**Nungurner Primary School Values:**

*Work together. Stick at it! Make good choices.*

*Respect yourself, others and the environment*

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**From Ms V**

*What have we been up to?*

**Students**

We are well into our unit, “What’s that living under our Jetty?” and are learning lots about biodiversity and the different creatures that live in, on and around the Gippsland Lakes.

Some of the things we have worked on include: Learning about the classification of animals (Do you know what makes a bird a bird?)

Writing factual reports. We have read some reports and learned about their structure and how the information is organised. The big kids are busy writing their own and the children in Ms V’s grade are also writing a report, but with more help.

Learning about plastic pollution in waterways. We had a guest speaker come and talk to us and he was ‘bedazzled by the engagement and knowledge’ of our students!!

Our ‘Love our Lakes’ Book is complete and currently being published. You can have a sneak peek at it on the windows around the front door.

Looking at aquatic animals from the seagrass down at the jetty up close! Jenny Allit, Fishcare facilitator with DEPI, came to talk to us and also brought with her some seagrass and creatures which we were able to look at under the microscope. We found glass shrimp, pipefish, mussels, small fish and one very quick larger little fish (Hardyhead we think) which Rusty managed to catch!

Buddy maths on ‘Time’. We have explored ‘How long is a minute?’.

In music with Ninky we have used a variety of percussion instruments to produce our own short
arrangements, and in drama we are learning about setting/character and props. We have also made some terrific wire and plaster sculptures in Art.

The teachers have also been busy! Emma and I recently did some professional development on ‘Primary Connections’ which is a science program and Vicki attended the Business Managers conference in Melbourne in May. We have also been preparing for our review which will take place this Friday, working with principals from other schools on learning culture and of course, writing reports!!

We are really pleased with the way things are going at present. The kids are all engaged and happy...and learning and it is heartening to be looking to the future and the great opportunities that lie ahead for Nungurner.

The Boite Choir

The grade 3’s are really enthusiastic about their participation in the Boite Choir. They will have another session next week on Wednesday afternoon with Carol and hopefully they will receive a CD and song lyrics so they can practice at home.

Dates for rehearsals are:

The polish rehearsal Thursday 13th August 11.30 - 1.30

Concert Wednesday 19th August be there at 1.30 (concert at 6pm)

Pupil Free Day

Friday the 24th of July (2nd week back in Term 3) will be a pupil free day. Students are not required at school on that day. This day has been set aside for us to follow up on our review and begin planning for the implementation of a new strategic plan.

End of Term Celebration

If we fill all the dots on the dinosaur we will be going to the Footbridge Mini golf next Friday between 11:00 and 12:30. We will then come back to school for a soup and sandwich lunch before early dismissal at 2:00pm. We wish everyone a safe and happy holiday, especially the Fyfe family who are off to Fiji!!
The Joys of a little school in the bush

For the past 3 weeks ALL of the kids have been working away industriously at building cubbies down behind the tennis court. The general school rule about not playing sticks has been relaxed (just a bit!) to allow kids to gather fallen branches, big and small, for their cubbies. We now have a small village, complete with shop, holiday houses, concert venue, building extensions and rental properties the cost of which is paid in sticks...4 sticks a week is the going rate I believe!

Camps, Sports and Excursions Funds

If you hold a valid concession card (Health Care Card) or are a temporary foster parent you may be eligible for $125 from the CSEF. This money will paid to the school and can be used to pay for your child’s camps, sports and excursions. If the funds are not used this year, they can accumulate and be used for more expensive camps or excursions in the senior grades. If you are unsure whether you are eligible please submit an application form and we will enter it onto the CSEF system and advise you if you are eligible. Application forms must be lodged at the school before 26th June 2015. Please see Vicki if you need an application form.
On Monday the children from Swan Reach Kindergarten came to visit Nungurner Primary School. The children participated in an arts activity making spiders and decorating cupcakes. They really enjoyed their outdoor time and explored both of our playgrounds. The Nungurner children were very welcoming and really enjoyed helping their kindergarten buddies. Thanks to the Swan Reach Kindergarten staff and parents who came along for their assistance on the day. We look forward to our transition visits which will take place in term 4.
Centrepay through Centrelink is available at Nungurner Primary School. Centrepay is a voluntary bill paying service that is easy to use. You can start, change, or cancel Centrepay deductions at any time, to suit your own personal circumstances. By choosing to use Centrepay you benefit from knowing that your bills are under control. Instead of having large bills every year or when camps occur, you can pay your bills in manageable amounts from your Centrelink payment, making budgeting easier.

Centrepay does not charge you any fee to deduct the money from your payments. The minimum payment amount for Centrepay deductions is $10 per fortnight. If you would like to access Centrepay payments for paying for school fees, camps, excursions, there are several ways to start Centrepay deductions.

You can apply for Centrepay deductions:

- online, using the Department of Human Services [online accounts][1], view their [online guides][2]
- by contacting the Department of Human Services [telephoning us][3]
- by completing a [Centrepay deduction form][4]

by speaking with Vicki in the office or Bronwyn and they will help you complete a form.

To start Centrepay deductions, you will need to have the following information:

- your Centrelink Customer Reference Number (CRN)
- the name of the organisation you want to pay – Nungurner Primary School
- if available, the address and phone number of the organisation you want to pay – 455 Nungurner Road Nungurner, 3909
- the Centrelink Reference Number for Nungurner Primary School – 555 105 980 B
- your account number and/or billing number if you have one, for instance your surname/child’s name
- the amount you want deducted from your Centrelink payments each fortnight
- the Centrelink payments from which you want the deductions to be paid the payday that you want the deductions to start on

The Department of Human Services will send you a letter confirming the details of your deductions. Centrepay will pay your deduction to Nungurner Primary on the same day on which you receive your Centrelink payments. The school will receive a report with details of your deductions, in order to be able to reconcile your account.

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**Nungurner Playgroup**

Come to Nungurner Playgroup

**Tuesday mornings from 9:30am**

**Where?** Nungurner Primary School
455 Nungurner Rd, Nungurner. Contact the school; 5156 3322

**Please bring a gold coin donation and fruit to share.**

Nungurner Playgroup is facilitated by Mel Newcomen, parent and experienced children’s speech pathologist.
Walking Track Plans In School

The Metung/Nungurner Community group is in the process of deciding which walking tracks they would like prioritised for development. This information will then be forwarded onto the council as part of the Metung/Nungurner development plan.

This is the Nungurner communities opportunity to put forward their ideas. Please come into the school and look over the maps and using a pencil mark where you think the walking tracks should be placed and your supporting comments.

Nungurner Primary School Council will then forward your suggestions onto the Metung/Nungurner Community Group. More information is available on the East Gippsland Shire website at


Comments need to be made by Friday the 26th June.

Nationally Consistent Collection of Data (NCCD)

Nationally Consistent Collection of Data on School Students with Disability ‘Collection Notice’

All schools in Australia, including Independent and Catholic schools, will participate in the Nationally Consistent Collection of Data on School Students with Disability this year.

The Data Collection is an annual count of the number of students with disability receiving educational adjustments to support their participation in education on the same basis as students without disability.

All education agencies are now required under the Australian Education Regulation 2013 to provide information on a student’s level of education, disability and level of adjustment to the Australian Government Department of Education and Training.* Data will continue to be de-identified prior to its transfer to the Australian Government Department of Education and Training. No student’s identity will be provided to the Australian Government Department of Education and Training.

The collection of this information from states and territories will inform future policy and program planning in relation to students with disability.

If you have any questions, please do not hesitate to contact Bronwyn van der Velden on 5156 3232 or the Victorian Department of Education and Training Data Collection Hotline on (03) 9651 3621. For questions after 7 August 2015, please call the Australian Government Department of Education and Training on 1300 566 046.
Here are 15 healthy ways to manage your emotions that you can pass on to your children:

What training did you get from your parents in managing emotions?
If you are like me, you didn’t get much really constructive help in recognising or regulating feelings.
“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house.
I guess that’s why many people automatically default to ineffective ways to manage difficult emotions as adults.
Ineffective ways such as:
1. **Avoidance:** “I’m okay, really!”
2. **Denial:** “Nothing wrong with me!”
3. **Wishful thinking:** “She’ll be right!”
4. **Worry:** “What if…..”
5. **Self-denigration:** “What do you expect? I’m a loser!”
6. **Blaming others:** “She makes me feel so mad!”
7. **Acting out (also abusing alcohol and other drugs):** “Come here you! I’ll show you ....”

And they pass those same ineffective methods on to their children. **Anxiety** (a legitimate feeling), **anger** (also legitimate) and **apathy** (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

**Quick strategies**

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 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. Choose one or two and use them.

3. **Use a positive reappraisal**
Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it at as 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.” “This will stress me out big time.” “I’m no good at....” I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something 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. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

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 we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT 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 worries! It’s amazing how much better a situation will seem after a short break.

Longer term strategies

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, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8. Make physical activity a habit
How much do you move during the day? 10, 000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to get anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9. Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parenting ideas recommends meditation as a life skill that will help you balance to your emotional state.

10. Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11. Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present; that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12. Modify the situation
Ever lay in bed stewing over a problem or situation and worked yourself into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13. Change your goal
Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14. Get support from others
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

15. Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Roger song went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line- “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.
New child dental program

- Available to eligible children aged 2–17 years
- Access to up to $1000 for basic dental services (capped over two years)
- Includes check-ups, x-rays, fillings, root canals and extractions.

Your child may be eligible if:
- they receive Medicare, and
- you receive Family Tax Benefit Part A or certain other government payments.

humanservices.gov.au/childdental
SchoolMate App

The Department of Education and Training has released an App which is designed to help parents better understand the curriculum we use to teach your children every day.

The App, called SchoolMate, is available for free download now in the App Store for iPhones and iPads and in Google Play for Android phones and tablets.

SchoolMate gives you a general overview of the Victorian curriculum in each subject at each year level and:

- Provides you with an overview of what your children are learning in each subject at each year level according to the Victorian curriculum (AusVELS)
- Provides you with tips regarding activities and things you can do at home to help your kids in each subject and year level
- Suggests apps, books, events and activities related to each subject area and year level.

Our school, like all other government schools in Victoria, uses AusVELS as the basis for the learning programs we run at school every day.

Our teachers adapt the curriculum to meet the needs of our students and community, for example, designing learning programs around what your children are interested in, or around days or celebrations that are important to our community.

SchoolMate is designed to give you an overview of what children are expected to learn in Victorian government schools across every subject from Prep to Year 10.

I encourage you to download SchoolMate and to please talk with your teacher or myself if you are interested to find out more about how our school teaches the curriculum.

SchoolMate – the easy way to know more about what your child is learning at school.

Now there's a fast and easy way to find out more about what your child is learning at school from Prep to Year 10. Download the free SchoolMate app for loads of information about their studies as well as tips on what you can do at home.

Every parent should have a SchoolMate – download it now.


Authorised by the Victorian Government. 2 Treasury Place, Melbourne.
You could be a Good Beginnings Home Visiting Volunteer!
A new round of training for volunteers will begin in Bairnsdale on **Thursday 13th August**
For further information, please contact Jenny 0407 872 256 or Hayley 5153 7544
MUSIC HOLIDAY PROGRAM
July 7 - 9th
(Tues, Wed, Thurs)
9.30am - 1.30pm
July 9th 2.30-3.00pm - Concert
FREE
RAYMOND ISLAND
for Primary School students.
Secondary school and adult volunteer helpers also invited
Contact: Lynette 0455 872 296
Anne 0477 489 303
crashendo@bigpond.com

Inc. Assoc. A0059145H
ABN: 54432887390
ACNC: TCC
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<th>Time</th>
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<td>9.30am - 1.30pm</td>
<td>PERCUSSION, STRINGS</td>
<td>Strings - Laurien Kennedy - Melbourne</td>
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<td>Percussion: - John Wise, Melbourne</td>
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<td>Choir - Donrita Reefman, Calulu</td>
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<td>Indigenous Art - Adrian Morgan, Bairns</td>
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**Program runs from**
- 9.30am - 1.30pm on Tuesday and Wednesday
- 9.30 - 3pm on Thursday
- 2.30pm Thursday only - Concert for family and friends
- BYO food each day

1. Crashendo! Bairnsdale Inc. provides personnel with Working with Children Checks and First Aid.
2. Preference given to those who already play a stringed instrument and those who participate for all 3 days.
3. Free transport to / from Bairnsdale to Raymond Island is available each day. Meet at Bairnsdale Primary School, Nicholson St gate.
4. Parents dropping off children will need to drop off / pick up their child(ren) at the Raymond Island Hall. A sign in /out book will need to be completed.