From the Principal...

We have certainly settled into the school term well with our students happy, comfortable and eager to learn throughout all aspects of our school programs. Mrs Newell is recovering well and (as I’m sure you can all imagine) finding it difficult to sit still and rest up. We are looking forward to her making a speedy recovery and returning to our school as soon as she gets the go-ahead from the doctors (some time in the coming weeks).

We hope the gorgeous weather continues for our Year 3-6 Cross Country Trials tomorrow between 9.00am and 10.30am. From these trials we will be able to choose our Cross Country Team to compete at the District Cross Country event on Wednesday 25th May. We are seeking parent volunteers to enjoy the sunshine and marshals throughout our cross country track during tomorrow’s trials. Please contact our office as soon as possible if you are able to help out.

Please remember our Working Bee is this Saturday 30th April from 8.00am-1.00pm, which will be followed by a free BBQ. It is important for us to be able to maintain our school grounds through the assistance of our families. There will be simple, light jobs to be completed, like general weeding/gardening, general carpentry, creation of garden beds and new access driveway. We need all the help we can muster – please complete the attached form and return asap.

Our Mother’s Day stall will be held next Tuesday, 3rd May (early due to our 5/6 Camp). There will be a wide variety of lovely gifts for that special lady in our students’ lives which will be available for purchase from 50 cents to $5.00.

Our Year 5/6 students (and teachers) are looking forward to next week’s Camp at Candlebark Lodge. Hopefully they will be able to enjoy some beautiful sunshine that we have had recently, which will allow them to participate in all the activities that camp has to offer. A reminder that the due date for the balance of payment for our Year 5/6 Camp is this Friday 29th April 2016. All medical/food requirement forms are due back now.

Next Wednesday evening, 4th May, we will be holding a Prep 2017 Information Evening. We are expecting a large number of families attend this information evening and look forward to welcoming them to our school. Enrolment applications are coming in for next year and I urge all our parents with 2017 Prep-age children to obtain and forward a completed enrolment form to our office as soon as convenient. We expect to receive all enrolment forms for 2017 by the end of this term.

Our interschool sports teams have enjoyed their training and competed with enthusiasm in their first round of interschool sports last Friday. I encourage our parents to go along to our interschool sports events and cheer our students on. Please note next week’s competition will be played on Monday (at Streeton Primary School) due to our 5/6 Campers being away next Friday.

A reminder for all of our families that it is a DET (Department of Education & Training) policy to have all extended absences approved by the school Principal. If a student is going on a family holiday or a student is away sick for an extended period of time (more than two days) our school must be notified and the extended absence documentation must be completed with the parent/carer. For one or two day absences due to illness please contact our office via phone or our School App so that the correct absence code can be entered onto our system. Thank you for complying with these DET guidelines.

Our Canteen is offering some new products for our students. Now available are chicken wings, dumplings, wedges & paddle pops. Please see the Term 2 Menu attached for prices.

Enjoy your week, Lee Pollard
We provide our students with the skills to become confident and capable global citizens.

**Interschool Sports report**

**Prep – 4 Gymnastics Program**

**Bike Education Program success**

**Upcoming fundraising events**

**Congratulations Julia for awesome swimming achievements!**

...and further reports from our Captains, House Captains reporting on their chosen Value of the week, Birthdays & our School Song.

**Pupil of the Week** for the week ending: 15th April 2016

<table>
<thead>
<tr>
<th>GRADE</th>
<th>REASON FOR CITATION</th>
<th>NAME</th>
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<tbody>
<tr>
<td>5/6M</td>
<td>For a great start to the term. Keep working hard on improving your English. Well done!</td>
<td>Katerina</td>
</tr>
<tr>
<td>5/6J</td>
<td>For her outstanding effort in Writing. For displaying outstanding leadership and effort throughout the Athletics Carnival.</td>
<td>Alyssa AND Sam</td>
</tr>
<tr>
<td>4/5N</td>
<td>For always showing excellence and consistently producing beautiful bookwork.</td>
<td>Jesslyn</td>
</tr>
<tr>
<td>3/4A</td>
<td>For the fantastic contributions you make during our class discussions. Well done!</td>
<td>Doressa</td>
</tr>
<tr>
<td>3/4B</td>
<td>For always co-operating and being thoughtful of others.</td>
<td>Jessica</td>
</tr>
<tr>
<td>1/2T</td>
<td>For your excellent Share Time about your holidays! Well done!</td>
<td>Reilly</td>
</tr>
<tr>
<td>1/2S</td>
<td>For being a great friend to your classmates and for being a caring and helpful partner during our ICT lesson this week.</td>
<td>Bianca</td>
</tr>
<tr>
<td>Prep D</td>
<td>For always doing her best and being kind to others.</td>
<td>Thao</td>
</tr>
<tr>
<td>Prep B</td>
<td>You are always so willing to contribute to discussions and sounds words out.</td>
<td>Elliot</td>
</tr>
<tr>
<td>Science</td>
<td>Excellent understanding of states of matter.</td>
<td>Kitty</td>
</tr>
<tr>
<td>Visual Arts</td>
<td>For your wonderful and positive attitude during your Art lessons. You are a delight to teach. Congratulations, Matthew and Amelie.</td>
<td>Matthew AND Amelie</td>
</tr>
<tr>
<td>Phys. Ed</td>
<td>Outstanding effort and determination in training for cross country.</td>
<td>Shaquille</td>
</tr>
<tr>
<td>Auslan</td>
<td>For long discussions in Auslan after two weeks of school holidays. Awesome effort, Antonio!</td>
<td>Antonio</td>
</tr>
<tr>
<td>OSHClub</td>
<td>For being an excellent helper during our cooking activity.</td>
<td>Jonathan</td>
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Happy Birthday! Well done Julia! Congratulations to our Pupils of the Week!
Canteen

Wednesday treats for 4th May 2016 is Chock Chip Cookies and 11th May 2016 is M&M Cookies. There are some new items on our canteen menu this term:

- Chicken Wings $1.50 each
- PORK & CHIVE DUMPLINGS $1.00 each
- WEDGES $4.00 per Serve
- PADDLE POPS Rainbow or Chocolate $1.70 each

Please make sure you have our new Canteen Menu handy when placing orders. If there are any parents who would like to volunteer in our Canteen please let our office staff know as soon as possible. Roster will be out shortly.

OSHClub News

Before School / After School Care Program
(for bookings phone 0467 712 368)

Before School

<table>
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<tr>
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<th>Monday</th>
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<tr>
<td></td>
<td>Blind Noughts</td>
<td>Bubbles</td>
<td>Problem Solving</td>
<td>Mathletics</td>
<td>Money Counting</td>
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<td></td>
<td>and Crosses</td>
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<td>Fun</td>
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After School

<table>
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<th>Monday</th>
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<tr>
<td>Outdoor Play</td>
<td>Snake Dodgeball</td>
<td>Poison Ball</td>
<td>Cat and Mouse</td>
<td>Fruit Salad</td>
<td>Bat Tennis</td>
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<tr>
<td>Indoor Play</td>
<td>Shopkeepers</td>
<td>Spinning Tops</td>
<td>Hide and Seek</td>
<td>Restaurants</td>
<td>Alphabet Art</td>
</tr>
<tr>
<td>Quiet Play</td>
<td>Cards</td>
<td>Reading</td>
<td>Puzzles</td>
<td>Drawing</td>
<td>Free Play</td>
</tr>
</tbody>
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Each day where possible students will be given an opportunity to complete homework in a space provided

BOOKING PROCEDURES

We employ staff each day based on the number of bookings we have. This is to make sure that we comply with the legal staff ratios. Therefore we require that people at least 24 hours’ notice of cancellation before the start of each session. This can be done online or by leaving a message on our phone (0467 712 368). If we do not receive notification of cancellation we will now be charging families for that session as we need to book and pay for staff. This is standard practice in all OSHClub services.

LATE FEE

Parents are reminded that if you are late to pick up your child from after care you will incur a fee. The fee is $2 per minute after 6.00pm. If you are running late please give us a call to let us know.

Michelle, Coordinator
Working Bee Saturday 30th April 8.00am-1.00pm
Followed by a free BBQ lunch!

We need some willing helpers to improve our grounds for our kids and community.

Jobs we hope to complete:
- Refit/trim the doors to the rear storeroom (P and F) at the back of Building 2.
- Install and fill garden boxes underneath the tree south side of the basketball courts. (Men’s Shed)
- Fix cyclone mesh around Junior play area
- Garden beds around flag pole
- Plant borders around poles of the playground equipment
- Plant garden above the SS play area
- Fix gutter near rubbish skip to allow for traffic to enter behind the canteen
- Dispose of branches and tree matter near rubbish skip
- Clean out drains – rains are coming
- Clean out gutters on sheds, especially at rear
- Clean up the area between the Secondary College and BPS
- Repair the Bat Tennis bats
- General trimming of shrubbery
- General weeding

Please complete below and return to our Office reply by Wednesday 28th April.

I/We ..................................................will be attending the Working Bee on Saturday 30th April.

Child’s Name:..............................................

Number attending BBQ at the conclusion of Working Bee:.......................  

1000 House Points for every student and each parent who attends the Working Bee.

House:..................................................

We provide our students with the skills to become confident and capable global citizens.
Open Day

Wednesday 18th May 2016
9.00am-3.15pm

We invite you to come and observe our wonderful teachers and students at work in their classrooms, and experience our students’ learning endeavours here at Bundoora Primary School. You will obtain a sense of the variety of programs and opportunities available. Our Student Leadership Team will be available to welcome and direct visitors around our school. Please see the timetabled events over the page.

Meet our Principal Ms Lee Pollard - Tour begins at 9.30am sharp.

All welcome!

Please phone our office for more information 9467 2601.

More than just classrooms...
....Come and see the difference.

We welcome you into any or all of our classrooms to observe our students in action.
Try these tips to encourage the behaviour you want in your child.

1. **Children do as you do.** Your child watches you to get clues on how to behave in the world. You’re her role model, so use your own behaviour to guide her. What you do is often much more important than what you say. If you want your child to say ‘please’, say it yourself. If you don’t want your child to raise her voice, speak quietly and gently yourself.

2. **Show your child how you feel.** Tell him honestly how his behaviour affects you. This will help him see his own feelings in yours, like a mirror. This is called empathy. By the age of three, children can show real empathy. So you might say, ‘I’m getting upset because there is so much noise I can’t talk on the phone’. When you start the sentence with ‘I’, it gives your child the chance to see things from your perspective.

3. **Catch her being ‘good’**. This simply means that when your child is behaving in a way you like, you can give her some positive feedback. For example, ‘Wow, you are playing so nicely. I really like the way you are keeping all the blocks on the table’. This works better than waiting for the blocks to come crashing to the floor before you take notice and bark, ‘Hey, stop that’. This positive feedback is sometimes called ‘descriptive praise’.

4. **Try to say six positive comments (praise and encouragement) for every negative comment (criticisms and reprimands).** The 6-1 ratio keeps things in balance. Remember that if children have a choice only between no attention or negative attention, they will seek out negative attention.

5. **Get down to your child’s level.** Kneeling or squatting down next to children is a very powerful tool for communicating positively with them. Getting close allows you to tune in to what they might be feeling or thinking. It also helps them focus on what you are saying or asking for. If you are close to your child and have his attention, there is no need to make him look at you.

6. **‘I hear you.’** Active listening is another tool for helping young children cope with their emotions. They tend to get frustrated a lot, especially if they can’t express themselves well enough verbally. When you **repeat back to them what you think they might be feeling**, it helps to relieve some of their tension. It also makes them feel respected and comforted. It can diffuse many potential temper tantrums.

7. **Keep promises.** Stick to agreements. When you follow through on your promises, good or bad, your child learns to trust and respect you. So when you promise to go for a walk after she picks up her toys, make sure you have your walking shoes handy. When you say you will leave the library if she doesn’t stop running around, be prepared to leave straight away. No need to make a fuss about it – the more matter of fact, the better. This helps your child feel more secure, because it creates a consistent and predictable environment.

8. **Reduce temptation.** Your glasses look like so much fun to play with – it’s hard for children to remember not to touch. Reduce the chance for innocent but costly exploration by keeping that stuff out of sight.

9. **Choose your battles.** Before you get involved in anything your child is doing – especially to say ‘no’ or ‘stop’ – ask yourself if it really matters. By keeping instructions, requests and negative feedback to a minimum, you create less opportunity for conflict and bad feelings. Rules are important, but use them only when it’s really important.

10. **Whining: be strong.** Kids don’t want to be annoying. By giving in when they’re whinging for something, we train them to do it more – even if we don’t mean to. ‘No’ means ‘no’, not maybe, so don’t say it unless you mean it. If you say ‘no’ and then give in, children will whine even more the next time, hoping to get lucky again.

11. **Keep it simple and positive.** If you can give clear instructions in simple terms, your child will know what is expected of him. (‘Please hold my hand when we cross the road.’) Stating things in a positive way gets their heads thinking in the right direction. For example, ‘Please shut the gate’ is better than ‘Don’t leave the gate open’.

12. **Responsibility and consequences.** As children get older, you can give them more responsibility for their own behaviour. You can also give them the chance to experience the natural consequences of that behaviour. You don’t have to be the bad guy all the time. For example, if your child forgot to put her lunch box in her bag, she will go hungry at lunch time. It is her hunger and her consequence. It won’t hurt her to go hungry just that one time. Sometimes, with the best intentions, we do so much for our children that we don’t allow them to learn for themselves. At other times you need to provide consequences for unacceptable or dangerous behaviour. For these times, it is best to ensure that you have explained the consequences and that your children have agreed to them in advance.

13. **Say it once and move on.** It is surprising how much your child is listening even though he might not have the social maturity to tell you. Nagging and criticising is boring for you and doesn’t work. Your child will just end up tuning you out and wonder why you get more upset. If you want to give him one last chance to cooperate, remind him of the consequences for not cooperating. Then start counting to three.

14. **Make your child feel important.** Children love it when they can contribute to the family. Start introducing some simple chores or things that she can do to play her own important part in helping the household. This will make her feel important and she’ll take pride in helping out. If you can give your child lots of practice doing a chore, she will get better at it and will keep trying harder. Safe chores help children feel responsible, build their self-esteem and help you out too.

15. **Prepare for challenging situations.** There are times when looking after your child and doing things you need to do will be tricky. If you think about these challenging situations in advance, you can plan around your child’s needs. Give him a five-minute warning before you need him to change activities. Talk to him about why you need his cooperation. Then he is prepared for what you expect.

16. **Maintain a sense of humour.** Another way of diffusing tension and possible conflict is to use humour and fun. You can pretend to become the menacing tickle monster or make animal noises. But humour at your child’s expense won’t help. Young children are easily hurt by parental ‘teasing’. Humour that has you both laughing is great.
Canteen Menu
Term 2, 2016 (Open Wednesday, Thursday, Friday)

Meal Deals (Saves 40-70 cents)
(Please indicate flavoured drink)

Healthy Meal Deal

- Chicken wrap
- 600ml water
- Apple

= $5.50

Aussie Meal Deal

- Meat pie
- Just juice
- Apple

= $6.00

Aussie Meal Deal

- Sausage roll
- Just Juice
- Apple

= JUST $6.00

USA Meal Deal

- Hot dog
- Big M
- Apple

= JUST $6.50

Italian Meal Deal

- Spaghetti bolognaise
- Just Juice
- Apple

= JUST $7.00

Hot Food

- Cup of Noodles (Chicken or Beef) $2.80
- Fried Rice *H $4.50
- Spaghetti Bolognaise *H $4.50
- Mac & Cheese *H $4.50
- Mini Pizza (Ham & Pineapple ONLY) $4.00
- 5 Mini Steamed Dim Sims $2.80
- Meat Pie $3.80
- Sausage Roll $3.80
- Party Pie $1.70
- Party Sausage Roll $1.70
- 3 Chicken Nuggets *H $2.80
- Classic Chicken Tender *H $3.85
- Hot Dog $2.20
- Mini Hot Dog

Add 35c for Tomato Sauce or Soy Sauce

Please add 10 cents to your lunch order if you do not have a lunch bag (brown paper bag).

Wraps/Sandwiches (On Request) Mini $3.30

- Salad Wrap
  (lettuce, tomato, carrot, cucumber, grated cheese, beetroot)

- Tuna Wrap
  (tuna, lettuce, tomato & mayonnaise)

- Warm Chicken Wrap
  (crumbed chicken strips, lettuce, grated cheese & mayonnaise)

- Egg Wrap
  (egg & lettuce)

- Roast Chicken Wrap
  (roast chicken, avocado, spinach & mayonnaise)*Large only $1.00

Add salad to your Tuna or Mini Warm Chicken Wrap (extra) Large

Salad Plates

- Salad (Lettuce, egg, tomato, cucumber, carrot, cheese, beetroot) $6.00
- With Ham $7.00
- With Tuna $7.50
- With Roast Chicken $0.35
- Salad Dressing Sachet

Snacks and Frozen Treats $1.65

- Choc Chip or Blueberry Mini Muffin $1.65
- Popcorn $1.35
- Delights Rice Crackers (BBQ Salt & Vinegar, Sour Cream) $0.60
- Raspberry Jelly Cup (Friday only) $1.00
- Special Wednesday Treats (freshly baked) $0.60
- Zooper Dooper $1.10
- Sunny Boy (Cola Glug, Razz Raspberry, Lemonade) $1.70
- Moosie (Chocolate, Strawberry, Blue Moon) $2.70
- Frozen Yoghurt (Mango or Strawberry)

New Products:

- Pork & Chive Dumplings
- Chicken Wings $1.00
- Wedges per serve $1.50
- Paddle Pops (Rainbow or Chocolate) $4.00
- $1.70

Please note the products marked *H are Jakim Halal approved

Winter Menu

Focaccias
- Cheese & Tomato $6.00
- Ham & Cheese $6.00
- Chicken Tender & Cheese $6.00
- Roast Chicken, Avocado & Spinach $7.50*

*Extras 50 cents each

Yummy Fruit & Veg Snacks

- Apple Slinky $1.20
- Carrot Stick Bag $1.10
- Cucumber Stick Bag $1.10
  (your own apple can be slinkied free)

Drinks

- Warm Milo Cup $1.50
- Water $1.50
- Plain Milk (250ml) $2.20
- Big M (Choc or Strawberry) $2.20
- Just Juice (Apple, Orange, Paradise Punch, Apple/Blackcurrant) $1.70

New Products:

Winters Menus

- Mini Salad Wraps/Sandwiches (On Request)
  (lettuce, tomato, carrot, cucumber, grated cheese, beetroot)

- Warm Chicken Wrap
  (crumbed chicken strips, lettuce, grated cheese & mayonnaise)

- Egg Wrap
  (egg & lettuce)

- Roast Chicken Wrap
  (roast chicken, avocado, spinach & mayonnaise)*Large only $1.00

Add salad to your Tuna or Mini Warm Chicken Wrap (extra) Large

Salad Plates

- Salad (Lettuce, egg, tomato, cucumber, carrot, cheese, beetroot) $6.00
- With Ham $7.00
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- Frozen Yoghurt (Mango or Strawberry)

Please note the products marked *H are Jakim Halal approved
Ladies BINGO Night In

at Bundoora Primary School

on Friday 13\textsuperscript{th} May
Eyes Down at 7.15pm

$10.00 per person includes first game & champagne glass with lucky numbered ticket.

Prizes include Gold Class Tickets, Bras ‘N Things Voucher, Peter Alexander Voucher, Elk Handbag, Delicious Healthy Hamper (Select Harvest), Gloria Jeans.

Please contact our office for tickets or for more information

9467 2601
bundoora.ps@edumail.vic.gov.au

- - - - - - please complete below and return to our office by Friday 6\textsuperscript{th} May - - - - - -

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

Child’s name/grade:...................................................

$10.00 enclosed Cash or Cheque or Credit Card

Card number

Please circle (VISA, Mastercard only)
DANCE, HIP HOP, ACRO, LYRICAL TAP & SINGING

ALL AGES - Toddlers – Adults

NEW ADULT BARRE CLASS STARTS SOON

Visit www.dancestreet.com.au for NEW timetable

RACHEL DUNNE FUGA (D.F.T.A) – Principal

Former Australian Champion 25 years of teaching expertise

0432 949 499

Come and join the dStreet Performers
Positive Parenting: a balanced approach to raising children
12 May 2016

The Anxiety Disorders Association of Victoria, Inc presents an Information Session on Positive Parenting for parents, carers and teachers

It’s challenging being a parent. We receive mixed messages from other parents, family and the media. So what is the best way to parent our children in a positive way and to feel positive about ourselves as parents? Positive Parenting will focus on two aspects:

1. how to deal with our children in a respectful, positive, proactive way
2. how to nurture ourselves and not spend our quality time with our children feeling exhausted and guilty.

Parenting is about being in touch with our children’s needs, and treating them with the respect that they deserve.

About the presenter

Sally-Anne McCormack is a clinical psychologist with private practices in Blackburn and Burwood East in the eastern suburbs of Melbourne, Victoria. She is a registered psychologist, media commentator, former teacher, wife and mother of four. She has extensive experience dealing with a broad range of mental health disorders especially depression, anxiety and sleep, as well as parenting and educational issues. In addition, she became an author when her first book - "Stomp Out The ANTs - Automatic Negative Thoughts" was launched in 2010.

Date: 12 May 2016
Time: 7.30 pm – 9.00 pm
Location: Dandenong Civic Centre
Boardroom 1 & 2
Level 2, 225 Lonsdale Street
Dandenong

Cost: $15 Standard fee
$10 ADAVIC members

Bookings:
Phone: ADAVIC (03) 9853 8089
Email: adavic@adavic.org.au
Website: www.adavic.org.au

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 813 | Ph: (03) 9853 8089 | Fax: (03) 9853 8021
Sustainable Homes and Communities presents

Gardening for Habitat and Biodiversity
“Plants and trees for birds and bees”

Saturday April 30, 2016, 10.30am to 1.00pm
La Trobe Wildlife Sanctuary, La Trobe Avenue, Bundoora

Learn about the best plants and the best techniques to increase the habitat value of your suburban garden, from the experts at La Trobe Wildlife Sanctuary, then take a tour of the Sanctuary, one of our region’s best natural assets.

FREE EVENT. Booking essential at www.sustainablecommunities.vic.gov.au or 8470 8405
Morning tea provided. And a free plant to take home.