



LITTLE RIVER PRIMARY SCHOOL NEWSLETTER

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PRINCIPAL: PAMELA HEANE
SCHOOL COUNCIL PRESIDENT: TANYA FENTON

Dear Parents and Families,

On Friday afternoon we had a visit from our local member and State Treasurer, Tim Pallas. He was very impressed with our beautiful school, our engaged and talented students and our dedicated staff. I couldn't have been more proud of how all our children acquitted themselves during the visit.

Many thanks to everyone who assisted with tidying, cleaning, keeping a lid on problems, ensuring worthwhile learning was taking place, quietly ensuring all looked smooth, attractive and calm when our Treasurer and Local member Tim Pallas visited. He was suitably impressed by our beautiful school and our dedicated, skilful and caring personnel. Well done everyone on the great team effort and the individual work that you contributed to the overall very successful visit. I understand how tricky it was- especially on a Friday afternoon at 2pm! I greatly appreciated your efforts and your dedication.

THANKS AGAIN to Parents and Friends and to the subsidiary of P&F- 'the Friends of P&F'.

Friday night saw the inaugural Movie night organized and managed by Parents and Friends. The evening was a great success and I congratulate all the hardworking parents who made the evening possible. The Best Costume prizes from the evening will be awarded at assembly on Friday afternoon. **Congratulations to the Haley family (aka The Simpsons) for First Place, 2nd place goes to Amelia Jennings (aka Wonder Woman). An honourable mention goes to Simon and Chelsea Grills for their portrayal of Back To The Future.**

We wish Casey, Jazmyn, Carli, Will, Jacob and Jamie the best of luck with their speech making skills in the Public Speaking competition this Friday at Western Heights College. If they are not too exhausted (and we arrive back in time) they may be able to share their experience.

We wish Mrs Langridge well as she embarks on Maternity Leave from this Friday. Please join us at assembly for her farewell.

RECONCILIATION WEEK

In order to celebrate Reconciliation Week the **Wangal Dance Troup** entertained the school and our special guests from Little River Kindergarten with their cultural dances. It was an extra-curricula event enjoyed by all those present! Many thanks to the Lions Club of Little River for sponsoring the event and to Sharon from The Kindergarten for the organization. Reba in Grade 3 was one of the talented dancers and she introduced the event by sharing with the audience the significance of **Sorry Day** and **Reconciliation Week**. Thank you to **Reba** and to the **Wangal Dance Troup** for bringing Reconciliation Week to life for us all.



Kind Regards Pamela Heane

PE Update

Winter Lightning Premiership

Last Friday the students in Grade 5 and 6 represented the school in Football, Volley Stars and Netball.

The students all had a great day and upheld the school values of Respect, Responsibility, Understanding & Inclusion and having High Expectations.

A special thank you has to go to all the parents and helpers who drove the students and came along to support the children in their achievements.

District Cross Country

On Wednesday last week, Jackson P, Maddie N, Ryan G and Erica P represented the district at cross country. The students tried their best and should be very proud of their achievements.

Kind Regards, Kieran Morley

Grade 6 Tops have arrived

Our Grade 6 Students are very excited their special Grade tops have arrived. If you see them in the school please have a closer look at their fantastic tops.



Subway Day

Our next SUBWAY DAY will be on
Friday 24th June



Students can choose 1 meat, 1 drink and only 1 side. If you have any queries or require **more order forms please visit the office.**

PLEASE MAKE SURE THERE IS ONLY 1 ORDER PER ORDER FORM

ORDERS ARE DUE BACK BY WEDNESDAY 15th June

No late orders can be accepted.

Donations required – Boxes of tissues

With the cooler weather upon us we are now seeking the support of our families in donating a box of tissues to the school. **A huge big thank you to those families that have already donated a box or two, these have already started being distributed to the classrooms.**

Please drop your box of tissues off to the office so we can ensure each classroom has an equal amount



In search of some rocks!

Does anyone have (or have the ability to obtain) some rocks to assist with the protection of some new native / indigenous plants?

Lost Property



With the colder weather now upon us, the mornings are still very cold and the afternoons are sunny. Many children are taking

their jumpers off in the playground and leaving them outside. Hence, we have a growing pile of jumpers and jackets in our lost property basket. Please drop past the office and check our lost property basket.

Student Reports



We are aware that some families would/may like a second copy of their child/ren's school report. **If you require a second copy please see the office and one will be organised for you.** We are able to post or email reports to families.

KidsMatter

Little River Primary School is a KidsMatter school, which as the name implies means the welfare of our kids is at the heart of all decisions made. The Bounce Back program supports the KidsMatter framework.

KidsMatter Primary aims to help:

- improve the mental health and wellbeing of primary school students
- reduce mental health problems in students
- achieve greater support for students with mental health problems and their families.

KidsMatter Primary was developed by the Australian Government Department of Health, Beyond Blue, the Australian Psychological Society, and the Principals Australia Institute.

As welfare coordinator at the school, I will be putting regular articles in the newsletter from the KidsMatter website. If you would like further information, or have concerns about the wellbeing of your child, please feel free to contact me at school.

Judy Hall

Anxiety and mental health in children

Did you know that anxiety is one of the most common mental health issues in children?



Fearful and anxious behaviour is common in childhood and most children learn to cope with a range of normal fears and worries. But when children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder.

Here are some signs that your child may need help:

- they feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do easily
- the fears and worries seem out of proportion to the issues in their life.

How anxiety affects children mentally and physically

Anxiety can affect children both mentally and physically. In addition to feeling highly anxious, children's thinking is usually affected. The threat or danger they are concerned about appears to them to be much greater than it actually is. Thinking about the situation that causes them to be anxious makes them more worried and tense.

Anxiety can also result in physical difficulties such as sleeplessness, diarrhoea, stomach aches and headaches. It can also involve irritability, difficulty concentrating and tiredness.

Children with anxiety may develop their own strategies to try to manage situations that cause them distress. Often this involves trying to avoid the situation or having a parent deal with it for them.

Avoiding a situation makes it more likely that the child will feel anxious and be unable to manage it the next time. This behaviour makes it more difficult for the child to cope with everyday stresses at home, at school and in social settings.

How do you notice anxiety in children?

Children with anxiety difficulties are often quiet and obedient. This can lead to their difficulties being overlooked.

It is important to take note of children's worries so that their difficulties can be addressed sooner rather than later.

Here are some things to look out for:

- fear and avoidance of a range of issues and situations
- headaches and stomach aches that seem to occur when the child has to do something that is unfamiliar or that they feel uneasy about
- sleep difficulties, including difficulty falling asleep, nightmares and trouble sleeping alone
- lots of worries and a strong need for reassurance.

Anxiety and other mental health difficulties

Children with anxiety can experience more than one type of anxiety difficulty or disorder. Anxiety can be more common in children with other developmental difficulties. For instance, it is common in children with Autism or Asperger's Syndrome and also can tend to occur in children with Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder.



Unlocking Your Child's Genius

A session for parents

Come and have a fun evening with well known Clinical Psychologist and Family Therapist Andrew Fuller. Andrew's talks are always fun and informative.

Unlocking Your Child's Genius - The genius in children often becomes hidden by a fear of making mistakes, anxieties, perfectionism or low motivation.

Many bright children under-perform and do poorly at school. Others do well at school but never ignite once they leave.

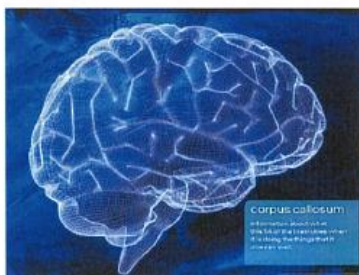
This seminar is designed to help your child's most important teacher - YOU- develop the skills and ingredients of genius in your child.

Topics covered will include:

- Building concentration and memory power
- Creative problem solving and ingenuity
- Planning and anticipation skills
- Sequencing and listening skills
- Increasing motivation and pleasure in learning
- Building self-esteem and dealing with set backs
- Developing a mindset for success
- Overcoming anxiety and developing confidence

Course materials provided.

Date: Thursday, 4 August 2016
Time: 6.30pm – 8.00pm
Location: Western Heights College, Vines Rd, Hamlyn Heights (RED Building 3)
Car Parking: off Carey St, Hamlyn Heights
Cost: \$35 (including GST)
To register: <https://www.trybooking.com/203187>



Andrew is the author of *Life: A Guide*, *TRICKY KIDS* (Finch), *GUERRILLA TACTICS FOR TEACHERS*, *RAISING REAL PEOPLE* (ACER), *FROM SURVIVING TO THRIVING* (ACER), *WORK SMARTER NOT HARDER* and *BEATING BULLIES*.

Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Britain and Australia called **THE HEART MASTERS**.

He is a Fellow at the University of Melbourne.