**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 5th March</td>
<td>Hockey clinic for gde3-6/ 9:45-10:30 Metung PS Responsible Pets Talk P/1 9.30– 10.15</td>
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<tr>
<td>Friday 6th March</td>
<td>Out of Uniform Day — gold coin donation</td>
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<td>Friday 6th March</td>
<td>Nexus Arts—Showko—Japanese</td>
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<td>Monday 9th March</td>
<td>Labour Day—Public Holiday</td>
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<td>10,11,12,17,18,19,23,24,25,26 March</td>
<td>Swimming 11-11.45</td>
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<tr>
<td>Monday 16th March</td>
<td>26 Storey Tree House 2pm at Sale</td>
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<tr>
<td>Monday 16th March</td>
<td>School Photos</td>
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<tr>
<td>Tuesday 17th March</td>
<td>School Council AGM</td>
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<tr>
<td>19th-20th March</td>
<td>Principal Conference</td>
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<tr>
<td>Friday 27th March</td>
<td>End of Term 1</td>
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<tr>
<td>Monday 13th April</td>
<td>First day of Term 2</td>
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<tr>
<td>Friday 17th April</td>
<td>Pupil Free Day</td>
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**School Council Members**

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Bronwyn van der Velden</td>
<td>Executive Officer</td>
</tr>
<tr>
<td>Rachel Bell</td>
<td>President</td>
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<tr>
<td>Vicki Fraser</td>
<td>Secretary</td>
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<tr>
<td>Joanne Cannon</td>
<td>Member</td>
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<tr>
<td>Louise Gibson</td>
<td>Member</td>
</tr>
<tr>
<td>Ross Monteith</td>
<td>Community Member</td>
</tr>
<tr>
<td>Kim Kleinitz</td>
<td>Member</td>
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<tr>
<td>Jo van Dam</td>
<td>Member</td>
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**Anzac centenary year**

2015 is the centenary of the Gallipoli landing for Australian troops. To commemorate this event we have been presented with an Aleppo pine tree, a descendent of the original Lone Pine at Gallipoli. It was delivered by Peter Bull from Metung RSL and he spoke briefly to our students about the story of the pine. Emma and I were surprised by how much they knew about the Gallipoli story.

We now have a Lone Pine seedling to plant in our school ground, to look after and nurture as an reminder of an important part of our history.
A health promoting school aims to:

* actively promote the health and wellbeing of its students, staff and community.
* Link health and education through the curriculum and school culture
* Empower students to take action on health and wellbeing
* Provide a safe and supportive environment for staff, students and families
* Promote respect, fairness, equality and belonging
* Integrate health into day-to-day activities and planning
* Work collaboratively with staff, families, children and young people
* Develop partnerships between schools, early childhood education and care services, the local community and health organisations
* Seek continuous improvement through ongoing monitoring and evaluation.
Stars of The Week

Our Monday morning assembly is always a good start to the week, and one of the best parts is acknowledging the great learning and achievements of our students. Every week, we find students making progress, showing the sort of personal characteristics we are encouraging and just ‘being great’. Parents and friends are most welcome to join us at these assemblies. This week’s stars of the week are:

Alistar for
* Showing great leadership skills by leading P.E. on Friday.
* Being a great role model and leader all day on Friday.

Jack for
* Fantastic work making your sentence about Rusty’s caterpillars.
* Being such a great Nungurner learner.

Jordan for
* Working really well with your reading buddy Scarlett.
* Reading every day and using your finger to ‘make it match’.

Scarlett for
* Working so well with your reading buddy Jordan.
* Listening to him read and helping him when he needs it, but not ‘doing it for him’.
Health at School

It is coming up to the time of year when colds and flu are more common. This is significant as one of our students (Trinity Whitfield) suffers from Cystic Fibrosis and therefore is more susceptible to these common infections which can have serious implications for her condition. **It is very important that we avoid spreading germs as far as possible.** To this end, we have been working with children at school on good hand hygiene and other simple things to avoid spreading germs. Of course, this is to the benefit of us all, but particularly important for Trinity. Attached to this newsletter is some information provided by medical personnel caring for Trinity. We ask for the support and co-operation of all families in keeping our school as healthy a place as we can!

Swimming

Our swimming program starts on Tuesday next week. Many thanks to those parents who have offered to assist with transport; we really appreciate your time and commitment which makes the program more affordable for everyone.

Attached to this newsletter are details about transport and there are still a couple of gaps if anyone is available. Students will need to bring their bathers and a towel on swimming days, and a plastic bag is handy for wet things. Girls need to have a one piece costume and speedo style is preferable for boys as board shorts are heavy and make movement more difficult in the water.

It is really helpful if kids are able to get in and out of their bathers themselves!

**Our routine on swimming days will be as follows.**

9-10: Normal class work
10-10:30: Change for swimming, playlunch & short recess
10:30: Leave for pool
11:00-11:45: Swimming session

Arrive back at school approx. 12:30 to resume the rest of the day.

*Parents are welcome to come and watch (and help find socks & tie shoelaces etc!).*

Rough Play at School

We have spoken to all children about some games that are inappropriate for school. These are games that involve tackling others to the ground or brandy type games that involve throwing objects directly at others. These games are not allowed as we want to avoid hurt/ injury. Please help your children understand the need for appropriate play at school.

Tackling is a part of footy and we have talked to students about how to do this safely and in a way that will not hurt others.

Parent Information Night

I will be running a parent information night on Tuesday March 24th from 6:30-7:30pm. This is aimed mainly at parents of prep students so we will talk about the development of literacy and maths skills, how we teach these, and how students can be supported at home.

All parents are welcome to attend, and if these is any aspect of your child’s learning that you would like addressed please speak to me.

Bron
Love Our Lakes

This year we have the opportunity to participate in the ‘Love Our Lakes’ writing program. Students will work with an author to produce a book about the lakes which will then be published. All students will be involved, but the major part of the work will be done by students in grade 3/6.

After our ‘Love Our Nungurner’ unit last year (yes, we borrowed the title), the kids are very excited about this, and we have chosen our topic. This work will begin next Friday with a visit from Paul Coleman from Envirostories who will be guiding the process. I’d encourage everyone to have a look at the ‘Love Our Lakes’ website which has some great information.  [www.loveourlakes.net.au](http://www.loveourlakes.net.au)

Sports Shed

Huge thanks to Phoebe, Holly, Lara, Lucas & Ethan for helping clean out the sports shed on Monday.

Great job!!

Thanks also to Mal for pumping up all the balls.

Now the challenge is to keep it like this!!

Recess/ Lunchtime walking club

Our school is surrounded by beautiful countryside and we have a couple of great walking tracks nearby which we would like to utilise.

Ms V will be inviting kids to ‘come for a walk’ at playtimes/lunchtimes a couple of times a week, just to get out and about and enjoy our local area. Any one is welcome to join us!! (I’ll put it on the board on the mornings I will be going.)

School Photos

Rosie Broughton is a talented local photographer and she will be taking our school photos again this year. Rosie will be at the school from 9am on Monday the 16th of March. Please ensure students arrive on time and are in their full school uniform. Order forms will be sent home as soon as they are available.

Go Wild about the Gippsland Lakes

As part of the Gippsland Lakes Bio Scan, Museum Victoria will be holding a “Science in the Pub” presentation on Saturday the 28th of March from 6pm—8pm. This is the final event for the Go Wild About The Gippsland Lakes forum and it will include a special presentation on the wildlife of the Gippsland Lakes. Bistro meals available. For more information visit [www.loveourlakes.net.au](http://www.loveourlakes.net.au)
We have many wonderful and generous volunteers at Nungurner Primary School, who readily share their knowledge and skills with the children. We encourage all parents to be involved when they can at the school. Our current policy states that all staff and volunteers require a working with children check unless they are registered teachers.

The Working with Children (WWC) Check helps protect children from physical and sexual harm. It does this by screening people’s criminal records and professional conduct and preventing those who pose an unjustifiable risk to children from working with or caring for them.

If you are doing or intending to do child-related work and do not qualify for an exemption, you need a WWC Check.

You do need a WWC Check if you meet ALL 6 criteria listed below.

1. You are an adult working with under 18 year olds.
2. You are working as one of the following:
   - an employee
   - a self-employed person or an independent contractor
   - a volunteer
   - a supervisor of child employees (where the child is under 15 years of age) pursuant to the Child Employment Act 2003
   - a participant in practical training through an educational or vocational course
   - a participant in unpaid community work under a court order
   - an officer of a body corporate
   - a member of a committee of management of an unincorporated body
   - a member of a partnership
   - a minister of religion* or someone performing duties of a religious vocation

*Please read ‘Ministers of religion and child-related work’ for full details on the special obligations under the Act for ministers.

3. You are working in any of the occupational fields listed in the Act. Go to Occupational fields for the full list.

4. Your work involves direct contact with children, which means you are able to talk face-to-face or have physical contact with children.

5. Your contact with children is part of your duties i.e. not incidental to your work

6. Your contact with children is not directly supervised by another person.

   Direct supervision means immediate and personal supervision. It is possible for the person supervising the contact with children to leave the room briefly for example to take a phone call.

For more information and to apply for a WWCC please go to www.workingwithchildren.vic.gov.au

Welcome to Mel Newcomen who is the new playgroup co-ordinator. Mel has a background in Speech Therapy and has previously worked in Early Childhood Education. We look forward to Mel sharing her knowledge and love of language (and books) with our playgroup families. Thank you Mel.
Modern Dance for Primary aged boys and girls

Tuesday 4-5pm. Tambo Upper Primary School Hall

$10 per person per class

Contact Tanya for further details

0439 588 157

Tackers is a Yachting Australia program aimed at getting kids aged 7-12 into sailing.

Each program includes 20 hours tuition from qualified YA Instructors & Assistant Instructors, Fun on-water & off-water games and a Tackers Kit & Certificate.

Where
Gippsland lakes Yacht Club
Paynesville

When
29th March - 2 April 2015

Contact us now!
Tom Cotter
9686 2571 www.theboatshed.net.au
info@theboatshed.net.au
Bakers Delight Hot Cross Bun Fundraiser

Nungurner Primary School is participating in the Bakers Delight Hot Cross Bun Fundraiser. Please fill out the order form below and send your form and money back to school by Thursday the 19th of March. Buns will be delivered on Thursday 26th March.

Name:……………………..………………………………..………………………………..………………………………..………………………………..

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<tr>
<td>Traditional Hot Cross Buns (6 per pack) $7</td>
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<td>Choc Chip Hot Cross Buns (6 per pack) $7</td>
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<td>Mocha Hot Cross Buns (6 per pack) $7</td>
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<td>Fruitless Hot Cross Buns (6 per pack) $7</td>
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Shire Library

The East Gippsland Shire Library visits Nungurner on Wednesday mornings from 11.15—12pm. The library service is available for the whole community to access the library resources. We are encouraging the community to use this service to ensure it continues to be available locally. Books, CDs DVDs, magazines etc can be reserved online or at the bus. Could parents please complete membership forms for their child/ren which will allow them to borrow from the mobile library.

Ninky’s Wish List

Could families please send along any of the following items for the art program.
   Paper towel cylinders or any length cardboard cylinders.
   Eye droppers or pipettes.
Please collect your ‘dead’ felt pens “textas” and send them along.

Thank you—Ninky
Helping kids deal with rejection
By Michael Grose

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model optimism.** Watch how you present the world to children, as they will pick up your view.

2. **Tell children how you handle disappointment and rejection.** Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. **Help children recognise times in the past when they bounced back from disappointment.** Help them recognise those same strategies can be used again.

4. **Laugh together.** Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

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Nungurner Primary School—Absence Note

Please be advised that (student name)______________________________________

was absent from school on the (insert date) ________________________________

due to (insert reason)___________________________________________________

signed (parent name)___________________________________________________