FAMILY NEWSLETTER - Issue 31 - October 9th 2014

2014 CALENDAR DATES

OCTOBER

Fri 10th  Gr 6 Graduation photo 12.30pm
Tue 14th  CURRICULUM DAY - pupil free
          David Price Parent Info Session 6.30pm
Fri 17th  Student Progress Reports home
          Scholastic Book Club order forms due
Mon 20th  Finance Committee 6.30pm
          School Council 7.00pm
Wed 22nd  Geelong Cup Day holiday
Fri 31st  Australian Youth Choir visit

NOVEMBER

Tues 4th  Melbourne Cup
Mon 10th  First Aid in Schools Program
Fri 14th  Prep excursion to Donegan’s Farm
Mon 17th  Finance Committee 6.30pm
          School Council 7.00pm
          Milo T20 Cricket Gr 5/6
Fri 21st  Student Progress Reports home
          Gr 2 excursion to Scienceworks
Mon 24/25  Gr 5/6 to Bio Lab
Fri 28th  Christmas Fair
Sat 29th  Vic State Election

DECEMBER

Mon 15th  Gr 6 Graduation
Wed 17th  Gr 6 Day Out
          Gr 5 Leadership Day
          Prep - 2 Xmas Lunch
Fri 19th  Last day term - 2.30 dismissal

WELCOME BACK for Term 4

Welcome to the last term of 2014. We hope everyone had a restful break and are raring to go for the next 11 weeks.

Our teachers all look refreshed and ready to maximise opportunities for students. We welcome back Mr Calnin from leave as well as Mrs Smart from their European vacations.

Mrs Rippon is on the mend following her surgical procedure just prior to the holidays and we look forward to her return in a couple of weeks. Our thanks to Mrs Emma Dukkah for stepping in to Prep R. Mrs Morell will also continue in the Art Room for this term.

Term 4 is also the last term of primary school for our Grade 6 students and a time for them to consolidate their skills in preparation for secondary college. It is rewarding for teachers to see their growth, readiness to accept challenges and the positive leadership they display. Their year will culminate in a graduation ceremony for Grade 6 families in December.

WHOLE SCHOOL CURRICULUM DAY – NEXT TUESDAY 14TH OCTOBER – PUPIL FREE

A whole school Curriculum Day is scheduled for next Tuesday for staff to learn more about 21st century learning skills from acclaimed expert, Mr David Price. This pupil free day will be followed by a session for parents at 6.30pm to inform parents on how they can better support their children’s learning. If you would like to attend please rsvp asap. Informal child minding will be available if required.

Please refer to the flyer on Page 4 for details and thank you to the teachers who organised this special opportunity for us.

NOTES HOME THIS WEEK

* Receipts  * Bank books  * Scholastic Book Club

Address :  37 Cook Street
            Newtown VIC 3220
Telephone :  03 5221 3772
Facsimile :  03 5223 1208

Email :  fyans.park.ps@edumail.vic.gov.au
Website :  www.fyansparkps.vic.edu.au
P/Assoc. Email :  fyansparkpa@hotmail.com

OSHC - CAMP AUSTRALIA
Telephone :  0452 247 130
Hours :  6.45 am - 8.45 am
          3.30 pm - 6.00 pm
BEING POSITIVE ABOUT BULLYING

Fyans Park Primary School have been working very hard to educate families and students around what is, and isn't, bullying. Students often become confused in different circumstances and because of this, we constantly remind them what to do in unfamiliar situations. Every student has the right to feel safe at school. At Fyans Park we are committed to providing a safe, secure and stimulating environment for all students. Attached to this week’s newsletter is further information for parents to clarify what is and isn't bullying.

DAVID PRICE PARENT INFORMATION SESSION

We will be holding our David Price Parent Information Session next Tuesday evening in the 3/4 area beginning at 6:30pm. Child minding will be available in the Library during this whole time. If you haven’t returned your attendance slip that was sent out Tuesday, can you please do so.

Walk to School this October

From 6-31 October, VicHealth’s Walk to School program encourages primary school students to walk to and from school every day in October to highlight the ways walking improves children’s health and wellbeing. Walking to school is a great way to help kids achieve the recommended 60 minutes of physical activity each day.

We are encouraging families and students to walk to and from school as often as possible during October to help students learn healthy habits for life.

Not sure how to get started?

There are lots of ways families can get involved. You might like to:

- walk with your child to and from school and enjoy the chance to talk, help your child learn road safety skills, and get to know the local neighbourhood together
- arrange for your child to walk with other families or friends, giving them time to socialise and share their journey
- drive part of the way to school and walk the rest, particularly if you live a long way from school, or have limited time
- mix it up – if your child enjoys riding their bike or scooter, that’s great too!

FOR SCHOOL BANKING

We are seeking a new helper to process the students’ weekly school banking. This takes approximately 2 hours per week and training will be provided.

It would be appreciated if our new helper could start as soon as possible! Please contact the Office if you are interested.

FPPS IRON-ON LOGOS

A reminder for families that we have new stocks of white and green iron-on logos available for sale at the Office.

Please note that these now cost $2 each.

Thank you.
2015 CLASS ORGANISATION

We have had a couple of families indicate they are leaving our school at the end of the year due to relocation. We really appreciate knowing this information now so if there are any other families relocating for 2015, please contact the office and let us know. Thank you. This information will help with the make up of classes for next year.

Enrolments for 2015 (305) at this point are up on last year so it is very important we get final numbers as soon as possible. We have 45 Preps for 2015 which is perfect for our configuration of 2 classes. If there are any families who have not enrolled a sibling, we ask you give this your immediate attention.

Classes for 2015 will be finalised after teachers have completed their individual student reports. Parents will again have opportunity to have input into our arrangements for 2015 and we will let you know through the newsletter when this will be. Plans and organisation for next year will continue during November.

The 'You Can Do It!' Focus for this term is RESILIENCE

Resilience means being able to stop yourself from getting extremely angry, down or worried when something "bad" happens. It means being able to calm down and feel better when you get overly upset, and bounce back from adversity. Emotional Resilience also means being able to control your behaviour when you are upset.

Examples of Emotional Resilience

- Not getting overly upset from mistakes in your work or when you have not been as successful as you would like to be.
- Not getting overly frustrated and angry with yourself when you do not understand something.
- Not getting down when your friends seem to understand their schoolwork and do better on tests than you.
- Avoiding getting extremely worried before an important test or event in which you have to perform in public.
- Avoiding excessive worry concerning your popularity with peers.
- Not getting overly angry when peers are mean to you.
- Remaining calm and in control when an adult treats you unfairly or disrespectfully.
- Not getting too down when being teased or ignored by friends.
- Stopping yourself from getting extremely worked up when you want to stand up and say "No" to someone who is putting pressure on you to do the wrong thing.
- Staying in control when your parents say "No" and the parents of your friends seem to be saying "Yes."

Negative Habits of the Mind to Eliminate to Help Build Emotional Resilience

- Self-Downing - thinking that you are useless or a total failure when you have been rejected or have not achieved a good result - (replace with Accepting Myself).
- Needing to Be Perfect - thinking that you have to be successful or perfect in everything important that you do and that it's horrible when you are not (replace with Taking Risks).
- Needing Approval - thinking that you need people (peers, parents, teachers) to approve of what you do and that when they do not, it's the worst thing in the world (replace with Being Independent).
- I Can't Do It - thinking that when you have not been successful at something important, you are no good at anything and that you never will be (replace with I Can Do It).
- I Can't Be Bothered - thinking that life should always be fun and exciting and that you can't stand it when things are frustrating or boring (replace with Working Tough).
- Being Intolerant of Others - thinking that people should always treat you fairly, considerately and the way you want and when they do not, they are rotten people and you have a right to get back at them (replace with Being Tolerant of Others).
DIVISION ATHLETICS

Fyans Park competed in the Division Athletics on Wednesday the 17th of September. It was a wet and cold day but all Fyans Park students fought through it and did their personal best.

Fyans Park’s relay teams did very well with the U11 Boys #1 in the heat and #1 in the final. The girls’ U11 team came 6th in the heat but sadly did not make it to the final. The 12/13 boys came 5th in the heat and also didn’t make it to the finals.

Well done to Josh, Paris, Claire, Lucia, Taj, Max D, Jessica, Thomas, Coco, Iris, Ruby, Cade, Daisy, Daniel, Patrick, Angelique, Erin, Will, Noemi and Charlotte. The people who got through were the U11 boys relay team - Max, Angus C, Angus Ch and Hamish. Will Jarman in discus and Hamish Poulter in long jump and the hurdles and Elliot in high jump. Good luck to all the people in Keilor. Also thank you to Mr Scade for helping out on the day.

ENVIRONMENTAL SUSTAINABILITY MATTERS

Please congratulate Mr Calnin’s students who have supplied all Term 4 entries for Environmental Sustainability Matters.

"Going green" doesn't have to be a daunting task that means sweeping life changes. Simple things can make a difference.

The contents of the column this term might not be new, but they bear repeating. Sometimes it takes a few reminders for things take root.

CHANGE YOUR LIGHT - If every household in Australia replaced one regular light bulb with one of those new compact fluorescent bulbs, the pollution reduction would be equivalent to removing 72,000 cars from the road. Choosing LED bulbs will give even higher reductions. Don't like the color of light? Use these bulbs for closets, laundry rooms and other places where it won’t irk you as much; the color will then slowly grow on you.

JUNIOR TENNIS LESSONS – TERM 4, 2014

Tony Brushfield, a qualified Tennis Coaches Association of Victoria member, offers coaching sessions at school for groups of four children every Tuesday Lunchtime. This term’s lessons commence next Tuesday 21st October and will be $70 for 7 weeks.

Please return the below application form to the school Office or contact Tony on 5244 0040 or 0408 524 898 for further information. The children will be advised of their lesson time at the tennis court at 1.45 pm on Tuesday 21st October 2014. As numbers are strictly limited, acceptance will be based on order of replies received.

Please forward this section to school with a cheque for $70 payable to Tony Brushfield by Tuesday 21st October.

Please enrol my child in Junior Tennis Coaching. The appropriate remittance is included with this application.
Helping develop a safe and secure school environment

SAFE SCHOOLS ARE EFFECTIVE SCHOOLS

Every student has the right to feel safe at school. At Fyans Park we are committed to providing a safe, secure and stimulating environment for all students.

What is Bullying?

Bullying is when someone, or a group, who have more power at the time deliberately upset or hurt another person, their property, reputation or social acceptance on more than one occasion.

We generally identify 4 types of bullying -

1. Direct physical bullying – hitting, tripping, pushing, etc.
2. Direct verbal bullying – name calling, insults, racist remarks
3. Cyber bullying – inappropriate comments via text messages, computer chat programs such as MSN or websites
4. Indirect bullying - harder to detect and often carried out behind the bullied person’s back. It is designed to harm someone’s social reputation and/or cause humiliation – lying, spreading rumours, nasty jokes, excluding, etc.

What Bullying is not

Many distressing behaviours are not examples of bullying even though they are unpleasant and may require teacher intervention and management. There are three socially unpleasant situations that are often confused with bullying-

1. Mutual conflict – an argument or disagreement between students, but not an imbalance of power. Both parties are upset and usually want a resolution. Unresolved mutual conflict can sometimes lead to bullying with one person becoming a continued target for retaliation.
2. Social rejection or dislike – unless the social rejection is directed towards someone specific and involves deliberate and repeated attempts to cause distress, it is not bullying.
3. Single-episode acts – single episodes of nastiness or physical aggression are not the same as bullying. If a student is verbally abused or pushed on one occasion they are not being bullied. Aggression directed towards many students is not the same as bullying.

Continued .........
What can parents do if their child is being bullied?

- **Listen and Understand** – listen carefully, don’t interrupt, be supportive and not dismissive. Statements such as ‘don’t worry about it’ or ‘it makes you tough’ should be avoided.

- **Don’t over react** - collect all the facts, write the down, then act. Do not approach any other students you believe may be involved. Contact the Principal. Set up a meeting.

- **Advice and Support** – discuss with the class teacher – discuss support strategies with child such as ‘leave me alone’ and walk away.

What parents can do if their child is involved in bullying.

- Acknowledge the fact that your child may be involved in bullying another student.

- Respond calmly and not defensively.

- Commit to working with the school to manage the issue in a helpful way.

What Parents can do to reduce bullying at school

- Let your children know how much you disapprove of bullying and why.

- Model respect for others and encourage positive behaviours.

- Report all incidents of bullying that you are aware of to the school – not just to your own child.

- Talk to your child about the qualities associated with caring friendships and mutual respect.

Want more information?

Contact the school or our Chaplain, Alison McDonald.

The following Department of Education & Training websites may help


Parent Information Session

David Price

Fyans Park Primary School is excited to offer a parent information session to members of the school community with David Price.

David has lead national projects in education in the UK. The focus of his work is about finding innovative ways to engage learners through democratic and relevant forms of education. In June 2008, he was awarded the O.B.E. by Her Majesty the Queen, for services to education. He has given keynote presentations all over the world and we are fortunate to have him visit Geelong and offer practical strategies on how parents can be more active in their child’s learning.

Tuesday October 14th
6:30pm - 8:00pm
Fyans Park Primary School, Geelong

RSVP: Friday 19th September
at http://goo.gl/S7EsCJ
or through the QR Code

“With an engaging wit and clear mind David Price casts a penetrating light on how the new dynamics of digital culture are transforming not only how we work and play but how we think, feel and learn.”
– Sir Ken Robinson, (world leading expert on education and creativity).
Fyans Park PS   |   9th October 2014

NO HAT NO PLAY!

Hi Families,

Well it’s Term 4 already! We hope that everyone had a well rested break over the past 2 weeks. This term we will be looking at the way things grow. I have purchased a small garden bed pot so we can watch how things grow, we will be planting sweet corn, spring onion, cucumber and sunflowers to start with. We will be looking at and documenting how long each of the seeds take to break the soil and documenting each week how high they have grown.

Next TUESDAY the 14th of October is a Curriculum Day and we are hoping to run an all day service, for this to happen we will need 18 children booked in. Please let me know A.S.A.P if you will be needing care on this day.

PLEASE remember that it’s NO HAT NO PLAY in Term 4! Please ensure your child has a hat for when they come to O.S.H.C. If they want to play outside, we have sunscreen that will be made available to all children attending O.S.H.C. If your child needs a specific sunscreen please ensure that you send it along with them each day or if you wish you can drop it in to me so it is here for your child to use.

There are available spots every day before and after school so don’t hesitate to book your children in to come and have some fun with us. Call me on 0452 247 130 if you have any enquiries, I am more than happy to answer any questions you may have or come on in and see me either before or after school to see what we get up to in OSHC.

Cheers & Keep Smiling,

Jodie, Lynne & Avnika

HOW TO GET STARTED

Before using our programs register online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit www.campaustralia.com.au/newparents

OSHC NEWS

Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Holiday Clubs
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

we make kids smile
www.campaustralia.com.au