<table>
<thead>
<tr>
<th>TERM TWO 2016</th>
<th>DIARY DATES</th>
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<tbody>
<tr>
<td>Special ANZAC Assembly</td>
<td>Friday 22nd April</td>
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<tr>
<td>3pm @ the Flagpole</td>
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<tr>
<td>NO MORNING ASSEMBLY</td>
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<tr>
<td>ANZAC Day</td>
<td>Monday 25th April</td>
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<tr>
<td>Public Holiday. No Students at school</td>
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<tr>
<td>Whole School Photos</td>
<td>Tuesday 3rd May</td>
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<tr>
<td>House Cross Country</td>
<td>Wednesday 4th May</td>
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<tr>
<td>Mother’s Day Stall</td>
<td>Thursday 5th May</td>
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<tr>
<td>Open Morning</td>
<td>Saturday 21st May</td>
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<tr>
<td>Visit our Early Years Centre</td>
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<td>9:30am - 11:00am</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>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>LAST DAY OF TERM 2</td>
<td>Friday 24th June</td>
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Principal's Comment

Assembly tomorrow at 9:00am – please stay for a cuppa and chat afterwards.

Welcome back to school for Term 2. It has been lovely to see so many happy students (and happy parents) returning to school. Welcome to our new students Jordy (Year 2), Rosie (Year 1) and Olivia (Year 6). Well we are off and running in what is going to be a very busy term, including NAPLAN, Inter-School sport, ICAS spelling, reporting to parents and interviews, Education Week and rehearsals for the School Concert in July.

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.

ANZAC Day Service

Next Friday 22nd April, we will be holding assembly at 3:00pm so that we can have a short commemoration for ANZAC Day. This will replace the usual morning assembly and will be held at the flagpole. Please come along and share this very special occasion with our students. Our Year 6 leaders will attend the Shrine service in the morning and all Year 6 students will attend the service at Ringwood Lake on Wednesday 20th April.

School Hours

This term we are trialling a change to the times in our school day.
9:00am – school starts
9:00 – 11:00am – Session 1
11:00 – 11:10am – students eat lunch
11:10 – 12:00 – long break
12:00 – 2:00pm – Session 2
2:00 – 2:05 – eat snack
2:05 – 2:30pm – short break
2:30 – 3:30pm – Session 3
3:30pm – school dismissed

Canteen will still operate for lunch orders on Tuesday and Friday.

Uniform Shop

Please note that the Uniform Shop is now located in 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 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.

Tintalk

You may notice some changes to Tintalk over the next couple of weeks. We will be phasing out the paid advertisements in favour of more student input. People are welcome to advertise on our parent notice-board free of charge. As it is such a busy term, please read Tintalk every week to keep up with school happenings.

Kerrie
Phys Ed/Performing Arts News

Interschool Sport
Level 5/6 will commence the Winter Interschool Sport Competition on Friday the 29th April. There will be six rounds of competition and potential finals following that. There are seven teams taking part and we are still looking for extra assistance with the teams. If you would like to and are able to help out (even if your child’s not in 5/6 but you love sport), please let the Level 5/6 teachers or myself know.

Active April
Some families have signed up for this great initiative and are keeping track of their activity to go towards our school total. We are still looking for more people to be active and involved, so sign up and get on board.

House Cross Country
This will be held on Wednesday the 4th May, between 12:00 and 2:00. Always a great day, students are encouraged to dress up in house colours and really get into the spirit of the event. As always, the day doesn’t run without the help of some wonderful volunteers, so if you are able to assist, please let me know.

Cheerleading
Next week a six week Cheerleading lunchtime program will be commencing. At this stage there still needs to be a few more students sign up to make the program viable. If you would like to take part, or have lost your notice, please come and see me.

Simon Datson

Congratulations Kiralee!

During the holidays, Kiralee competed in multiple gymnastics competitions in an effort to earn a place on the Victorian team. All her hard work paid off! After placing first on beam, uneven bars and floor last Sunday and coming first overall for the day, Kiralee is now a member of the state team! Congratulations Kiralee, we are all very proud of you and wish you the best for upcoming events.
**Maths Challenge**

**P- 2 Maths Challenge**

How many nines are there between 1 and 100? Guess first, then check your answer.

![Image of number 9]

**3 – 6 Maths Challenge**

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Re-arrange the numbers in the grid so that each of the 3-digit numbers formed horizontally are square numbers and each of the 3-digit numbers formed vertically are even.

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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.
COMMUNITY NOTICES

- Maroondah SES Open Day - Saturday the 30th April 2016 from 10am to 2pm
- Ringwood Secondary College Open Night - Wednesday 27th April, 7pm
- Melba College Open Night - Monday 2nd May, 7pm
- Heathmont Secondary College Open Night - Tuesday 19th April, 7pm
- Norwood Secondary College Open Night - Wednesday 4th May, 7pm
- Mooroolbark Secondary College Open Night - Thursday 21st April, 7pm

OSHClub News

Parent Information

OSHG program phone: 0413 242 876
Coordinator: Sue Naylor
Assistants: Kaitlyn Robertson & Patrick Mastertoun & Bridgetta Waack
OSHClub Head Office: 03 85649000
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.
Easing children’s anxiety

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings.’ They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.