It was wonderful to welcome our 2016 preps to school last week and we look forward to seeing them regularly throughout term 4.

Our ducks are growing exponentially!!......visit them at the chook pen, and introduce yourself to the new chooks while you’re there. Hoping to have eggs soon. Thanks to Riviera Grain Supplies in Lakes Entrance for donating them and to Burt for organising them.

Our sport with Metung has been disrupted for a number of reasons...weather, camps and other commitments, but we resume this week. We have organised some specialist clinics in volleyball, cricket and basketball for the remainder of the term.

Many thanks to Bairnsdale Secondary College for the donation of two tennis nets and some poles which we can make great use of!!
Many thanks to Tony from Bunnings for providing the materials and plants and spending the time to build our new vegie garden beds with our students. They thoroughly enjoyed the activity and it was fantastic to see them work together cooperatively to get the job done. The beds are now planted out and looking good...even survived the spell of hot weather we had!

Watering is a big job and the kids often need adult help to do this properly. Emma and I have decided to change our jobs time to just before the end of the day so that parents might be able to help. We encourage parents who can to arrive for pick up a little earlier and come and help out with our jobs! Just come into the classroom and Emma or I will steer you in the right direction.

Thanks
Bron & Emma

Jobs around school.
We achieved a lot at our last working bee...many thanks to those who came along. But it is not always possible for everyone to come on the day ...we all do what we can. For anyone who may have some spare time or would like to help out at a time that suits them, here is a list of things you can do.

- watering vegies and front garden bed
- weeding vegie beds/ general garden beds
- pruning back along path at back of building
- blowing/sweeping away leaves around building
- edging paths after mowing
- making sure mulch is spread under play equipment
- washing the bus

Please see Bron or Vicki if you can help out.

The Nungurner children are great supporters of the East Gippsland Shire Library mobile van, they enthusiastically browse through the wide variety of books available.

Jo the librarian is a wealth of knowledge on books and library resources. She enjoys talking with students about their favourite books/series and is happy to reserve books for students, ready for her next visit in two weeks. She can also recommend books based on their favourite author, genre or passion.

The East Gippsland Shire library van will next visit Nungurner on the 21st of October at 11am. Community members are welcome to come and use the mobile library and all its resources, it is a valuable community resource and we encourage everyone to come along and support it.
We are confirming arrangements for Before and After School Care at Nungurner Primary School for 2016.

Before and After School care is currently being run under the Family Day Care program administered by Uniting Care, with Audrey Stephenson as our in venue carer. Care in the morning includes breakfast and healthy snacks in the afternoon.

Children will need to be enrolled on specific days for the duration of the year, and spots are paid for whether you use it or not, sessions can be booked on a casual basis if there is space available (a maximum of 7 children can be cared for in a session). There needs to be a minimum of 3 children for a session to run, so it is important to check with Audrey for casual sessions.

Application forms need to be completed for all children accessing the service either regularly or on a casual basis. The program is being administered by Uniting Care, not the school therefore payments etc must go through them. The cost is around $8.10 per hour per child. However, FDC attracts Child Care Benefit (CCB), which means that this figure is reduced depending on what CCB your family is entitled to.

Communication regarding bookings etc must also be directly with Audrey who can be reached on 0422 172 101.

Sessions will run from 7:30-8:45 in the mornings and 3:15-5:30 in the afternoons.

This is a great service for families and we are very happy to be able to support our community in this way. Thank you to Rachel Bell for all her work in getting it up and running and to Audrey for working with us.

Severe Allergy:

Everyone at Nungurner needs to be aware that Audrey has a SEVERE Allergic Reaction to the following:

- **EUCALYPTUS OIL** in any form (spray, drops, cough medicines etc)
- **LAVENDER OIL** or scented products
- **PATCHOULI OIL**
- **TEA-TREE OIL**

It is important that everyone at Nungurner avoid bringing traces of these products into the school, and vital that children attending before and after school care do not have traces of these products on their bodies or clothing as this will cause Audrey to have a severe reaction! Eucalyptus is often present in preparations used to treat nits and soap powder, I would ask that parents check the products they use regularly so they are aware of what they contain. If a child has been exposed to something with these products in it please let us know so we can make sure Audrey does not come into contact with it.

Please complete the form below to lodge your Expression of Interest for Before and After School Care in 2016 and return the form to school with the children’s name in the required session.

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**2016 Before and After School Care Expression of Interest**

Parent Name:...........................................................................................................................................................................

Contact Number:..........................................................................................................................................................................

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Walk to School

October is ‘Walk to School’ month. This is a Vic Health initiative aimed at encouraging school children to get the 60 minutes of physical activity they need each day. It is also a great opportunity for us to enjoy the beautiful environment surrounding our school. This initiative is supported by the shire and staff from Lakes Entrance Aquatic and Recreation Centre are available to help out. We would like our students to walk to school as a group on Wednesday 14, 21 and 28th of October. We are asking that parents drop children off at the bus shelter on Nungurner Rd, opposite the Kalimna West turnoff - exactly 1 km from the school. We will then walk along the bike track to school. Those children who are in before school care on a Wednesday will be driven up to the starting point of the walk by Ms V in the school bus. Ms V and a shire staff member will then walk with students back to school. Emma will be at school in case anyone is late or unable to take part for any reason. Parents are welcome to join us!!

Ninky’s Art

If anyone has new or used aluminium trays, plates or roasting pans that you can spare, please send them along for our art programme. Thanks for all the bits and pieces donated so far and your continued support. Ninky

Communication

We all have extremely busy lives and staying abreast of all that is going on is a constant challenge. Emma, Vicki and I are always conscious of the best way to communicate with families to ensure you have the information you need. At present we are doing this in the following ways:

- The Newsletter
- Notes sent home to gain permission for excursions or just to provide information
- ‘This Week’ bulletin on the noticeboard
- Personal communication in our chats before and after school.

We realise that notes don’t always make it home so we will ensure that notes are put in children’s take home book bags to make it easier for parents to check for them.

We would also like to start using SMS text messages for reminders and short messages. If families are agreeable, we would like to know the best mobile number for contact with each family. Please complete the attached slip and return to school or let Vicki know the best contact for you and your family.

If anyone has any better ideas regarding communication I’d be happy to hear them!!

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SMS/Email Communication

Student Name:

Parent Name:

Parent Mobile for SMS:

Parent email address:
Here are 5 ways for parents to give their children the skills, encouragement and support in their quest for independence.

It’s been well documented in recent years that children/young people are dependent on adults for longer. In Australia one in four 18-30 year olds still live at home and those numbers are on the increase. There are many reasons for this including lack of housing, affordability, working and partnering later, and simple convenience.

The propensity for many parents to do too much for children is a massive contributor to this increased dependency. Oddly, this is the exact opposite of what parents have always done, which is to develop their children’s independence, and in doing so effectively become redundant from their children.

There are a number of reasons for the current high level of dependency parenting including family shrinkage (parents are able to do a great deal for kids in small families), older parents (often over-concerned), busyness of life (it’s easier to do than delegate) and a heightened fear that the world is a dangerous place for children and young people.

Independence is the point

When independence becomes your priority then suddenly you’ve found a pathway to the development of other positive qualities and traits in your children including the key four — confidence that comes from facing fears; competence that’s built through mastery; creativity that’s encouraged when kids must resolve their own problems; and character that is forged under the duress of challenge and hardship.

Adults are the gatekeepers for children’s independence. And of course, independence takes many guises including:

1. Self-helps skills

The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. Autonomy to make choices and mistakes

Without realising it, as parents we frequently make choices on our children’s behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices. This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents’ wishes. In small families parents often know so much about minutiae of children’s lives that inevitably we tend to impose greater well-intentioned control over children’s decisions.

3. Freedom to explore the neighbourhood

On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today’s parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

4. Freedom to explore unpredictable and potentially risky environments

Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

5. Taking responsibility for your own problems and actions

There’s no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids’ independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.
Yoga 4 Kids!

Encourages:

Improved Body Awareness, Focus, Balance & Control

Children will learn to use their energy effectively, and carry this through to their everyday life as it is a fun way to improve concentration, focus and a state of calm. Through Yoga children become more emotionally, physically and mentally confident and aware.

Great for busy little people! - 5 -10yrs.

Thursday 4:00 – 4:45pm

West Bairnsdale Oval Rooms

$15 per class.

Bookings essential contact Tanya on 0439588157.

Visit: Harmony in Motion Facebook page or join the group.
Community Notices

East Gippsland Shire Library
Children’s Week Activity Session

To celebrate Children’s Week in October, the East Gippsland Shire Library will be holding a special after school activity session. Kids aged 5 – 12 are invited to come along to the library’s special Children’s Week Activity Session where we will read some stories, play games and create and decorate door hangers. Bookings are essential and can be made by phoning 5152 4225.

Monday, 26 October
4.00pm – 5.00pm
Bairnsdale Library

Monday, 26 October
3.40pm – 4.40pm
Paynesville Service Centre

Tuesday, 27 October
3.40pm – 4.40pm
Lakes Entrance, Orbost and Omeo Service Centres

Inc. Assoc. :
A0059145H
ABN: 54432887390
ACNC: TCC

Dear school families,

Crashendo! Bairnsdale Youth Development Orchestra is a community-initiated orchestra that began in 2013. It delivers a social development program through striving for music excellence, in an orchestral and choral group environment. It is based on El Sistema which began 40 years ago in Venezuela, and is now changing lives in 35 counties. It has no auditions, no examinations and is about positive encouragement in music making and social connectedness.

Crashendo! Bairnsdale Inc. would like to invite any string players within your school to attend our after school sessions that run at Bairnsdale Primary School. The sessions run on a Wednesday and Thursday from 3.20 until 4.30 during school term. The Thursday session includes some choir activities, the Wednesday session is all string playing. The rehearsals and music are provided free, and we regularly organise opportunities for performance within the community. We encourage all participants to support their fellow orchestral and choir musicians by attending these performances. If transport to or from rehearsals or performances will hinder attendance, it may be possible for transport to be arranged.

Secondary school aged string players are also welcome and can participate and help / mentor younger students. In the future, it is envisaged that the orchestra will grow to include all sections of the orchestra, and all participants will both play their instruments and be choir members.

Please contact ....
Lynette Cooper
Crashendo! Coordinator
0455872296
Community Information Day

Nungurner Community and Coastal Action Group (NCCAG)

Sunday 8th November, 2015
Nungurner Foreshore Park

3.00 pm

A community information day has been co-ordinated by NCCAG to assist the Nungurner residents be better informed.

The day includes:

1. MICA Ambulance representative will explain the Defibrillator

2. CFA representative will discuss fire season preparedness

3. Opportunity to ask questions about the LIMP with extra copies available.

4. East Gippsland Shire CEO, Gary Gaffney will attend to meet community members

This is your opportunity to meet the CEO of the Shire and ensure your preparedness for any incident that may occur in your area.

For further information call: NCCAG Secretary Jess Bury 0419 924 888
NCCAG Vice President Peter Owen 0409 594 325