

Bundoora Bulletin

*Excellence Respect Co-Operation
Resilience Friendship*

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From our (new) Principal...

It was lovely to welcome all of our students back to school today. I know I am not alone when I express how wonderful it is to return to normal onsite school. We are all so proud of how our students used their resilience and patience, transitioning into home learning so well. Let's all continue to follow the instructions from our Government, Health Department and DET to return to 'normal' life again soon.

A reminder to our parents and carers that, at this stage, we are not able to allow parents/carers into our school buildings. If you must visit our office, please ensure you wear a mask and ensure there are no more than two adults in the office at one time. Where possible, we ask parents to remain outside our school gates, and, particularly during pick up, please collect your child and move on quickly. This will ensure we are doing the right thing in terms of safe distancing and not gathering in large groups.

I would like to thank our parents, students and staff for very successful 3-Way Conferences last week. We have received some wonderful feedback from parents on the smooth running of the day, which enabled wonderful communication between our teachers and families.

Unfortunately, due to the recent COVID lockdown, we have been forced to cancel or postpone a few upcoming events. Our Social Enterprise Global Awareness has been postponed to a later date, tomorrow's Kindy Time session has been rescheduled to Thursday 26th August, interschool sports finals have been postponed, and our Prep 2022 school tour will go ahead online. We are waiting to receive the latest Operations Guide from DET to be advised whether we are permitted to have our instrument teachers onsite and will advise our community as soon as this information comes in. We are hoping that the restrictions will ease further in the coming weeks to allow for our planned activities to go ahead.

I would like to remind our parents of the importance of having our students at school on time. While we understand the complexities of getting through traffic and perhaps the 'bad' morning struggles, it is imperative to have all students in class at the start of the school day. The first 10 minutes of each day is extremely important, as our teachers take this time to check in with their students, provide information about the day ahead, and provide vital instructions, including their expectations, of their first lesson. Students who enter the classroom once the class is settled, may become anxious to enter the room, and often miss the important communication given by their teacher. For some students, this may set their day up with negativity which may continue throughout the day. Currently, there are several roads enroute to our school where roadworks might cause delays, so please try to leave home that little bit earlier to ensure your child arrives at school before the morning bell at 8.55am.

Enjoy the week!

Ms Sherrin Strathairn

Upcoming events:

Wednesday 28th July

Chocolate Drive begins
(see letter attached)

7.00pm School Council
online (finance at 6.30pm)

Tuesday 3rd August

9.30am Prep 2022 School
Tour (online)

Don't forget our Canteen is open each Wednesday, Thursday and Friday. Lunch orders via Qkr! only (no over the counter sales).



Please remember to look out for Compass Alerts and emails from your child's teacher, our office staff, or your Class Rep, with important updates and information. Please speak to our office staff if you have trouble accessing Compass.



How to stop sibling rivalry by Michael Grose

Question: What causes sibling rivalry? **Answer:** Having more than one child.

This joke always gets a laugh in my parenting presentations but there is more than a hint of truth about it. Sibling rivalry comes with the parenting territory. There are many simple, straightforward strategies parents can use to decrease the likelihood of rivalry between two children. The following ideas will help parents reduce rather than eliminate rivalry between two or more siblings.

Accept children's individual differences

An acceptance and real tolerance of different children's interests and abilities is crucial for reducing the likelihood of sibling rivalry. The fact that parents have their own hopes and dreams for their children and have their own notion of what constitutes acceptable behaviour means that it is difficult to be accepting of children's differences – particularly of those children whose ideas, values and behaviours are different from our own.

Recognise their role in the family

When I asked my children years ago to help make their grandmother feel welcome before one of her visits, my eldest two children responded in conventional ways. One child helped clean the house while another put some flowers in a vase. My youngest daughter went straight to her bedroom and started to read. Puzzled and a little annoyed that she wasn't pulling her weight I asked what she was doing. She said that she was memorising a story because Grandma loves stories. This little episode reminded me that children help in different ways and adopt their own roles according to what gains a positive reaction.

Use encouragement liberally and praise sparingly

Do you praise your children when they fulfil basic bodily functions? Do you praise your children for obeying the laws of gravity? Do you give praise for simple socialisation procedures that your children practise every day? 'No,' you say. Children gain their self-esteem from the messages that they receive and through their interactions with the world. The main developmental tasks for children under 10 are to work out what they can do and how they fit into the world. An encouraging parent gives children feedback about their performance, but they ensure the feedback is realistic and they work from positives rather than negatives.

Put them in the same boat when they misbehave

Many parents spend time hunting for the individual culprit when children misbehave, neglect their jobs, or create a disturbance, when they would be better off putting them both or all in the same boat when any child is less than perfect. Making all children responsible for each other's behaviour increases teamwork and stops setting children up against each other. Next time a child is too noisy in the car resist the temptation to seek out the culprit. Instead remind your children that everyone will miss the outing if the car trip continues to be noisy. You will then place responsibility to resolve the problem where it lies – with them.

Focus on solutions not the fight

There are two broad approaches that parents can adopt with sibling fighting: become involved or remain neutral. In his book *Becoming Better Parents*, Australian psychologist and parenting authority Dr Maurice Balson recommends that parents leave children to resolve their own disputes. This approach makes a great deal of sense, but as most parents know, some fights are impossible to ignore, particularly when they happen under your nose. If you do intervene, make sure that you get in early before a full-scale fight occurs.

Introduce family meetings at age five

The use of regular family meetings is one way to promote cohesiveness between children and reduce unnecessary conflict. They provide children with a forum to air their gripes in a controlled, safe atmosphere and give children a chance to impact on family decision-making. Family meetings work best when they are short, held on a weekly or fortnightly basis and end with a pleasant activity. Like any meeting, they require effective leadership, and they should follow an agenda.

The family that plays together stays together

Have you ever noticed that when you are having fun with children the fighting ceases or at least decreases? It is hard to laugh and fight at the same time. Make sure you spend some time together as a family involved in enjoyable activities such as playing games, reading a story together and other ways that promote either interaction or closeness between children. When children believe and feel that they belong to the same tribe they are more likely to stick together and look after each other when difficulties arise.

This is an edited extract from the newly revised and updated edition of [Why first-borns rule the world and later-borns want to change it](#).

Community News

Active Kids Birthday Parties



latrobe.edu.au/sport

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