



### DATES TO REMEMBER

Term 4 Monday 3 October to  
Tuesday 20 December 2022

<b>October</b> Friday 21	9.00 to 10.30 Prep 2023 Transition day 2
Tuesday 25	2.30 School council finance meeting 7.00 School Council Meeting
Friday 28	Halloween Dress Up Day Gold coin donation
	World Teachers Day
Monday 31	Curriculum day Student Free Day
<b>November</b> Tuesday 1	Public Holiday Student Free Day
Wednesday 2 to Friday 4	Water Safety Program @ Monash Pool
Friday 4	9.00 to 10.30 Prep 2023 Transition day 3
	Years 3 & 4 Gala Cricket
Friday 18	9.00 to 10.30 Prep 2023 Transition day 4
Tuesday 22	2.30 School council finance meeting

### Student Free Days

Monday 31<sup>st</sup> October  
Tuesday 1<sup>st</sup> November



### FROM THE PRINCIPAL'S DESK

#### Welcome Jude

Congratulations to Mrs Matti on the safe arrival of Jude. Jude was born on the 10<sup>th</sup> of October, weighing in at a healthy 3.5kgs.

Mrs Matti is doing well and is looking forward to bringing Jude into school before the end of the year.



#### Prep Information Night:

Congratulations to our 2022 Prep Team that held a very successful Parent Information Night for our incoming 2023 Prep cohort.

This is an incredibly exciting time for students and families, by extension to this, our whole school community is beginning to look towards 2023 and the transition that will occur into Prep, into secondary school (Year 7) or between year levels at our school.

Staff are beginning to work towards this and will begin with an eye towards class structures and dynamics for the new year.

#### Are You Leaving Us?

To assist our planning we would like to hear from families who are moving and their children are not returning to Clarinda PS in 2023.

If you are leaving our school (excluding Year 6 graduates) and have not yet informed the office, please let us know as soon as possible.

**FROM THE PRINCIPAL'S DESK** *continued from previous page***Curriculum Day - Student Free Day**

Just a reminder that Monday, 31<sup>st</sup> October is a Curriculum Day (Student Free) at Clarinda Primary School. This is a day when staff will be working on moderation activities and writing student reports. The following day, Tuesday, 1<sup>st</sup> November is the Melbourne Cup Public Holiday.

Students will return to school on Wednesday, 2<sup>nd</sup> November.

**COVID19 Restrictions:**

Please be aware that the Victorian Government has announced changes to the COVID-19 isolation requirements. This means that from 11.59pm on Wednesday 12 October, the mandatory orders around isolation for people with COVID-19 have ended and instead we move to health advice and recommendations for people with COVID-19 or COVID-19-like symptoms. Our school will continue to adhere to the Department of Health's recommendations to ensure that our school remains a safe environment for our staff and students.

The Department of Health **strongly recommends** that students and school staff:

- ♦ who test positive to COVID-19 stay home and isolate for 5 days and do not attend school after 5 days if they are still symptomatic
- ♦ who are symptomatic but have not tested positive not attend school. This does not include students with pre-existing conditions such as hay fever.

Parents and carers are recommended to continue to report their child having COVID-19 to both the school and the Department of Health.

We will, however, no longer report occurrences of positive cases to the school community. We ask parents and carers to continue to remain vigilant in preventing COVID-19 transmission. Any student who is unwell should continue to remain at home. This is about keeping students healthy and well in our school and reducing the spread of both COVID-19 and other respiratory diseases. We still have a large number of rapid antigen tests and these are available at school for those who may need them.

Parents and carers will continue to be contacted if their child shows symptoms while at school. Students, staff and families who wish to wear a mask can continue to do so. To keep our school as safe as possible, we will also continue to use air purifiers and other COVID-19 prevention measures.

Thanks for your continued efforts to keep our school community safe and well throughout this year. Our students and school community have shown tremendous resilience to support these COVID-19 restrictions throughout 2022 and we are looking forward to moving forward and finishing off the year on a positive note.

**2023 Enrolments for 3 and 4 year old programs**

As per my previous comments, now is the time to start enrolling your child for Links and Stepping Up for 2023.

Over the last three years we have averaged roughly 20 applications for enrolment in Stepping Up and it is important for us to be able to plan for these programs.

One of the most important aspects of this is understanding how many siblings will be enrolling in future years.

**FROM THE PRINCIPAL'S DESK** *continued from previous page*



## Parent voluntary contributions

As the end of the school year draws near I would like to thank the 60% of families who have contributed towards the individual stationery and shared equipment that was purchased for the students at the start of the school year.

Without your valuable contribution school funding would not be available to staff specialised programs and subsidise additional activities throughout the school year.

Please consider offering your voluntary contribution \$240 for the year before the end of this term.

## Level 2 First Aid Training

Level 2 First Aid Training  
During the scheduled Professional Practice Day on Tuesday 11<sup>th</sup> October, our staff participated in Level 2 First Aid training. Staff completed 3hrs of theory online in preparation for the practical session.

A big shout out to Matt from Smallwood Consulting Group for training 33 staff. Staff will be able to use their training to school camps, excursions and yard duty.



Thank you for such a positive start for Term 4, we look forward to working with you over the coming weeks.

Robbie Mallett  
Principal.

## LOST SOMETHING ?

## Our Lost Property box is overflowing !

Please call by the school office and  
Re-claim your lost uniform items and plastic containers



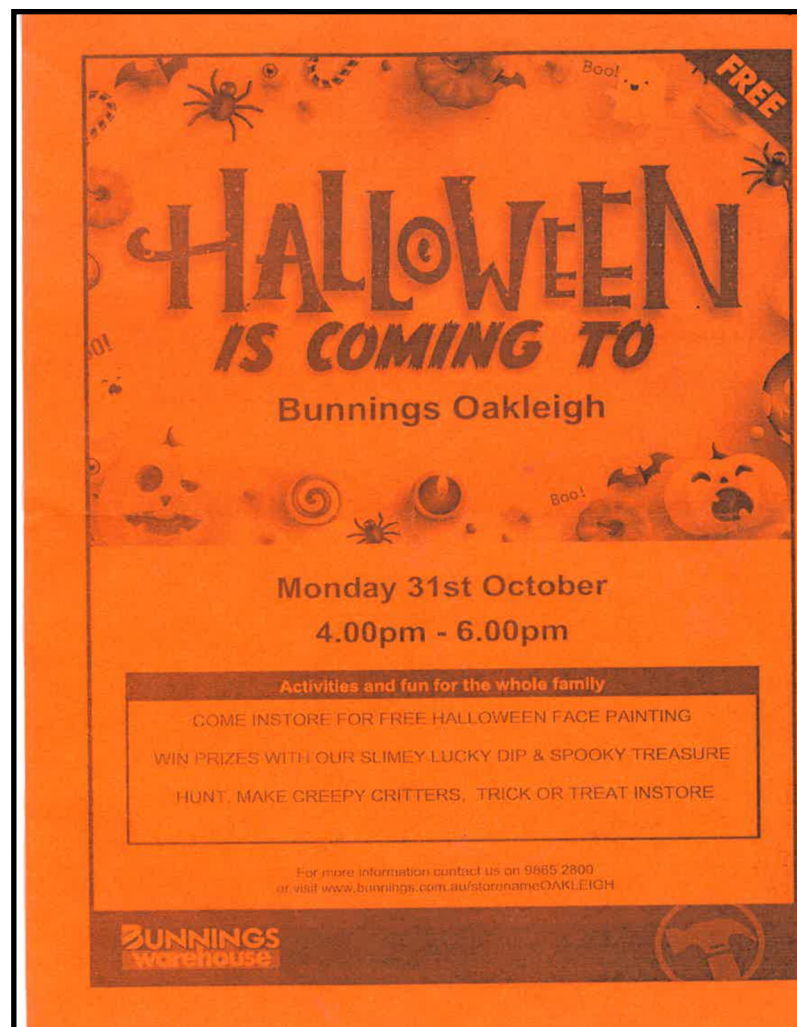
# STUDENTS OF THE WEEK

Prep M	Mason	For his excellent understanding of 'Money' in Maths.
	Leon	For his excellent attitude towards all learning tasks.
Prep W	Kriyan	For his fantastic attitude towards learning.
	Savannah	For trying her best during reading groups and independent reading time.
Prep Y	Nirvaan	For significant improvement in handwriting.
1/2M	Sara	For trying her best to learn the routines in her new school.
	Amjaad	For trying her best with her weekly reading and spelling words.
1/2P	Crystal	For settling well into her new school.
	Leni	For pursuing her personal best in our 'Money' lessons.
1/2L	Nhu	For achieving excellent results in her Clarinda Calculator levels each week!
	Louie	For trying his best all week in the Writer's Workshop!
3/4T	Leehana	For consistently demonstrating the value of hard work and effort.
	Matthew	For achieving excellent results in his Clarinda Calculator levels each week!
3/4N	Cindy	for having a great attitude to school this week. What a great start to the term!
	Abhinav	For understanding the importance of Word Choice in our Margaret Wild writing unit
3/4D	Anika S.	For sharing interesting and insightful information about the book 'Fox' by Margaret Wild.
3/4A	Bella	For making strong decisions by working hard in maths and learning her times tables.



# STUDENTS OF THE WEEK

5/6J	Reuben	For his willingness to offer assistance in the classroom.
5/6S	Emilia	For putting in the effort and working hard in maths to achieve her maths goal.
	Aiden	For working hard in the Poetry unit and producing amazing poems.
	Ishaan	For displaying leadership qualities and organising fundraisers.
5/6A	Eric	For settling in quickly and confidently in 5/6A. Welcome :)
	Ellie	For being a kind and inclusive member of our class.
5/6K	Tony	For always trying his best and showing excellence in maths.

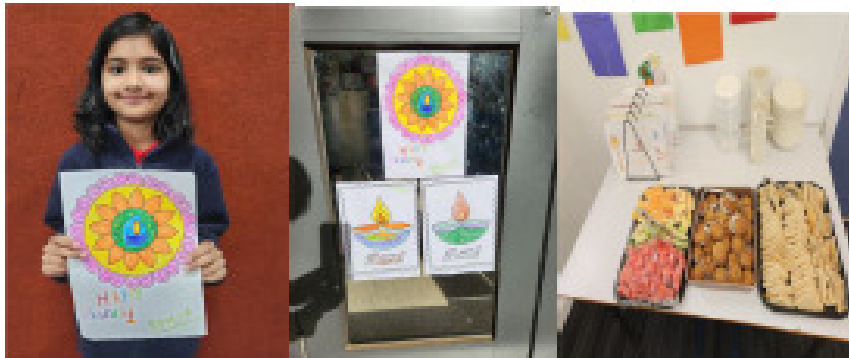


# Newsletter

## A message from your Coordinator- Rupali Bedi

Dear parents and families,

Hope you all are doing well. Indian Festival<sup>®</sup> Diwali<sup>®</sup> is around the corner and all our children are gearing up to celebrate it as well as learn the importance of the festival of lights and importance of sharing stories, happiness, gifts, mutual love and respect for each other's diverse culture. Here are some snapshots of activities happening at our service



We are doing colorful Diwali Lanterns, paper cup wall crafts, Rangoli pattern decorations and henna artwork to celebrate Indian cultural festivities. Also, We have exciting activities lined up for Halloween coming up next week. Please feel free to visit us at our service at Our OSHC Camp Australia, Clarinda Primary school or call to enquire at 0402353192 for more details.

Please don't forget to book in your child for next Pupil free day i.e 31<sup>st</sup> October 2022 (Monday) as we are Open full day.

## Activities coming up

- Halloween Arts and Crafts
- DIY spooky monsters using Cardboard and cotton
- Pipe cleaner Spiders

## What's on the menu

- Coconut and Bread Sweets (Diwali Special)
- Banana Smoothie



## It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campastralia.com.au](http://pp.campastralia.com.au) 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.



Your  
OSHC.

[www.campastralia.com.au](http://www.campastralia.com.au)



## School Chaplain—Ali Hardaker

### 7 Secrets to Raising a Happy Child

Give your child the skills to rebound from setbacks and pave the way to success.

By [Marguerite Lamb](#)

#### What Makes a Child Happy?

We all want the same things for our kids. We want them to grow up to love and be loved, to follow their dreams, to find success. Mostly, though, we want them to be happy. But just how much control do we have over our children's happiness?

My son, Jake, now 7, has been a rather somber child since birth, while my 5-year-old, Sophie, is perennially sunny. Jake wakes up grumpy. Always has. Sophie, on the other hand, greets every day with a smile. Evident from infancy, their temperaments come, at least in part, from their genes. But that doesn't mean their ultimate happiness is

predetermined, assures Bob Murray, Ph.D., author of *Raising an Optimistic Child:*

*A Proven Plan for Depression-Proofing Young Children—for Life* (McGraw-Hill).

"There may be a genetic propensity for depression, but our genes are malleable and can be switched on or off depending on the environment," he says. "The research clearly shows that happy, optimistic children are the product of happy, optimistic homes, regardless of genetic makeup."

What can you do to create a home where your child's happiness will flourish? Read on for seven strategies that will strengthen your child's capacity to experience joy.

#### Foster Connections

The surest way to promote your child's [lifelong emotional well-being](#) is to help him feel connected—to you, other family members, friends, neighbours, day-care providers, even to pets. "A connected childhood is the key to happiness," says Edward Hallowell, M.D., child psychiatrist and author of *The Childhood Roots of Adult Happiness*.

Dr. Hallowell points as evidence to the National Longitudinal Study of Adolescent Health, involving some 90,000 teens, in which "connectedness"—a feeling of being loved, understood, wanted, acknowledged—emerged as by far the biggest protector against emotional distress, suicidal thoughts, and risky behaviours including smoking, drinking, and using drugs.

Fortunately, we can cement our child's primary and most crucial connection—to us—simply by offering what Dr. Hallowell calls the crazy love that never quits. "It sounds hokey, and it's often dismissed as a given," he says, "but if a child has just one person who loves him unconditionally, that's the closest thing he'll ever get to an inoculation against misery.

"It's not enough, however, simply to possess that deep love; your child must feel it, too, Dr. Hallowell says. Hold your baby as much as possible; respond with empathy to his cries; read aloud to him; eat, snuggle, and laugh together.

Meanwhile, provide chances for him to form loving connections with others as well, advises sociologist Christine Carter, Ph.D., executive director of the University of California at Berkeley's Greater Good Science Center, an organization devoted to the scientific understanding of happiness. "We know from 50 years of research that social connections are an incredibly important, if not the most important, contributor to happiness," Carter says. "And it's not just the quality, but also the quantity of the bonds: the more connections your child makes, the better."



## School Chaplain—Ali Hardaker

### Don't Try to Make Your Child Happy

It sounds counterintuitive, but the best thing you can do for your child's long-term happiness may be to stop trying to keep her happy in the short-term. "If we put our kids in a bubble and grant them their every wish and desire, that is what they grow to expect, but the real world doesn't work that way," says Bonnie Harris, founder of Core Parenting, in Peterborough, New Hampshire, and author of *When Your Kids Push Your Buttons: And What You Can Do About It*.

To keep from over coddling, recognize that you are not responsible for your child's happiness, Harris urges. Parents who feel responsible for their kids' emotions have great difficulty allowing them to experience anger, sadness, or frustration. We swoop in immediately to give them whatever we think will bring a smile or to solve whatever is causing them distress. Unfortunately, Harris warns, children who never learn to deal with negative emotions are in danger of being crushed by them as adolescents and adults.

Once you accept that you can't make your child feel happiness (or any other emotion for that matter), you'll be less inclined to try to "fix" her feelings—and more likely to step back and allow her to develop the coping skills and resilience she'll need to bounce back from life's inevitable setbacks.

### Nurture Your Happiness

While we can't control our children's happiness, we are responsible for our own. And because children absorb everything from us, our moods matter. Happy parents are likely to have happy kids, while children of depressed parents suffer twice the average rate of depression, Murray observes. Consequently, one of the best things you can do for your child's emotional well-being is to attend to yours: carve out time for rest, relaxation, and, perhaps most important, romance. Nurture your relationship with your spouse. "If parents have a really good, committed relationship," Murray says, "the child's happiness often naturally follows."

### Praise the Right Stuff

Not surprisingly, studies consistently link self-esteem and happiness. Our children can't have one without the other. It's something we know intuitively, and it turns many of us into overzealous cheerleaders. Our child scribbles and we declare him a Picasso, scores a goal and he's the next Beckham, adds 1 and 2 and he's ready for Mensa. But this sort of "achievement praise" can backfire. "The danger, if this is the only kind of praise a child hears, is that he'll think he needs to achieve to win your approval," Murray explains. "He'll become afraid that if he doesn't succeed, he'll fall off the pedestal and his parents won't love him anymore." Praising specific traits—intelligence, prettiness, athleticism—can also undermine children's confidence later, if they grow up believing they're valued for something that's out of their control and potentially fleeting.

"If you praise your child primarily for being pretty, for example, what happens when she grows old and loses that beauty?" Murray asks. "How many facials will it take for her to feel worthwhile?" Interestingly, Murray adds, research shows that kids who are praised mainly for being bright become intellectually timid, fearing that they will be seen as less smart—and less valuable—if they fail. The antidote, however, is not to withhold praise but rather to redirect it, Murray says. "Praise the effort rather than the result," he advises. "Praise the creativity, the hard work, the persistence, that goes into achieving, more than the achievement itself."

The goal, Carter agrees, is to foster in your child a "growth mind-set," or the belief that people achieve through hard work and practice, more than through innate talent. "Kids who are labeled as having innate talent feel they need to prove themselves again and again," Carter observes.

"Whereas studies show kids with a growth mind-set do better and enjoy their activities more because they aren't worried what people will think of them if they fail." Fortunately, Carter says, research has shown it's possible to instill a growth mind-set in children with one simple line of praise: you did really well on X; you must have worked really hard. "So we're not saying don't praise," Carter stresses.



## School Chaplain—Ali Hardaker

### Allow for Success and Failure

Of course, if you really want to bolster your child's self-esteem, focus less on compliments and more on providing her with ample opportunities to learn new skills. Mastery, not praise, is the real self-esteem builder, Dr. Hallowell says. Fortunately, when it comes to the under-4 crowd, nearly everything they do is a chance to attain mastery—because it's all new to them: learning to crawl, walk, feed and dress themselves, use the potty, and ride a tricycle. Our challenge is to stand back and let our children do for themselves what they're capable of. "The great mistake good parents make is doing too much for their children," Dr. Hallowell says.

While it can be difficult to watch our kids struggle, they'll never know the thrill of mastery unless we allow them to risk failure. Few skills are perfected on a first try. It's through practice that children achieve mastery. And through repeated experiences of mastery, they develop the can-do attitude that lets them approach future challenges with the zest and optimism that are central to a happy life.

### Give Real Responsibilities

"Happiness depends largely on the feeling that what we do matters and is valued by others," Murray observes. "Without that feeling, we fear we might be excluded from the group. And research shows that what human beings fear more than anything is exclusion."

In other words, people have an innate need to be needed. So the more you can convey to your child that he is making a unique contribution to the family, from an early age, the greater his sense of self-worth and his ultimate happiness. Kids as young as 3 can play meaningful family roles, Murray says, whether it's refilling the cat's dry-food bowl or setting out the napkins at dinnertime. If possible, assign a role that plays to your child's strengths. For example, if your little one loves to organize things, give him the job of sorting the forks and spoons. If he's particularly nurturing, perhaps his role could be entertaining his baby sister while you get dinner on the table. So long as you acknowledge that he's making a contribution to the family, it will heighten your child's sense of connection and confidence, two prerequisites for lasting happiness.

### Practice Habitual Gratitude

Finally, happiness studies consistently link feelings of gratitude to emotional well-being. Research at the University of California, Davis, and elsewhere has shown that people who keep daily or weekly gratitude journals feel more optimistic, make more progress toward goals, and feel better about their lives overall. For a child, keeping a journal may be unrealistic. But one way to foster gratitude in children is to ask that each member of the family take time daily—before or during a meal, for example—to name aloud something he or she is thankful for, Carter suggests. The important thing is to make it a regular ritual. "This is one habit that will foster all kinds of positive emotions," she assures, "and it really can lead to lasting happiness." to the family, it will heighten your child's sense of connection and confidence, two prerequisites for lasting happiness.



## CLARINDA PRIMARY SCHOOL

SOCCER X SCHOOL PROGRAM / FUN - EDUCATIONAL - ACTIVE

Starting in Term 4, Soccer X will be running a 6 Week Soccer program at Clarinda Primary School every **Friday** from **7.45am-8.45am** beginning **October 14th**.

The program is available to students from **Prep-Year 6**. Children will be split into groups according to age. All sessions will be run by **qualified coaches** who hold WWCC. The sessions will be **fully inclusive & fun-based**, catering for all abilities.

Cost: \$95 / 6-weeks.

For more information and online registrations please visit **[www.soccer-x.com](http://www.soccer-x.com)**



**FREE  
TRIAL  
SESSION**

**5:30pm-6:30pm**

**Mondays & Wednesdays**

**5-7 year olds | 8 - 11 year olds**

**[springvaleindoorsports.com.au/junior-sports](http://springvaleindoorsports.com.au/junior-sports)**

## Kids Parties

- Space jump
- Sports & jump
- Dodgem cars
- Nerf wars
- Bubble soccer
- Laser tag



**Tel: 9547 2555**

**\$10 sessions**

Welcome to the family



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