<table>
<thead>
<tr>
<th>TERM TWO 2016</th>
<th>DIARY DATES</th>
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<tbody>
<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 BOOMTEC 7:00pm - 9:30pm (Level 5/6 Only)</td>
<td>Friday 27th May</td>
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<tr>
<td>Curriculum Day NO STUDENTS AT SCHOOL</td>
<td>Monday 30th May</td>
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<tr>
<td>Prep to Level 4 Student Disco</td>
<td>Friday 3rd June</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 Public Holiday. No Students at school</td>
<td>Monday 13th June</td>
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<tr>
<td>School Council Meeting 7:00pm</td>
<td>Monday 20th June</td>
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<tr>
<td>LAST DAY OF TERM Assembly 2:00pm School dismissed at 2:30pm</td>
<td>Friday 24th June</td>
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Principal's Comment

Assembly tomorrow at 9:00am Senior Choir performing.

Working Bee
Our first working bee for the year was held last Sunday with over 100 people in attendance. Many hands make light work and this was certainly the case on Sunday. A huge thank you to all the parents, grandparents, students and staff who attended. Thanks also to Linda Drew (our grounds coordinator), Lynley Forrester (our resident green thumb) and Rob Di Gregorio, our resident ‘Barbequionist’.

Parents & Friends Committee
The Parents & Friends Committee is a vital part of our school, assisting with raising funds, promoting the school in a positive light and generally looking after our families. The attendance at the first 2 meetings of the year has been extremely low. I would like to encourage all parents to have a think about attending this meeting – you will not be landed with a huge job. The more parents attending, the bigger the ideas base we have to draw on.
This year we would like to have a Parent Rep for each class. The role of the Parent Rep would be to act as a contact point for all the parents in the class. You might be asked to assist with a roster or to organise a class dinner – the possibilities are endless. The role could also be shared between 2 parents or each parent could do this role for half a year each. If you would like to perform this task for your class, please let your class teacher or myself know.

Election Day BBQ – 2nd July.
As you may know our school gym is hired by the Victorian Electoral Commission whenever there is an election. We take advantage of this by having a BBQ which generally makes a huge amount of money for us. Of course we need parents to help on the stall, which is usually a time commitment of 2 hours. The date is in the school holidays so we need to know now if you can assist. Please look for the tear off slip and return this to the Office if you are able to assist.

Trivia Night
Another exciting event which is coming up fast. The date will be confirmed very soon. If you would like to help in this organisation please speak to Kris Di Gregorio (Scarlett 1/2B & Ava 3/4A) or the Office. I did hear a whisper that there will be an 80s theme this year.

Maroondah Inclusion Concert
Congratulations to our students on their performance last night. From all reports it was a very moving experience for all concerned and our students performed beautifully. Well done to Beth for her continued dedication to our choirs.

Grandparents and Special Friends Day
Another brilliant day yesterday. It is so great to see so many visitors in our school and to see the pride our students show in their school and the work they are doing here. We are also expecting a bumper crowd for the Open Morning for 2017 Prep students this Saturday 21st May at 9:30am.
Thank you to everyone who attended yesterday.

Preparing for 2017
I know it seems crazy that we are preparing for 2017 already but that’s the way it works in schools. If you know of any young children who live around you, please let them know about our school and that enrolments are now being taken.

School Review
Every 4 years schools go through a process of review. They must prove that they are an accredited school as well as review the school’s performance over the last 4 years in order to set new directions for the following 4 years. This year it is our turn for a review. This will take place for most of Semester 2, with the actual Review Panel sitting early in Term 4. There will be an opportunity during Term 3 for all families to give feedback about our school and what they would like to see in the future. I will give more information about this later on.

Kerrie
Student of the Week!

13 May 2016

PrepA
Ella B

PrepB
Jacob D

PrepC
Blake M

1/2A
Lil H

1/2B
Will J

1/2C
Henry D

1/2D
Ava O’N

3/4A
Sam T

3/4B
Emma H

3/4C
Nevan A-S

5/6A
Riak R

5/6B
Maddie K

5/6C
Alexia P

Japanese
Joshua W 1/2D
Nicholas C 3/4A

Phys Ed
Skye Mc 1/2B
Brooke S 3/4C

Musical Maestros
Jordan M 3/4A
Amos P 1/2C

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 Hubert (Ella & Will’s mum)
Children should look after their parents when they get old.

Old people. We either love them or hate them. But same time we need to look after them when they get a bit too old. I feel like nowadays adults don’t look after their parents enough, or at all. But I think we can really change that.

To begin with, when people get older they don’t necessarily get wiser and they often forget a lot of things. They might forget to go to a doctor appointment or an old friend’s house and that friend might get a fright when they don’t come, then they might call the police to check the house then drama, drama, drama. So I think it is important to check on them at least once a month.

Despite the fact old people watch a lot of TV (I mean A LOT) they still like and need company and if they don’t see anyone for a long time, they can get depressed. But if you don’t have enough time to see them you can sign them up for a lawn bowls club where they can make friends and get fit.

Also, it is good for you to see someone and not always be alone. It is also a good idea for you to go for walks and get some exercise.

Finishing up, I believe I have made myself clear that you should see your parents at least once a month, so they don’t get lonely and get a gold fish as a friend because that won’t be good.

By Amy M 5/6A
Children Should Look After Their Parents When They Get To Old Age

When people get to an old age, they might need little help. So if you’re there, they might not have to go to an aged care or anything. I feel that if their children are there to keep them company, they will feel better.

To begin with, when people at an old age get sick, they get a little stressed either because they can’t find the right medicine or doctor for them. So if they get too stressed, that’s when you can jump in and help them to look for whatever they need.

Besides getting old, aged people will also break down. So whether they have to get an operation or have to go to a specialist to get something done, you can help them get through that because operations don’t always go the right way. So if they can’t drive or do certain things, you’re there to help.

Even when people get old, that doesn’t mean they can’t do anything. Some old people still go on amazing trips and enjoy themselves. Just because there’s a limit on what they can do, there’s no limit on fun.

So, in conclusion, people get old and need a bit of help, so you are always there.

By Josh B 5/6A
Children should **NOT** look after their parents when they get to an old age!

Do you think we should care for our parents when they get to an elderly age? Aren't parents just for looking after us, giving us meals and there when we need a helping hand? I think we should **NOT** care for our parents when they get to an elderly age!!!

First of all, there are plenty of retirement and nursing homes that would care for our parents’ needs. At nursing homes they have trained professionals there to help you and at retirement homes they have book clubs, lawn bowls and swimming pools for suiting your interests.

Also we will be way too busy with our own lives! We will have to work, care for our own kids by taking them to friend’s houses, school and sport. On top of all that we will need to have a social life of our own.

Lastly our parents have each other. They can help each other out and care for themselves too.

In conclusion there are heaps of retirement and nursing homes, we are way too busy with our lives and last of all our parents have each other.

By Iyla C 5/6A
CHRILDREN SHOULD LOOK AFTER THEIR PARENTS
WHEN THEY GET TO OLD AGE.

Every person has their parents, it’s them that gave you your life, and without them you would be nothing. They think you’re the best, the special one and they will always love you. But they will get old, everybody gets old, when you get old you’ll forget things and lose some of your abilities. So should children look after their parents when they get to old age? My answer is YES. Here are my reasons.

When we are still little, we don’t understand anything and we don’t know how to do things, it goes the same when people get old. They forget stuff, forget their abilities, and they need someone to look after them. When you’re small who looked after you? Your parents. It’s the time to do the same for them, they need you.

Just think about all the things they did for you, things that they bought for you, things about you that worried them, things about you that wasted their precious time. You should thank them, you’ve been taking all the time, and it is the time that you give. You need to give back things that they did for you, they have no reason of treating you like a king/queen, but they did. So you should thank them, love them back.

Your parents had always loved you and they always will. No matter how much mistakes you made or things that you did wrong, they had always forgiven you. They always think of the best for you. And at the same time, they want you to be with them and keep in touch with you. It goes the same when they get old. They still want to be with you. They want you to be in their life. They would feel lonely, sad, deserted, abandoned and depressed if you just leave them hanging. You should look after them so they would feel you love.

Your parents really did a lot for you in your life. You should really be grateful and pay them back what you owed them. Children should look after their parents when they get to old age. Don’t forget to say thank you and I love you to them too.

By Scarlett L 5/6A
Phys Ed/Performing Arts News

Maroondah All Inclusive Performance Festival

Last night saw our Senior Choir and Percussion Group perform at the Maroondah All Inclusive concert and they were both AMAZING! The choir started the show and sung Food Glorious Food and then Fireflies which also incorporated sign language into it (thanks Nicole). Percussion Group performed shortly after with their version of The Night. Once again, this was great.

Our school never ceases to amaze with the way that our students conduct themselves when representing Tinternvale PS. They were wonderful audience members for the rest of the performers and those that spoke on camera, spoke with honesty, compassion and real understanding of what inclusion is. We are very proud of you.

Special thanks to all of the families (yes, there will be some very tired younger siblings today) for getting the students to the theatre and supporting them in these activities! Without you it doesn’t happen. Thank you.

Thank you also to Ms Heywood for coming along to give us a hand.

Simon Datson & Beth Stephen
Entertainment Books have arrived and are for sale at the office. $65.00 with 20% from each book sold going directly to our school. If you have pre-purchased a copy, please come to the office ASAP to collect.

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

BOOMtec
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

Election Day BBQ
Are you able to help?
2nd July 2016

Why yes! We’d love to help: ____________________________
(Family Name)

Times available: 8am - 10am  [ ]  10am - 12pm  [ ]
12pm - 2pm  [ ]  2pm - 4pm  [ ]
4pm - 6pm  [ ]
Maths Challenge

- Using the clues, name each shop.

Ferns' Flowers is two shops away from the Luscious Lollies store, and three shops away from The Bakehouse.
The Bakehouse is taller than Fern's, but shorter than Monkey Music.
Toytown is a corner shop.
Luscious Lollies has the smallest building.

Swap Meet

Three children are swapping treasures on the playground.
Rosa has three stuffed turtles and two bottle caps.
Stephen has two bottle caps and five squirt guns.
Michaela has four stuffed turtles and one squirt gun.

A. The group decides that the bottle caps are the most precious item. In fact, they decide that just one bottle cap is worth two stuffed animals or three squirt guns.
1. Which child has the most valuable collection?
2. Which child has the least valuable collection?

B. Stephen opens his latest issue of Swapping Today and discovers that stuffed turtles are now becoming a collector's item. Quickly, the group meets again to reassess their possessions. They decide that now one turtle is equal to three bottle caps or two squirt guns.
3. Now whose collection is worth the most?
4. Whose collection is now worth the least?

C. Finally, a fourth friend, Daniel, comes along and offers to pay five baseball cards for each turtle, three for each squirt gun, and two for each bottle cap. How much would he have to pay each of the other children in baseball cards?
5. Rosa
6. Stephen
7. Michaela

Make up your own 'swap meet' story with different items. Write two questions about it to give to a classmate to solve.

Last weeks answers

<table>
<thead>
<tr>
<th>P-2 answers</th>
<th>3-6 answers</th>
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<tr>
<td>Terri should put 7 cans in the bottom row of the triangles</td>
<td>Abigail: 1</td>
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<tr>
<td></td>
<td>Bethany: 2</td>
</tr>
<tr>
<td></td>
<td>Chelsea: 4</td>
</tr>
<tr>
<td></td>
<td>Danielle: 3</td>
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<td></td>
<td>Esther: 5</td>
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Here we are marching through Term 2 and it won’t be long until the holidays will be upon us once again. I would like to introduce you all to my new permanent assistant Lael. Lael is fitting into the program really well and getting to know the children. It will take a little while for her to get to know you all but it is great to have consistency in the program once again. I know you will all make Lael feel welcome.

Our Dinosaur area is coming along quite nicely and the changes to the room have put a positive spin on the program. Unfortunately the weather is starting to become a little unpredictable so we may not be able to venture outdoors as often but we will try to utilise the areas that we have. The children come up with lots of ideas that we implement into the program, so please keep them coming.

Please feel free to call in and have a look at our program. The best time to call in is before school if possible, but you are certainly welcome anytime.

OSHC program phone: 0413 242 876
Coordinator: Sue Naylor
Assistant: Lael Stubbs
OSHC 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.

COMMUNITY NOTICES

- Heathmont East Preschool - OPEN DAY - Saturday 21st May 11am - 1pm
- Croydon Gums Preschool - OPEN DAY - Saturday 21st May 10am - 12pm
- Maroondah Preschool - Vacancies for 2017. Please call 9870 2874 for further information
- 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. Enquiries: 9762 8333

Fletchers
Proud Supporter of Your School

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.

Junior Rockers
primary music lessons
APPLY FOR MUSIC LESSONS NOW!

Junior Rockers runs instrumental music lessons right here at school. To find out all about our music lessons, head to our website. From there you can check which instruments are available at your school, get up to date pricing and apply for lessons online.

www.juniorrockers.com

Rather chat in person? We’d love to speak to you. Call us on 1300 60 ROCK (1300 60 7665)
As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back-up plan in case a parent wouldn't arrive in time to take her home. 'Being prepared for every contingency' was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the 'It'll be right. Don't overthink it' type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worries need careful, sensitive handling by families and teachers alike.

Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob, author of Everyday Jitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chankes author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

**Give the worry a name**

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers *There's a Hippopotamus on Our Roof* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

**Put your worries in a jar**

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online.

Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.
... How to move your child from worrier to warrior ...

Limit talking time
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety
Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I've already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about
Worrying is energy sapping and can take up too much of anyone's time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up.

It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Grose
An Evening with Michael Grose

A trailblazer in the parenting education scene Michael is the founder of Parentingideas, Australia’s leader in quality parenting education for parents and schools. Come and join us to share in his insights and ideas.

Raising well-behaved kids that other people rave about (for the right reasons)

Getting co-operation from your kids is one of the biggest challenges modern parents face. As you know, if you have easy kids then getting co-operation is usually straightforward. But with some children you need to know what you are doing if they are going to fall into line.

In this fantastic presentation Michael reveals road-tested tried and true techniques and strategies that’ll make the life of every parent easier.

Michael will also reveal:
- Why your children are different despite the fact they came from the same gene pool and receive the same parenting.
- How to get more co-operation without repeating yourself, raising your voice or resorting to tears.
- Great ways to promote self-control and self-discipline even in highly wired kids.
- The BIG question to ask yourself when kids repeatedly misbehave that will quickly lead to improvement.
- How to work out behaviours to worry about and those that kids will grow out of.
- A simple definition of misbehaviour that you can use in any situation.
- How you can bring emotional intelligence into your everyday parenting so that you can help your kids to recognise and regulate their emotional state.

Tickets $15 - May Earlybird and Group discounts available.

7.30pm - 9pm Wed 15th June 2016
VENUE: Performing Arts Centre, Park Orchards Primary School
BOOKINGS: www.trybooking.com/LLBJ

Map/Details provided online when booking. Refreshments available prior to start. Parents are asked to please not bring children.