Term 2 is well and truly underway with the cross country already run and won (report in this newsletter) and winter sport starting this Friday for grade 5 and 6. At a classroom level the great work of our students and teachers continues.

The lifting of work bans also means that plans for camps and other after hours activities are back on the agenda. Parents will hear quickly about the grade 3/4 and 5/6 camps which are scheduled for term 4. I would like to express thanks to our teachers for their careful forward planning and negotiating with camp companies that ensured we gave ourselves the longest possible timeline and maintained our bookings to allow our camps to go ahead.

The School App

The MPPS app is here, as many of you already know. Much thanks to our friends at “community to go”. It features a calendar that has been populated with known events for term 2 and more will follow. It will feature the latest newsletter and has buttons for the Walking School Bus, MVIMP, Parent Association, uniform and canteen. It also has a quiz about our school, a timer and email and phone contact buttons to make contacting the office simple. The most compelling feature however is the message capacity that allows us to send messages to phones carrying the app in a moment and have them pop up on your screen. Simply go to the apple app store or the google store and search for Moonee Ponds Primary School and download on to your phone or tablet.

Newsletter

With the app available and the new website on the way, this will be the last printed newsletter sent home with students. In future there will be a few copies available from the front office the day after the publication for those without printing or electronic access. This is the realisation of a long desire to reducing paper and printing.

The Library

Kim and Vicki have been working hard in the library not just with cataloguing, returns and borrowing but also making some changes. They have been keenly observing the way the students in classes, alone and in groups use the space. These observations are then being used to make suggestions for the long term changes we need to make for our library to be an exceptional primary school space. Work to date has included changes to the use of tables and chairs and the creation of collaboration or reading nooks using existing and new furniture. (thanks to PA for some great new bean bags and floor cushions.) The collection is being reviewed from a primary school perspective across fiction and non-fiction and the teacher reference section has been moved to another location.
BOOK REVIEW by Joanne Wonder...by R.J. Palacio

A new feature for the newsletter as I familiarise myself with the fiction collection of our wonderful library.

This novel really moved me. I would highly recommend it to both adults and strong primary school readers of grade 5 and 6. It deals with issues of challenge and inclusion in a school community with wonderful child characters.

It is a great novel for a parent and child to read and discuss.

August, a male protagonist, is entering school for the first time in grade 5 and through his story you meet his rather wonderful parents, sister and friends.

All the characters face challenges that are dealt with in a humorous and sensitive way. There were moments when I laughed out loud and others that gave me pause for thought and reflection.

From the blurb “Narrated by Auggie and the people around him whose lives he touches forever, “Wonder” is a funny, frank, astonishingly moving debut to remember long after the final page.”

Facilities Update:

Two new interactive whiteboards were installed in the holidays in Senada and Leigh’s classrooms. This means all the 1/2 classrooms now have one (thanks PA).

Transition to Secondary School

On April 17th a letter and preference form were sent home with grade 6 students. These need to be returned to Moonee Ponds Primary School by 31st May.

This week’s newsletter carries information from Strathmore Secondary College, Brunswick, Mount Alexander and University High about applications and accessing programs if people live outside the zone.

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Invitation to attend...

Year 7 Secondary School Expo

Wednesday, April 24th 4:00-7:00pm TONIGHT

Dear Parents/Guardians,

This year, Moonee Ponds West Primary School is once again hosting the Secondary School Expo. Families with children in grades 5&6 from numerous Primary Schools in the area are invited to attend. A range of local state Secondary Schools have accepted an invitation to present at the Expo. The Expo is a great opportunity for families to find out about our local secondary schools. Schools presenting include:

- Buckley Park Secondary College
- Mount Alexander Secondary College
- Essendon/Keilor College (East Keilor and Niddrie campuses)
- Gilmore College for Girls
- Maribyrnong Secondary College
- Pascoe Vale Girls Secondary College
- Rosehill Secondary College
- Strathmore Secondary College
- Footscray City Secondary College

These schools will have a display and information handouts for interested families, plus personnel to talk to you and answer any questions you may have. Students from the secondary schools are also in attendance to discuss their experiences. The format is informal, so you are free to visit whichever display you wish to, any time between 4.00 – 7.00pm.

All Grade 5 & 6 children and their parents/guardians are invited to attend the Expo, which will be held in the Gym at Moonee Ponds West Primary School. The gym is situated on the Athol St side of the school.
Digital Technologies
There are a few things happening in the econnect sphere around being responsible and safe cyber citizens. Lee Pregnell has been integral in this work and I would like to take the opportunity to thank him for ensuring we are informed and connected to broad community conversations about cyber-safety.

1. **ACMA** presentations at the school on May 30\(^{th}\)
This is part of the Australian Communications and Media Authority (ACMA), Cybersmart Outreach program. It delivers internet safety awareness presentations for parents, teachers and students. Presentations provide valuable information about the risks confronting children online, and offer tools and tips to help make their internet experiences safe and positive.

**There will be three sessions:**

- **Session 1:** Student presentation (years 3 & 4) @ 12.30pm
- **Session 2:** Student presentation (years 5 & 6) @ 2.20pm
- **Session 3:** Parent presentation @ 5.30pm (all welcome – put it in your diary)

Internet safety presentations cover topics including:
- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, illegal content, inappropriate contact, identity theft, grooming and predatory activity
- tips to help children stay safe online.

The presentation is thorough, non-technical and is conducted by an accredited cybersmart trainer.

Our presenter will be **Mira Danon-Baird** who has worked as an educator in the school and university education sector both in Australia and overseas for over 25 years. With a background in instructional technology and pedagogy, she has extensive management experience in the development and delivery of technology-in-education programs for students in primary and secondary streams, and teacher professional development both in schools and university settings. As an advocate for research-based cybersafety awareness in a rapidly changing technology landscape, Mira promotes a whole-school integrated digital citizenship and cybersafety education approach in partnership with community awareness. She is actively involved in researching technology trends as they affect youth online culture and digital ethnography.

2. The Alannah and Madeline Foundation, through the Foundation for Young Australians, is conducting an eSmart schools evaluation in which we will be involved.

3. Finally 6 students in grade 5/6 are participating in the national program, “Youth Advisory Group on Cybersafety” – The students involved are our school captains from grade 6 Amelia Fuhr, Julian Lekakis and Jack MacLeod and Daniel Kamil, Angus Kelly and Ella Bryne from grade 5. These students join hundreds from across the country in an online environment for moderated discussion forums on cyber safety. The students have received their participant information and are already involved in the discussions. Once completed they will write a reflection for the newsletter.
2013 NATIONAL COMPETITIONS FOR STUDENTS IN YEARS 2-6

As in previous years, students in years 3 to 6 will have the opportunity to participate in a number of national competitions in 2013. This year grade 2 students will also be able to participate. The competitions will be held at school and all students are warmly invited to participate.

All competitions are conducted by The University of New South Wales. If you are interested in the competitions but would like more information please visit the website: www.eaa.unsw.edu.au. Students may also complete practice test via this website. Competition details are listed below. If you would like your child to enter one or more competitions, please complete the form below and return it with payment in an envelope marked ‘National Competitions’ to your child’s teacher no later than Friday 10th May, 2013.

### REGISTRATION FORM FOR 2013 NATIONAL COMPETITIONS:

*Return to your class teacher with payment no later than 10th May, 2013.*

**Student Name:**________________________________________ Year Level (circle one): 2 3 4 5 6

Place a tick in the first column for each competition your child wishes to enter.

<table>
<thead>
<tr>
<th>Date of Competition</th>
<th>Competition for years 2 to 6</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 5th June</td>
<td>Science (Yr. 3-6 only)</td>
<td>$8.00</td>
</tr>
<tr>
<td>Wednesday 31st July</td>
<td>English (Yr.2-6)</td>
<td>$8.00</td>
</tr>
<tr>
<td>Tuesday 13th August</td>
<td>Maths (Yr. 2-6)</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

**Tick to register**

<table>
<thead>
<tr>
<th>Date in 2013</th>
<th>Competitions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 5th June</td>
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<tr>
<td>Tuesday 13th August</td>
<td>Maths (Yr. 2-6)</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

I enclose payment, as per options below, of $__________ Signed:__________________________________________________________

Please tick method of Payment.

- CASH
- CHEQUE
- EMA

Please tick method of Payment.

PLEASE CHARGE THE AMOUNT OF $__________ TO MY:

- MASTERCARD
- OR
- VISA

My full card number is: _______ _______ _______ _______

Expiry date: ________________________________________

Cardholder’s name _____________________________________

Signature of Cardholder: __________________________________

NAME OF STUDENT/S:_________________________ ACTIVITY: 2013 NATIONAL COMPETITIONS
Why Strathmore Secondary College?
Choosing the right school for your child is important. Strathmore Secondary College has been successfully serving the community since 1957, offering quality education in all areas of the curriculum and consistently achieving excellent results at VCE throughout its long and proud history. “Palledem Alite” our school motto means ‘Cherish Wisdom’ and we are committed to enriching every child by offering quality programs across all curriculum areas as well as opportunities for further enrichment in Music, Performing and Visual Arts and Sport.
The College is committed to ensuring that every child enrolled is extended to reach their full potential.

Strathmore Secondary College Tours
The first round of College Tours commenced in the first term, they allow prospective parents to see the whole school at work with the opportunity to see classes first hand and gain a sense of how our school functions on a daily basis.
The schedule can be viewed at www.strathmore.vic.edu.au/enrolment/enrolment_tours.aspx.

Application for Enrolment at Strathmore Secondary College
The College gives priority to children who reside within our designated area and you are required to provide proof of permanent residence before an application on residency grounds can be considered.
You must live inside the designated area. Any enrolment based on false information will be withdrawn.
You can view the map on our website – www.strathmore.vic.edu.au/enrolment/enrolment_boundary.aspx

Application for Enrolment Curriculum Grounds
We welcome applications from students who live outside our zone based on General Academic, Musical and/or Sporting Excellence. You can lodge an application on Curriculum Grounds and these will be carefully considered. Forms are avaliable on the college website - http://www.strathmore.vic.edu.au/enrolment/enrolment_procedure.aspx

2014 Music Scholarship
We are justifiably proud of our music program and to encourage excellence in music each year.
We offer a Music Scholarship, advertised in our local papers. Forms are available on the college website.

Contact Details
Please contact Dianne King, Enrolments Officer on 9379 7999 or via email; king.dianne.f@edumail.vic.gov.au

Strathmore Secondary College
400 Pascoe Vale Road
Strathmore VIC 3041
Ph: 9379 7999 Fax: 9379 2812
Moonee Valley Network

Secondary Schools Expo
Moonee Ponds West Primary School
Athol Street Moonee Ponds
April 24th 4 – 7 pm—tonight!
All interested families welcome.

STRATHMORE SECONDARY COLLEGE

2014 MUSIC SCHOLARSHIP

Strathmore Secondary College invites interested students in Years 6-11 to apply for a Music Scholarship in 2014.

Our College provides a strong music program that helps students to reach their musical potential through individual and group tuition. Students selected for scholarships will be of a high musical ability with a commitment to the enhancement of their skills in this area.

Shortlisted applicants will be required to attend an audition and interview in term two.

For further details, please contact the College on 9379 7999 or email king.dianne.f@edumail.vic.gov.au

Closing date for applications: Friday 3rd May 2013

Open Day at The University High School on May 1st 2013.

We are running two Open Day sessions. Session 1: 2pm – 3pm and Session 2: 7pm – 8pm. Please only attend one session. There is no need to book for either session 1 or 2.
Bright Sparks Get A Bright Start at Mount Alexander College

From next year gifted and talented students will be able to enrol in a Select Entry Accelerated Learning Program at Mount Alexander College in Flemington.

The program is aimed at students of exceptional academic ability to achieve their potential.

Learning in core subjects will be accelerated so that students complete Years 7-10 in three years with more options for their final years. They will commence VCE studies in Year 10 and may include a first year university subject while completing year 12. It will also be possible for these students to complete secondary school in five years and proceed to tertiary studies a year earlier.

For more information visit the school’s website: [www.mountalexandercollege.vic.edu.au](http://www.mountalexandercollege.vic.edu.au) or phone the school on 9376 1622.

Registration to sit the selection tests for the 2014 intake closes on Friday 3 May, 2013.

Brunswick Secondary College will continue to offer a Select Entry Accelerated Learning Program for year 7 entry next year. Students in the SEALP complete Years 7 to 10 with a focus on extension material and learning in greater depth in the key learning areas of English, Maths, Science and Humanities.

Students suited to this program are those who:

- Have above average academic ability and excel in most areas of the curriculum
- Are creative
- Have high levels of maturity and commitment
- Have strong and positive self concept
- Are capable of independent learning

Students are selected into the program on the basis of ability and achievement testing, teacher report and interview.

For further information visit the school website at [www.brunswick.vic.edu.au](http://www.brunswick.vic.edu.au) or contact Marilyn Hardy or Tim James on 9387-6133. Applications close Friday 17th May, 2013. Test date Saturday 25th May 2013.
As you all may already know, the 5/6s will be competing in the Winter School Sports. There will be four sports we have been put into. They are Football, Soccer, Tee Ball and Netball. The captains and vice captains of our teams are:

<table>
<thead>
<tr>
<th>Netball (girls)</th>
<th>Netball (mixed)</th>
<th>Soccer</th>
<th>Football</th>
<th>Tee Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lilly Tye (C)</td>
<td>Lydia Marshall (C)</td>
<td>Christian Chan (C)</td>
<td>Ben Robertshawe (C)</td>
<td>Sean Goodman (C)</td>
</tr>
<tr>
<td>Grace Christofides (VC)</td>
<td>Rebecca McConnell</td>
<td>Alex Craven (VC)</td>
<td>(C)</td>
<td>Alex Young (VC)</td>
</tr>
</tbody>
</table>

We will be competing against schools from the district. The schools who are participating are Aberfeldie Primary, St Vincent’s Primary, Essendon Nth Primary, Strathmore Primary, St Monica's Primary, Essendon Primary, Niddrie Primary and Strathmore Nth Primary.

We will be travelling to different schools to play different games and will be playing home games as well. Here are the places and dates:

- Friday 26th April at Moonee Ponds PS, Ormond Park
- Friday 3rd May at Aberfeldie PS, Clifton Park and Aberfeldie Park
- Friday 10th May at Moonee Ponds PS, Ormond Park
- Friday 17th May at Niddie PS, Aj Davis Reserve
- Friday 24th May at Strathmore PS, Strathnaver Reserve and Boeing Reserve
- Friday 14th June at Moonee Ponds PS, Ormond Park
- Friday 21st June at Strathmore North PS, Strathnaver Reserve and Lebanon Reserve

We will be traveling by bus to our destinations and with the home games the Football and Soccer will go on the opposition team’s bus after the opposition drop off their Netball and Tee ball teams.

All students will leave at 1:00pm and return by 3:20.

We are looking for parent helpers in all of the four sports being played. We need the following help:

<table>
<thead>
<tr>
<th>Netball</th>
<th>Soccer</th>
<th>Football</th>
<th>Tee Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Umpires</td>
<td>Umpires</td>
<td>Umpires</td>
<td>Umpires</td>
</tr>
<tr>
<td>Assistant coach</td>
<td>Assistant coach</td>
<td>Assistant coach</td>
<td>Assistant coach</td>
</tr>
<tr>
<td>on match days</td>
<td>on match days</td>
<td>on match days</td>
<td>on match days</td>
</tr>
<tr>
<td>Contact person:</td>
<td>Contact person:</td>
<td>Contact person:</td>
<td>Contact Person:</td>
</tr>
<tr>
<td>Jess Buerckner</td>
<td>Lee Pregnell</td>
<td>Matt Bott</td>
<td>Karisse Hunter</td>
</tr>
</tbody>
</table>

Umpires are required for home games only, however if you wish to come along to support at our away games that would be great.

Please contact the above relevant teacher if you wish to be a part of our Winter Sports program.

Amelia Fuhr
School Captain
Congratulations to all those students who participated in the MPPS annual Cross Country Fun Run last Friday the 19th of April. It was a great success with fun had by all. A huge thank you to all the teachers, parents and students who assisted in the lead up to the event and on the day.

The final whole school house results were as follows:
1st – Chisholm (486 points)
2nd – Lawson (445 points)
3rd – Banks (431 points)
4th – Macarthur (377 points)

The overall age group champions were as follows:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>P/1/2</td>
<td>Stella Apostolides (Banks)</td>
<td>Ty Davis (Chisholm)</td>
</tr>
<tr>
<td>9/10</td>
<td>Mali Mc Leod (Lawson)</td>
<td>Cian O’Callaghan (Lawson)</td>
</tr>
<tr>
<td>11</td>
<td>Molly Kilpatrick (Macarthur)</td>
<td>Bailey Predgen (Chisholm)</td>
</tr>
<tr>
<td>12/13</td>
<td>Lilly Tye (Chisholm)</td>
<td>Jack Mc Leod</td>
</tr>
</tbody>
</table>

The top 5 students from each age group, boys and girls, will qualify for the District Cross Country event. These students are:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>9/10</th>
<th>11</th>
<th>12/13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>Mali Mc Leod</td>
<td>Molly Kilpatrick</td>
<td>Lilly Tye</td>
</tr>
<tr>
<td>Ruby Tye</td>
<td>Ece Sirin</td>
<td>August Williams</td>
<td>Paris Karipidis</td>
</tr>
<tr>
<td>Emily Vorrias</td>
<td>Melina Vampatella</td>
<td>Charlotte Swainston</td>
<td>Sozoe Younge</td>
</tr>
<tr>
<td>Yasmin Elbahrawi</td>
<td>Emily Vorrias</td>
<td>August Williams</td>
<td>Paris Karipidis</td>
</tr>
<tr>
<td>Boys</td>
<td>Cian O’Callaghan</td>
<td>Bailey Predgen</td>
<td>Jack Mc Leod</td>
</tr>
<tr>
<td>Tait Pascoe</td>
<td>Declan Dooley</td>
<td>Christian Chan</td>
<td></td>
</tr>
<tr>
<td>Ferris Joyce</td>
<td>Ben Gray</td>
<td>Thomas Bowden</td>
<td></td>
</tr>
<tr>
<td>Thomas Leury</td>
<td>Jack Leury</td>
<td>Eric Newgreen</td>
<td></td>
</tr>
<tr>
<td>Maxwell Stewart</td>
<td>Devlin Mc Carthy</td>
<td>Alexander Craven</td>
<td></td>
</tr>
</tbody>
</table>
OUR AWESOME RUNNERS!!
Fun Run Results

Cross Country & Fun Run 2013
A HUGE ‘thank you’ to everyone who participated in the Moonee Ponds Primary School 2013 Cross Country Fun Run last Friday! Thank you to the smiling students, who gave their best efforts – many of them completing the whole distance without stopping – and then still had energy to cheer on their friends and team mates at the finish line. Thank you to the many parents who showed up to volunteer their services and support the kids. And thank you to all the teachers and MPPS support staff who helped make a long run a fun and exciting whole-school event!

This Friday is the absolute last day to submit your sponsorship forms and fundraising money in order to claim a prize. Please send feedback, suggestions or ideas for next year’s event to Melissa Darlington melissajdarlington@gmail.com

On-going simple fundraisers
MPPS is registered with a few fundraising groups whereby we automatically receive commission from the sales. Some of you may already be a customer of either of the following, or maybe you’d like to sign up.

Aussie Farmers and That’s Mine Labels flyers have been included with the newsletter for you to consider. If you wish to use their services please deal directly with the company not via the school office.

Fundraising
The Parents Association is thrilled to see the arrival and indeed very prompt use of the new interactive whiteboards in the 1/2 area. Funding was provided by the PA and made possible, as always, by the outstanding efforts of our outstanding parent community. We will continue to support the ICT improvements of the school with 2 mobile interactive whiteboards and digital display monitors earmarked for the Prep area and 5/6’s respectively on our fundraising list. The installation of more shade sails is also pencilled for later in the year.
Biennial Ball (a night out for parents and friends)

Friday 2nd August at Ascot House

50 Fenton St, Ascot Vale
Tickets @ $90 p/h.

Save the date and invite your family & friends for this magical night.

Bookings forms will be available shortly.

- $90 includes
  Hors d’oeuvres & Champagne
  3 course meal with wine, beer, soft drink
  tea & coffee to complete the evening

There will be entertainment, music, dancing, auctions, games and prizes

The purpose of the ball is twofold. Firstly to foster our community spirit and have fun together and secondly to fundraise. You can show your support by donating goods or services that can be auctioned on our special night. Items can be dropped off at the office or you can contact one of the Ball committee members (see below).

Remember: not only articles make good gifts - electricians, beauticians, even lawyers can offer a service or donate their time. Next time you see your hairdresser, cleaner, nail-technician or that very helpful person in your favorite shop ask them for a donation. A letter will be available from the office, to support your request. All companies donating will be officially thanked and promoted at our Ball.

All money raised will go towards our school and will directly benefit our children.

Don’t miss this night of nights!!!
(and don’t stress about the dress)

Mark your calendar!
2nd August 2013
7pm to midnight

For more info, contact Nanette Dijkstra: ball2013@branette.net, 0403 783 358
or talk to one of us at school: Caroline Golden, Kirsten Cheney, Leah Manion, Melissa Darlington, Tracey Talko, Nanette Dijkstra

PUT THIS IN YOUR CALENDAR!!
5/6 Cake stall – Wednesday May 8th

If you are able to coordinate this event please email Ally on:
ally.kane@optusnet.com.au

Mothers Day Stall- Friday 10th of May
If you are able to help out on the day or on the Thursday to set up please email Jill on:
andrewjillk@optusnet.com.au

5c Frenzy

Start collecting all those odd 5c coins for next Terms 5c Frenzy challenge!!

2013 CURRICULUM DAYS

27th May
15th July
7th October
Forms can now be collected from the office. Enrolments are now being taken for next year. If you know of anybody, ie: neighbours, family, friends etc. Please advise them we have begun the enrolment process and tours are available by contacting the school.

Moonee Valley is developing a Playspace Plan to guide the upgrade, replacement and installation of new public playspaces over the next 15 years.

In a nutshell, the draft Playspace Plan recognises that play is important for children of all ages and recommends that:

- Residents can access play opportunities within walking distance of their home
- There is an even spread of types of play spaces across the city
- Playspaces cater for different age groups, including older children
- Playspaces are safe, attractive and accessible places for all family members.

Have your say
Read the draft Playspace Plan on our website or view a copy in the Civic Centre or libraries and send us your comments by Friday 26th April:
- By email to parkimprovements@mvcc.vic.gov.au
- By post to Moonee Valley City Council, PO Box 126, Moonee Ponds VIC 3039

For more information, visit mvcc.vic.gov.au/play
Welcome back to Term 2! Walking School Buses run all year round – rain, hail or shine! The weather will start to get cooler this term but we will still be out walking, having fun, exercising our bodies and practising our road safety skills! Why not come and join us?!

Below are some photos from our Term 1 Ride 2 School Day. On the left are some of our wonderful parent helpers serving a delicious breakfast to participants. On the right is Sonya Musgrave (left) who organised a ride from Ormond Park along the freeway bike path to reach Fanny Reserve and then school.

Walking School Bus Routes:

*WEDNESDAYS AM
START: Meet on Melville Rd, opposite Jacobs Reserve at 8:10 am.
Travel along Albion Street, Bent Street and Hope Street Brunswick West; continue along Evans Street and Bent Street Moonee Ponds to reach school.

*WEDNESDAYS and THURSDAYS AM
START: Meet outside 75 McPherson Street, Moonee Ponds at 8.35am.
Travel down McPherson to Bent and then along Bent Street to school.

*TUESDAYS, THURSDAYS AND FRIDAYS AM
START: Meet corner of Dean Street & Stuart Street, Moonee Ponds at 8.20am.
Travel along McPherson Street, Thomas Street and Wilson Street to reach school.

JOIN IN!! To participate in the WSB program all children/parents must have filled out a ‘parent consent form’ and a ‘child behavior agreement form’ which are available on the counter at the school office or from the MVCC website:

MORE INFO? Contact one of the WSB Coordinators anytime!

CLARE WALKER (Mum to Aaliyah in Grade 1) HOLLY VITALE (Mum to Finian in Grade 1)
0403341702 or clare.walker@live.com 0424256239 or holly.vitale@yahoo.com
 SRC MEETING – 19th April, 2013

We’ve had a busy start to term two on the SRC. Firstly we elected the new meeting leader, minute taker and report writer for next weeks meeting and then we got down to business. This weeks meeting focused on planning for term 2. First of all we discussed ideas for the SRC blog. These ideas included a profile of the SRC members, a comments page for students to respond to and a page for SRC members to discuss their experiences on the SRC. Another great idea was to include a virtual ‘suggestion box’.

We then discussed about the two fundraisers that we are going to hold this year and brainstormed a long list of possibilities. Next meeting reps are each going to bring two ideas for a fundraiser for an outside charity/organization and two ideas for fun fundraiser activities. Next week Jack will put these ideas on ‘Survey Monkey’ so everyone can help decide on the final choices.

The final item on this week’s agenda was to have a quick look at our year planner to see what we have achieved so far this year.

Julian Lekakis
This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

A three-session program for parents and carers to help manage difficult behaviour in children 2-12 years old is being held at:

Essendon North Primary School on Keilor Rd, North Essendon on 10th, 17th and 24th of May 2013 at 9.15am-11.45am

Learn:
- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour

Registration Fee? The course is free to parents of children whom attend State Government schools in the Moonee Valley Network. A $2 donation is requested for refreshments.

Register for this course contacting Margo Edgar or Kate Barletta, Assistant Principals at Essendon North Primary School on 9379 3979 or Melissa Di Pietro, psychologist (Student Support Services) on 9376 3876.

What people are saying? What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realised quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.

Who’s running it? Melissa Di Pietro (Psychologist) who completed the Parentshop® 1-2-3 Magic & Emotion Coaching on 30th March 2011. Melissa has experience working in schools, providing services supporting both the children and their families.

Emelie Barringer (Psychologist) and Melissa Di Pietro (Psychologist) both have experience working in schools, providing services supporting children and their families.

For more information contact:
Melissa Di Pietro or Emelie Barringer
(Psychologists–Student Support Services) on 9376 3876
Chess Education
Manager: Nick Speck
Email: info@chesseducation.com.au
Website: www.chesseducation.com.au

Moonee Ponds Primary School Chess Club – Term 2, 2013

Chess is one of the most powerful educational tools available to strengthen a child’s mind. Most 6-7 year olds can follow the basic rules and some children as young as 4 or 5 can play. Whatever a child’s age, chess can enhance concentration, patience and perseverance as well as develop creativity, intuition and memory. Most importantly, children can develop the ability to analyse and deduce from a set of general principles, to make tough decisions and to solve problems flexibly.

The chess classes will continue to take the children through a structured chess course with the dual aim of achieving the maximal educational benefits the game offers and providing an enjoyable learning environment.

If your child would like to participate in the Chess Club during Term 2 please fill out the form below and return it to the office by the start of the first lesson. Class numbers are limited to 25. Enrolments will be taken on a first-come, first-served basis.

When: Thursday Lunchtimes 1:30 – 2:20pm
There will be 9 classes in Term 2 on May 2\textsuperscript{nd}, 9\textsuperscript{th}, 16\textsuperscript{th}, 23\textsuperscript{rd}, 30\textsuperscript{th}, Jun 6\textsuperscript{th}, 13\textsuperscript{th}, 20\textsuperscript{th}, 27\textsuperscript{th}.

Where: Library
Cost: $72.00 (includes chess materials) per child for Term 2. Please make any cheques payable to ‘Moonee Ponds Primary School’ and give to the office.

Enquiries: Please feel free to contact Nick on (03) 9387 4503, 0402 33 9600, or via email at info@chesseducation.com.au

MPPS contact: Dave Kiddle

Moonee Ponds Primary School: Chess Club Enrolment Form – Term 2, 2013

Name:__________________________________________ Grade:________________________
Address:______________________________________ Postcode:_____________________
Phone:________________________ Email:__________________________________________

PLEASE USE THE OPTIONS BELOW TO INDICATE YOUR METHOD OF PAYMENT:
I enclose CASH o or CHEQUE o to the value of $__________ for MPPS CHESS CLUB

ALTERNATIVELY: PLEASE CHARGE THE AMOUNT OF $__________ FOR THE: MPPS CHESS CLUB
(Name of Excursion/Camp)

TO MY: MASTERCARD o VISA o
(Please tick one option and provide details below)

My full card number is: _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ (PLEASE PRINT CLEARLY)
 Valid from: ______________________________________________ Expiry date: ______________________________
 Cardholder’s Name: ______________________________________________
 Address: __________________________________________________________ Postcode: ___________________________
 Daytime Telephone Number: _______:
 Signature of Cardholder: ______________________________________________
Year 5/6
Trading Table

Wednesday May 8th
Goods are available for sale from 3.20pm

(All items sold will be 50c or $1.00)
Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiety in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part
Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiety than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should I worry?
Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practises, let’s quickly list some practices that are unhelpful for parenting anxious kids:

- Fixing kids’ problems.
  Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

- Allowing avoidance.
  Letting kids escape new or fearful situations validates their fears.

- A ‘get over it’ attitude.
  There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts.* You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. *Let’s go to the party for an hour then I’ll pick you up.* By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave *then you go first.* Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids.

(Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at


Subscribe to Happy Kids, the FREE ParentingIdeas weekly guide while you are there.
## FUNDRAISING DATES FOR 2013 *

### TERM 2 - 15\(^{th}\) April – 28\(^{th}\) June

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Coordinator</th>
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<tbody>
<tr>
<td>Fun run</td>
<td>19(^{th}) April</td>
<td>Sandra &amp; Melissa</td>
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<tr>
<td>5/6 cake stall</td>
<td>Wednesday 8(^{th}) May</td>
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<tr>
<td>Mothers Day Stall</td>
<td>Friday 10(^{th}) of May</td>
<td>Jill</td>
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<tr>
<td>Sausage sizzle</td>
<td>28(^{th}) June</td>
<td>Sue Prosenica</td>
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### TERM 3 - 15\(^{th}\) July – 20\(^{th}\) September

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Coordinator</th>
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<tbody>
<tr>
<td>School Ball</td>
<td>Friday August 2(^{nd})</td>
<td>Nanette Dkystra</td>
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<tr>
<td>School Disco</td>
<td>Friday August 16(^{th})</td>
<td>Alli Beaumont</td>
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<td>5c Frenzy</td>
<td>Beginning of Term 3</td>
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<tr>
<td>Prep cake stall</td>
<td>Wednesday 21(^{st}) August</td>
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<tr>
<td>Fathers Day stall</td>
<td>Friday 30(^{th}) August</td>
<td>Mary Amiridis &amp; Melissa Raval</td>
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<tr>
<td>Sausage sizzle</td>
<td>20(^{th}) September</td>
<td>Sue Prosenica</td>
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### TERM 4 - 7\(^{th}\) October- 20\(^{th}\) December

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Coordinator</th>
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<tbody>
<tr>
<td>Icy Poles</td>
<td>Wed &amp; Fridays</td>
<td>Leah/Sandi/Lois</td>
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<tr>
<td>1/2 Cake stall</td>
<td>Thursday 21(^{st}) Nov</td>
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* Dates are subject to change depending on other school events that may be scheduled in 2013
## DATES TO NOTE TERM 2

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>15 April Term 2 Begins</td>
<td>16 April</td>
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<td>18 April</td>
<td>19 April School Fun Run/ X Country</td>
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<td>22 April</td>
<td>23 April</td>
<td>24 April Moonee Ponds West Secondary Expo 4-7pm</td>
<td>25 April Anzac Day Holiday</td>
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<tr>
<td>29 April Whole School Photo</td>
<td>30 April</td>
<td>1 May Primary District X Country</td>
<td>2 May</td>
<td>3 May Whole School Assembly</td>
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<td>6 May</td>
<td>7 May</td>
<td>8 May 5/6 Family Planning</td>
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<td>13 May Naplan</td>
<td>15 May Naplan</td>
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<td>17 May Whole School Assembly</td>
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<td>20 May School Council</td>
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<td>27 May Curriculum Day</td>
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<td>30 May</td>
<td>31 May P-6 School Athletics Aberfeldie</td>
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<td>3 June Science Competition Years 3-8</td>
<td>5 June Year 3/4 Excursion to Werribee Zoo</td>
<td>6 June Year 7 Transition Forms due back</td>
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<td>10 June Queens Birthday Holiday</td>
<td>11 June</td>
<td>12 June</td>
<td>13 June</td>
<td>14 June Whole School Assembly</td>
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