

### WINTER IS COMING!

This week's weather was definitely a sign that winter is on the way with a significant drop in temperature and increased rain. Beanies, coats and scarves are appearing and so are rain, puddles and muddy feet. Just a reminder to label those items so that we can get them back to you if they are left in the playground.

Winter brings on its own problems, especially on the roads and I urge everyone to take extra care to ensure our children are safe as they arrive and leave school. We will always take care of children in the office after school if parents are delayed by bad weather or unforeseen circumstances.

### DROP OFF/PICK UP TIMES REMINDER

We have recently had an increase in students arriving at school far too early, some even being dropped off prior to 8am when there are no staff members present. This puts your child at risk, as they are not in the care and protection of an adult. This is your duty of care. There are often strangers in the yard walking in the mornings and there are no adults to help your child if they are hurt or need assistance. Students understandably feel scared and uncomfortable in an empty school when there are not adults around.

**Students should not be dropped off until 8.45am when there are teachers on yard supervision.** They should be enrolled in before school care prior to this time to ensure their supervision and safety.

A reminder that our **school finishes at 3.30pm**. Whilst we appreciate that pick up at this time can be difficult we expect that **all students are picked up between 3.30pm and 3.50pm**. There are no teachers on yard duty after 3.50pm and our office staff do not have the authority to supervise children. We appreciate that sometimes there are unforeseen circumstances and we are happy to support your child when these occur.

There are, however, a growing number of students regularly waiting for pick up after 3.50 pm and this issue must be addressed as school finishes at 3.30pm. **All students must be picked up prior to the 3.50pm bell.** If you have difficulty picking up prior to this time please consider the following:

- Having your child walk home or to a friend's house.
- Having friends pick up your child.
- Asking a relative to help.
- Booking your child in to after school care.

Our before and after school care program is run by Camp Australia. Please contact them on 1300 105 343 for further information or modify your after school arrangements to ensure your child is picked up between 3.30 – 3.50pm when there are teachers on yard duty.

### NAPLAN—14TH—24TH MAY

NAPLAN Testing for year 3 and 5 is about to begin. The testing will take place between Tuesday 14<sup>th</sup> May to Friday 24<sup>th</sup> May. This year students at Tyabb Primary School will sit their tests online. The only exception to this is the grade 3 writing test which will be done traditionally with pen and paper. The new tests start with a standard set of questions and as your child responds to questions, the test then moves to questions that are suited to their ability.

A [public demonstration site](#) is available where you and your child can view the sorts of ICT skills that are used in questions they encounter with NAPLAN Online. The demonstration site does NOT tailor to a student's ability though. The questions are just provided to show what a test might look like.

Please ensure, wherever possible, that your child arrives on time to school during the NAPLAN testing time. Opportunities for catch up testing will be available but only for a short period of time during the testing window.

If you have any questions, please speak to your classroom teacher or see our Assistant Principal, Mikaela Earl.

## OUR RECENT CURRICULUM DAY

# seven steps



## TO WRITING SUCCESS

*Boom! The door blew shut again as the teachers entered the Grade 5 classrooms. It was a freezing cold Tuesday morning, the day after the school holidays, when the teachers all looked around in wonder. What's happened to the grade 5 classrooms? How intriguing they looked with their tables set up in small groups, the heaters blaring and the professional development presenter, Pina Sernio, standing up the front.*

*"Welcome!" she exclaimed excitedly clapping her hands! "You are all here! And not a moment too soon! Let's jump to it and learn about the 7 steps of writing!"*

*On Tuesday the 23<sup>rd</sup> April we had a staff professional development day here at school. The focus for the day was on the seven steps of writing. It was an inspiring and thought provoking day. We learnt lots of new ways to share our love of writing with our students. Specifically we learnt the 7 steps of writing. These 7 steps include: Step 1 – plan for writing, step 2 – sizzling starts, step 3 – tightening tensions, step 4 – dynamic dialogue, step 5 – show don't tell, step 6 – ban the boring and step 7 – exciting endings. We really loved the Professional Development session and we hope you hear your child talking about these writing steps at home as we introduce, teach and explore them further with our students. We spent the day learning about the 7 steps but also doing lots of writing activities (like the example above) that we can then use with our students to teach good writing skills such as 'sizzling starts'.*

## EDUCATION WEEK



Education Week 2019 is all about celebrating careers and pathways that will make your dream job come true. During this week children will participate in many activities that build their knowledge of the different types of careers that exist.

We will have an open night on 21st May 4.30 – 6.30pm. This is an opportunity for students to show their parents and relatives through the school and share the work they have been doing related to this theme. To encourage students and their families to visit all classrooms and learning areas we will be holding a Careers Hunt with students visiting each room to find a picture of a person who has a specific career. Students will write this down on an entry form that will be provided that day to enter and win prizes.

On the Friday of Education Week we will be holding our annual walkathon. The theme for this year's walkathon is also Careers—What do you want to be when you grow up? Students will be encouraged to dress up to look the part.

## 100 AND 200 NIGHTS OF READING

To promote a love for reading and a regular reading routine I am proudly presenting all students who reach both 100 nights and 200 nights of reading with a special Principal certificate and award. Each week students who reach these milestones will be called down to the office to be presented with this award. I have already had 50 students reach 100 nights and look forward to congratulating many more in the coming weeks—hopefully all 420!

## CONGRATULATIONS MRS TROPEANO



# **2019 WALKATHON**

## **Friday 24<sup>th</sup> May**

**Information note and sponsorship forms sent home Tuesday.**

**Please pop in to the office if you did not receive one.**

Dear Parents and Friends,

We really need your help! In an effort to improve our school grounds and facilities we rely on the fundraising support of our school community. In the past few years we have raised funds to redevelop our basketball court, install new playground equipment, build the deck around the oak tree and redevelop the entrance to our school. We also raised funds towards a running track but did not raise quite enough. This year we would like to raise the additional funds needed to build a new running track and level and resurface our oval. The annual Walkathon is a major fundraising activity to support projects such as this.

This year's theme will be...

### **“Careers”**

**Come dressed as what you want to be when you grow up!**

Money raised from the Walkathon will be going towards a running track and resurfacing of the oval.

The Walkathon will be held in the morning (9:00 am to 11:00am). Children will complete a maximum of 10 laps of the course. As Preps, Grade 1 and Grade 2 children take twice as many steps as the bigger children; half of the circuit will equal one lap for them.

### **Prizes:**

1<sup>st</sup> Prize: Go Pro

2<sup>nd</sup> Prize: Scooter

3<sup>rd</sup> Prize: Ultimate Ears Wonderboom

4<sup>th</sup> Prize: Fuji Instax Mini Camera and film

5<sup>th</sup> Prize: City Lego Kit

If you raise between \$1-\$49 you go into the draw to win 1 of 10 canteen vouchers

If you raise \$50-\$99 you go into the draw to win a piece of sporting equipment

If you raise \$100 or more you are guaranteed to win a special prize

**START SIGNING UP NOW!!!**

**SPONSORSHIP CAN BE EITHER FOR EACH LAP OR BY DONATION**

Eg \$1.00 per lap for 10 laps = \$10.00

50 cents per lap for 10 laps = \$5.00

30 cents per lap for 10 laps = \$3.00

Sponsor sheets should be returned to school with payments of donations by Friday 21st of June.

Please note that this page will be updated each newsletter as new events are scheduled

Friday 10th May	Mother's Day Breakfast
Sunday 12th May	Mother's Day
Thursday 9th May	Crib Point District Cross Country—Selected Students
Monday 13th May	School Council Meeting
Tuesday 14th—24th May	NAPLAN Grade 3 & 5
Thursday 16th May	Grade 5 & 6 Winter Sports Round 1
Monday 20th—24th May	Education Week - Careers Theme
Thursday 23rd May	Grade 5 & 6 Winter Sports Round 2
Friday 24th May	Walkathon—Careers Theme
Tuesday 21st May	Open Night—4.30—6.30pm
Wednesday 29th May	Grade 4—6 House Athletics
Thursday 30th May	Grade 5 & 6 Winter Sports Round 3
Friday 31st May	Curriculum Day—No Students at school
Wednesday 5th June	Southern Metropolitan Cross Country—Selected Students
Wednesday 5th June	Prep Chesterfield Farm Excursion
Thursday 6th June	Grade 5 & 6 Winter Sports Round 4
Thursday 13th June	Grade 5 & 6 Winter Lightning Premiership
Monday 17th June	School Council Meeting
Wednesday 19th June	Prep 2020 Information Evening

### **School Tours**

**Wednesday 24th April 9.30am**  
**Thursday 2nd May 9.30am**  
**Wednesday 8th May 9.30am**  
**Tuesday 14th May 5:30pm**  
**Monday 20th May 9:30am**  
**Wednesday 5th June 9:30am**  
**Wednesday 12th June 9.30am**  
**Wednesday 19th June 9.30am**

Please call 03 5977 4584 to book your tour.

**Location—** Front Office, Jones Road, Tyabb

### **IMPORTANT DATES TO NOTE IN YOUR DIARY**

**PUPIL FREE DAY**—curriculum day—Tuesday 23rd April  
**PUPIL FREE DAY**— curriculum day—Friday May 31st

**STUDENT LED CONFERENCE DATE** Friday 19th July  
 ( students only attend for their 20 minute student led conference)

### **SCHOOL CONCERT DATES**

Monday 16th and Tuesday 17th September  
 Further information to be provided closer to these dates

## **What is Anxiety?**

Anxiety is part of our survival instinct. When we're faced with a threatening situation, our brains and bodies respond by kicking into safety mode. Our adrenalin starts pumping, helping us get ready to escape the danger.

However some people, including children, react more quickly or intensely to situations they find threatening, or find it harder to get their anxious feelings under control. Some kids also perceive the world to be scarier or more dangerous than others.

### **What is 'normal' anxiety in kids?**

Fearful and anxious behaviour is common in children – especially as they come across new situations and experiences. Most children learn to cope with different fears and worries.

However, they may need some extra support when:

- they feel anxious more than other children of a similar age
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age can do
- their fears and worries seem out of proportion to the issues in their life.

### **How anxiety affects children**

As well as affecting how kids feel, anxiety can have an effect on their thinking. They perceive the fear or danger they're worried about to be much greater than it actually is. Thinking about the situation makes them more worried and tense.

Kids experiencing anxiety may come up with their own strategies to try and manage distressing situations. This often involves trying to avoid the situation or having a parent or other adult deal with it for them.

While this works in the short term, avoiding the fearful situation makes it more likely that they'll feel anxious and be unable to manage it next time. As a result, they can find it harder to cope with everyday

stresses at home, school and in social settings.

Anxiety can also result in physical symptoms such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). Other symptoms may include irritability, difficulty concentrating and tiredness.

### **What you can do to help**

Children with anxiety difficulties tend to lack confidence in their abilities and feel overwhelmed easily. They are also driven to avoid the things that cause them anxiety, and in doing so, don't get the chance to learn that what they fear will usually not happen. You can help by working on coping and problem-solving skills together.

### **10 strategies to try**

#### [Start by slowing down](#)

Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practice together by breathing in for three seconds, holding for three seconds, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.

#### [Make time to worry](#)

Setting aside some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called 'worry time', and encourage children to draw or write down whatever's bothering them. You can make the activity a bit more fun by decorating a 'worry box' or building a 'worry wall' out of post-its. When the time is up – after 10 to 15 minutes – shut the worries up in the box or tear them off the wall and say goodbye to them for the day.

#### [Climb that ladder](#)

Instead of skirting the scary situation, you could try a technique called 'laddering' – breaking down worries into manageable chunks and gradually working towards a goal.

#### [Encourage positive thinking](#)

Kids with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by:



# Welfare

- reminding them of times they've dealt with similar issues in the past and how things worked out OK
- helping them to challenge the scary thought with facts and evidence. For example, we know that crocodiles can't survive under our bed
- make a plan for how they'll respond if things don't go as they'd like.

### Have a go

Anxious kids often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities – they'd rather sit out than get it wrong. Emphasise giving new things a try and having fun over whether something's a success or failure.

### Model helpful coping

Don't just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you're coping with the situation: "This looks a bit scary, but I'll give it a go." And hey, you might even knock off one of your own fears.

### Help your child take charge

Think about what you can do to make your child feel like they have some control over the scary situation. For example, if your child gets anxious about intruders, make shutting and locking their bedroom window part of their night-time responsibilities.

*If you feel that your child is becoming anxious over a range of times or situations, please don't hesitate to talk to their classroom teacher or contact the office to touch base with me.*

*We have our visiting counselling service that can also be of assistance with issues of anxiety.*

*Kris Grinsted*

[Check out BRAVE](https://brave4you.psy.uq.edu.au/) – a free online program to help kids cope with worries and anxiety. There's a tailored version for younger kids (eight-12), one for teens (12-17) and an accompanying program for parents.

<https://brave4you.psy.uq.edu.au/>

### And finally, check your own behaviour

Kids pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Over-protective family members can inadvertently reinforce children's fears that the world is a dangerous place where everything can hurt you.

Similarly, parents who 'over-help' are subconsciously telling their kids that they can't do anything without adult support.

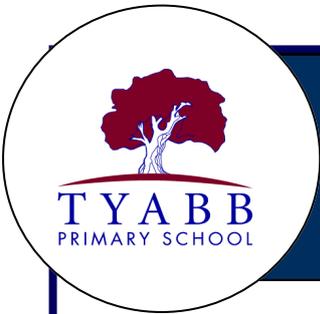
If you're prone to 'helicoptering', try taking a step back and waiting next time before you jump in. It can be hard seeing your child distressed, but figuring things out for themselves is an important step in building resilience.

Below is a link that has a lot more information regarding anxiety in children.

<https://healthyfamilies.beyondblue.org.au>

## Anxiety presents itself in many different ways...

- The desire to control people and events (Illustration: Key)
- Difficulty getting to sleep (Illustration: Bed)
- Feeling agitated or angry (Illustration: Angry person)
- Defiance and other challenging behaviors (Illustration: Person with arms crossed)
- Having high expectations for self, including school work & sports (Illustration: Pencil holder)
- Avoiding activities or events (including school) (Illustration: School building)
- Pain like stomachaches and headaches (Illustration: Person holding their stomach)
- Struggling to pay attention and focus (Illustration: Eye)
- Intolerance of uncertainty (Illustration: Question mark in a circle with a slash)
- Crying and difficulty managing emotions (Illustration: Crying person)
- Over-planning for situations and events (Illustration: Clipboard with '2 SUCCESS')
- Feeling worried about situations or events (Illustration: Person thinking)



## STUDENT WELLBEING & ENGAGEMENT



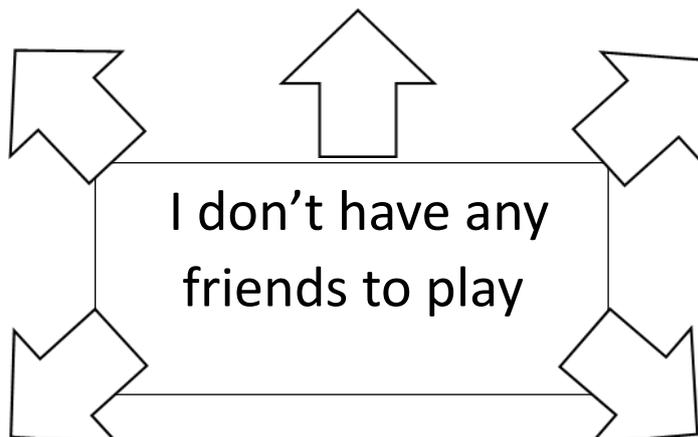
Resilience is the ability to ‘bounce back’ from a situation that may make us uncomfortable, stressed, worried or anxious. At school we talk about the importance of being Resilient.

One way to practise resilience is to think of a variety of solutions that can be used when we have one of these situations. So....can you think of some ways to ‘solve’ a sticky situation?

Below is a graphic that may help to discuss a situation that happens. By coming up with ways to solve or minimise the situation causing us trouble we can build resilience. Children, and adults, will see that we can indeed bounce back from a sticky situation.

How many solutions or ideas can your family come up with to solve this ‘Sticky Situation’? The more you practise the easier it gets! 😊

Please send your solutions to school – hand them to Ms Hamilton in Room 1.





## GRADE 5C

### CAMP RUMBUG

Whether it be scaling a 20 metre abseiling wall, leaping off a ledge to soar over a lake on the flying fox or dress up as lunatics for Wacky Races, the amazing grade 5 students did it. Camp Rumbug were thrilled to have members of grade 5 doing what they do best. Many people challenged themselves at a variety of activities over the three days and the students had a wonderful time.

"One of the best camps I've ever done in my life" Mitchell

"The least cleanly camp there is. If you like having clean clothes, don't go!" Blake

"I loved the flying fox, abseiling and canoeing!" Montana

"My legs were extremely painful because of the abseiling and the giant hills". Tayah



## Choral Festival

A reminder to the choir students. Please return your form to let me know that you are definitely coming to the choral festival. This is on Tuesday 28<sup>th</sup> May at the Peninsula Community Theatre, Wilson's Road Mornington. All details are in the notice. This is an evening event and choristers are asked to be there by 6:30 for a 7:00pm start. We ask children to wear their uniform with neat appearance. I will be handing out music T-shirts to go over their uniform.

Choir meets every Tuesday lunchtime. Those committing to the choral festival need to attend every week. All choir welcome at every lesson.

Thank you

Merran Wyatt

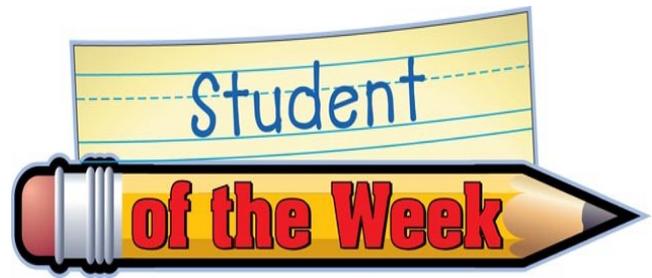
Music Teacher

## District Cross Country

Congratulations to the students that made it to the District Cross Country that was held today at the Hastings foreshore. You have all put in a fantastic effort and have represented your school well. The following students have made it to the Southern Peninsula Division Cross Country. Congratulations to Heath, Zali, Charlotte, Chloe & Matilda.



Blow out the candles,  
 wish away,  
 you are the  
 superstar of the day.  
**HAPPY BIRTHDAY!**



## May

### PREP

Rjonoa  
 Ella  
 Billiue  
 Tilly-Mae  
 Chloe  
 Mason  
 Aaliyah  
 MacKenzie

### GRADE ONE

Gracie  
 Jenny  
 Isabelle  
 Noah  
 Isaac

### GRADE TWO

Steel  
 Belle  
 Alarah

### GRADE THREE

Bella  
 Tyson  
 Kayla  
 Josh  
 Indianna  
 Merrick  
 Niki  
 Sienna  
 Xavier

### GRADE FOUR

Thijs  
 Bella  
 Tye  
 Millie

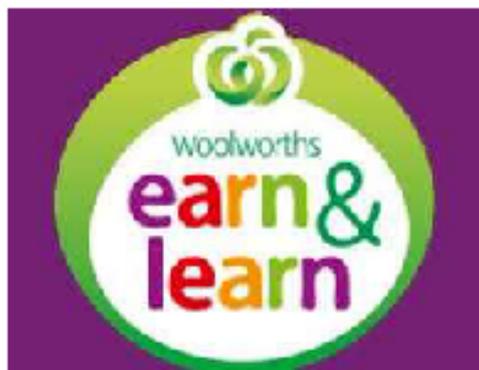
### GRADE FIVE

Zara  
 Elektra  
 Shyla  
 Grace  
 Xander  
 Callum  
 Benny  
 Ella  
 Ruby  
 Jonas

### GRADE SIX

Thomas  
 Matilda S  
 Sienna  
 Matilda B

PA	Billie
PB	Bodhi
PC	Leo
PD	Ryder
1A	Lolita
1B	Dieter
1C	Logan
2A	Elise
2B	Oscar
3A	Ella
3B	Logan
4A	Bella
4B	Izabel
5A	Hayden
5B	Phoenix
5C	Blake
6A	Flynn
6B	Harry



We are excited to be taking part in the 2019 Woolworths Earn & Learn program.

During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From now until June 25th 2019, you can collect stickers at Woolworths that go towards Earn & Learn points. For every \$10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker sheet. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

## CRIB POINT COMMUNITY MARKET

Crib Point Community Market will be held on Saturday, May 11<sup>th</sup>, 9am to 1pm

May is our Mother's Day market. Free kids' raffle to win a gift for Mum!

We're hosting the Biggest Morning Tea at the market so all money raised from the Devonshire teas will be donated to the Cancer Council.

There will also be a raffle and games.

### INDOOR & OUTDOOR STALLS

Inc: community BBQ, jewellery, bags, paintings, craft, bric-a-brac, candles, Devonshire teas, Cribby Koala coffee and lots more.

Kids Cribby Koala treasure hunt

Proceeds go to the Crib Point Community House and community programs

Location: Crib Point Community House, 7 Park Rd, Crib Point, Mornington Peninsula

Email: [market@cpch.org.au](mailto:market@cpch.org.au)

Ph: 59839888

Thank-you on behalf of the Crib Point Market Committee



WANT TO LEARN HOW TO PLAY BASKETBALL?  
JOIN OUR NEW AUSSIE HOOPS PROGRAM!  
AUSSIE HOOPS IS PERFECT FOR KIDS  
BETWEEN THE AGES 5 AND 10 WHO WANT TO  
PARTICIPATE IN BASKETBALL.

**VENUE** - BRAND NEW SOMERVILLE  
RECREATION CENTRE.

**DATES** - FRIDAYS 10<sup>TH</sup> MAY - 28<sup>TH</sup> JUNE.

**TIME** - 4-4.45 OR 4.45-5.30  
OFFICE@WPBA.COM.AU

0409 417 854

REGISTER TODAY FOR OUR NEW PROGRAM.

WWW.AUSSIEHOOPS.COM.AU



# Community News



## Bendigo PiggySaver. Big features for little savers.

It's the perfect account to start your kids saving for the latest computer game, a new bike or for a rainy day.

Bendigo PiggySaver from Hastings & District **Community Bank**® Branch comes with a range of big benefits just for kids.

**Drop into your nearest branch at 88 High Street, Hastings or phone 5979 2075 and start your big savings now with as little as one dollar.**

 **Bendigo Bank**  
Bigger than a bank.

[bendigobank.com.au](http://bendigobank.com.au)

ID of parent/guardian required. This material contains general advice only. Please consider your situation and read the T&Cs available in branch before making any decision. Bendigo and Adelaide Bank Limited (ABN 11 068 049 178, AFSL 237879), A232458-1 (386725\_v1) (14/02/2018)



## School Banking - every Tuesday (Bendigo Bank Piggy Saver)

Please remember to bring your school banking into school on Tuesdays.

Parents wanting to open up an account for their child can attend the **Bendigo Bank Hastings branch at 88 High St Hastings .**

**Please bring you child's Birth Certificate and Medicare Card along with you.**

Thank you

**Hastings Bendigo Bank Team**

# DSE MUSIC TUITION

## PIANO - GUITAR - SINGING - DRUMS

Group classes | Private lessons

Renowned for our focus on 'music theory' (reading & writing music), we are the 1st choice in children's music tuition. Amazing teachers, comprehensive, structured curriculum, we teach students how to read music as well as play their instrument

For all info including available times, days, cost, etc. please visit

[www.dsemusic.com.au](http://www.dsemusic.com.au)

or phone 0416 586 483

