“Nungurner the Small School with a Big Heart.”

**Dates to Remember**

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<td>Thank you to Ray 2pm</td>
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<td>Thurs &amp; Fri 26/27th November</td>
<td>Grade 1 Camp to Coolamatong</td>
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**School Council Members**

- Bronwyn van der Velden    Executive Officer
- Rachel Bell               President
- Vicki Fraser              Secretary
- Stephen Kleinitz          Member
- Fiona Draeger             Member
- Ross Monteith             Community Member
- Kim Kleinitz              Member
- Jo van Dam                Member

**Nungurner: Aboriginal word, meaning pleasant place.**

**Nungurner Primary School Values:**

*Work together. Stick at it!*

*Make good choices.*

*Respect yourself, others and the environment.*

**From Ms V**

**Events in Paris**

We are all shocked and saddened by the recent horror in Paris and send our sympathies to the French people and all those affected.

I was interested to hear the French Ambassador to Australia praising Australia’s multi-cultural approach, saying that here in Australia we have done a better job than France at welcoming and assimilating people from other cultures. This is surely something we can be proud of and is evidence that we can all make contributions to a tolerant and caring nation.

Attached to this newsletter is some advice for parents in helping children to deal with these events. If parents have any concerns please speak to Emma or myself.
A very big thank you to ............

- Brenda Tincknell for watering, sweeping and leaf blowing.
- Mal Draeger for tidying up/pruning and moving batteries.
- Ross for donating tomato seedlings and moving batteries
- The Bury/Bell family for donating a pool (albeit a small one) for the ducks.

“Many hands make light work.”

Reports

Results from our Parent Opinion Survey this year indicated some concerns regarding reports. We will be discussing reports at our school council meeting this Wednesday but Emma and I would also like to share information and hear comments from all parents. In order to do this we are inviting parents to meet with us after school on Monday December 7th. At this meeting we will explain all aspects of the report and give parents the opportunity to make comments and ask questions. Please note, these will be general discussions and not specific to any child. Parents can also make comments using the slip attached to this newsletter or speak directly to myself or Emma. End of year written reports will be sent home on Mon Dec 14th, giving parents the opportunity to discuss their child’s specific report with us during the last week of school if necessary.

Questions or Feedback for Student Reports

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On Friday the 13th of November the grade 3 students from Nungurner Primary School travelled to Bairnsdale 754 to attend the CERES ‘Do More With Less” student leadership conference. We attended the conference to learn about sustainability and the things we can do at school and at home to protect the environment.

Our presenters Kat and Alex from CERES introduced themselves. To warm up we played a game of ECO-bingo. It was a good way to get to know people as we had to talk to people and find out what sustainable practices they use at home. Once we’d finished the game it was time for students presentations.

It was interesting finding out what other schools are doing. We spoke about the everyday actions that we do at Nungurner to look after the environment such as recycling, compost, use of water tanks, solar panels and having chickens/ducks to manage food waste. We also discussed our work with Landcare and wrote “What’s living under our Jetty?” to raise awareness of the dangers of polluting our Lakes. Emma reported back that we spoke really well!

In the second session of the conference we undertook a rotation of activities that included learning about

- Solar powered energy
- Sustainable houses
- Human powered energy
- An environment quiz
- How much energy is lost in coal powered electricity transmission
- A demonstration of how waste causes Global Warming

We particularly enjoyed the solar powered energy and human powered energy activities because we got to experiment with gadgets and make things work. They were fun.

The final session involved us developing an action plan for things that we could do at school to make us even more sustainable. We brainstormed a list of great ideas that we could do around the school. These included getting more solar panels, reducing paper waste, encouraging nude food lunches, saving electricity and building a frog bog.

Then we thought about what we liked the most. We would really like to develop a bush tucker trail and incorporate a frog bog into it. This would encourage frogs. It might even help us reduce our mozzie population! We’ll talk to school council about this next year!

We were glad we participated in the “Do More with Less Conference”. It was fun to catch up with people we know and to learn more about being sustainable.
Nungurner Primary School Raffle

$1 per ticket or 6 tickets for $5

We are raising funds to purchase a much needed ride on lawn mower for our school grounds, to keep the mossies at bay and a safe environment for kids to play.

So far we have raised $800 against our target of $5000.

Prizes include:

- 1st prize: 2 nights accommodation at ‘Country House Retreat’ Nungurner valued at $500
- 2nd Prize: 1 nights accommodation at West Cape cabins, Cape Conran valued at $200
- 3rd Prize: Double Pass to Café Culture valued at $160
  Additional Prizes
  - Metung Pub Voucher dinner for 2 people.
  - Voucher from Metafit Lakes Entrance valued at $100
  - Breakfast Voucher from Funky Monkey
  - Voucher for Body Balance (yoga)
  - Family Pass for Peels Cruisers 1 trip for 2 adults and 3 children
  - Hamper from Michael Strambi Salon Lakes Entrance
  - Voucher from Bancroft Bites Metung
  - Breakfast voucher from Albert & Co Kalimna West
  - Voucher from Fermio Garden Supplies Hamper - Valued at $85
  - Coffee Vouchers from Bang on the Beach
  - Safeway Voucher $30

Tickets will be sold at the Community Day on Sunday, at school and in a variety of locations. Prizes will be drawn at our end of year school celebration in December. **All tickets and money to be returned by Friday December 11th.**

Spot prizes drawn at Nungurner Community Emergency Information Day include:

- Local Produce Hamper (chocolate, honey, muesli, coffee, eggs, fresh veggies)
- A Bunch of flowers from Wombat Gully Flowers

Thank you for supporting our school and thank you to our sponsors who have generously donated the prizes.

Tickets need to have the buyers name and phone number. **Both tickets to be sold separately.** Please return tickets and money when you have sold the booklets. More booklets are available from Ms V or Vicki.

Car Battery Recycling Drive!

Got old car batteries at home or work you need to get rid of?
Nungurner Primary School is running a Car Battery Recycling drive to....

...help the environment and raise much needed funds for a ride-on lawn mower for the upkeep of the school oval....

Help keep the grass cut so the kids can PLAY!!

**Where?** Drop your batteries at the marked spot at **Nungurner Primary School** from Monday 9 November until **Sunday 20 December 2015**

Any questions- please phone 51563232

Please HELP our School and HELP the environment!

Thanks for supporting Nungurner Primary School

[www.nungurnerps.vic.edu.au](http://www.nungurnerps.vic.edu.au)
Fundraising Thank you

Many thanks to members of the fundraising group on school council who have sourced great prizes and organised a fantastic raffle to raise funds for the school. Ticket sales are going well and will continue until the last week of school. If you are able to help sell tickets at the next Metung market on Dec 12th please let Rachel know.

We are very grateful to those businesses who have generously donated prizes and hope you will support them in return!!

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Harmony in Motion

A blend of Tai chi, Yoga, Pilates, Deep Muscle work and Meditation.

Designed to leave you feeling calm, rejuvenated and increase your range of motion, strength and improve your posture.

For more information visit: Harmony in motion FB page.

Bookings essential contact Tanya on 0439588157.

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Metung Carols

Nungurner students will again perform at the Metung Carols event on Sat Dec 12th...put it on the calendar! BBQ from 5pm, carols start at 6pm.

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End of Year Dinner

Keep the Date!!

Our end of year family BBQ and celebration will be held on Thursday the 17th of December.
Help your child conquer self-consciousness – Michael Grose

Michael Grose

Self-consciousness can make school concerts and end of year events daunting for some students. Here are some ideas to help.

Self-consciousness can be awful. It’s the feeling you get that everyone is looking at you.

Self-consciousness can come and go. Often eldest boys when in early primary school are extremely shy and self-conscious. It can make them do silly things. Then self-consciousness revisits later in early adolescence for many boys. Early teen girls often suffer from it, particularly if they are early or late maturers.

Some kids just hate to do anything in public for fear of being noticed and perhaps laughed at. They think, quite wrongly, that everyone is looking at them. The truth of the matter is that most people aren’t looking at them. If they are performing in a school concert most adults have eyes only for their children. They won’t really take too much notice of any other children, unless of course, they fluff their lines badly or muck-up big time. However logical you may be self-consciousness can still hold many kids back. Here are some ideas to help your child or young person conquer self-consciousness:

Help them prepare for public performance. They can practise a talk or even rehearse an opening line to help them break the ice in social situations. Practice leads to competence, which often alleviates self-consciousness.

Use baby steps in social situations. If they feel uncomfortable meeting a whole bunch of new people, then they can just meet one new friend at a party, rather than try to meet too many people, which can be overwhelming.

Practise strong self-talk. Self-conscious kids often have atrocious self-talk. They say everyone is watching them enter a room, when the reality is quite different. Help them develop some realistic and more assertive messages about themselves. “It will be fun going on stage at the concert with my friends” is far more helpful than “Everyone will be staring at me” or “What if I muck up?”.

Catch kids being brave. What you focus on expands so make sure you highlight kids being brave and overcoming possibly embarrassing situations. Also, let them know that even though they may have stumbled or fluffed a line or two the room didn’t cave in. It wasn’t so bad.

Breathe in, breathe out. Some children and young people can be so debilitated by their self-consciousness that they work themselves into a frenzy with worry. Deep breathing where they count to 3 breathing in, but count to 6 when breathing out will help kids regain calm, control and hopefully perspective.

Self-consciousness is something that many adults suffer from too, so these ideas may hold true for you. It may not be something we can completely eradicate but it is something we all can learn to control so it doesn’t stop us, or our kids, doing what we want to do.
Suggestions for addressing children and young peoples’ responses in relation to traumatic events

Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015.

The authorities in France and countries around the world will help to support the people who have been impacted by this event.

Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

Most children and young people will experience normal reactions to something that is distressing and with support from trusted adults around them these reactions will subside.

Routines are important when an event like this occurs. School can be very useful to support all children and young people.

Remember sometimes teachers and parents feel like we don’t have the answers. It is helpful to remind children and ourselves that there are people working hard to make the current situation better.

Exposure to television, print media and social media.

- Many children are likely to be unsettled by the images on television, in the print media and online media reports about the Paris terrorist attacks.
- It is important to understand what sense a child or young person makes of what they are seeing on television or hearing via the media (this includes social media) and what they are hearing in adult conversations.
- It is important to monitor the amount of news coverage they see and hear. Seeing the event over and over again can cause vicarious trauma to adults and children.
- Children and young people may experience sleeplessness and or nightmares about imagined consequences or images from television or print or social media coverage.

Responding to the concerns of children and young people

- Children and young people may need to talk about what they have seen and heard. It is important that we listen to their concerns.
- Keep information factual and dispel any rumours. Don’t be afraid to tell them that you don’t have all the answers.
- Children and young people may need reassurance about their safety and the safety of those they care about.
- Teachers and parents should listen to the child or young person’s cues as to what they want to know about the terrorist attacks. It is important to be honest with children and young people in an age-appropriate way.
- It is not unusual for young children to want to be close to those they love and care about.

Older children will possibly want to discuss the events, it is advisable to clarify information and dispel rumours as this helps them to process the information more accurately.