Wednesday 5th March | Preps attend school
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Thursday 6th March | Instrumental music program starts. WELCOME back Mr Brehaut!!
Monday 10th March | Labour Day Public Holiday
Tuesday 11th March | Pupil Free Day—Teacher Planning
Tuesday 18th March | Swimming Starts 11am, AASC
Wednesday 19th March | Nexus Arts Performance—Crazy Science, AASC

From Ms V

Oh dear.....this is only the second newsletter for the year and already it’s late! My apologies. Some of the dates in this newsletter have already passed us by. Of course, the best thing to do if you have any questions is ask us.....always happy to speak to people directly.

Last Thursday and Friday I attended the East Gippsland network Principals Conference in Metung. Even though this takes me out of the school for 2 days, it is very important that Nungurner is represented and remains connected to this group as this is the forum that represents and advocates for schools in East Gippsland. John Allman, regional Director for South Eastern Victorian Region, was present and some vigorous discussion took place about the needs of schools in our network.

The main things to come out of the forum were:

-the importance of the network’s Koorie Education strategy

-an opportunity to work with other schools and leading consultant Wayne Craig on strategies to improve teaching and learning in ways that will develop student’s curiosity and make them lifelong learners.

Stay tuned.....

Ms V
Swimming

Our swimming program at Lakes Aquadome starts in a few weeks. This year we will need assistance from parents to transport children as we don’t all fit on the bus. Our swimming session starts at 11.00am so we leave for the pool at 10.40 and return at approx. 12.00pm. Parents transporting students will need to have comprehensive car insurance, complete a private vehicle form from the office and have either VIT registration or a Working With Children’s Check. If you are available to help please fill out the table below and return to school.

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Video Conferencing

The next video conference with our Japanese sister school, Amani, will take place on Thursday March 20th. Amani want to connect with us before the end of their school year on the 24th of March. Teachers and Principals from local schools came to Nungurner PS last week for some Professional Development on the use of the Polycom equipment to enhance learning. There will be more opportunity to connect and collaborate in the near future, starting with Buchan Primary School this Thursday.

Pupil Free Day

Our first pupil free day for the year will next Tuesday March the 11th. Teachers and Education Support Staff will spend the day writing individual learning plans and planning curriculum for the remainder of the year.

Parent/Teacher Communication

Last year we met with parents and students early in Term 2 to discuss learning goals. All the feedback we had indicated that parents found the timing of these discussions useful so we are intending to do this again in the last 2 weeks of this term. Written reports on students learning progress will be provided to parents in June and December. Of course, parents can make a time to talk to us about children’s learning at any time.

Art Smocks

The art smocks we are using need replacing. Could parents please provide their children with an Art Smock (old shirt etc), or see Vicki to purchase one through the school. Smocks need to have sleeves that fit children at the wrist—loose cuffs and paint make things very messy!

Supplies

Could parents please send along the following items for arts and craft. Meat trays, plastic containers, egg cartons. We ask that all items be thoroughly washed.

Parents and Friends in the Classroom

If you would like to join in our daily reading sessions they happen from 9am-9.30am each day. Come and listen to children read, talk to them about their reading or read to them. All welcome.
Amara

Amara is an identical twin. Amara means ‘beautiful princess’. Amara likes to wear braids in her hair. Amara loves Spiderman. Amara is our friend. Amara is special.

Jackson

He always wears his uniform. Jackson is funny. Jackson likes playing tennis. Jackson has two brothers. Jackson is our friend. Jackson is special.

Being Positive

The Michael Grose article in this newsletter is all about being positive; sometimes easier said than done; but if we are consciously building children’s self-esteem the benefits are long lasting. It is wonderful to see the way siblings are getting on at school, (not always, but most of the time) and the children know that positive words and actions make their time at school happier. A 5 to 1 compliments to criticism is a handy way to think about it.
A big Nungurner welcome to Emma Steele (and little Tom and Oliver) who is running our playgroup sessions this year. Emma is a teacher at Lakes Entrance Primary School, currently on family leave. Please let friends and family know that playgroup is on Wednesday mornings this year, starting at 10.00am until 11.30am. All most welcome.

SESSION OUTLINE

10.00 DEVELOPMENTAL PLAY
• Parents are welcome to make a cup of tea/coffee
• Parents and children assist pack up
• A parent volunteers to cut up fruit and put with biscuits on a plate to share

10.20—SNACK TIME
10.30 STORY
10.45 ACTIVITY—USUALLY CRAFT BASED
11.30—OUTSIDE PLAY (WEATHER PERMITTING)

These times are estimates and flexible to suit the groups needs.

Can you spot some familiar faces? Keegan and Angela are settling in well at Lakes Entrance Secondary College and by all reports enjoying the start of their secondary school careers. We’re hoping they can come and visit us soon.
How do you get kids to eat beetroot? Add chocolate of course! Beetroot and chocolate cupcakes made last week were a huge success. As requested here is the recipe. This week we made Beetroot and Chickpea dip—also a success!

### Beetroot & chocolate cupcakes

![Beetroot & chocolate cupcakes](image)

**The earthy taste of beetroot is an ideal match for bitter sweet dark chocolate in these delectable cupcakes.**

**Ingredients**

- Canola oil spray
- 5 (about 575g) beetroot bulbs, peeled
- 180g (1 3/4 cups) self-raising flour
- 30g (1 1/4 cup) cocoa powder
- 1 teaspoon instant spice
- 100g (1 cup) firmly packed dark brown sugar
- 2 eggs, at room temperature
- 180g butter, melted
- 350g dark choc chips, melted, cooled
- 2 teaspoons vanilla extract
- Betty Crocker Creamy Delight Rich Chocolate Fudge Filling, to decorate

**Method**

1. Preheat oven to 180°C. Spray 12-hole 90ml (1/3-cup) capacity muffin pan with oil. Tightly pack the beetroot into each hole.
2. Mix the flour, cocoa powder and instant spice into a bowl. Stir in sugar. Stir in the beetroot, eggs and butter. Add the chocolate and vanilla extract. Stir until just combined. Spoon among the prepacked pans. Smooth the surfaces. Bake for 25 minutes or until a skewer inserted into the centres comes out clean. Set aside to cool completely.
3. Spread the icing over the cupcakes.

### Beetroot and chickpea dip

![Beetroot and chickpea dip](image)

**Served with homemade pita chips, this colourful hummus-with-a-twist makes a super-easy starter for six.**

**Ingredients**

- 450g can baby beets, drained
- 400g can chickpeas, rinsed, drained
- 1/4 cup blanched almonds
- 1/4 cup Greek yoghurt
- 1/4 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 1 garlic clove, crushed

**Method**

1. For the super-easy starter, process a drained 450g can baby beets, a rinsed, drained 400g can chickpeas, 1/4 cup blanched almonds, 1/4 cup Greek yoghurt, 1/4 cup extra virgin olive oil, 2 tablespoons lemon juice and 1 crushed garlic clove in a food processor until smooth. Season.
2. Serve with pita chips—just drizzle Lebanese bread triangles with oil and bake at 180°C until crisp.
Increase good feelings at home

Family harmony is linked to good will and positive emotions. Here’s how to increase good feelings in your family and make your home a happy place.

Strong families thrive on good feelings.

They are not devoid of conflict or criticism, but generally strong families are pleasant environments to be part of.

One way to increase good feelings in your family is to increase the number of compliments.

As a general rule, the ratio of compliments to criticism should be around five to one. That is, there should be five times more positive, affirmative comments than negative comments.

In unhealthy families this ratio is reversed. When the ratio gets to around five negative comments for every one positive comment, families can be quite toxic.

How does your family rate on this scale?

If you use children only as a measure I suspect that the compliment to criticism ratio will be a little scary.

Some siblings can be unkind to each other, and find it hard to say a pleasant word. This skews the ratio a lot and can make family life awful for everyone. BUT this can change over time.

Here are five ideas to help you alter the compliments to criticisms ratio:

1. Increase your own number of affirmations, compliments, affectionate phrases and kind remarks in order to skew the ratio a bit. Aim for a seven to one ratio. Not only is this good modelling for your kids, but it will make family-life more harmonious.

2. Keep a check on your use of good feeling (and self-esteem) killers. Eradicate comments such as: “Typical boy!” “If I’ve told you once I’ve told you a thousand times, don’t…” “What a stupid thing to say to your brother/sister!” Bite your tongue rather than say what you may be thinking.

3. Make kids aware of their language and the potential harm to self-esteem, not to mention family harmony, that constant criticism can cause. Use “I” statements to let kids know the impact of their negative talk on you. “When you talk so aggressively I feel quite scared about what you are going to do next.” It’s impossible for kids to disagree with “I” statements.

4. Develop the habit of following up a negative with a positive. When I was teaching I always tried to follow up the disciplining of a student with a compliment or some positive feedback so that we could maintain a good relationship. Do the same in your family. Follow up discipline, a rebuke or a negative comment with a positive act or comment. TEACH YOUR KIDS TO DO THE SAME!

5. Let the bad feelings out. Sometimes there can be such a build-up of ill-will between siblings that you need to let the bad feelings out. One way to do this is let a child vent to you about their sibling. You may not like what you hear but a clearing of the air can work wonders in terms of improving the family atmosphere.

All these suggestions start with you.

Like everything in family life, whatever you want from your kids, you must do first. So to increase good feelings in your home aim to keep to the compliment to criticism ratio at five to one or more!
Louise Barton is fully qualified as a Vocal Coach, having trained in various methods from International Coaches in New York, Sweden & Australia who endeavours to provide a Holistic approach to Singing Lessons, Vocal Coaching & Professional Development for Singers, Actors & Public Speakers alike.

Especially passionate about grooming the next generation of young singers & performers for successful singing & speaking, Creative Singing Studios is officially opening its doors for business in March 2014 and launching a new Kids Singing & Musical Theatre Program in Metung, in term 2. 2014. Artistic Director Louise Barton, is currently engaged as Vocal Director for the Production of CATS- the Andrew Lloyd Webber Musical, which will be performed in Melbourne in October, and is currently working closely with a number of International clientele including Authors, Actors, Singers & Speakers for a number of different purposes, and therefore only available to teach a limited number of students who are absolutely serious about learning to sing!

Creative Kids Classes will be held at Creative Singing Studios Nungurner Rd Studio, on Wednesday’s 4:00 – 4:45pm & 5:00 – 5:45 for students aged 8-16 years.

For further information, auditions & enrolment applications please contact Artistic Director Louise Barton Directly via Ph: 0423 749 575 or email; louisebarton@creativesingingstudios.com.au