DearParents,
Perhaps some of your children havecome home and mentioned a puzzling object called "The Happy Box". This is a small box containing raffle tickets that are issued by staff who observe positive behaviours around the school. These tickets are collected for a lucky draw at the Monday morning assembly. Lucky ticket holders get to select a prize from a range of items. These are just some of the behaviours recorded on the ticket stubs. Certainly worth celebrating!
⇒ Taking time to teach a younger student a new skill
⇒ Volunteering to help a teacher by getting the bus book each day
⇒ Cleaning up sports equipment without being asked
⇒ Sitting quietly and politely while eating play lunch
⇒ Holding the door to allow others to enter the building
⇒ Getting assistance from a staff member when a student was hurt
⇒ Arriving promptly at the classroom door, ready for the next session
⇒ Greeting another student with a smile and a pleasant hello

Our aim is to encourage our children to act responsibly and to develop positive relationships with each other. Both essential qualities for the future citizens of Toora.

THANK YOU
Thank you for your support of our recent Scholastic Book Fair. We sold $730 worth of books, enabling us to choose $123 worth of books for our library.

PARENT OPINION SURVEYS
The Education Department has distributed Parent Opinion Surveys to our school, 35 families have been randomly selected by computer to receive these surveys which have been posted out in the mail. Responses are anonymous and the envelopes should be returned to the school by Friday 2nd August. The school does not see the individual surveys. The feedback, which comes back to us as a series of graphs and tables, is very helpful for planning to improve the school. Completed surveys can be deposited in the box on the Admin counter.

Term 3 Clubs
We have a great selection of Clubs again this year which will commence next Thursday (8th August at 2:00pm till 3:00pm). It’s a great opportunity for staff and parents to share their skills and knowledge in crafts and activities. The students will make a selection from nine different activities which will be conducted in two three week blocks.
Thank-you in advance to our parent volunteers - Elisabeth, Nigel and Sharon.
A NOTE FROM DINAH
I have really enjoyed my time at your school. I have made lots of friends and have so many wonderful memories of all of you. I could easily have a ‘circle time’ and be able to say lots of good things about you. You are very lucky to have a wonderful school where people care about you. It makes me sad that I won’t catch-up with you all on Monday and chat about what we all did on the weekend. Lucky Jane and Sara get to spend special time with you now.
Thank you to the staff for all of your support over the years. The children at TPS are very lucky to have you all guiding their way in the big wide world.
I wish you all well and hope to see you around Toora.

Kind Regards, Dinah Brownfield

SOLAR INFORMATION
Interested families can view our Solar Energy Feed-in and usage from our school website www.tooraps.vic.edu.au and click on the SMA icon on our homepage.

GRADE 3-6 CAMP REMINDER
A deposit of $25 and your completed expression of interest form needs to be returned to school ASAP.

There are limited numbers so inclusion in our Wilsons Prom camp will be on a first in basis. $75.00 is due in by the end of Term 3 with the balance due prior to camp.

NEWS FROM THE KITCHEN GARDEN
This week we started off by pulling the strawberries out which were not doing so well. Then we sowed snow-peas in their place. We fed all the vegetables including silver-beet, beetroot, leeks, garlic, broad beans and the strawberries behind the gym.

By Mikayla, Seth and Arie

E-Smart Tip Of The Day
Google it
The web is full of fun and information but it also holds other inappropriate content.
Filter out what's safe for you with some simple guidelines:

Searching
The web has a treasure trove of information and fun stuff.

➢ Use a good search engine – Google, Yahoo! and Bing are all safe and reliable.
➢ The more specific you are, the better the results will be, so use distinct words or phrases for what you’re looking for.
➢ If you only want results that contain groups of words together, rather than separate throughout the document, put inverted commas around them (e.g. “search the internet”).
➢ If you don’t get what you want the first time, have a look at the search results you DID get and see if they give you any extra ideas.

WHOLE SCHOOL HEAD LICE CHECK
In the past week there have been several reports, by parents, to the school of the prevalence of head lice.
We urge all parents to be proactive in regularly checking and where necessary, treating their children’s hair. We also ask that parents notify the school office, so that a generic note can be sent home with students from the same grade.
Education Support officers Deb Clavarino and Durelle Lind will be conducting a whole school inspection on Monday 5th August (next Monday).

An important cybersafety message
Cyberbullying, sexual predation, identity theft and accessing and sending inappropriate images and content are some of the real cybersafety risks facing young people today.

To reduce our students’ exposure to these risks, and to help the whole school community embrace the benefits of technology, our school has registered to take part in eSmart.

Funded in Victoria by the State Government, eSmart is an initiative of The Alannah and Madeline Foundation. It was developed by RMIT School of Education, with the input of many other cybersafety and education experts.

We will provide regular updates in future newsletters as we work towards our goal of achieving eSmart status. More information is also available at www.esmart.org.au

CYBERSAFETY TIPS FOR PARENTS

1. Start with an “Acceptable Use” Agreement
Children can’t know all there is to know about their responsibilities and the behaviour expected of them without some guidance. Before you give them access to the internet or a mobile phone, it’s important to talk to them and provide clear rules to ensure they are being smart, safe and responsible online.

The Alannah and Madeline Foundation
Keeping children safe from violence
FOSTER RSL MODEL CONSTRUCTION COMPETITION

Models to be constructed from plastic kits. Models will be bought by the RSL Foster and subsidised to keep costs down. Kits are complete with model, paint, brushes and glue, cost expected $25 per entry.

Theme will be “Aeroplanes of the Battle of Britain”

Models will be judged on their constructions plus a 200 word research essay on model built and it’s participation in this theatre of war.

Model will be judged and displayed at the 2014 Foster Show.

Judges are WW2 Veterans.

Prize 1st only for each age group $50

All competitors receive signed certificate.

Age groups:
- 8-10 years & 11-13 years
- Adult - 13+ yrs

Models to be presented to RSL Foster 7 days prior to Show Day.

Contact Brian Mellor - Foster RSL Committee member 0428176566

WORKING BEE at AGNES FALLS

The members of the “Friends of Agnes Falls”, under the auspices of Parks Victoria, invite you to join us at the Agnes Falls Scenic Reserve on Saturday 10 August 2013, from 10:00am weather-permitting, for a Working Bee to help tidy up the picnic area, and possibly undertake some planting.

BYO Refreshments, gardening gloves, sturdy shoes, and a rake, if possible. Children welcome under supervision of an adult.

Parks Victoria will supply tools and a BBQ Lunch so, for catering purposes, please contact Kathy on kathleencw@dcsi.net.au if you intend to come along.

If a postponement is necessary, due to a wet weather forecast, it will be posted on our facebook page: facebook.com/FriendsOfAGnesFAlls.

Welshpool Basketball Association Inc.

ABN: 54 464 192 114
95 Port Welshpool Road, Welshpool Vic., 3966

REGISTRATION DAY

FREE SAUSAGE SIZZLE

Sunday 18TH AUGUST, 2013 from 11am onwards

@ Welshpool Basketball Stadium

Minis, Juniors & Intermediates

ALSO ENTER YOUR SENIOR MIXED TEAM (OVER 18 ONLY)

If your unable to attend but would like to register your child please contact Tina Gamlin 0409.444.162 ASAP, so we can place your child in a team for the 2013 Season.

PROM COAST CENTRE FOR CHILDREN

OPEN DAYS

Week: Monday 5th August - Friday 9th August between 10:30am and 1:00pm

Toora / Welshpool: 15 Main St Welshpool Ph: 56881218
Offering Three and Four Year old Kindergarten - Monday & Tuesday

Fish Creek: Ryan Street Fish Creek Ph: 56832437
Offering Three and Four Year old Kindergarten - Monday, Wednesday, Thursday

Foster: 31 Pioneer St Foster Ph:56839800
Offering Three and Four Year old Kindergarten - Monday, Tuesday, Wednesday, Friday
Long day Education and Care program—all days

Expression of Interest forms available at all sites.
Students today in the 5/6 classroom divided into LITERACY Groups. Mr Bee joined in. One group commenced Jeff Brown’s “Flat Stanley”, humorously illustrated by Tomi Ungerer.

In response to the story (so far!) students are creating their own Stanley’s ready for posting.
Everyone gets mad

"Hi Dylan. How was school today?" "All right," says Dylan, but the way he throws his bag into the car says something different. Dylan gets into the car, roughly pulls off his jacket and manages to elbow his younger brother. "Can't you be more careful Dylan?" his mother says.

No answer.

Later at home Dylan gets really angry when he finds a favourite toy missing from his shelf. Then when he is asked to turn off the television and help get things ready for dinner, he ignores his mother's request. When she asks again, he storms off angrily into his bedroom and slams the door.

Over dinner Dylan's mum asks him, "What's up?" Dylan just shrugs, "Nothing."

It's easy to see that Dylan is pretty angry about something, but it's hard to tell what it's about. Did something happen at school? Is he worried about the soccer game coming up on the weekend?

Helping children learn to manage anger

Children’s angry behaviour is often difficult to deal with because it stirs up feelings of anger and annoyance in others. It can also frustrate parents and carers when anger is used to push them away. If you were Dylan's mum how would you feel? Annoyed? Frustrated? Tense? Angry?

Everyone feels angry at times. Parents and carers can help children learn how to cope with anger in positive ways by teaching them to be aware of feelings, to find appropriate, safe ways to express them, and to identify and solve the problems or frustrations that lead to angry feelings.

Learning skills for understanding and dealing with anger will make it easier for children to solve problems, get help when needed and be more relaxed around others.
How parents and carers can help

Be aware of feelings
Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when they’re angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, “I’m feeling angry,” or “I’m really frustrated,” gives children a way to separate feeling angry from how they react.

Time to talk
Talking to Dylan about what has put him in an angry mood will help him see that feelings have causes and that solutions can be found. Once you find out what he was angry about you can help him think up better ways to handle the problem.

This kind of conversation doesn’t work while he is really angry. Sometimes it must wait until later. Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, “What makes you angry?” can be a good way of starting a conversation about anger.

Find alternatives
Getting children to think through a difficult situation helps them develop problem-solving skills. Asking, “Is that what you wanted to happen?” or “What else could you have tried?” encourages children’s helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.

Have ways to calm down
When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think, or doing something else like riding a bike or listening to music are all activities that can assist in reducing strong emotions.

‘Cool-down’ steps to teach children
1. Recognise that you are angry
   - Notice the body signals that mean you’re angry (e.g. getting hot, racing heart, tense muscles)
   - Give a number from one to 10 to show how angry you are

2. Cool down your body
   - Breathe slowly
   - Take time-out in a quiet place
   - Go for a walk, do something physical
   - Draw how you feel

3. Use coping self-talk
   - “It’s okay. I can handle this.”

4. Try to solve the problem
   - Talk to someone who is a good listener
   - Plan what to do next time

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

Australian Government
Department of Health and Ageing

beyondblue

APS Australian Psychological Society

Principals Australia Institute Learning Ecology

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