

Issue 6

5 May 2022

#### **DATES TO REMEMBER**

#### Term 2 2022

Tuesday 26 April to Friday 24 June

Term 2		
<b>May</b> Tuesday 10	School Council Finance meeting at 2.30pm	
	Naplan Years 3 & 5	
Wednesday 11	Naplan Years 3 & 5	
Thursday 12	Naplan Years 3 & 5	
Friday 13	Naplan Year 3	
	9.00 ~ 11.00 Interschool sport home v Amsleigh Park	
	9.00 ~ 11.00 Years 5 & 6 sport Barty Part ~ Tennis club	
Monday 16	Naplan Year 5	
Tuesday 17	9.00 ~ 1.00 District Cross Country Selected students	
	7.00pm School council meeting	
Wednesday 18	9.30 ~ 3.30 Years 3 to 6 house athletics	
Thursday 19	9.00 ~ 1.00 Years 5 & 6 Excursion to Melbourne Symphony Orchestra	
Friday 20	9.00 ~ 1.00 Years 3 & 4 Excursion to Melbourne Symphony Orchestra	
	9.00 ~ 11.00 Years 5 & 6 Interschool sport away v Sacred Heart & Warrawee Park	

#### FROM THE ASSISTANT PRINCIPAL'S DESK

Welcome back for Term 2.

We trust that all of our families enjoyed a relaxing break and celebrations over the term holidays.

For the first time in over thirty years Easter, Orthodox Easter, Ramadan, Passover and

Vaisakhias all fell within the school holidays meaning many of our families enjoyed special celebrations.

We hope that you enjoyed this valued family time. On the first day of term, Tuesday 26<sup>th</sup> April, we recognised ANZAC Day at school with a ceremony run by our student leaders.

#### School attendance

It was wonderful to have returned to full time onsite learning in Term 1 and complete a full school term without lockdown disruptions.

We know that many of our community were affected by COVID resulting in students having absences due to illness or family close contact restrictions. With many regulations now eased, families are once again getting used to the full routine of work and school life.

As we return to a more regular school life, we would like to remind families of the importance of attending school regularly, providing you are well.

We would also ask that where possible, late arrival to school and early departures are minimised and appointments made out side of school times to avoid disruption to the school day.

#### Mother's Day

A huge thank you to our hard working PACC for organising Mother's Day celebrations. There was a buzz in the air this morning as we walked in to the Eulinga Building to see Mother's, Grandmother's, carers and special friends mingling and celebrating.

The PACC also coordinated the donation of gifts and vouchers so that a number of lucky winners went home with beautiful raffle prizes.

Sincere thanks to the parents who coordinated this very special community event.

### Welcome to the family



FROM THE ASSISTANT PRINCIPAL'S DESK continued from previous page

#### NAPLAN

Next week our Year 3 and Year 5 students will participate in the NAPLAN assessments.

In 2022, for the first time, all students in Victoria will participate in online assessments. Over the past month, our teachers have spent time preparing the students for NAPLAN, providing practice in navigating the online portal and working through the test genre.

We are confident that our students are well prepared and in a strong position to give their best effort.

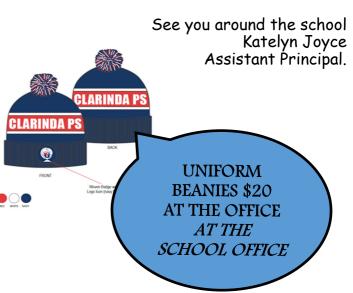
#### The NAPLAN schedule is below:

	NAPLAN 2022 Timetabl	le
DAY	Students involved	TEST
Day 1	All Year 3's	Writing
Tuesday 10 <sup>th</sup> May	All Year 5's	Writing
Day 2	Year 3's	Reading
Wednesday 11 <sup>th</sup> May	Year 5's	Reading
Day 3	All Year 3's	Language Conventions
Thursday 12 <sup>th</sup> May	All Year 5's	Language Conventions
Day 4	All Year 3's	Mathematics
Friday 13 <sup>th</sup> May		
Day 5	All Year 5's	Mathematics
Monday 16 <sup>th</sup> May		

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	M DAYS 2022 equired at school
МАҮ	Friday 27
JUNE	Tuesday 7
AUGUST	Monday 8
OCTOBER	Monday 31

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Thankyou to the wonderful dads who came along to prepare and serve our yummy breakfast

#### PACC MOTHER'S DAY RAFFLE

At the Mother's Day Breakfast today we also drew our Mother's Day Raffle. Nine lucky winners were drawn and contacted today.

Thankyou to everyone for supporting our raffle.

Wishing everyone a wonderful Mother's Day ~ Sunday 8 May. Parent and Community Club





# <u>STUDENTS OF THE WEEK</u>

Prep W	Kriyan	For trying his best during Writing
Prep Y	Aaliyah	For being more responsible and taking better care of her belongings
	Jeeva	For being kind, caring and helpful to others in class
Prep M	Emilia	For working so hard on using her letter sounds in her writing this week
	Audrey	For working so hard on her reading and M100 words to move up a reading level!
	Eyden	For an outstanding improvement in his Writing!
1/2P	Zoey	For pursuing her personal best with skip counting
	Kai	For pursuing his personal best in Writing
1/2L	Nhu	For writing a wonderful and detailed recount this week. Excellent work!
1/2M	Harry	For trying his best in all of his work!
	Manha	For being focused and engaged when completing all of her work
3/4Ţ	William	for listening attentively, challenging himself and always striving for his personal best
3/4D	Annika	For her assistance in the classroom and her positive attitude
	Sanath	For reflecting on his writing and making changes to achieve his goal
3/4N	Alexandra	For putting in a lot of effort into her presentation on her favourite hobby. Well Done Alexandra!
	Sean	for always working hard in developing his self-esteem and confidence in his own ability.
3/4A	Hamish	For dealing with challenges in a positive way and having a great attitude!
	Josh	For demonstrating resilience by having a go at things that look hard and completing a whole page of writing!
	Evlyn	For demonstrating the Golden Rule by treating others the way you want them to treat you

Welcome to the family

# <u>STUDENTS OF THE WEEK</u>

5/6A	Pantelis	For pursuing his personal best by trying a new multiplication strategy
5/65	Aiden	For consistently working hard, participating in class discussions and encouraging his peers.
	Natalya	For working hard in maths and persisting when it gets challenging
5/6J	Arjun	For all his help in the garden during lunchtime
	Chase	For all his help in the garden during lunchtime
	Semira	listening attentively and challenging herself to strive and do her best learning
5/6K	Mary	for your great persuasive writing and participation in class discussion



#### LOTS AND LOTS HAPPENING AT CLARINDA PRIMARY

Our teachers are very busy organising lots of interesting incursions and excursions for our students to enjoy.

Keep a careful watch on your Compass Account to keep up with the daily changes.



#### Parent and Community Club (PACC)

Next meeting Wednesday 15 June at 3.00pm in the staffroom

The PACC extend a warm welcome to our new and existing families.

Thank you for your support

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# Newsletter

#### Whether you call it Handball, Downball or 4-Square, it's the game your children love!

The Handball Championships are back for round 2!

#### A message from your Coordinator

Dear Parents and Families, Welcome back to Term 2! We are starting this term with Mother's Day celebrations, as children are excited to make their mum's feel special and loved.



As our OSHC Handball Championship 2022 is back, please don't forget to book your child on the Camp Australia website for your next chance to win a spot at regional handball championships that includes amazing cash prize and certificates.

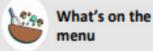
Please feel free to contact at 0402353192 (Clarinda Primary School Camp Australia OSHC) or log in to Camp Australia website for any further enquiries.



HANDBAL

#### Activities coming up

- Mother's Day pop-up cards
- DIY tissue paper flower bouquet
- Jewellery designing



- Pita bread pizzas
- Chocolate brownies (Mother's Day special)
- Fruit salad

Blog

#### It's free to register

To attend our program, you must register your child. You can register an account with us at <u>pp.campaustralia.com.au</u> or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.









New articles are added each week for parents and cover various topics to help families.

Visit our blog



www.campaustralia.com.au



#### 7 Behaviour Management Tips for Every Parent

by Melbourne Child Psychology & School Psychology Services, Port Melbourne

#### Kids will be kids!

And the notion of a perfectly behaved child — for most parents — is unrealistic.

But if your child's behaviour is making things difficult for you or your family...

You may want to consider implementing some changes.

And the best place to start is at home.

There are many reasons a child may misbehave (which we'll get to further on in this post), but for a start — start small.

## Below are some easy ways you can try to regain some 'law and order' in your household, and improve the behaviour of your kids.

#### 1. Make expectations explicitly clear.

Parents may feel like they shouldn't have to explain themselves to their kids... But they absolutely do! If kids don't understand the how, what and why's of what's expected of them... How can they be expected to follow through?

It doesn't have to be complicated, just simple, clear directions like:

'You need to do your homework straight afternoon tea, so you'll be free for family time by dinner', or, 'I want you to have a shower right after play time, so you don't bring dirt through the house'. Clear expectations mean less questioning, which is good for the kids, and great for parents!

And in that vein...

#### 2. Be CONSISTENT.

While adults are expected to adapt and reprioritise throughout the day, it's not realistic to expect kids to do the same. They'll struggle with the mixed messages, and be more likely to question *why* they're expected to do things.

Plus, consistency helps kids to feel secure and confident, in their surroundings, and in themselves. That's why it's also incredibly important when it comes to separated parents and co-parents. Inconsistency between each parent can cause conflict (between the parents and the kids)... Lend itself to a 'good cop, bad cop' mentality (which can lead to more behavioural problems)... And can make your kids question your reliability. A great way to ensure consistency?...

#### 3. Routine, routine, routine!

A solid family routine lends itself to a happy and functional household.

It helps to solidify expectations, and make sure that kids meet them on a daily basis.

It also helps kids to feel safe in the reliability and security of home life — something that they may not have at school.

And a routine makes it easier for parents to follow through with the own rules that they've set for themselves and for the rest of the family.

A routine doesn't have to be oppressive.

Start by framing yours around things that happen every day already:

Dinner time, homework, chores — try to schedule them in for the same time every day, and then shape new additions to your routine around them.

One of the best things you can add to your routine? .....



#### 4. Communication.

It may seem obvious, but busy schedules and digital communications have gotten in the way of real, personal conversations.

It's so important to talk openly, honestly and often with your kids.

And the fact that it will encourage better behaviour from them is just a bonus.

Easily add 'communication time' to your routine by making no screen time zones during meals or car trips. By talking to them, they'll have more faith in your judgment...

Greater respect and understanding for your decisions...

And, importantly, you'll get more insight into the root of their behaviours.

when it comes to encouraging good behaviour...

#### 5. Avoid rewards.

By offering rewards for good behaviour, you're sending a very clear message to your child: *'This is not something I expect you to do on your own'.* 

Rewards are appropriate for certain tasks or chores, especially the less common or frequent ones. But kids shouldn't be rewarded for behaving well or for everyday tasks —

These are things they are expected to do, that they should ideally want to do, and that they will need to continue doing on their own accord in the future. And when it comes to 'bad' behaviour...

#### 6. Be careful with punishment.

Just like rewards focus on short term results — to the detriment of future behaviours — so does punishment.

Parenting expert Elain Wilson suggests that punishment is based on control and power by using pain or unpleasantness to stop the behaviour (in the present)... But it does not teach the *value* of the desired behaviour.

While punishment may get immediate results, it can also make kids fearful, and encourage sneaky behaviour. *'Punishment uses pain and unpleasantness, builds resentment, encourages deception and can damage self esteem,*' explains our senior psychologist Deb Jepsen.

Avoiding punishments doesn't mean kids get should get off scot-free for bad behaviour... But rather, parents should take the old adage of 'prevention is better than cure', and work on replacing punishment with discipline...

The exact kind of discipline that comes with routine!

And finally...

#### 7. Know the symptoms and signs of a potential cause.

Kids can act out at home because of other problems...

By talking with your kids often, you'll be much more likely to pick up on social problems or other emotional challenges they may be dealing with. So be aware of the warning signs of anxiety and depression... And remember that learning disorders are not always picked up in the classroom.

Read separately, these six tips may seem like they present a huge overhaul to your parenting style, or to the general running of your household.

But pay attention to how they all actually compliment each other and work in support of each other...

By developing a routine, you make expectations clear and implicitly consistent.

By incorporating consistent and clear discipline into your routine, you can avoid resorting to using punishments and rewards.

By making time to really converse and communicate with your child, your expectations and values will be made much clearer to them, and any external factors affecting their behaviour will be made more clear to you.



# nere at school

Come and join in the fun of learning to play keyboard, guitar, drums, here at Clarinda Primary School.

Creative Music for Schools conducts a music program here at school each week. Small group classes or one-fo-one I lessons of up to 30 minutes give children an excellent grounding in music where they will learn to read music and play their chosen instrument. Enrolments are now being accepted for limited places in term 2.

Interested parents should call Nicholas during office hours on 9818 2333 or via email: nicholas@creativemusic.com.au



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