“Nungurner the Small School with a Big Heart.”

**Dates to Remember**

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<td>Friday 23rd May</td>
<td>Raffle at Metung Pub for NPS</td>
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<td>Monday 26th May</td>
<td>Ms V absent / MARC van</td>
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<td>Wombat Stew Theatre Production at The Forge Theatre in Bairnsdale</td>
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<td>Retirement function for Lynne Brehaut.</td>
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**Tubbs at Lake Camp**

Alistar is having a wonderful time at the Lake camp at Camp Coolamatong with other grade 5/6 students from Swan Reach, Metung, Buchan, Bruthen and Tambo Upper primary schools. This is an adventure camp and students are being challenged by activities such as raft building, canoeing, bike riding and a hike where they carry all their gear and camp out overnight. I spent Monday morning and Wednesday night at the camp and took this photo on Thursday morning as Alistar was getting ready for his hike and camp out last night. At this camp students sleep in ‘Tebins’, which are a cross between a tent and a cabin nestled in the bush along the edge of the lake. It is a beautiful setting, with plenty of wildlife (kangaroos, possums, lots of birdlife) in and around the camp. We are very lucky to live in such a great part of the world and be able to give our students such wonderful experiences.

This is a great experience for Alistar and a chance for him catch up and spend time with friends from other schools, and make some new ones as he heads toward secondary school. As you can see from the smile he has met the challenge of this camp head on! We look forward to hearing his stories next week.

*(written Thursday May 22nd)*
This week is reconciliation week, and this year’s message is “Let’s Walk the Talk”.

We have come a long way in our journey towards reconciliation, but there is still a long way to go. We all have a part to play in developing understanding and respect for everyone in our community, not only in words, but also in deeds; how we interact with others and how we challenge behaviour and attitudes that harm reconciliation.

Education is of course important in developing understanding and knowledge that is inclusive and we endeavour to involve our students in positive learning experiences that help them gain the understandings they need to play a positive part in our community. Last week Koori Educator Darryl Andy worked with our students, teaching them about how aboriginal children like them learned the skills they needed through play; learning how to track each other and developing skills of observation etc. We had some fun looking at our footprints and then tracking each other in the playground. Darryl also talked to the kids about reconciliation (in basic terms) and what ‘Walk the Talk’ means in preparation for the reconciliation celebration we will attend at Lakes Entrance PS.

Darryl has lots of valuable knowledge and experience, and we have begun to talk about other ways he might be involved in the learning and the community culture at Nungurner. He was very impressed with our wonderful environment and has suggested we could use our bush to identify and learn about bush tucker plants. I have invited him to come and meet parents and community, perhaps at our next school council meeting so stay tuned for details.

Reconciliation is a journey for us all, as a nation, as a local community and as individuals. Let’s “walk the Talk” together.

Nungurner continued it’s tradition of supporting the Cancer Council’s “Biggest Morning Tea” although this year there was a twist. Firstly it was afternoon tea, and we combined it with our Mad Hatter’s Tea party and some fun games and activities.

Thanks to all who came along and joined in the fun and donated to ABMT....again!

For Monday and Tuesday this week I am attending a leadership program in Lakes Entrance called “Changemakers”. It is run by DEECD’s Bastow institute and would normally only be accessible in Melbourne. Next week I will be in Brisbane from Monday-Thursday attending the national Edutech conference and hopefully learning all about how best to use technology to improve teaching and learning. It is unfortunate that these events are so close together, but I am confident in Ms Brehaut and Helen Nink to take care of things while I am gone. Please don’t hesitate to contact me on my mobile (0408 572 811) if you need to.
Fundraising
For a small school Nungurner runs a number of special programs that stretch our budget; instrumental music and Japanese to name just 2. Any fundraising we do helps enormously with being able to provide our students with these and other opportunities. Many thanks to Rachel and Glenn for selling raffle tickets at the Metung pub on Friday night. We have another raffle booked for July and will be looking for people to help out. The money raised will go towards offsetting the cost of our camping program.
We are hoping to fill the Bairnsdale Cinema at our joint film night with Metung PS on June 6th so encourage friends and family to come along. Tickets are available for pre-sale at school so don’t miss out!

Retirement
Rob Moolenaar (‘Mr Moo’) who has been a volunteer at our school for the past 12 months is retiring. Rob’s work around the school has been invaluable...from taking care of the mowing, rebuilding the chookhouse, building the new noticeboard and carrying out many maintenance jobs.
We will miss having him around on Mondays and Thursdays and wish him all the best.
Everyone is invited to farewell Rob with a morning tea next Thursday morning at 11:00am.

The Alice Project
What a wonderful day we had last Wednesday!
The kids (and adults!) had so much fun making their mad hats, enjoying the “Down the Rabbit-Hole” story, and of course enjoying our Mad Hatters Tea-Party. It may have seemed like just a lot of frivolous fun, but our kids showed wonderful understanding and enthusiasm for this classic story and were able to quote the characters, a skill which impressed the AusDance people running the activities. It was also a great opportunity for everyone, kids, adults, playgroup and community members to have some fun together. Thanks to all for their participation, to Lynne Brehaut for organising ABMT and to all who helped make it a success!!

“Begin at the beginning,” the King said, very gravely, “and go on till you come to the end: then stop.”
Even though our playgroup numbers are down this year, the kids and families who do come along are getting so much out of their involvement. It was great to see them joining in the “Alice” activities. Thanks for the fungi photos Oliver and Issak. They’re beaut!

Health and Wellbeing: “Smiles” program

Every Friday we have ‘Circle Time’, a session when we do activities to develop social skills and self awareness. This week we will start a program called ‘SMILES’, designed by clinical psychologist Wayne Burgoine and a colleague. Smiles is aimed at developing self awareness and giving kids some useful problem solving strategies.

SMILES is an acronym for:
S...smiling
M...making time to relax
I...I am unique
L...Looking at me
E...exploring new ways
S...support

Each student will get a Smiles book which we will use each session. Some of the activities are designed to be shared with families so students will bring these books home from time to time. Please make sure your child brings their book back to school.

As the program is designed for kids 6yrs and older, we have modified it for our preps.
New Baby

You may have noticed that Wendy Sormaz has not been around school for the past few weeks. Wendy is attending to some very important family business...the birth of a new grandchild. Finley is a very special bub...he was born at 32 weeks and has already had 2 operations in his short life, so anxious times for his mum and family. The news so far is good; he is doing well and Wendy has lots of praise for the wonderful care he is getting at the Royal Children’s hospital.

So precious...and we are so lucky that bubs like Finley can now be cared for. Count your blessings folks, and much love to Wendy, Peter and family.

Education Week

Last week was Education Week in Victoria and Nungurner PS is being featured in a display at the Lakes Entrance library to celebrate. Go and have a look at our students writing and view information about other things we have been up to lately. The display is in the cabinet just inside the door at the Lakes Entrance library in the Mechanics Hall across the car-park at Safeway.

Can you help?

I’m looking for some extra hands to help make biscuits for the Alice Project Tea party in Lakes on Saturday. This is a last minute fundraising opportunity for us. If you can help between 2-4pm on Thursday let me know.

Keep the Date!!

The celebration for Lynne Brehaut’s retirement will be held on Thursday June 26th, the day before the last day of term. Details about will let you know as soon as possible.

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‘Happy Child, Happy Home: Conscious Parenting and Creative Discipline’ book talk with Lou Harvey-Zahra

What do children need to truly flourish?

Lou will share her conscious parenting tips to help make family homes more harmonious, plus, practical and fun suggestions for making ordinary family moments extraordinary. What are the essential elements of childhood? This inspiring talk covers Steiner-inspired childhood themes including positive family rhythms and the vital role of play today.

Creative Discipline and transforming behaviours in a positive manner will also be discussed (with question time to end). A highly recommend evening with plenty of ideas to strengthen the parent-child bond and create ‘happy children, happy homes’.
Nungurner Playgroup

Wednesday 10am–11.30am
@ Nungurner Primary School
Age 0-5 (everyone welcome)

Come and join us for:
Crafts, Story Time,
Outdoor playground

Please bring a piece of fruit to share for morning tea and a gold coin donation.

For more information please phone: 5156 3232.

HOW TO TRAIN YOUR DRAGON 2

At Sun Cinema, McLeod Street, Bairnsdale
On Friday 6th June at 7pm.
Tickets $15 for children and $18 for adults, concession $15
Family Ticket (2 adults and 2 children) $60
Tickets available from Nungurner Primary School on 5156 3232
This is a combined fundraiser for Nungurner and Metung Primary School.

Limited tickets available.
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem!” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at….?” I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived, so I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

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... healthy ways for kids to manage their emotions ...

deal with negative feelings

5 Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-track brains – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that excites you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at Parentingideascub.com.au

Michael Grose