A busy February is the hallmark of an organised school and this year at Moonee Ponds Primary School has certainly been busy. As well as getting students settled into classrooms and routines using the establishment program and planning for the year and the term, teachers have attended the prep information and welcome evening and the econnect evening for families. I know that families appreciate this level of commitment from our staff as we conversely appreciate parent attendance at these events.

I would also like to thank our ICT technician, Vincent for the hours he has worked to get the school back on line after major ICT works and to get the netbooks configured and operating. This work continues this week with the reconfiguration of laptops and classroom computers. Another unheralded group that make the school tick over are our cleaners; Miguel and his team have the school looking fabulous. Finally our ES staff, Kaye, Vicki, Kim and Mary who have variously; come in early, stayed after hours and been incredibly flexible in their roles to ensure everything was ready for the year and continue in this way to support the smooth running of the school.

Parent/Teacher Exchange
The Teacher/Parent exchange interviews were held yesterday afternoon and evening and went smoothly. I would like to thank teachers for their professionalism is organising and conducting these opportunities for a useful exchange of information. Thanks also to Nancy, Fiona, Karisse and Vicki for their support in working with students from 2.20 to allow the interviews to begin during school hours. I know this is appreciated by classroom teachers and families.

School Council
The first school council meeting of 2013 will be held on Wednesday 27th February. This is also the final meeting for some serving members of council. I would like to take this opportunity to thank the current council for their incredible work over the past twelve months. They have completed some dauntingly complex and difficult work and have done it all, while maintaining a consultative and collaborative focus. As a group of people they have truly lived the values of our learning community – respect, optimism, care and collaboration.

The new council will be welcomed at the Annual General Meeting scheduled for 27th March 2013. This means we have a nomination process and possible election to conduct over the next few weeks.

I offer my thanks on behalf of the school community to retiring members Brigid Marasco (parent), Nicole Macrae and Rebecca McMahon (DEECD). Mike Holtz (parent) will be nominating for a second two year term. There are also two casual vacancies (one year) created by the resignation of Conor Flanagan (to pursue work commitments) and Marcia Hall (Carers Leave). I would like to personally and publically thank those retiring or resigning; Brigid, Conor, Rebecca, Nicole and Marcia for their work and commitment to School Council over the past twelve months. All, with the whole council, have worked tirelessly to create the new mission, vision and values statement, set a new direction for the school, introduce econnect, develop and implement policies and ensure that Moonee Ponds Primary School is compliant with DEECD guidelines and offers the best possible education to students.
2013 Vacancies
This year council has the following vacancies:

<table>
<thead>
<tr>
<th>Category</th>
<th>Vacancies</th>
</tr>
</thead>
</table>
| Parent Members:           | 2 vacancies for two year terms  
|                           | 1 casual vacancy for a one year term |
| DEECD members:           | 2 vacancies for two year terms  
|                           | 1 casual vacancy for a one year term |

Council is therefore calling for nominations to fill the vacancies. The election timeline is below. Nomination forms are available at the front office.

- Nominations open 13th Feb
- Nominations close 20th Feb
- (if an election is required)
- Ballot declared 22nd Feb
- Voting closed 4 p.m. 7th March
- Vote Count and Election results published 8th March.
- New Council attends the AGM 27th March

Included in this newsletter is detailed information on the process for filling positions on School Council. Council will meet eight times this year on a Wednesday evening from 7-9.00 pm. Councillors are expected also to sit on one of the following committees:

- Finance
- Education
- Facilities
- Before and After School Care

The Finance, Education and Facilities sub committees have a monthly meeting schedule (if necessary) and the BASC is scheduled for one meeting per term.

See more from the School Council President following.
I’d like to welcome everyone back to the 2013 school year and also welcome our new students, parents and carers. There are many ways to be involved in your child's education be it volunteering with reading in class, being active in the Parents Association (PA) or becoming involved in school council. Each year members of council retire and new members are elected so there is always an opportunity to become involved. I’d encourage you to read the information below and think about nominating for school council as it is a rewarding experience.

Cheers

Sean

School Council Information
All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students

What is the function of school council?
- Establish the broad direction and vision of the school within the school's community
- Participate in the development and monitoring of the school strategic plan
- Develop, review and update school policies
- Develop, review and monitor the Student Engagement Policy and the School Dress Code
- Raise funds for school-related purposes
- Approve the annual budget and monitor expenditure
- Maintain the school's grounds and facilities
- Enter into contracts (e.g. cleaning, construction work)
- Report annually to the school community and to DEECD
- Generally stimulate interest in the school in the wider community

Who is on school council?
There are 3 categories of membership:

Elected Parent members
More than one third of the total members must be from this category. *DEECD employees can be Parent members at their child's school. However, they must be counted as DEECD employee members for the purposes of quorums at meetings and may not stand for the position of School Council President.*

Elected DEECD employee members
Members of this category may make up no more than one third of the total membership of school council. The principal of the school is automatically one of these members.

Optional Community (co-opted) members
Its members are co-opted by a decision of the council because of their special skills, interests or experiences. DEECD employees are not eligible to be Community members. Terms, rights and responsibilities of community members are the same as those of elected councillors

For more information go to -

Notes for participation in the Chess Club will be sent home this Friday. If you are interested, these forms must be returned to the office as soon as possible as places are limited!

Keep an eye out for these notes in your child's bag this Friday.

Dave Kiddle—Coordinator

________________________

Chess Club is on Again!

________________________

AEU Stopwork Action
Thursday February 14th
Information for parents

Tomorrow, Thursday February 14th, the Australian Education Union has called on its members to stop work for 24 hours (a full school day). Members of our leadership and teaching staff are participating in this action and as a consequence we will not be able to run a full program as normal for all our students.

Parents are asked to make alternative arrangements for the care and supervision of their child on the day of the stopwork.

We will have three teachers and one Education Support staff member working on the day. A cross-age program for a maximum of 75 students is planned to cater for families that cannot make alternative arrangements.

Parents unable to make alternative arrangements for the care and supervision of their children on the day of the stopwork are asked to return the slip attached tomorrow morning. This will allow accurate records and support planning for those students.

________________________

RETURN SLIP — AEU STOPWORK, February 14th

Please return this slip to the school if you are unable to organise alternative care and supervision for your child on Thursday February 14th.

Name of child/ren: ......................................................................................................

Child/ren’s Grade/s: ....................................................................................................

Parents Name: ..............................................................................................................

Signed: ....................................................................................................Date       /    /
Congratulations to all our new walkers who received their Walking School Bus show bag at assembly last Friday:

Ferris Joyce 3/ Max Pruden (Prep)    Finn Musgrave (Prep)   Spencer Plunkett (Prep)
Neve Joyce (Prep)    Callum Calhoon (Prep) Charlotte Ristig (Prep)    Aiden Power (Prep)
Zoe Shepherd (Prep)    Sophie Aldridge (Prep)

All walking school bus participants receive a ‘bus ticket’ which gets marked off each time they complete a walk, as there are 40 walks on each ticket it can take quite some time to finish. Late last year Ebony and Jacinta Manion finished their first walking school bus ticket and at Friday’s assembly received a special prize pedometer to acknowledge this achievement!

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.

^THURSDAYS AM
THIS ROUTE WILL ADD WEDS AM WALKS STARTING WEDS 6th MARCH!!
START: Meet outside 75 McPherson Street, Moonee Ponds at 8.35am.
Travel down McPherson to Bent and then along Bent Street to school.

^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.
Note: Tues AM and Thurs AM routes starting later in Term1 – starting date TBC.

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:


VOLUNTEER!! The success of the program relies on the assistance of volunteers, so if you have a free hour one morning or afternoon a week to walk with a group of children to or from school we would like to hear from you!! More volunteers mean more buses. Training sessions can be organized individually or in groups. It is very informal, young kids can attend and all volunteers are provided with a ‘working with children check’. Contact Clare if you are interested or would like more information.

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
If there are any dads available to lend a hand to shift some mulch in the playground, it would be most appreciated.
If you can come along with a wheelbarrow at any time, please give Matt Bott a call to arrange this.

**SCHOOL BALL**

Interested in jumping on board organizing and/or helping out the bi-annual school ball that will take place later this year? Nanette would love to hear from you on ball2013@branette.net, 043783358 or on Thursdays before or after school.

**FUN and CREATIVE YOGA for CHILDREN YogaBugs**

YogaBugs is an internationally recognised yoga program specialising in yoga for children aged 2 – 12 years.

The classes are fun, creative and interactive and designed to stimulate children’s imagination, to improve their co-ordination, strength and flexibility and teach them breathing and relaxation techniques.

Classes are at Creative Learning Centre, 9 Moore St, Moonee Ponds

**Thursdays:**
- 1:30 – 2:15pm MightyBugs (3-5 yrs)
- 2:30 – 3:00pm MiniBugs (2-3 yrs)
- 4:00 – 4:45pm MegaBugs (5-8 yrs)

Expressions of Interest currently being taken for new Family Learning Program running Sunday mornings in term 2. Classes available for 4-8 yrs and 8-12 yrs.

Contact: Sandra on M: 0419 379 289 ; E: sandrak@yogabugs.com.au

The first meeting for the year will be held tonight in the Sports and Performance Building @ 7.30pm

Every one is very welcome to come along; you don’t have to be a member to attend.

If you would like to join the Parents Association forms are available from outside the office or a copy can be emailed to you. Thank you to the parents who have already filled in their membership forms and put their names down to help out on our busy 2013 schedule.

Our first big fundraiser is the Fun Run in April, details to go home soon.

Volunteers Needed:
We are currently seeking a coordinator for the Year 3/4 cake stall (Trading Table) for the 7th of March. If you can take this on board please email the PA: mppsparentsassociation@gmail.com

Dates for Term 1 & 2

TERM 1 - January 30th – 28th March

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icy poles</td>
<td>Wed &amp; Fridays</td>
</tr>
<tr>
<td>3/4 cake stall</td>
<td>Thursday 7th March</td>
</tr>
<tr>
<td>Sausage sizzle</td>
<td>28th March</td>
</tr>
</tbody>
</table>

TERM 2 - 15th April – 28th June

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mothers Day Stall</td>
<td>Friday 10th of May</td>
</tr>
<tr>
<td>5/6 cake stall</td>
<td>Wednesday 8th May</td>
</tr>
<tr>
<td>Fun run</td>
<td>19th April</td>
</tr>
<tr>
<td>Disco</td>
<td>TBC or Term 3</td>
</tr>
<tr>
<td>Sausage sizzle</td>
<td>28th June</td>
</tr>
</tbody>
</table>
CRE (Christian Religious Education) is a 30 minute weekly program for Prep to Year 4 students. The Victorian Education Act makes provision for students to receive religious education as part of their schooling.

Volunteer CRE teachers representing the Christian churches are approved by the minister for Education, fully screened and accredited through ACCESS Ministries.

The CRE curriculum complements the state school curriculum, and has a focus on values and helping students make good life choices. Students enjoy learning about God, Jesus and the Bible using story, song, drama and other activities. For more information see www.accessministries.org.au

CRE CLASSES

Christian Religious Education for Grade Prep - 4 students will commence on Tuesday, 5th March. and will continue weekly until the end of the year. Please complete and return the following form to your child's classroom teacher or the school office by Friday 22nd February if you wish your child to be included.

CRE PERMISSION FORM

Child's name
1..............................................................................Grade/Teacher..................................will attend CRE in 2013
2..............................................................................Grade/Teacher..................................will attend CRE in 2013
3..............................................................................Grade/Teacher..................................will attend CRE in 2013

Parent / Guardian Signature
..........................................................................................................................................................................................
A three-session program for parents and carers to help manage difficult behavior in children 2-12 years old is being held at **Ascot Vale West Primary School** on Langs Rd, Ascot Vale

**on 27th of February, 6th and 13th of March 2013 at 9.30am-12pm**

---

**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.

Register for this course by contacting Toni Perkins, Primary Welfare Officer at Ascot Vale West Primary School on 9370 8784 or **Melissa Di Pietro** or **Emelie Barringer**, Psychologists (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 realized 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?**

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


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**For more information contact:**

Melissa Di Pietro or Emelie Barringer (Psychologists–Student Support Services) on **9376 3876**
Welcome Back!
Welcome back! We hope you all had a fantastic Christmas break! We look forward to seeing everyone throughout the next couple of weeks. A special welcome to all of our new families, we look forward to getting to know all of you and don’t hesitate to come and talk to us about any information you need to know or any ideas you have for our program!

Bookings
We can be contacted via email mpcoshc@ymca.org.au, or by phone 9326 1256 for bookings and cancellations. Alternatively, there is a ‘Changes of Bookings’ folder in the After Care room or simply approach one of our leaders to make changes in person. It is important to still book your child’s place so we can plan for and anticipate their arrival at either Before or After Care. A reminder, that any cancellations for Aftercare or before

Georgia Morrall & Team
Moonee Ponds OSHC Coordinator

CANCELLATION POLICY REMINDER
Cancellations must be made in writing or online with one week’s notice. Normal fees apply if these requirements are not met. Your assistance with this enables us to remain compliant within the boundaries of our licence, child to staff ratios and to provide the best possible care to the children attending.

YMCA Healthy Kids
Outside School Hours Care

DATE: 4th – 15th February

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>ACTIVITY</th>
<th>AFTERNOON TEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>WHOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>ACTIVE GAMES DAY</td>
<td>FRUIT SALAD &amp; MAC AND CHEESE</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>WHOOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>NEW IDEAS FOR 2013</td>
<td>FRUIT, PASTA AND GARLIC BREAD</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>WHOOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>MASK MAKING</td>
<td>FRUIT, SOUP AND TOAST</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>WHOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>FILM THURSDAY</td>
<td>FRUIT &amp; YOGHURT</td>
</tr>
<tr>
<td></td>
<td></td>
<td>It’s a Thursday afternoon so let’s relax, kick up our feet and enjoy a fun movie! If you have any DVD’s rated G, bring them along to ASC on Thursday!</td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td>CRAFTY FRIDAY</td>
<td>FRUIT KABANA, DIPS AND CRACKERS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Using Clay to make a self portrait</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>ACTIVITY</th>
<th>AFTERNOON TEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>WHOOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>ACTIVE AFTER SCHOOL CARE</td>
<td>FRUIT &amp; YOGHURT</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>WHOOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>CRAFTY TUESDAY</td>
<td>FRUIT &amp; NOODLES</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>WHOOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>ACTIVE AFTER SCHOOL CARE</td>
<td>FRUIT KABANA, DIPS AND CRACKERS</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>WHOOLEMEAL OR RAISIN TOAST, PANCAKES, CEREAL, FRUIT &amp; YOGHURT, JUICE, MILK &amp; MORE</td>
<td>FILM THURSDAY</td>
<td>FRUIT, PASTA AND GARLIC BREAD</td>
</tr>
<tr>
<td></td>
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<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td>KIDS IN THE KITCHEN</td>
<td>FRUIT &amp; TOASTED SANDWICHES</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Let’s bake!</td>
<td></td>
</tr>
</tbody>
</table>
# DATES TO NOTE 2013—TERM 1

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 February</td>
<td>12 February Parent Teacher Exchange</td>
<td>13 February Swimming Carnival Year 1-6 No prep students PA Meeting 7.30 pm</td>
<td>14 February AEU Strike Day (to be confirmed)</td>
<td>15 February</td>
</tr>
<tr>
<td>18 February</td>
<td>19 February</td>
<td>20 February No prep students</td>
<td>21 February</td>
<td>22 February 3 pm Whole School Assembly—SPC</td>
</tr>
<tr>
<td>25 February</td>
<td>26 February</td>
<td>27 February No prep students School Council</td>
<td>28 February</td>
<td>1 March</td>
</tr>
<tr>
<td><strong>4 March</strong></td>
<td><strong>District Swim Sports 9.30-12.30</strong></td>
<td>5 March</td>
<td>6 March</td>
<td>7 March</td>
</tr>
<tr>
<td><strong>11 March</strong></td>
<td><strong>Labour Day Holiday</strong></td>
<td>12 March</td>
<td>13 March</td>
<td>14 March PA Annual Gen. Meeting 7.30 pm</td>
</tr>
<tr>
<td>18 March</td>
<td>19 March</td>
<td>20 March</td>
<td>21 March</td>
<td>22 March Whole School Photos</td>
</tr>
</tbody>
</table>

## SUNSMART

Don’t forget that the school’s sunsmart policy indicates that sunscreen be applied before school and students must have their own sunscreen in the bags for re-application by the student.

### Website

Don’t forget that our newsletter is on-line and can be found at [www.mpc.vic.edu.au](http://www.mpc.vic.edu.au)

If you would like to be on a reminder email list to let you know that the newsletter is uploaded on our website, please email Kaye at: moonee.ponds.ps@edumail.vic.gov.au

## Excursions / Camps / Special Events:

- Feb. 12th—Parent Teacher Exchange
- Feb. 13th—Swimming Carnival Yr. 1-6
- Mar. 4th—District Swim Sports
- Mar. 11th—Labour Day Holiday
- Mar. 14th—PA Annual General Meeting
- March 22nd—Whole School Photos

A reminder to all that the Campus Choice Uniform Shop Will be present at school every Thursday for any uniform requirements. They will be in attendance from 2.45 pm until 3.45 pm.
Modern fencing is a very fast and exciting non-contact sport, derived from duelling. Newcomers to the sport love its swashbuckling, sword-fighting image, yet they soon enjoy learning the effective moves of fencing as a sport.

Participants can try the sport for one term or multiple terms. There is a local competition scene that includes beginner, age group, secondary school and senior events.

Our Coach Pieter Leeuwenburgh will be taking the students through a series of coaching sessions in the SPC one lunch time a week. Pieter is a professional fencing coach involved in developing fencing at a local level, while also training some of Victoria's top junior fencers for national and international competition. He has been involved in fencing for 25 years; the last 15 years full time as a coach.

The fencing classes will take the children through a structured fencing course with the dual aim of achieving the maximal educational benefits the sport offers and providing an enjoyable learning environment. During the fencing classes the students will have an opportunity to learn and build on the basic skills of fencing in a group session.

If your child is in years four, five or six and would like to participate in the Fencing Club during Term 1, please fill out the form below and return it to your classroom teacher by the start of the first lesson. Minimum numbers are required for the class to proceed. **Class numbers are limited to 14. Enrolments will be taken on a first-come, first-served basis.**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation course 4 sessions program Building on foundation skills.</td>
<td>Foundation plus 9 week program. Building on foundation skills of fencing and beginning to look at electric fencing.</td>
<td>Advanced 9 week program: Students must participate in at least one foundation course in order to be eligible to participate in the advanced course. Students would also need purchase some personal equipment (approx $160) and could start attending extra training sessions, after school in North Melbourne.</td>
<td>Advanced (Tuesdays) 8 weeks Foundation (alternate day) 4 weeks</td>
</tr>
</tbody>
</table>

**When:** Tuesday Lunchtimes 1:30 – 2:20pm: February 26th, March 5th, 12th, 19th

**Where:** Sports and Performance Centre (SPC)

**Cost:**

- **Annual Registration Fee:** $23
- **Term 1 Fee:** $33 for four sessions

Please make any cheques payable to ‘Moonee Ponds Primary School and give to the main office.

**Enquiries:** If you have any questions or would like to know more, please feel free to contact Pieter Leeuwenburgh by phone on 0403 320 817 or via email at teapea@internode.on.net
Moonee Ponds Primary School: Years 4-6 Fencing Club – Term 1, 2013

I (please print) ___________________________ permit my son/daughter ___________________________ to participate in fencing club at Moonee Ponds Primary School.

(Parent/Guardian Name)                                                       (student name)

of ___________________________ (class home group)

Where the teacher in charge of the excursion is unable to contact me, or it is otherwise impracticable to contact me, I authorise the teacher in charge to:

• Consent to my child receiving such medical or surgical attention as may be deemed necessary by a medical practitioner
• Administer such first-aid as the teacher in charge may judge to be reasonably necessary.

SIGNATURE: ___________________________________________________________ DATE: ___________________________

(Parent/Guardian)

FENCER'S NAME: ___________________________ CLASS/YEAR: ___________ D.O.B: ___________

ADDRESS: ___________________________________________________________ POSTCODE: ______________

EMAIL: ___________________________________________________________ PHONE: ___________________________

SIGNATURE: ___________________________________________________________ DATE: ___________________________

(Parent/Guardian)

Parent’s Emergency Contact Mobile Number: ______________________________

<table>
<thead>
<tr>
<th>2013 REGISTRATION FEE</th>
<th>To be paid annually</th>
<th>$23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1 Course 1</td>
<td>4 sessions</td>
<td>$33</td>
</tr>
</tbody>
</table>

(print clearly)

PLEASE CHARGE THE AMOUNT OF $56 TO MY:

- [ ] MASTERCARD
- [ ] OR
- [ ] VISA

My full card number is: ___________________________

Cardholder’s Name: ___________________________________________________________

Expiry Date: ___________________________

Signature of Cardholder: ______________________________________________________

CASH □

CHEQUE □

(Please make cheques payable to MOONEE PONDS PRIMARY SCHOOL)

PLEASE USE THE OPTIONS BELOW TO INDICATE YOUR METHOD OF PAYMENT:

Please return this form to your child’s Home Group Teacher.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society, one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits. If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits firsthand.

2. Make sure they get enough sleep. Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the simplest and most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise. When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids.

4. Encourage creative outlets. Kids should practice creativity for no other reason than it helps them experience the state of “flow”. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energising and helps take stressed and worried kids out of themselves.

5. Provide a space of their own. Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking in their own, so they tend to retreat to the caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles. A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids sattle up what’s inside, while others will catastrophize a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stress of everyday life is essential. Some children who have real difficulty switching off may benefit from practicing meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while.)

8. Have two routines - weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this ‘release valve’ if families are too busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday lives. Making time for fun is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Micheal Grose parenting resources to help you promote good mental health in your kids.

- Coping ebook: 12 essential coping strategies every child can use when life gets hard
- Poster: 10 ways to promote good mental health & well being in kids
- Poster: 25 Great Parenting Ideas (no stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!