL Auskick is the Australian Football League's key introductory program for primary school aged boys and girls and their families. 5- 12 year olds.

Through our **WEEKLY COACHING PROGRAM** you'll learn the skills of the game through appropriately modified activities and rules. Play football in a **fun and safe** environment and make plenty of friends too! Parental support and participation is vital, so please make yourself available to help out and join in.

The Tallygaroopna Football Club is conducting an Auskick program at the Tallygaroopna Recreation Reserve commencing on

**Wednesday the 20th of April at 4pm, until the 22<sup>nd</sup> of June.**

Registration and payment needs to be filled out online [www.aflauskick.com.au](http://www.aflauskick.com.au), cost is \$80.

The program is being conducted by three of our footballers and overseen by our Junior Development Officer, Brent Karl.

The dates are:

20th April

27<sup>th</sup> April

4<sup>th</sup> May

11<sup>th</sup> May

18<sup>th</sup> May

25<sup>th</sup> May

1st June

8<sup>th</sup> June

15<sup>th</sup> June

22<sup>nd</sup> June

We may be playing at half time on Saturday the 21st of May during an Interleague match hosted by Tallygaroopna.

More details to follow.

Any queries please contact Brent Karl 0455345183

Hope to see you there!

**Any students interested in the  
GOULBURN MURRAY DIVISION  
TRIALS FOR  
FOOTBALL/NETBALL/SOCCER/BASK  
ETBALL – See Mr B ASAP.**

# TALLYGAROPNA FIRE BRIGADE are looking for new members.



## Join the CFA team

We are looking for community minded men and women who are ready to join an exciting team of volunteers who protect the Tallygaropna community in a range of different ways

### Did you know?

CFA volunteers fulfil many different non-firefighting roles from community education and administration through to support in our Incident Control Centres during major fires and other incidents.

There are many roles and opportunities

Our volunteers come from all walks of life. They have diverse backgrounds, interests and skills.

### Skills and Experience:

You don't need to have experience to join the brigade. We will provide you with the skills you need depending on the role you choose. CFA volunteers attend nationally-recognised and accredited training courses.

These could include:

- basic fireground practices
  - pump operation
  - fire safety awareness
  - radio communication
  - first aid
  - leadership skills
- CFA community education programs.

### Time Commitment:

Your level of commitment will depend on your personal availability. Commitment to the brigade simply requires the time and skills that you can afford to give.

For more information call John on 0429 956 247 or Angela on 0429 868 122 or visit [cfa.vic.gov.au](http://cfa.vic.gov.au)



**TOP SECRET**

## SECRET AGENT SOCIETY PROGRAM

FACILITATED BY; FIONA CRAWFORD AND SONIA PRIESTLY, SPEECH PATHOLOGISTS

AND JENNY MALLAMACI, COORDINATOR R.I.S.E SHEPPARTON

The Secret Agent Society Program is a social skills intervention program designed to improve the emotional understanding and social skills of high-functioning 8 to 12 year old children with Autism Spectrum Disorders.

See <http://www.sst-institute.net/> for more detailed information about the program.



### Session Dates

1. Tuesday April 12<sup>th</sup> – Parent Information
2. Tuesday April 19<sup>th</sup> – Introduction session
3. Tuesday May 3<sup>rd</sup> – Detection of facial expression
4. Tuesday May 10<sup>th</sup> – Understanding body signals
5. Tuesday May 17<sup>th</sup> – Understanding emotions
6. Tuesday May 24<sup>th</sup> – Relaxation techniques
7. Tuesday May 31<sup>st</sup> – Developing helpful thoughts
8. Tuesday June 7<sup>th</sup> – Understanding friendships
9. Tuesday June 14<sup>th</sup> – Conversations
10. Tuesday June 21<sup>st</sup> – Developing resilience to bullying
11. Follow up sessions T.B.C – Future planning
12. Follow Up Session T.B.C.- Graduation

**N.B. – No session on April the 26<sup>th</sup>**

### What's Included

- A Multi-Level animated computer game teaching emotional recognition, emotional regulation and social competence
- Initial individual intake and assessment
- Parent information and training sessions
- 9 weekly group sessions plus 3 month and 6 month follow up sessions
- Weekly teacher tips to encourage children to use their new skills in the classroom and playground

### Where?

R.I.S.E Centre  
38 Packham St Shepparton

### Time

1.00 – 2.30pm each Tuesday

### Please Contact

Jenny Mallamaci on 58 221 230  
For more information

**IF INTERESTED CONTACT MR B**

The junior cricket season has come to an end and on behalf of Northerners Cricket Club, I would like to thank Tally Primary School for their support of our under 12s with the use of all facilities.

Special mentions to Harvey Walker (u12A captain) and Ellie Walker (u16 female team) who were both named in the Shepparton Cricket Association rep teams.

A big Congratulations to the following players; Declan Newbound who not only won the batting award for the club, but also the association with 228 runs for the year at an average of 22.8. Declan also took home the u/16s 'most courageous' award for his dedication, putting his body on the line and being 'an integral part of the u16s bowling attack' each week.

Ashleigh Moore won the club bowling award with a massive 8 wickets at an average of 11.75 for the season.

Daniel Collins won the fielding award with all his super amazing direct hit run outs.

Kyle Montgomery took home the most improved award for listening and working hard on his bowling run up to perfect it. Kyle was also awarded the 'in the spirit of cricket' award for his respect for the game of cricket and constant encouragement during the u14s grand final. This was awarded by professional umpires.

Ryan Voss won the encouragement award for taking on the coaches feedback to constantly improve his cricket.

Cohan Hall was awarded the coaches award for always turning up to training and working hard each week with enthusiasm.

Another great season of juniors at the Northerners CC, we hope to see you all back in October!

With many thanks and very kind regards,

Lori Hall, Junior coordinator.

**SPEAKING ROLES BY NUMBER OF LINES**

***N.B. In the following list, the number shows how many spoken lines each role has. An asterisk (\*) before the character's name indicates that this character ALSO has solo or featured sung lines.***

* Pearl Periwinkle .....	103
* Captain Cod .....	94
* Captain Redbeard .....	79
Scuttle .....	74
Slack .....	65
Admiral Horatio Hornhonker .....	63
Deadeye Dinghy .....	61
* Jack Periwinkle .....	55
* Liza Periwinkle .....	50
Loopy Louie .....	38
Stanley Periwinkle/Chief Wonga .....	25
Mr. Pratt .....	17
Squawk the Parrot .....	17
Lookout Lofty .....	16
Mr. Wally .....	15
Baggywrinkle .....	14
Blunderbuss .....	13
Bunghole .....	12
Barnacles .....	11
Bullyrag .....	11
Bilboe .....	10
Bilge .....	10
Broadside .....	10
Fathom .....	7
Fender .....	7
Fluke .....	5
Gooseneck .....	5
Grog .....	5
Cutthroat Clegg .....	4
Gibbet .....	4
Tack/Seller 2 .....	4
Tick/Seller 1 .....	4
Toe/Seller 3 .....	4
Fiddlesticks the Cat .....	3
Ping .....	3
Pong .....	3
Waff .....	3
Wiff .....	3



**PROPERTIES****Scene One**

Tablecloth.....Scene Prop  
 Broomsticks .....Jack & Liza  
 Tavern stock (tankards, bottles, snacks etc.).....Pearl  
 Treasure map .....Deadeye  
 Parrot puppet.....Redbeard

**Scene Two**

Large bag, containing a stick of dynamite..... Louie  
 Pairs of tights..... Pirates  
 Safe .....Scene Prop  
 Matches (used)..... Bilge  
 Treasure map (as used previously) ..... Bilboe

**Scene Three**

Crate..... Deadeye  
 Pair of thick glasses..... Lofty  
 Saw .....Clegg  
 Business cards .....Wally & Pratt  
 Wheelbarrow ..... Scuttle  
 Two tankards, with a coin at the bottom of one .....Cod

**Scene Four**

Sack/bag.....Pearl

**Scene Five**

Barrel.....Scene Prop  
 Two clipboards .....Wally & Pratt  
 Mops..... Sailors

**Scene Six**

Two model ships..... Deadeye  
 Two telescopes.....Cod & Louie  
 Union Jack flag .....Cod  
 Skull and Crossbones flag..... Louie  
 String with colourful flags on it (bunting), supported by two poles .....Cod  
 String with a pair of large knickers on it, supported by two poles ..... Louie  
 Sword with end missing .....Cod

**Scene Seven**

Length of chain (large and long), with a giant bath plug at one end .....Scene Prop

**Scene Eight**

Palm trees, one of which supports a wooden sign that reads "Lumbago" .....Scene Prop  
 A piece of notepaper with writing scrawled on it ..... Bunghole  
 Treasure map (as used previously) .....Redbeard  
 Large fish.....Fiddlesticks  
 Bananas ..... Monkeys  
 Saw (as used previously).....Clegg  
 Spade ..... Slack  
 Tissue..... Scuttle  
 Treasure chest..... Scuttle & Slack  
 Spears ..... Ping, Pong, Wiff, Waff  
 Limbo pole ..... Lumbago Natives  
 Hawaiian lei ..... Lumbago Natives  
 Haddock ..... Pearl  
 Pirate Captain's hat ..... Wonga  
 Treasure map and chest (as used previously)..... Scuttle & Slack  
 Large bunch of keys ..... Scuttle  
 Two necklaces featuring medallions (part of costume)..... Jack & Liza  
 Razor ..... Clegg  
 Removable pink beard (part of costume).....Redbeard  
 Coin ..... Slack

## About meditation with the kids in the school

### Hello from Path of Calm

For the past 4 weeks Lisa Hemmings has been facilitating a meditation based program with the children at Tallygaroopna Primary School.

The purpose of this is to give children a valuable life skill which can assist in achieving the following;

- Strategies to deal with life's ups & downs such as stress, anxiety, etc.
- Create resilience
- Improve social and emotional intelligence
- Increase self-awareness
- Improve focus
- Improve self-expression
- Increased levels of happiness
- Sense of empathy for self & others
- Improved sleep patterns

The benefits of meditation have been widely researched. What is listed above is only some of the benefits. The evidence produced from scientific research shows improved changes within the brain, which plays out through our thinking and actions.

Professor Jon Kabat-Zin talks about immunising our children from stress & anxiety. He says that it is important to teach meditation to children. (a video of this talk can be found on the Path of Calm Facebook page)

The techniques that have been introduced to the children are evidence based methods, such as; meditation, visualisation, gentle movement, yoga, positive self-talk, belly breathing and creativity for self-expression.

All of these techniques work towards building self-awareness and understanding our own thoughts, feelings and actions. By meditating regularly and using calming techniques we can start to become more familiar with the feeling of "calm" in our mind and body. Through this practise we can then understand when we are feeling "out of sorts".

Knowledge is power, and that power is having the tools to deal with some unpleasant feelings that may be arising. Sometimes, for a child just being able to identify what they are feeling is enough to relieve a lot of stress and anxiety.

### Some Hints & Tips

#### Positive self-talk

What we think influences how we feel and also how we act. Positive thoughts can help children feel better about themselves, so they can be happy and calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some positive words or affirmations. Affirmations are positive words that remind us of how we want to think, feel or act. Some examples: "I am calm" or "I am confident."

Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

#### Encourage expressing feelings

When children feel worried, they can feel alone, and if they can't share it with someone it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, this can help them to feel safe to talk further about what could be bothering them. E.g. being present and interested, give recognition that their thoughts and feelings are valid and understandable. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing a picture of it.

#### About Lisa

Lisa is a qualified Counsellor & Life Coach. She has been teaching meditation for 12 years.

Lisa and her husband Allan O'Keefe (a qualified counsellor) founded Path of Calm and run their "Chill Skills for Kids" program in Shepparton.

For more information visit:  
[www.pathofcalm.com](http://www.pathofcalm.com)

Visit us on Facebook at:  
Path of Calm

The video talk by Professor Jon Kabat - Zin is on the Facebook page at Path of Calm.



# TALLY P.S. CALENDAR – TERM 1/2 2016

Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
29 Newsletter SS - Athletics	1 SS – L. Bowls PE Chaplain	2 OSH Puberty Session – 4/5/6 Kidshelpline – 4/5/6	3 OSH Lunch Orders Geelong FC Clinic Prep Photos	4 OSH Art LOTE	4	5	6	7	8
7 Mini Newsletter Music Science SS - Athletics	8 SS – L. Bowls Chaplain PE	9 OSH Puberty Session – 4/5/6	10 OSH Chaplain Lib. / P. Group Lunch Orders Parents Club Mt.	11 OSH Cluster Koorie / Aquamoves Day Open Day – GV Grammar	<b>SCHOOL HOLIDAYS</b>				
14 Labour Day	15 Newsletter SS – L. Bowls PE Student Teacher Begins	16 OSH School Coun. 2	17 OSH Chaplain Lunch Orders	18 No OSH Art – TBC LOTE - TBC Athletic Sports					
21 Mini Newsletter SS – Athletics Music / Science Athletics Sports – Back Up Day	22 Chaplain PE	23 OSH Easter Raffle – tickets and donations due	24 OSH / Chaplain Library / Pgroup Lunch Orders Munch N Crunc. End of Term 2	25 Good Friday – no school	11 Newsletter	12 Chaplain	13 OSH	14 OSH Chaplain	15 OSH Art LOTE
28	29	30	31	1	18 Mini Newsletter SS – AFL Music Science	19 Curric. Day	20 OSH Photo Day	21 OSH Library / Pgroup Chaplain Life Ed. Van	22 OSH
<b>SCHOOL HOLIDAYS</b>					25 Newsletter Anzac Day	26 SS - Basketball	27 OSH	28 OSH Chaplain	29 OSH Art LOTE
					2 Mini Newsletter SS – AFL Music Science	3 SS – Basketball Chaplain	4 OSH	5 OSH Library / Pgroup Chaplain	6 OSH

MARCH

APRIL / MAY