We are surrounded by water in East Gippsland; lakes, rivers, the sea; and it is in these types of environments that most drownings occur, yet all our swimming programs occur in the pool environments. Two very motivated ladies decided to do something about this. Chris Boucher and Sharon Blegg are swimming from Nungurner to Paynesville this Sunday to raise money for an open water education program to benefit the kids of East Gippsland. Last week the Nungurner Community Group generously supported their efforts with a donation of $500. Just shows what a committed community can do, no matter how small!!

We are also going to have an out of uniform day at school on Friday the 6th of March to support this fundraising effort. Children will be invited to ‘come in your boardies’ (or sundress or other beach wear) for a gold coin donation.
Prep - Take home book routine

A number of parents have asked about the take home book routine for the preps...and it completely slipped my mind to fill in parents who are new to the whole thing! Sorry about that.

Each of the preps has a grade 1 ‘reading buddy’ who they read with each day. The prep child reads yesterday’s take home book and chooses a new one from a box of books suitable for their beginning reading stage. Their reading buddy then reads this book with them so that when they take it home it is familiar to them.

They are not expected to be able to read it accurately and will still need your help. We are not recording these books for the preps at the moment, but it is helpful if parents establish a routine that helps children remember to bring their reading folders each day. For example, a time and place when you read together and then put the folder in their bag ready for the next day. Bedtime stories and lots of ‘reading to’ children is immensely important for many reasons so I hope you will continue to find time for this.

As with everything, practice makes perfect and reading is no different. You learn to read by reading, so the more you do, the more you learn about it.

Grade 1 children are zooming along now and they are being excellent ‘reading buddies’ as well as reading their own take home books daily. They have a reading record book to keep track of the books they read and are aiming for their first sticker for 25 nights. Could parents please record children’s books and help them keep track of the number of nights they have read. I also love to see parent’s comments about the books kids are reading.

Grade 3 and 6 - Home Reading

This year we have decided to stop using the Home Reading Journal. We have discussed with the kids that instead we would like them to be responsible for recording the books that they read in their Reading Journals. We still expect nightly reading to be a part of their daily routine; we would appreciate you encouraging this with your child. The children have independent reading books that they read in class and these should be taken home to continue reading each night.

We are encouraging the children to select ‘just right books’ and to think about their reading. It is a difficult stage for some students as they see some of their classmates taking home chapter books whilst they are not quite ready to tackle these independently. If your child brings books home that are too difficult please read them and discuss them with them so that they too can enjoy some of the more exciting plots that they have to offer. We are more than happy for the kids to take a challenging book to read for enjoyment and a ‘just right book’ to read to develop their reading skills. Please see us if have any concerns.

Healthy, Happy Me

We are focusing on health and well-being with the children at the moment and have been learning about healthy eating, exercise, being sunsmart and looking after our general well-being. Our school is involved in a program run by Vic Health called the Achievement Program which helps school promote good health practices. Andrea Farley from Gippsland Lakes Community Health is the coordinator of the program in this area and meets with teachers and parents from the school to develop the program. If any parents are interested in being on our Health Promotion Committee please speak to Bron. Meetings will be once or twice a term after school.
Swimming

Our whole school swimming program will commence on the 10th March. Children will leave school at 10.30am, travel to Lakes Aquadome, participate in lessons and return to school by 12.30pm. Swimming consent forms have been sent home shortly and we are now trying to organise the logistics of getting our kids to and from the pool.

Our mini-bus can transport 11 children, 6 of them can be in booster seats. That means we have 5 little people that we will need to transport with the assistance of parent helpers (this all sounds like a maths problem doesn't it!) Having parent helpers transport kids saves the school money and helps us to provide our children with other great educational opportunities.

Below is a table showing the dates for swimming. Could you please indicate if you are available to assist with transport and the number of children that you can take. - We'll nut it out and get back to you.

Cheers, Emma

<table>
<thead>
<tr>
<th>Stars of the Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ethan: for making good choices and being a good sport.</td>
</tr>
<tr>
<td>Nick: for always playing by the rules and great sportsmanship.</td>
</tr>
</tbody>
</table>

Swimming transport - Parent helpers

Please indicate the days that you are available to help and the number of children that you can transport on the slip and return to school a.s.a.p.

Name:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Tues 10th</td>
<td>Thurs 19th</td>
</tr>
<tr>
<td>Wed 11th</td>
<td>Mon 23rd</td>
</tr>
<tr>
<td>Thurs 12th</td>
<td>Tues 24th</td>
</tr>
<tr>
<td>Tues 17th</td>
<td>Wed 25th</td>
</tr>
<tr>
<td>Wed 18th</td>
<td>Thurs 26th</td>
</tr>
</tbody>
</table>
**Playgroup**

Our playgroup has started again, running each Thursday morning from 9:30-11:30. All are welcome so please invite anyone with young children who might enjoy playing, socialising and learning! (No playgroup this week though...The multi-purpose room is being used)

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**School Council**

**Notice of Election and Call for Nominations**

*An election is to be conducted for members of the School Council of Nungurner Primary School.*

Nomination forms & further information may be obtained from the school office and must be lodged by **4.00 pm on Tuesday 24th February, 2015.** The ballot will close at **4.00pm, Tuesday 3rd March 2014.** Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows –

**MEMBERSHIP CATEGORY**

**PARENT MEMBER**

*Terms of Office*

From the day after the date of the declaration of the poll in 2015 to and inclusive of the date of the declaration of the poll in 2017.

*Positions Available*

2 vacancies (for 2 years)
1 vacancy (for 1 year)

**DEECD MEMBER**

1 vacancy (for 2 years)

*I would encourage anyone interested to become involved in school council as it is vital to the effective running of the school. Please come & talk to me about it’s role if you would like to know more. There is training available & we are planning to participate sometime this year.*
School Council Elections

Schedule 5B      Nomination Form for Parent Member Category

I wish to nominate ........................................ for an elected position as a parent/guardian representa-
tive on the

Nungurner Primary School Council

Name: .................................................................

Residential address:................................................

................................................................................

Home telephone: ............................

Business telephone:............................

Email: .................................................................

I am the parent/guardian of  ................................................, who is/are currently enrolled at this school.

The person I have nominated is the parent/guardian of  ................................................, who is/are currently enrolled at this school.

The person I have nominated is an employee of the Department of Education and Early Childhood Development:

Yes   /   No  (please circle)

Signature of Nominator: .................................

Date: ...........................

Candidate to complete

I accept the nomination and I am prepared to serve as a Parent member of the above-named school council. I here-
by declare that I am not an undischarged bankrupt and that I am not currently serving a sentence for an indictable
offence.

Signature of Candidate: .................................

Date: .............................

You will be notified when your nomination has been received.

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Hot Lunch Thursdays

Children are welcome to bring along hot food on Thursdays. Vicki will heat the food up ready for lunchtime. Hot food may include toasted sandwiches, party pies, sausage rolls, pasties, pasta, soup etc.
I wish to declare my candidacy for an elected position as a parent/guardian representative on the
Nungurner Primary School School Council.

Name……………………………………………………………………………………………………

Residential address ……………………………………………………………………………………
…………………………………………………………………………………………………………
Home telephone: ……………………………

Business telephone: …………………………………………

Email: ………………………………………………………………………………………………

I am the parent/guardian of …………………………………………………………………………………., who is/are currently enrolled at this school.

I am an employee of the Department of Education and Early Childhood Development:
   Yes / No (please circle)

I am prepared to serve as a Parent member of the above-named school council. I hereby declare that I am not an undis-
charged bankrupt and that I am not currently serving a sentence for an indictable offence.

Signature of Candidate: ………………………………………….. Date: ………

You will be notified when your nomination has been received.
Parent Helpers

If you have some time and are interested in helping out at school we would love to have your input. Helping out during reading time and also with our cooking/gardening program are two ways you can be involved, but I am sure there are many more!

Please complete the slip below or speak to Emma or myself.

<table>
<thead>
<tr>
<th>Name:</th>
<th>Cooking/Gardening on Tuesday 2-3:15 fortnightly</th>
<th>Classroom reading P/1: 9-9:30 each day 3/6: 9:30-10:00 each day</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can help with:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have these skills/knowledge which I am willing to share:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Art and Music

The children have been having great fun with Ninky!
Some of the songs/poems she has covered so far are:

There’s a hole in the bucket
Knicky knacky noo
Ipsy whippsy spider

Ask them about the frozen paint icy poles!!
(Thanks to those who have sent along the items Ninky requested!!)

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Fresh Local Produce

Burt Thorn has offered to supply boxes of local/in season fresh fruit and veggies for parents to purchase. Please let us know if you are interested.

Name:_________________________________________________________

Phone Number:________________________________________________

Email Address:_________________________________________________
Before and After School care is being run under the Family Day Care program administered by Uniting Care, with Audrey as our in venue carer. Care in the morning will include breakfast if families wish and snacks...healthy ones of course!...will be provided in the afternoon. A number of places have been booked by families but there are vacancies available, and 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). 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, so all payments etc must go through them. Communication re bookings etc must also be directly with Audrey who can be reached on the school phone number (5156 3232) before and after school. Casual bookings can be made the day before, or on the day if urgent needs arise. 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. Sessions will run from 7:30-8:45 in the mornings and 3:15-5:30 in the afternoons on the following days. As you can see there are spots available if you wish to use them.

Before and after school care will commence on Monday next week.

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>am</td>
<td>7:30-8:45</td>
<td>4 vacancies</td>
<td>7 vacancies Session not running currently</td>
<td>2 vacancies</td>
<td>2 vacancies</td>
</tr>
<tr>
<td>pm</td>
<td>3:15-5:30</td>
<td>7 vacancies Session not running currently</td>
<td>2 vacancies</td>
<td>7 vacancies Session not running currently</td>
<td>3 vacancies</td>
</tr>
</tbody>
</table>

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**

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 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.

**Help Ninky Out**

Could families please send along any of the following items for the art program.

Small plastic drink bottles with lids 500-600ml
Small glass jars with non leaking lids
One Litre milk cartons
Coathangers
Bubble Wrap

Thank you—Ninky
The TUBBS cluster of schools have subscribed to the Michael Grose website ‘Parenting Ideas’ and this enables us to include articles by Michael in our newsletters. These articles may or may not be of interest to parents, and that’s fine. Our intention is to provide support for parents, raise issues and perhaps start discussions about what is a very difficult, but the most important role there is.

Let us know what you think. Are there issues you would like discussed? Perhaps we can find relevant articles for you. Remember...if you have a question or are struggling with something in your family, chances are other people are too! Bron

10 golden rules for parenting success in 2015

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more

With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others

A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘parents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence

With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instil a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy

The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

5. Lead the gang

Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!
6. Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9. Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10. Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.
GIPPSLAND POWER GOING FOR YOUTH

Gippsland Power is introducing youth skill acquisition sessions to be held over the Term 1 holidays at their ‘Centre of Excellence’ in Morwell. Gippsland Power’s football department recognised the opportunity to provide boys and girls from Under 11 – 13 with professional advice and coaching on basic skill technique, including kicking, hand-balling, marking and game sense. Gippsland Power Talent Manager, Peter Francis offered that, “With an emphasis on fun and learning correct technique, boys and girls can come along and be coached by people with AFL experience and some of the Gippsland Power boys from the Under 18s and have a great day”. Coaching the future stars on the day will be, current Power coach, Leigh Brown, a 246 game champion who is one of only two players to register 50 games for three teams. Brown is a 2010 Collingwood premiership player. Joining Leigh Brown is Peter Francis, Gippsland Power coach from 1995 - 2000. Francis played 158 games for Carlton (1979 Premiership), Fitzroy, Richmond and Essendon and is the current Talent Manager at the club. Several of the Under 18 boys will be on hand to help the young players to develop their skills and playing confidence. Anybody interested should go to the club website at http://gippslandpower.aflvic.com.au or call the club directly on 5134 8133. Registrations close on Friday 27 March. This event will be filled quickly so get registered for a day of fantastic footy fun.

Gippsland Power will be holding Under 11 and 13 Fitness and Skill acquisition days at the Gippsland Power Centre Of Excellence, Morwell Football Ground, Travers Street, Morwell

Under 11 Monday 30th March 2015 and Under 13 Tuesday 31st March 2015 (Numbers will be capped).

Time: 10.00am to 3.00pm Cost: $100-00 For further registrations details please go to the Gippsland Power website http://gippslandpower.aflvic.com.au

Lakes Entrance Amateur Junior Basketball Association

Registration Night for Season 1, 2015 will be held on Monday, February 16 and Tuesday, February 17 at the Lakes Entrance Youth and Recreation Centre, Church Street, Lakes Entrance between 5 and 6pm.

Cost for Under 10, 12, 14 and 16 will be $120 per player.
(This payment covers Insurance, Hall hire, Umpires, Uniforms and Trophies and entry for 10 games plus finals)

Cost for Skills for ages 5 to 7 year olds will be $70 and this will run for 8 weeks.
No forms are to be handed in on Registration night without payment unless alternative arrangements have been made. Players cannot take the court without registration being paid.
The season will commence on week beginning Monday, 16th March.
For further information please contact Tracey on 51551043 or Wendy on 0418571068.

SQUAD TRY OUTS
Anyone who wishes to try out for Under 10, Under 12, Under 14 and Under 16 squads are invited to come along on Wednesday, February 11. There must be a commitment from parents and children to attend training on a regular basis and to be able to attend approximately 4 different tournaments during the year. Cost for training sessions will be $2.00 per child. For further information please contact Rikki or Ian Murdoch on 0415321204.

East Gippsland United Football Club
Outdoor Soccer Information and Try Out Sessions

East Gippsland United Football Club is inviting new and existing players to try out for its junior representative teams for the 2015 Gippsland Soccer League season.

Tuesday, February 17 and Thursday, February 19, 4.30 to 6pm
at Howitt Park, Princes Highway, Bairnsdale
Age groups include boys and girls U12, U14 and U16.

For further information please contact:
Lisa: fdesic@bigpond.com or 0458 659 644
Wayne: clarkbai@bigpond.net.au or 0427 869 804

For information on U18, senior men and women teams please contact:
Peter: peter@murphyspaints.com.au or 0418 516 004
The East Gippsland Lakes
Open Water Swim Challenge
Nungurner to Paynesville 20km Open Water Swim
Sunday 22nd February 2015 Pending suitable conditions

Open Water Safety Awareness & Fund Raising Event
Swimmers: Chris Boucher and Sharon Begg

We aim to raise $10,000 for the creation of a new Open Water Safety and Survival Day; developed and run in association with the Bairnsdale Aquatic and Recreation Centre (BARC) and Lakes Entrance Aquadome and Recreation Centre (LARC). It will be available to all students in grades 5 and 6 in 2016, from over 30 East Gippsland schools.

Currently, no school swimming programs in East Gippsland cater specifically to open water safety.

Some quick stats: It only takes 20 seconds to drown. Of the top 3 drowning locations, Rivers/Creeks/Streams are #1 & Beaches are #3.

We need your help to raise $10,000 to develop this program.
Please donate as an individual, business or organisation to:
mycause.com.au/page/87116/theeastgippslandlakesopenwaterswimchallenge
Find and support the swimmers on Facebook:
facebook.com/EGLakesOpenWaterswimchallenge