## Tinternvale Primary School  Tintalk

<table>
<thead>
<tr>
<th>TERM TWO 2016</th>
<th>DIARY DATES</th>
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</thead>
<tbody>
<tr>
<td>WORKING BEE! 9:00am - 12:30pm</td>
<td>Sunday 15th May</td>
</tr>
<tr>
<td>Finance Sub Committee Meeting 4:00pm</td>
<td>Monday 16th May</td>
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<tr>
<td>Grandparents and Special Friends Day 12:30 - 2:00pm</td>
<td>Wednesday 18th May</td>
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<tr>
<td>Assembly 9:00am</td>
<td>Friday 20th May</td>
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<tr>
<td>Open Morning 9:30am until 11:00am</td>
<td>Saturday 21st May</td>
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<tr>
<td>School Council Meeting 7:00pm</td>
<td>Monday 23rd May</td>
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<tr>
<td>District Cross Country</td>
<td>Wednesday 25th May</td>
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<tr>
<td>Assembly 9:00am</td>
<td>Friday 27th May</td>
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<tr>
<td>BOOMTEC 7:00pm - 9:30pm (Level 5/6 Only)</td>
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<tr>
<td>Curriculum Day</td>
<td>Monday 30th May</td>
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<tr>
<td>NO STUDENTS AT SCHOOL</td>
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<tr>
<td>Finance Sub Committee Meeting 4:00pm</td>
<td>Monday 6th June</td>
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<tr>
<td>Buildings and Grounds Sub Committee Meeting 6:30pm</td>
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<tr>
<td>Parents and Friends Sub Committee Meeting 7:00pm</td>
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<tr>
<td>Education Sub Committee Meeting 7:00pm</td>
<td>Wednesday 8th June</td>
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<tr>
<td>Assembly 9:00am</td>
<td>Friday 10th June</td>
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<tr>
<td>Queen’s Birthday</td>
<td>Monday 13th June</td>
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<tr>
<td>Public Holiday. No Students at school</td>
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<tr>
<td>School Council Meeting 7:00pm</td>
<td>Monday 20th June</td>
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<tr>
<td><strong>LAST DAY OF TERM</strong></td>
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<tr>
<td>Assembly 2:00pm</td>
<td>Friday 24th June</td>
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<tr>
<td>School dismissed at 2:30pm</td>
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**Canteen Closed**

**Friday 13th May**

Please provide lunch and snacks from home

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Tinternvale Primary School  
Tintern Avenue, Ringwood East 3135.  P.O. Box 179 Bayswater 3153  
Phone: 9720 1215  Fax: 9720 8923  E-mail: tinternvale.ps@edumail.vic.gov.au  
www.tinternvaleps.vic.edu.au  
Before and After School Care: 0413 242 876
Principal's Comment

Assembly tomorrow at 9:00am Junior Choir performing.

Curriculum Day – no students at school.
There will be a Curriculum Day on Monday 30th May. Staff will be attending a one day professional learning activity at Croydon Primary School; however the office will be open on the day. Students do not attend school on this day.

If you require care for your child on Curriculum Day, please register online with OSHClub. They need a minimum of 15 students to run for the day.

Building Works
Great progress on our building woes! The toilets are finally fixed and are now open again! The leak has been fixed and we are waiting for the plumbers to return to do the final clean up. Thanks to everyone for your patience.

Working Bee
Our first working bee for the year will be held on Sunday 15th May. Please come along and join in the fun of working on our school grounds. A BBQ lunch will be provided for all workers.

NAPLAN
This week students in Years 3 & 5 sat the NAPLAN tests. This is a national program for all students in Years 3, 5, 7 & 9. Well done to all students who participated.

Education Week
Education Week is fast approaching and as usual we have some exciting activities planned. On Wednesday 18th May we will hold Grandparents & Special Friends Day from 12:30 – 2:00pm. Between 12:30 and 1:30 grandparents and special friends will visit classrooms and share a special lunch with students. At 1:30 we will all gather in the gym for some performances and the event will conclude at 2pm. This is always the highlight of our year with many visitors in our school. The students are always so excited to show off their school to their special visitors. If you intend to take your children home with you after all the excitement, please remember to sign them out. Sign out sheets will be in all classrooms. If you have not sent a stamped addressed envelope to school yet, please do so ASAP to enable invitations to be sent home.

Uniform Shop
Please note that the Uniform Shop is now located Unit 12/ 100 New St Ringwood. There are a number of options for purchasing uniform; you can buy directly from the shop, order online and have it delivered to the school or order over the phone (9870 1377) and have it delivered to school. For a small extra charge, items can be posted to your home. If you have any questions, please see Lisa or Andrea in the Office.

To order online go to: https://www.rhsports.com.au/shop/product/clothing/school_wear/tinternvale_ps

School Council have approved the addition of a navy blue pinafore as an addition to the uniform. This item is available already at the Uniform Shop and can be added to your child’s uniform from now on.

Please note that netball skirts are not part of the school uniform, except for interschool sport.

Education Committee Meeting
Last night we held our second Education Meeting for the year. Thank you to the parents who attended. We had some excellent discussions about the school website, the LOTE program and we also finalised some school policies. Our next meeting will be held on Wednesday 8th June at 7pm. Everyone is welcome to attend.

Kerrie
**Student of the Week!**

06 May 2016

PrepA  Nicolas McC
PrepB  Sienna S
PrepC  Patricia D
1/2A  Elliot D
1/2B  Bodhi L
1/2C  Eloise C
1/2D  Christian D
3/4A  Mooplo W
3/4B  Gracie K
3/4C  Emme B
5/6A  Scarlett L
5/6B  Brian P
5/6C  Jade P

LOTE  Esther G 3/4A
       Noah D Prep B

Phys Ed  Miette T 3/4A
         Ella B Prep A

Musical Maestros  Kiralle B 5/6B
                  Patricia D Prep C

Art  Hayley W 3/4B
     Kaito T 1/2A

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**Ringwood East Community Bank® Branch**

62 Railway Avenue, Ringwood East  
Phone 9870 3655

Don’t forget student banking every Tuesday. If you are not already joining in student banking, information is available from the Ringwood East Bendigo Bank.

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**Tinternvale Gardening Group**

Every Monday! 9:00am

If you have an hour (or any time) to spare then we would love you to come along. We work on keeping the gardens and grounds of our school looking neat and tidy. No experience necessary, just a willingness to pull out some weeds and have a chat and a laugh! BYO gardening gloves.

Meet outside the office from 9:00am

Thank you, Tanya Hulbert (Ella & Will’s mum)
Entertainment Books have arrived and are for sale at the office.
$65.00 with 20% from each book sold going directly to our school.

Lost Property!
Lost property will be on display in the foyer of the Gym tomorrow (Friday 13th) morning. Any unclaimed, non school items will be donated to charity.

Come and join the fun for our first Tinternvale Working Bee of 2016!

Sunday 15th May
9:00am - 12:30pm

Please come along and give a hand to spruce up the school grounds and help out with other odd jobs.
BBQ lunch and drinks supplied once the work is done!
Please let us know if you are coming by completing the slip below and returning to school tomorrow.
Please bring wheelbarrows and gardening tools.

-----------------------------------------------
Family Name: _____________________________ Ph: _____________________________
Number of Helpers: _____________________________

House Points will be awarded for those children who attend.
Maths Challenge

Terri had a job setting up the Tin Can Alley stall at the Royal Show. She wanted to arrange the 28 cans in a triangle. How many cans should she put in the bottom row of the triangle?

Use 28 counters to help you work out this problem.

Terri should put .................... cans in the bottom row of the triangle.

Valentine Exchange

At a recent Valentine's Day party, five girls - Abigail, Bethany, Chelsea, Danielle and Esther - each received one of the valentines shown here. Use the clues, the drawing and the chart below to help you figure out who received which one.

Clues:
A. Abigail's valentine had lace.
B. Bethany's valentine was from either Eddy or Freddy.
C. Chelsea's valentine did not have an arrow on it.
D. Danielle's valentine had no words on the front.
E. Esther's valentine had no words, no lace and no arrow.

<table>
<thead>
<tr>
<th>Valentine 1</th>
<th>Valentine 2</th>
<th>Valentine 3</th>
<th>Valentine 4</th>
<th>Valentine 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abigail</td>
<td>Bethany</td>
<td>Chelsea</td>
<td>Danielle</td>
<td>Esther</td>
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Answers:
Abigail received valentine # ______.
Bethany received valentine # ______.
Chelsea received valentine # ______.
Danielle received valentine # ______.
Esther received valentine # ______.

Last weeks answers

P- 2 answers

1 Frog

3-6 answers

From top left and clockwise:
Mrs Centre, Mr Left, Mr Centre, Mrs Bottom,
Mrs Top, Mr Bottom, Mrs Left, Mr Right, Mrs Right, Mr Top
Call for Parent Helpers!

The second BOOMTEC (for Level 5/6) on the 27th May is fast approaching.

If you are able to assist in any way, please contact Vickie Butler on 0417 862 103 or the school office.

The more parent helpers we have, the more enjoyable it is for everyone.

Grandparents and Special Friends Day

Wednesday 18th May
12:30 - 2:00pm

Over the next few days students will be writing to their Grandparents or Special friends to invite them to visit their school on Wednesday 18th May.

We ask that families please send a stamped and addressed envelope to the school with their children so that we can post these letters directly to their recipients.

Dear Parents and Guardians,

Please be aware that unsold chocolates and/or money are due back to the school by Friday 17th June. We still have a few boxes left if you are able to sell any more.

Thank you
Our school is participating in the Maroondah Nude Food Challenge in 2016. The purpose of this is to reduce the amount of daily rubbish generated that goes into landfill.

All students lunchboxes were surveyed last week and the amount of paper, plastic, foil and cardboard wrapping was recorded. (Many students had completely Nude Food lunchboxes! Well done!)

This process will be repeated later this year and hopefully there will be an improved result.

The Environment Team thanks you for your effort to support the 2016 Nude Food Challenge.
OSHClub News
Before School / After School Care Program

Parent Information

OSHC program phone: 0413 242 876
Coordinator: Sue Naylor
Assistants: Casuals
OSHClub Head Office: 03 8564 9000
Accounts Manager: Ambika Sivan (can be contacted through the OSHClub Head office number.)

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

COMMUNITY NOTICES

- Heathmont East Preschool - OPEN DAY - Saturday 21st May 11am - 1pm
- Croydon Gums Preschool - OPEN DAY - Saturday 21st May 10am - 12pm
- SaturDads - Saturday morning Playgroup for Pre-School Children aged 5 -10 years and their Dads/Male Carers. Enquiries: 9837 3999
- Swimming and Water Safety Lessons at Wantirna Swim School. Enquires: 9762 8333

Other Lost Property…….
If you are missing a small pet rabbit, please see Andrea in the office.
Parenting is place of great joy, but it's also a place of great struggle.

We struggle with our role as it's constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it's impact on kids' daily lives.

We struggle with factors we can't control such as the messages kids get from the media and their peers that we rather they didn't receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It's the battle that goes on between our lizard brain (where the fight or flight response occurs) and our pre-frontal cortex (where reasoning and calculation) occurs.

The pre-frontal cortex (put your hand on your forehead and you're there) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we're under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I'd be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I'm safe and feeling calm my pre-frontal cortex can do it's rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can't differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you'll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we're responding to poor behaviour or a child's genuine cries for help) our lizard brain often takes over and we're at our parenting worst.

That's why most of us know how we want to respond and communicate with our kids when we're calm but when we are under intense pressure not only can't we find the words we need but we lose our cool as well.

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here's how:

1. **Recognise the situations and the symptoms**

   Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary: I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I'm under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

**more on page 2**
2 Train yourself to STOP!
The lizard brain wants you to act fast – to get away, to lash out, to defend yourself – when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3 Step away and breathe
Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts ("I’m going to &**!$ him!") that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4 Think of your Best parenting self
Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving, calm...
(You can learn this powerful process in my Parenting with the Meta-Moment course available in Parentingideas Club)
Your “Best Parenting Self” is the motivator to help you refrain from making emotional responses that you’ll regret later.

5 Now act!
Now that your pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation: which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.
So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.
When U bank with us your club benefits

At Ringwood East and Heathmont Community Bank® branches we're committed to supporting the community, in whatever ways we can. In fact, we're offering you the chance to contribute to your club's success - simply by doing your banking with us.

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<tr>
<th>When you are approved for a new...</th>
<th>Your club will receive...</th>
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<tbody>
<tr>
<td>Bendigo home loan greater than $250,000</td>
<td>$400</td>
</tr>
<tr>
<td>Bendigo home loan less than $250,000</td>
<td>$200</td>
</tr>
<tr>
<td>Bendigo equipment finance loan</td>
<td>$50</td>
</tr>
<tr>
<td>Bendigo personal loan</td>
<td>$50</td>
</tr>
<tr>
<td>Bendigo credit card</td>
<td>$20</td>
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So, please call into 62 Railway Avenue, Ringwood East, phone 9870 3655 or 143 Canterbury Road, Heathmont, phone 9870 6654.

And remember, we also offer business banking, insurance and financial planning. Combined with our renowned customer service, telephone banking and e-banking, we provide you with more choice and added convenience.

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At the Bendigo it starts with

Ringwood East and Heathmont Community Bank® branches

Please present this, completed, to Ringwood East and Heathmont Community Bank® branches when you take out a home loan, commercial loan or overdraft facility, equipment finance loan or personal loan so that your club receives their revenue.

Name:

Club/Organisation:

☐ I'm happy for you to pass my name on to my club, so my contribution can be acknowledged.

☐ I don't want my name passed on to my club, thanks.

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