



Bundoora
Primary School

***Excellence Respect Co-Operation
Resilience Friendship***

Balmoral Avenue, Bundoora 3083
Ph: 9467 2601
bundoora.ps@edumail.vic.gov.au
www.bundooraps.vic.edu.au

Out of School Hours Care: 0467 712 368
www.oshclub.com.au

Dates to Remember

Wednesday 18th April

Loose Change Challenge starts
(see P&F Report)

Monday 23rd April

Prep Class Captains/Vice Captains
announced at Assembly.

Tuesday 24th April

9.30 – School Tour (bookings essential)
10.45 – ANZAC Day Ceremony in the
Palace (All welcome)
7.00pm - Parents & Friends Meeting
(All Welcome)

Wednesday 25th April

ANZAC Day Public Holiday
11.00 – ANZAC Day Service at Watsonia
RSL, Morwell Avenue, Watsonia

Friday 27th April

Year 5/6 Interschool Sports versus
Watsonia PS

Tuesday 1st May

Diamond Valley Food Drive starts
(more information to come)

7.00pm – 2019 Prep Information
Evening (bookings essential)



facebook.com/BundooraPrimarySchool

Bundoora Bulletin

From the Principal...

Welcome back to school everyone! I hope all of our students and families had a chance to rest up and relax during the two week holiday break, or at least enjoy the Easter long weekend together. Looking over our Term 2 planner, it is exciting to see there are so many activities and opportunities coming up for our students. There is the Year 5/6 Camp to Candlebark Lodge, Preps will be visited by the Living Eggs program (baby chicks), Education Week is in May, Interschool Sports, Cross Country, several School Tours & 2019 Prep Information Evening, our Kindy Time sessions, as well as several Social Enterprise events, and P&F fundraising events. Please ensure you stay updated via our fortnightly newsletters, our School App, Compass, and Class Rep weekly emails.

We welcome Mrs Kate Bonazza into our school community, stepping into the role of our **Primary Wellbeing Officer**, who comes to us with a wealth of experience. We are very pleased to have Mrs Bonazza join our school. I trust our students and families will make her feel welcome. Our Visual Arts Teacher, Mrs Allibon, is on long service leave until the end of next week, enjoying a lovely family holiday in Europe. Mr Dom Bolger, one of our regular CRTs, is very capably conducting our Visual Arts lessons in Mrs Allibon's absence.

School Review

Every four years all Department of Education Schools are reviewed for all aspects of the student learning processes and operations. Our school is being reviewed on Tuesday, 29th May. The process leading up to the review is enormous, with a huge documented process that has to be prepared and submitted by Friday 27th April.



It was an exciting time during the holidays to see the site fences being erected for our \$3.5 million building. There are a couple of things for our community to be aware of. Firstly, whilst the site fences are up, no one is allowed to go inside them. Naturally, that includes students, staff and parents, as it is a construction site. All workers' vehicles will be parked within the fenced compound, so as not to tie up the limited parking that is available in surrounding streets. Construction will take almost one year and we expect to be moving into the new facility some time in Term 1 2019, at this stage. We will be taking a photograph each day to show the progress of the building for our school's interest. At this stage, our building company, CA Property Group, is waiting for water and power connection to the site to enable work to commence. The asphalt will begin to be dug up and removed in preparation, during the next few days. This is such an exciting time for Bundoora Primary School!

Thanks to all of our families who have cooperated so well with the altered school entry/exit arrangements. Your patience is appreciated.

Our **kiss and drop zone** on Bendoran Crescent was approved by Banyule Council and due to start almost two months ago. Since then, two local residents have raised some concerns with Council and submitted a petition of local residents against certain aspects of the altered parking plan. At this stage, I am unable to confirm when the kiss and drop zone will be constructed.

We wish Julia all the very best as she competes in the **State School Swimming Competition** today, in her Freestyle and Butterfly events.

We encourage all of our parents to regularly log on to Compass (free downloaded App), which is our **new parent communication program**. If you have not received your letter providing information, including personal family user names/passwords, and user handbook information about Compass, please contact our office as soon as possible. **It is encourage that all parents now enter their child's absence through Compass** (illness, medical/dental appointments, etc.), which is directly linked to their teacher's roll. Family holiday requests/extended absences are still required to be completed via our office. Please see our office staff if you need any assistance with Compass.

Enjoy your week, Lee Pollard

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

Our kids matter.
kidsmatterprimary.edu.au

Kids Matter
Australian Primary Schools
Mental Health Initiative



Respond well, rather than react to their anxieties

By Michael Grose

Many children are born to worry. The environment they live in may contribute, but worry and anxiousness may be in their nature.

Fortunately, for some young worriers anxieties don't prevent them from participating in sport, learning and social activities inside or outside school. Although, young worries may spend a lot of time fretting and catastrophising about how little everyday things could pan out, almost to the point of making themselves sick at times.

If you are a Type A worrier yourself then you'll understand your child's anxieties. The default reaction in this case is to react sympathetically rather than with empathy towards your child's worries.

However if you are the easy-going-*she'll-be-right-on-the-day* type of personality, then it may be hard for you to fathom what all the fuss is about. An attitude of "why worry?" is difficult for an anxious child to swallow. The default reaction is often to ignore your child or let them know they should just get on with things.

Neither reaction is what an anxious child should hear. Research has been found to reveal that parents who respond rather than react to children's anxious moments are far more effective at helping kids manage their anxiousness in the moment.

There's no doubt that anxious children and young people need careful, sensitive handling from families and teachers alike. They also benefit from parents and teachers who respond to their needs rather than simply react to their anxieties. When we are in react mode, we become anxious and worried ourselves, such is the contagious nature of anxiety.

Here are three great ways to respond, rather than react, to children's anxieties:

1. Draw your child's attention to the triggers

Many children and young people don't know when they are anxious. Over time, help children understand the sorts of incidents and scenarios that lead to their anxiety so that they learn to recognise their anxiety triggers. Encourage kids to stand back and notice their feelings, thinking and reactions to events. When they understand their anxiety, they can manage it.

2. Validate their feeling

Empathise, rather than sympathise with your child's feelings of anxiety. "Ah, I get it. You're worried about that test tomorrow. That's understandable." There is nothing better than being understood by a trusted adult when you are genuinely worried about something. You don't have to wallow in it with them, nor should you brush it aside. Letting your child know that you 'get it' is a huge relief when they are overcome by worry.

3. Remind them to breathe

In the moment of anxiety most kids forget to breathe. Their shoulders tense up and their breath tightens, which is fight-flight response to stress at play. Deep breathing dissipates the fight-flight response and alleviates those awful feelings that come with anxiousness. When your child is stressed remind him or her to breathe. "Let's take 3 deep breaths together." It is recommended that children practise deep breathing when they aren't stressed so it comes naturally to them when they are overwhelmed.

It's not that worriers and naturally anxious kids can't function well. They generally over-function as they come to grips with their anxieties. But anxious kids can be unhappy kids and hard to live with. They can also make difficult partners and friends as adults. This makes childhood the perfect time for parents and teachers to give natural born worriers some tools and strategies to help them live their life in full colour both now and, importantly, in the future.



From our Parents & Friends Team.....

This term we have a few events coming up which will assist us in raising funds for our school. Our next Parents & Friends meeting is Tuesday 24th April at 7.00pm in our Staff & Community Room. We welcome all of our parents/carers to come along, listen and contribute (where possible) towards our next fundraising events, enjoy a cuppa and meet some of our amazing parents/carers.



Loose Change Challenge

Have you got 5c, 10c, 20c, 50c \$1 & \$2 coins hanging around and you don't know what to do with them?

From today until Friday 4 May, Bundoora Primary School is having a **Loose Change Challenge**.

The Learning Area that collects the highest amount of loose change will win a special surprise! Will it be the Preps, 1/2's, 3/4's or 5/6's?

Each Learning Area will have a special **Loose Change Collector** to put their change into.

So, check your pockets, check the sofa and check the car for all the loose change you can find!



Tuesday 8 May – Mother's Day Stall – Save the date

During the Mother's Day Stall, all students will have the opportunity to visit the stall to purchase a gift for the special woman in their lives. Gifts range from 50c to \$5.00. We are appealing for any parents who may have an hour or two to come

along and help during our stall opening times (between 9.00am-12.00pm). If you're able to help out, please let our office staff know.

We are also seeking any donations of NEW or HAND CRAFTED items that you may wish to donate to be sold at our stall. If there are any crafty parents/carers, we would greatly appreciate any handmade items to sell at our stall. Many thanks in advance.

CALLING FOR JARS

If you have any spare glass jars with lids (mid size – think Dolmio sauce), please bring them into school. These will be used to make gifts for the Mother's Day Stall

Entertainment Book

This year we are again fundraising with the Entertainment Book.

Pre-order and receive your NEW 2018/2019 Entertainment Membership in time for school holidays! PLUS, pre-order now and you'll receive over \$150 in Early Bird Offers.

To order your membership head to <https://www.entertainmentbook.com.au/orderbooks/19008k0> for both Digital and Book memberships. Books can be collected from the school office from end of this week.










Any questions please email Cheryl Whiteway at cheryl.naturedirect@gmail.com



Give Mum the one gift she'll use all year

Give Mum an Entertainment Membership this Mother's Day and she can enjoy more than 12 months of valuable dining, shopping and travel offers! Buy from Bundoora Primary School today and you'll be supporting our fundraising. Hurry, they're selling fast!

Here are just a few of the many offers to enjoy with an Entertainment Membership:

UP TO \$40 Value	UP TO \$50 Value	UP TO \$60 Value
		
UP TO \$30 Value	25% OFF	10% OFF
		
20% OFF	10% OFF	10% OFF
		



Purchase your Membership
by April 30, 2018 for
your chance to WIN:

- 2 nights accommodation at any Rydges Hotel and Resort in Australia and New Zealand
- \$500 David Jones Gift Card

TO ORDER NOW GO TO:
www.entbook.com.au/19008k0

Alternatively, please complete your details below:

Name: _____ Phone: _____ Email: _____
Address: _____

Melbourne Edition \$70 including GST: # ___ Book(s) # ___ Digital Membership(s) Postage \$12 _____
Geelong Edition \$60 including GST: # ___ Book(s) # ___ Digital Membership(s) TOTAL ENCLOSED \$ _____

Payment type: ☐ CASH ☐ VISA ☐ MASTERCARD Credit Card payments will incur a 1.25% processing fee
Credit Card number: _____ / _____ / _____ Expiry date: _____ / _____ CVV*: _____

Cardholder's name: _____ Signature: _____

"Every Membership sold contributes 20% to our fundraising- Thank you for your support!"

MUSIC LESSONS AT BUNDOORA PRIMARY SCHOOL

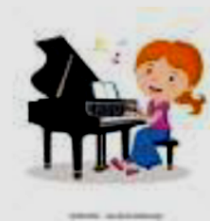
**** MUSIC TUITION INCREASES CONFIDENCE, SELF ESTEEM AND HELPS TO IMPROVE SCHOOL SUBJECTS – MATHS, LITERACY, SCIENCE, READING ETC ****

Bundoora Primary School in association with Metro Music School is now offering Music Lessons to students who are interested in learning an instrument at school every week. Lessons are held during school hours (30 mins/once per week) at suitable times. (Prep to Gr 6) Enquiries are welcome on 9460 4818 (Metro Music School).

Lessons Offered: **KEYBOARD PIANO FLUTE CLARINET VIOLIN**
From \$14.30 per lesson

Discount Hiring and Purchase also available. Contact us for details or visit our online shop at www.metromusic.net.au

ENROLMENT forms can be obtained from the school office or you can also enrol online at the above website address.



Community Notices

Gripping Potential Tennis Coaching

**JOIN OUR AMAZING
TENNIS CLUB
FOR FREE
IN TERM 2, 2018**



BUNDOORA TENNIS CLUB
(ENT. 143 GREENWOOD DRIVE, BUNDOORA)
*NEW MEMBERS ONLY.

**Contact us to claim your free family
membership and start playing today!**

For all registrations and enquiries
info@grippingpotential.com.au
0402 296 835
www.grippingpotential.com.au



Do you recognise this umbrella?

It was mistakenly removed/picked up on Monday and belongs to one of our parents. This umbrella has sentimental significance to this parent who would dearly like it returned. If you have mistakenly picked it up please kindly return it to our office as soon as possible. Thank you.



DIAMOND VALLEY COMMUNITY SUPPORT



**WE HAVE
HELPED 1494
PEOPLE IN
THE LAST 12
MONTHS**



WE HELP WITH

- Provision of Emergency Aid
- Education Programs
- Financial and Personal Counselling
- Information & Referral

YOU CAN HELP BY

- Volunteering at our OP Shops
- Make a donation on our Website
<https://www.dvcsupport.org.au/kids-assist-donation>
- Shop at our DVCS OP Shops in
MACLEOD - 44 Aberdeen Road or
DIAMOND CREEK - 37 Chute Street
- Visit the **KINGSBURY DRIVE
COMMUNITY MARKET** La Trobe
University Car Park 2



SUPPORTING THE LOCAL COMMUNITY SINCE 1972

Contact us on 9435 8282 or www.dvcsupport.org.au

ABN: 30 239 032 321



Junior Deaf Tennis Squad

**5 week coaching program on Sunday
mornings with the Gripping Potential
Coaching Team at \$25**

SUNDAY 18TH MARCH

SUNDAY 25TH MARCH

SUNDAY 8TH APRIL

SUNDAY 15TH APRIL

SUNDAY 22ND APRIL

RSVP 11TH MARCH TO GLEN:

glen.flindell@dorevitch.com.au

NJ TELFER RESERVE

THE COACHES HAVE UNDERGONE DEAF AWARENESS TRAINING AND
LEARNING BASIC AUSLAN WITH A VIEW TO RUNNING A LONG TERM
DEAF TENNIS PROGRAM.

AUSLAN INTERPRETER WILL BE PRESENT,



THIS QUALIFICATION WILL GIVE YOU THE SKILLS AND KNOWLEDGE TO PROVIDE
ASSISTANCE AND SUPPORT TO TEACHERS AND STUDENTS IN A RANGE OF
EDUCATIONAL SETTINGS. THIS INCLUDES PRIMARY, SECONDARY & SPECIAL
DEVELOPMENT SCHOOLS & AREAS OF EARLY CHILDHOOD EDUCATION

GRADUATES WORK AS :

- EDUCATION ASSISTANTS/TEACHER AIDES
- SUPPORT WORKERS (WORKING WITH CHILDREN WITH DISABILITIES)

COURSE DETAILS:

THURS. 3 MAY — 22 NOV. 2018

24 SESSIONS, 2 WORKSHOPS + 100 HR PLACEMENT

9.15AM TO 3.15PM

EAST PRESTON COMMUNITY CENTRE (EPCC)

ASK US ABOUT EMPLOYMENT OUTCOMES ACHIEVED UPON COMPLETION OF THIS COURSE

PRACE
Merrilands Community Centre
35 Sturdee Street, Reservoir 3073
9462 6077 | www.prace.vic.edu.au



T010 4036

Become a Teacher's Aide

Certificate III in Education Support CHC30213 : (May 2018)

This qualification will give you the skills and knowledge to provide assistance and support to teachers and students in a range of educational settings. This includes Primary, Secondary and Special Development schools and areas of early childhood education.

Graduates work as:

- education assistants/teacher aides
- support workers (working with children with disabilities)

Course Details:

Thurs. 3rd May to 22nd Nov 2018

24 sessions, 2 workshops + 100 hr placement.

9.15am — 3.15pm

East Preston Community Centre

7 Newton Street, Reservoir

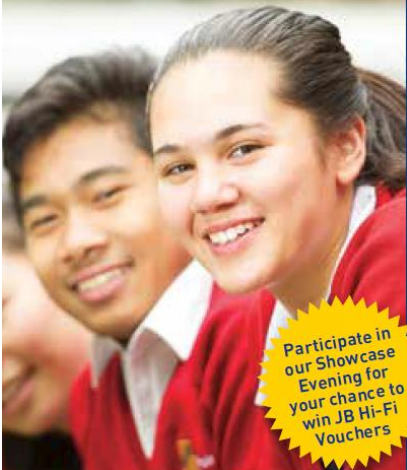
Concession: \$180

Full: \$900

Fee For Service: \$2,685 (Concession- Limited Places); Full: \$3,580

+ Service & Amenities Fee

Please ring early to arrange a pre-enrolment interview. Ph.
9462 6077.



Participate in our Showcase Evening for your chance to win JB Hi-Fi Vouchers

Reservoir High invites you to attend our

SHOWCASE & INFORMATION EVENING

Thursday 26th April, 2018

In the Performing Arts Centre
6.30pm SEAL Presentation followed by
Principal address at 7pm



Welcoming Applicants for our 2019 SEAL Program and our 2019 Scholarship Program

Prospective students are required to apply online via the link provided on our school website to register for the Edutest. SEAL Information brochures can also be downloaded from the school website www.reservoirhs.vic.edu.au Please register online with Edutest by **Monday 7th May, 2018.**

855 Plenty Road, Reservoir VIC 3073 Phone 9466 0900 Fax 9471 0252 www.reservoirhs.vic.edu.au

EXPLORE EVENING AT GREENSBOROUGH COLLEGE



THURSDAY 26TH OF APRIL

From **5:30 - 7 PM** - SUBJECT FAIR IN NEW SENIOR BUILDING
7 PM - INFORMATION SESSION IN NEW SPORTS STADIUM

To book a personalised morning tour, contact the College on 9433 2666

Nell Street, Greensborough, 3088
Ph: 9433 2666 Fax: 9433 2629
Email: greensborough.sc@edumail.vic.gov.au
www.greensc.vic.edu.au



Greensborough COLLEGE

DISCOVERY OPEN NIGHT

**Wednesday
2nd May,
2018**

5-7pm

Open for viewing and tours led by our leadership students.

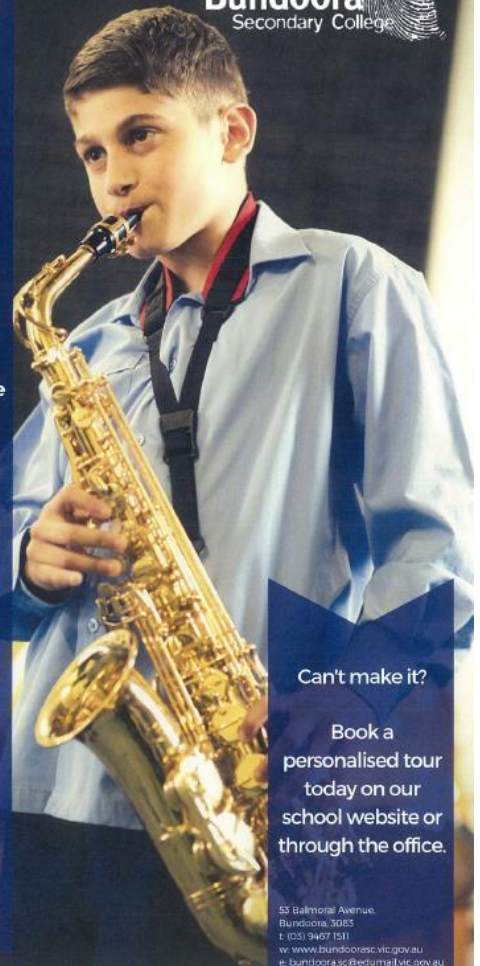
7pm

Resource Centre

Q and A with the Principal, Assistant Principal, Leading Teachers and staff.

Come and see the Take Control model in action and talk to the students about how they are empowering themselves for the future by designing their own pathways and curriculum.

Bundoora
Secondary College



Can't make it?

Book a personalised tour today on our school website or through the office.

53 Balmoral Avenue,
Bundoora, 3083
t: (03) 9467 1511
w: www.bundoora.sc.vic.gov.au
e: bundoora.sc@edumail.vic.gov.au