The time to say goodbye to Lynne has come upon us all too soon.

The care and attention she has given many children at Nungurner is undoubtedly what she will be remembered for, but here are some other things we will think about when we remember Mrs Brehaut.

- Lemon and date scones
- Animals; horses, chooks, lambs, rats, the axolotl, dogs, rabbits, goats
- Playing the piano accordion at assembly. (I wonder how many schools around the nation sing the National Anthem accompanied by that instrument?)
- Campfires, damper and billy tea. (Lots of tea actually, as long as it is Dilmah!)
- Australia’s Biggest Morning Tea.....lots of fun had and money raised.
- Poetry...preferably Australian Bush poetry
- Aussie Day
- Dog obedience trials
- Driving the bus
- Music lessons
- Performances of ‘Peter and the Wolf’, ‘Wombat Stew’, ‘It Didn’t Frighten Me’.

Lynne has been a very important part of Nungurner for the past eleven and a half years and will be sorely missed when we return to school next term without her, but we are grateful for the time she spent here and her dedicated work with the families and students of the Nungurner school community. All the best Lynne for whatever you choose to do next.
**Welcome**

The process for selecting a new teacher for Nungurner has been completed and I am delighted to welcome *Emma Steele* to our school community.

Emma is currently on family leave from Lakes Entrance primary school where she has taught for over 10 years. As a member of the leadership team at Lakes Emma, has been instrumental in many important educational programs and we are very lucky that she will now share that experience with us at Nungurner.

Emma lives at Lake Tyers Beach with her partner Pete and two boys, Tom and Oliver. Emma has been running our playgroup this year so many of you will already know her.

Emma will be in Canada for the first four weeks of next term, (a holiday planned long before our job was advertised) so staffing for that time is as follows. Emma starts at Nungurner on Thursday August 14th.

<table>
<thead>
<tr>
<th>wk1</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ms V</td>
<td>Ms V</td>
<td>Mrs Severs MARC</td>
<td>Ms V</td>
<td>Ms V</td>
</tr>
<tr>
<td></td>
<td>MARC</td>
<td></td>
<td></td>
<td>Tanya</td>
<td>Tanya</td>
</tr>
<tr>
<td>wk2</td>
<td>Ms V</td>
<td>Ms V</td>
<td>Ms V</td>
<td>Helen Nink</td>
<td>Ms V</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Tanya</td>
<td>Tanya</td>
</tr>
<tr>
<td>wk3</td>
<td>Ms V</td>
<td>Ms V</td>
<td>Ms V</td>
<td>Helen Nink</td>
<td>Ms V</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Tanya</td>
<td>Tanya</td>
</tr>
<tr>
<td>wk4</td>
<td>Ms V</td>
<td>Ms V</td>
<td>Mrs Severs MARC</td>
<td>Ms V</td>
<td>Ms V</td>
</tr>
<tr>
<td></td>
<td>MARC</td>
<td></td>
<td></td>
<td>Tanya</td>
<td>Tanya</td>
</tr>
</tbody>
</table>

**Aussie Day**

Japanese students on exchange to Bairnsdale Secondary College will again visit Nungurner for a day during their time in Australia. This will take place on Tuesday July 29th. Details for the day are still being organised and will be published in the first newsletter next term.

**Active After School**

Our shared program of active after school activities has worked very well this term. We have noticed however that more Nungurner children attend on Thursday night than Wednesday so we are thinking about making Thursday the day the program runs at Nungurner. Let me know what you think. Lizzie Hiscock is providing a great program and children really enjoy these activities.

**Playgroup**

As Emma will be away for the first 4 weeks of next term I have asked Lizzie Hiscock to fill in for her. Lizzie is a qualified childcare worker with current experience in this field. Emma will continue to run playgroup on a Wednesday morning when she returns.
Theatre Performance —Gabo Island

Joan Brack, wife of the Assistant Lighthouse keeper on Gabo Island

Joan Brack, wife of the Assistant Lighthouse keeper on Gabo Island is a 45 minute performance telling the story of Joan Brack, the mother of seven children, who goes to live at remote Gabo Island in 1957, when her husband, Bob, takes up lighthouse keeping.

Joan’s a tough woman, funny and wise, and a devoted mother. Not much good at her seven times table, but pretty good with grammar and spelling, she’s a font of knowledge on the history of the Gabo Island lighthouse and the people who live there. Joan is an expert storyteller...and surprisingly good at communicating by signal flag. But she’s terribly scared of the sea....

Created and performed by Janice Haynes (aka The Lady of History)

“I was so impressed by your play and I really thought you were Joan Brack. The photos were really interesting of Gabo Island”, Student comment from the Education week 2013 tour

Our busy Term 2

Anzac Day
Fungi Hunting
Cross Country
The Mad Hatters Tea Party and Hat Decorating
5/6 at Camp Coolamatong
Darryl Andy—Koorie Talk
Gabo Lighthouse performance
Parent Teacher Interviews
Film Night—How to Train your Dragon
Lynne’s Retirement Dinner & It didn’t Frighten Me—The Musical
Wombat Stew Theatre Performance
Music
Japanese
MARC—(Library)
Sport with Metung PS
Playgroup
Active After School Care
10 ways to build more confidence in kids

“Confident kids are more likely to make the most of their potential as they’ll extend themselves both socially and learning-wise. Failure doesn’t reflect on them personally. Fears and anxieties, while present, don’t stop them from trying new activities.”

The power of parents to shape a child is enormous. Self-confidence is one area that parents have significant influence, particularly for children of primary school-age and below. Kids in these years are on a journey to work out what they can do and how they can fit into their various groups. They are the confidence and esteem-building years.

As a parent, you are in THE prime position to mirror back to kids how they should see themselves. You do this through your messages, your expectations and how you treat your child. Confidence is often confused with extraversion, assertiveness, self-assuredness and cockiness. It’s not necessarily so. You can be quiet, introverted and full of self-doubt but still feel and act confidently in a given social or learning situation.

Confidence is more about risk-taking and trying new activities. Confident kids are more likely to make the most of their potential as they’ll extend themselves both socially and learning-wise. Fears and anxieties, while present, don’t stop them from trying new activities.

Here are 10 ways to build confidence in your kids so they can take their place in the world:

1. **Model confident mindsets**: Kids pick up your thinking as well as your language so teach kids how to approach tricky or new situations confidently by doing so yourself. That means, don’t put yourself down if you make a mistake.

2. **Encourage kids to look on the bright side**: Optimism is catching and helps kids overcome their fears. Help kids set their antennae to look for the good, something positive or a learning in any situation.

3. **Help them understand self-talk**: That little voice inside their heads can talk them up or talk them down. Kids who are low on confidence use a great deal of negative self-talk. Get kids to listen to their self-talk and help them work out alternative messages that help them rather than hold them back.

4. **Recognise effort & improvement**: Low risk-takers and perfectionists appreciate parents who focus more on the processes of what they do, rather than results. Effort, improvement and enjoyment are examples of processes that you can comment on.

5. **Focus on strength and assets**: Fault-finding can become an obsession for some parents, particularly fathers. Step back and look at supposed faults through a different lens (i.e. stubbornness can be rebadged as determination, which is handy in many contexts). Let your kids know what their strengths are so they know what they are good at!

6. **Accept errors as part of learning**: Don’t over react when kids don’t get the perfect score or make mistakes. Errors are part of learning, ask any golfer.

7. **Give them real responsibility at home**: Giving responsibility is a demonstration of faith. It fosters self-belief and also provides growth opportunities for kids. Confidence and responsibility go hand in hand.

8. **Develop self-help skills from an early age**: Confidence is linked to competence. You can praise a child until the cows come home, but unless he or she can do something they won’t feel confident. Basic self-help skills are inextricably linked to self-esteem.

9. **Spend regular time teaching & training**: Parents are children’s first teachers. They educate them in everything from how to do up their shoelaces as pre-schoolers to how to fill out a tax form as late adolescents. Look for teachable moments where you can help your kids. They are everywhere!

10. **Build scaffolds to success and independence**: Look for ways to make it easy for your child to be successful. That may mean that you break down complex activities into bite-sized chunks so they can experience success or even cope with stressful situations so they can overcome their fears.

There are some powerful strategies outlined here. Think about how many of these you use already and which strategies you would like to find out more about. Confidence-building is one of those foundation areas that can have an enormous impact on kids and one that we can all learn more about.

For more practical ideas to build confidence in kids visit www.parentingideas.com.au/confidence

Published by Michael Grose

Presentations.
All rights reserved. For more ideas, support and advice for all your parenting challenges visit:

www.parentingideas.com.au

www.parentingideas.co.uk

© 2010 Michael Grose

PO Box 167 Balnarring VIC 3926 P. 03 5983 1798 F. 03 5983 1722 E. office@parentingideas.com.au
Child Dental Benefits Schedule (CDBS)

The new Commonwealth Child Dental Benefits Schedule allows for up to $1000* basic dental treatment over a two-year period for eligible 2–17 year olds.

- 2-17 year olds are eligible if they receive Family Tax Benefit A or other relevant Australian Government payments.
- Treatment is bulk billed through Medicare.
- Eligible children pay $0 - no out of pocket costs.
- No wait list - your child will have the next available appointment.

What dental treatments are available?

- Dental check-ups and cleaning teeth
- Fissure sealants and Fillings
- Dental X-rays
- Extractions
- Root canals

* Child Dental Benefits are not available for orthodontic or cosmetic dental work and will not be paid for any services provided in a hospital operating theatre.
What is the Child Dental Benefits Schedule (CDBS)?
The Commonwealth Child Dental Benefits Schedule (CDBS) is a dental benefits program for eligible children aged 2–17 years that provides up to $1,000 in benefits over two years to the child for basic dental services.

Are my children eligible?
A child is eligible if they are aged 2–17 years, are eligible for Medicare and receive Family Tax Benefit Part A or other relevant Australian Government payments, including: Youth Allowance, ABSTUDY, Disability Support Pension, Parenting Payment Special Benefit, Carer Payment, Double Orphan Pension, Veteran’s Children’s Education Scheme, if the child is 16 or over Military Rehabilitation and Compensation Act Education and Training Scheme (if the child is 16 or over).

How can I check my eligibility and balance?
You can also confirm your child’s eligibility and balance amount by accessing your Medicare online account at my.gov.au or calling the Medicare general enquiries line on 132 011.

What kind of dental treatment can my children receive?
Benefits cover a range of dental services including examinations, x-rays, cleaning, fissure sealing, fillings, root canal treatments and extractions. Benefits will not be available for orthodontic or cosmetic dental work and will not be paid for any dental services provided in a hospital operating theatre or oral surgery environment.

Will I have any out-of-pocket cost for treatment?
If you receive your dental treatment in a public clinic your claim will be bulk billed via Medicare and you will have no out-of-pocket costs. You do not need to submit a Medicare claim. No patient co-payment is required.

Where can my children be treated?
Your children can receive treatment at any public dental clinic in Victoria.

Find your local public dental clinic.

Will I have to go on a waitlist?
No, your children will not be placed on a dental waiting list to receive treatment in a public clinic. You will be offered the next available appointment.

How does the $1000 cap work?
Benefits for basic dental services are capped at $1000 per child over two consecutive calendar years. If you do not use all of your $1000 benefit in the first year of eligibility, you can use it in the second year if you are still eligible. Any remaining balance will not be carried forward at the end of the second year.

What if our family stops receiving any of the Government benefits which entitles my children to CDBS?
Your children will still be eligible for the Child Dental Benefits Schedule even if Government payments’ eligibility changes throughout the year, as you only need to be receiving benefits at some point throughout the year.

Will my Dental Practitioner be able to check if my children are eligible?
Yes, all dental practices will be able to check patient eligibility by contacting Medicare.

Will my Dental Practitioner be able to check if my children have benefits remaining?
Yes, all dental practices will be able to check patients remaining benefits balance by contacting Medicare. Dental practices will be encouraged to check each patient’s balance at each appointment.

When does the 2 year period commence?
Patients have up to $1000 to use on dental treatment over a two year period. The 2 year period commences at the start of the calendar year, not from the first appointment date.

Can other family members use the Child Dental Benefits Schedule for their dental treatment?
The benefits can only be used by the eligible patient. Benefits cannot be shared amongst family members.
Can I use my private health insurance with Child Dental Benefits Schedule services?
No, patients with private health insurance are unable to claim benefits from both their health fund and the Child Dental Benefits Schedule for the same treatment.

What happens if my child reaches the $1000 benefit limit?
Community dental clinics will complete your child’s general dental care.

When did the Child Dental Benefits Schedule commence?
The Child Dental Benefits Scheme commenced 1 January 2014.

What if my child is turning 2 or 18 during the year?
If your child is turning 2 or 18 at any time throughout the year, they will be eligible that year, for the full year, even when they are aged 1 or 18.

What if I become eligible for Government benefits during the year?
The Government will advise families throughout the year when newly eligible children are identified.

Can my child use the full $1000 in the first year?
Yes, patients can use their full benefits within the first year if required, but this will leave no funds available for the second year. Community dental clinics will still treat eligible families in that second year.

What happens if my child doesn’t use the $1000 in the first year?
Any remaining benefits from the first year will be carried over to the second year.

What happens if my child doesn’t use the $1000 within two years?
If the full $1000 is not used within two calendar years, remaining benefits cannot be used in the future.

Can my child have a dental operation performed in hospital under general anaesthetic?
Treatment performed as an inpatient at hospitals cannot be claimed from the Child Dental Benefits Schedule.

I have received the letter from the Government advising that my children are eligible for Child Dental Benefits Schedule, now what happens?
Contact your local community dental clinic (www.dhsv.org.au/clinic-locations/community-dental-clinics) and make an appointment.

Will all dental clinics accept Child Dental Benefits Schedule patients?
All community dental clinics will treat all children eligible for Child Dental Benefits Schedule.

Can public dental clinics provide dental services that I’m not able to claim in the Child Dental Benefits Schedule?
Yes, your child can access other dental treatments that cannot be claimed in the Child Dental Benefits Schedule. Contact your local public dental clinic for more information.

Can I use my $1000 at a private dentist and then come back here?
Yes, you may choose to visit a private dentist to claim CDBS benefits. We encourage you to use these funds at a Public Dental Clinic where your child will benefit from high quality oral health care and ongoing continuity of care. In addition, by using the Public Dental Service, you will be providing your valued support to ensure the existence of public dental services for the future. We have been treating children for almost 100 years. Last year we treated almost 140,000 children throughout the state. Our aim is to improve the oral health of all Victorians, particularly vulnerable groups and those most in need.

Why should I use my CDBS at a public dentist?
When you use CDBS at a public dental clinic you are helping us build a stronger public dental system for the future. Treating more patients under the CDBS will provide additional funding from the Commonwealth Government. This funding can be used to maintain and enhance our services, and so enable us to see more patients including those groups most in need – such as children, the aged, refugees and asylum seekers, homeless and Aboriginal and Torres Strait Islander peoples.

Will I receive the same type of treatment in public dental clinics as in private practices?
Yes, you will receive the same type of treatment. As occurs in private practices, public dental clinics employ qualified dentists and therapists to treat their patients, and on occasions students with the consent and knowledge of the patient. All public dental clinics are committed to providing the best appropriate oral health care for their patients.
Community Events

East Gippsland Shire Libraries

Film Screening ‘Frozen’

A princess, a rugged mountain man, his pet reindeer and a hapless snowman feature in the library’s winter school holiday film screening. Inspired by Hans Christian Anderson’s ‘The snow queen’, this Disney animated musical comedy movie was produced by Walt Disney Pictures and received glowing reviews, winning numerous awards. This screening is for children aged between 5 and 12. Popcorn and drinks provided.

Thursday 3 July Paynesville Service Centre 2.00 pm – 4.00 pm
Monday 7 July Bairnsdale Library 2.00 pm – 4.00 pm
Tuesday 8 July Orbost Service Centre 2.00 pm – 4.00 pm
Thursday 10 July Lakes Entrance Service Centre 2.00 pm – 4.00 pm

NYERIMILANG HERITAGE PARK
Kulinna East Road, Lakes Entrance

GARDEN DAY
Sunday, 5th July—10.00am to 3.00pm
FREE Rose cuttings - Plants for sale
Native Plant display & advice
Refreshments in the Homestead
Sausage sizzle
Activities for Everyone

Children FREE
Adults $4

Parties and Picnics @ Metung
Presents

School Holidays KIDS Cooking Classes

We are running school holidays cooking classes for primary school age and teenage children. You can attend a single class or all. Classes are held in Metung and are run by a passionate foodie/self taught cook and fully qualified primary school teacher (with safe food handling supervisor qualifications) in a council approved and registered kitchen.

Wednesday 2nd & 9th July & Thursday 3rd & 10th July - 11.00am-12.30pm

Includes all ingredients, use of apron and utensils during lesson. Kids get to eat or take home their food.

Aimed to be fun and enjoyable. We will be cooking food kids will love to make and eat.

Cost: $20 per class

Registration Forms to be filled out on enrolment.

Phone: Stephanie on 0408 578 056 or 5156 2801 to Book

Bookings Essential – Minimum of 3 students for classes to run- maximum of 6 students per class.

Now on show in Colquhoun State Forest
June 2014

Fringed helmet orchid
Corybas fimbriatus

Indigenous to this area

Nangunner Landcare Group nangunnerlandcare@gmail.com Ph 5156 3135
School Holiday Craft

Book your child in for a fun filled 1.5 hour session with Charmaine an Independent Kaszazz Consultant for Cardmaking, Scrapbooking, and making Bookmarks.

Tuesday 1st July Cards
12.00pm — Session 1 10.30am
2.30pm — Session 2 1.00pm

Wednesday 2nd July Bookmarks
10.30am — Session 1
2.30pm — Session 2

Wednesday 9th July Cards
10.30am — Session 1
1.00pm — Session 2

Thursday 10th July Scrapbooking
1.00pm — Session 1
2.30pm — Session 2

All sessions cost $10.00 per child,
Bookings are essential as all sessions are limited to 10 participants.
Sessions will only run if a minimum of 4 are enrolled.
All children must be of school age, or accompanied by an adult.
Bookings can be made at Twisted Threads Studio on 5156 4417 or Charmaine on 0407 504 015.

Twisted Threads Studio
1780 Princes Highway
Johnsonville VIC
5156 4417

Charmaine Johns Independent Consultant no 108436
Current holder of Working with Childrens Certificate.
Kinder Hours

NO CUTS to 15hrs of preschool education

DON’T CUT PRESCHOOL HOURS
Support 15 hours of preschool education

What’s under threat?
Right now, the State and Federal Governments have a National Partnerships Agreement that provides funding to deliver 15 hours a week of kindergarten education, delivered by university-qualified teachers and their co-educator colleagues. But this is under threat. The Agreement expires at the end of this year, and the Federal Government has not yet committed to retaining this funding beyond the short-term. This leaves future funding uncertain, putting Victoria’s preschool children at risk of losing a third of their preschool education.

15 hours will be reduced to 10. Many children will miss out on a day of kindergarten a week.

We need our State Government to demand the Commonwealth commit to ongoing kindergarten funding for our children.

You have a role to play in ensuring our voice is heard - we need to give every child every chance, starting at kindergarten.

Why does this matter?
Research tells us that investment in the early years leads to improved educational outcomes for children in school. Access to high-quality preschool makes a significant difference to children's learning, health and behaviour, with positive impacts extending into adult life.

The only way that preschools will be able to maintain 15 hours is to increase parent fees. We know this is not the answer.

Cutting preschool will hit children, families and staff.

What’s the cost?
Continuing to fund its contribution to 15 hours’ preschool would cost the Commonwealth Government $109 million a year.

What you can do

The Commonwealth Government has until June to decide whether they will cut preschool funding. NOW is our chance to be heard on this issue.

1. Sign the petition to demand no cuts to preschool — www.aeuvic.asn.au/no_preschool_cuts.
2. Join the “Early Childhood Teachers Victoria” Facebook group and be part of the conversation.
3. Write to Assistant Minister Ley at susanley.com/contact and your Federal Member of Parliament — find their details at www.aph.gov.au/Senators_and_Members.
4. Write to Minister Lowell, Minister for Housing and Minister for Children and Early Childhood Development at wendy.lovell@parliament.vic.gov.au
5. Email the State Government to voice your support for 15 hours: kindergarten.funding@edumail.vic.gov.au
6. Share this information with your networks — provide copies of this leaflet.

www.aeuvic.asn.au/preschool
Big Night Out

August 16th 2014 @ 6.30 pm
Cocktail Style—Whisk & Spoon Catering
Tea & Coffee
Drinks @ Bar prices
Live Music
$30

Lucky door prize
Raffle
Auction
Bring Gold Coins for games throughout the night

Buy tickets at:
Nungurner Primary
51563232 or e-mail
nungurner.ps@edumail.vic.gov.au

Metung Primary
51562259 or e-mail
metung.ps@edumail.vic.gov.au

Tickets to be confirmed and paid no later than Friday August 8th