Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 6th May</td>
<td>Parent Teacher Interviews</td>
</tr>
<tr>
<td>Wednesday 7th May</td>
<td>Nexus Arts—Ugly Bugs at Bruben PS / Active After School Care at Nungurner PS</td>
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<tr>
<td>Friday 9th May</td>
<td>Last Swimming Session at Lakes Aquadome</td>
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<tr>
<td>Monday 12th May / Wednesday 14th May</td>
<td>MARC</td>
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<tr>
<td>Tuesday 13th / Thursday 15th May</td>
<td>Active After School (Metung PS)</td>
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<tr>
<td>Tuesday 13th May</td>
<td>School Council Training at Bruben PS at 6pm</td>
</tr>
<tr>
<td>Wednesday 14th May</td>
<td>Afternoon Tea to Farewell Tim and Tanya (TBC)</td>
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<tr>
<td>Wednesday 14th May</td>
<td>Active After School Care at Nungurner PS</td>
</tr>
<tr>
<td>Friday 16th May</td>
<td>Bookclub orders due back</td>
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<tr>
<td>Wednesday May 21st</td>
<td>Mad Hatters Tea Party / Australia’s Biggest Morning Tea</td>
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<tr>
<td>Friday May 23rd</td>
<td>Raffle at Metung Pub for NPS</td>
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<tr>
<td>Tuesday May 27th</td>
<td>Landcare Meeting</td>
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Cross Country

Our students had a great day at the TUBBS cross country at Buchan last Thursday. It was a perfect, sunny day and Buchan was a great setting for the event. Despite some early nerves, all the kids finished their race and gave their all. We are all so proud of their efforts...from Phoebe who soldiered on and completed the course to Tahlia who finished third. WELL DONE Nungurner kids!!
To the Nungurner School Community:
Now in my 11th year as a teacher at Nungurner, varying from .2 to fulltime, I have decided to finish at the end of this term. During my time here, I have seen many changes, and leave confident that this great little school, which provides a hub for the community and a wonderful learning environment for its students, will move into the future with strength and enthusiasm. I wish everyone involved with the school all the best for the future and am thankful for the time I have spent amongst you.

Lynne Brehaut, 6/5/14

Nungurner has been very lucky to have had Lynne Brehaut as a teacher for the past 11 years. Over that time Lynne has been a conscientious and dedicated teacher and has always had the best interests of her students at heart. She has developed a number of initiatives that have added considerably to the life and character of the school. ‘Aussie Day’ has developed great relationships with visiting Japanese students; ‘Australia’s Biggest Morning Tea’ which Lynne has organised for the last 8 years, has raised many dollars for the Cancer council; the introduction of animals for kids to care for and learn about (chooks, lambs, Axolotls, dogs etc) has added interest to school life for many students. Lynne’s skill with music and her love of literature have also been features of her teaching. We will miss her greatly, but of course wish her all the very best in her retirement which, I might add, will not be inactive. Lynne already has many activities planned, many involving horses! We also hope she will come back to see us regularly.

Thank You Lynne for all your hard work for students at Nungurner!!

The process to find a replacement for Lynne is underway and I hope to have this completed by the end of this term. Of course, fitting celebration of Lynne’s career is also being planned.

Bron
**Anzac Day**

Another proud day for our students! Ethan and Alistar did a great job laying the wreath and all our students took part in the Metung Anzac Day ceremony with respect and great understanding.

**Active After School Program**

From this week Wednesday sessions of the Active After School program will be held at Nungurner PS. Our bus will pick up Metung students and bring them to Nungurner. The program is run by Lizzie Hiscock and runs from 3:30-4:15. Tuesday and Thursday sessions will continue to be held at Metung. Please add children’s names to the list each day so we know who should be attending. (Thanks to Mal Draeger for driving the bus!)

**Fungi Hunt**

This Autumn season has been great for ‘Fungi Hunting’, and we have enjoyed finding lots of different ones around the school ground. We have also watched a video about fungi and written some fungi facts. Some of our students also enjoyed finding more fungi at home....and we found some interesting ones at Buchan.

**Fungi Facts**

We went on ABC Splash and watched “The Dark World of Fungi”. Some of the fungi were oyster mushroom, bracket fungi and honey mushroom. Did you know mushrooms are not plants? - Alistar

Fungi grow in the dark.—Ethan

Mushrooms are 90% water.—Phoebe

Oyster mushrooms come in a whole range of forms and colours. Penicillin is used as a lifesaving medicine and can kill harmful germs.—William

We looked for fungi in the schoolground. Fungi is not a plant. Some are red and some are poisonous. They can grow in the shade and some are hard to see.

The Preps
**Farewell**

From time to time staff changes occur in schools and it is always sad to see people leave. Due to circumstances we are no longer able to keep Tim and Tanya working as Education Support staff at Nungurner. Tim has gained employment at Nicholson PS and Tanya has a trip to Africa planned. We thank them both for the great work they have done at Nungurner and trust they will keep in touch. (Tim will be back to continue work on a Robotics project for one afternoon each week and we hope to extend this to involve students from Nicholson in the near future.) An afternoon tea to acknowledge and thank Tim and Tanya for their work will be held at school next Wednesday afternoon at 3:00pm. Everyone in the community is invited.

**Keep the date!**

We are booked in to run the raffle at the Metung pub on Friday May 23rd and again on ? July. If anyone is available to help sell tickets on either of these dates please let us know.

**The Alice Project**

Many people would have read ‘Alice in Wonderland’ in their childhood and we have started reading it with our students this week. As well as enjoying this wonderfully imaginative story, this will also prepare us for our participation in the Creative Gippsland ‘Alice project’. Our involvement will culminate on May 21st with a special day of activities run by ‘AusDance’. As well as book readings and hat making activities, they will teach us ‘The Lobster Quadrille’, a dance which we can all do together.

**Music**

Students continue to enjoy and make progress in instrumental music with Mr Breahaut. Alistar, Ethan and Lucas are learning the drums, Holly and William are learning keyboards, Lara is learning violin (brave girl!) and Phoebe has just started on guitar. All students take part in classroom music with Mrs Breahaut on Tuesday afternoons and this often involves percussion instruments, as those at our Nyerimilang picnic would have witnessed with our performance of ‘Wombat Stew’. Keep up the great work kids!
Junior reporters—Lucas, Holly and Lara

PEN PAL LETTERS

Holly:

Nungurner Primary School grade 2 and 5 are writing penpal letters to people in England. This is our second letter writing to them. They wrote back to us last year. They were fun to write. It was fun.

CROSS COUNTRY

LARA

The Nungurner kids ran in a cross country. On the way back down the hill it felt like I couldn’t stop. It was spectacular. Alistar was great at the 2k run.

Opinions:
- Trinity: good
- Scarlett: really good
- Sarah: awesome
- Jack: spectacular
- Tal: brilliant
- Amara: amazing
- Phoebe: awesome
- Lucas: cool
- William: the best
- Ethan: really really good
- Alistar: superdooper
- Holly: outstanding

SWIMMING

LUCAS

I learnt how to do backstroke. I got better at torpedo. I am better at treading water. Fun day is cool because it is fun.
Article contributed by Karen Fontaine
In the materialistic age in which our children are growing up, it’s common for them to expect plasma TVs, overseas holidays and marshmallow strewn babycinos as givens. But rising levels of affluence seem to have had an inverse effect on our kids’ levels of gratefulness. For example — when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt ‘thank you’ for dropping them at the train station when it was raining? As adults age, our feelings of gratitude — for health, for family, for good food and even something as simple as a sunny day — generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions. But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret. “We know that grateful kids are happier [and] more satisfied with their lives,” says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic. They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back.” The good news is, it is possible to teach gratitude. One of Froh’s studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn’t, as well as more optimistic and more satisfied with their lives. Froh and his co-authors also found that schoolchildren exposed to a specific “gratitude curriculum” reported more appreciation and happiness than those who didn’t get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group. Froh acknowledges that gratitude comes more naturally to some kids than others, although he’s not suggesting there’s a “gratitude gene”. “But I do think environment can play a major role,” he said. “I always point out to my kids, James, six, and Julianne, two and a half, instances when they could — and should! — be grateful. The other day, James said to me, ‘Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favourite chocolate chip waffles. I’m the luckiest boy in the world’. For a five-year-old to understand how ‘lucky’ — that is, grateful — they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I’d like to think we played some role.” At our dinner table, everyone takes turn in answering the question ‘What made you happy today?’. The responses, from ‘having a wrestle with Dad’ to ‘the picnic lunch we had in the backyard’, are great ways that our three children — aged 12, five and three — inadvertently verbalise their appreciation of something simple. And so, with our eldest on the cusp of turning into a teenager — an age when gratefulness generally comes as naturally as a rambling conversation style — I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you’ve done for them, all behaviours that conjure independence? “I know people say this, but I disagree,” he says. “Yes, teens want independence. But who said they can’t acknowledge, let’s say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it’s a balancing act. But it can be done.”

Jeffrey Froh shares his top five tips on how parents can help cultivate gratitude in children:

1. “Learn to limit kid’s commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in.”
2. “Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text ‘thank yous’ to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too.”
3. “Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children.”
4. “Help kids to process benevolents with ‘grateful lenses’. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, ‘How nice was it that Olivia went out of her to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit).’”
5. “Tune into your child’s interests and strengths. Nurturing this in them will give them even more to be grateful for.”

An attitude of gratitude
Community Notices

Flowering in May on Nungurner Roadsides (look down low)

Mosquito orchid
Acianthus species

Indigenous to this area

Film Night—“How to train your dragon 2”

A combined Nungurner and Metung Primary School Fundraiser. Friday night—June 6th (date and price to be confirmed) at Bairnsdale Cinema. Watch this space and start spreading the word.

Bairnsdale Secondary College

Grade 5 & 6 and Later Years
INFORMATION EVENING

WEDNESDAY MAY 7TH 2014

LATER YEARS (CURRENT YEAR 10) PARENT INFORMATION:
5.45-6.30pm JUNIOR CAMPUS LIBRARY

STUDENTS AND PARENTS OF CURRENT GRADE 5 & 6:
6.15 – 7.00 pm JUNIOR CAMPUS open for inspection
7.00 – 7.40 pm INFORMATION SESSION in
BOUCHER HALL

CLASSROOMS AND FACILITIES • MUSICAL PERFORMANCES
STUDENT’S SHARE PERSONAL EXPERIENCE
• CURRICULUM INFORMATION • EXAMPLES OF TECHNOLOGY

FOR FURTHER INFORMATION
CONTACT ROSS GRAHAM TRANSITION COORDINATOR OR
JANE WEST SENIOR LEARNING HUB LEADER
ON 5150 4800