WHAT'S ON?

December

Mon 09   Connect Groups
Tue 10   Whole School Transition Day 2 to 3pm
         Last Student bank for 2013
Fri 13   Reports Go Home
         Year 5 tennis at Parkwood Tennis Club
         Last lunch order day for Canteen
Mon 16   Year 6 Graduation at Potters Receptions
Wed 18   Year 6 Sports Day at Croydon Indoor
         Sports
Thu 19   Senior School lunch at Colman Park
Fri 20   School finishes at 1.30pm

January

Fri 24   Book Selling Day 8am to 6pm
Thu 30   Students Resume for 2014

Principal’s Report

ONLINE SAFETY AND IPADS

Our website has a special section for our 1:1 iPad program, however there are lots of resources that will be useful for all parents. Just today we have added information and links about cybersafety, cheap iTunes cards and safe online search engines suitable for children. [http://www.warranwood.vic.edu.au/page/78/1:1-iPad-Program](http://www.warranwood.vic.edu.au/page/78/1:1-iPad-Program)

CHRISTMAS CELEBRATION

I missed Monday night’s celebration due to my daughter’s wisdom teeth removal, however from all reports it was a very successful night. Thank you to Jacqui Durik and all the teachers for organising the night, rehearsing the items and cheerfully supporting the community. Thanks also to the South Warrandyte CFA for organising to transport Santa at his busiest time of year. A huge thank you to Andy Gersh for again setting up the fantastic sound system and to Simon Braunthal for again providing the marquees for the event.

SCHOOL UNIFORM

It was great to see lots of our new Preps in their new uniforms at transition last week! There was some confusion last week with the supply of shorts. We had initially opted for the cargo shorts, then changed to a jersey material ‘rugby’ short. As there was even divide over which shorts were more practical and which looked better I think it is appropriate if we suggest that either is appropriate for boys or girls. PSW are happy to swap shorts if any parents feel the need. If you are sourcing shorts from alternative suppliers please ensure that they are in the ink-navy colour. PSW is at 18-20 Railway Avenue Ringwood East. All orders placed before 20 December will receive a 5% discount. Please remember that as of 2014, either the new or old school uniform can be worn, however a combination of both will not be acceptable (with some exceptions for Year 5 and 6 students). Please refer to letter sent home last week.
Assistant Principal's Report

Christmas Celebration

Thank you to all our students for making the spirit of Christmas real on Monday evening. The celebration is a wonderful acknowledgement of our students and all they have achieved.

Transition

Next Tuesday whole school transition will take place in the afternoon. Students will move onto their 2014 class with their new teacher where possible. Please support your child by being a positive role model and embracing change and how exciting it can be.

Getting to School

At this time of year we can lose focus easily but it is vital for all students to arrive at school ready for the day and on time. Our classroom doors should be open between 8.50 and 8.55 to help children make the transition to starting school. Well done to all families who do this and ensure their child is ready for the day. Students have a chance to connect with friends and their teacher and be ready to start at 9. Please make sure that you get up that 10 minutes early to make sure your child has a smooth start to the day. And you help maximise their learning.

Headlice

Gay ran a colouring competition this week for about 50 students in the Junior School. The students were a random sample encouraging children to colour the sheet while they were having a headcheck at home. Only 5 entries came back. Those lucky five received a prize and have had their check. Unfortunately headlice are part of school life. Please check your child’s hair every couple of weeks. If you are unsure of how to treat lice contact Gay and she can provide helpful hints for you.

Sue

Student Banking

Next Tuesday, 9th December, will be the last banking day for 2013.

On behalf of all our budding millionaires I would like to thank Megan Deayton for counting all the monies week in and week out, collating and ordering all the awards items and being still pleasant after a
high volume of 5c pieces.
Trish Faulkner
Premier’s Reading Challenge Certificates 2013
Our certificates have finally arrived! Due to the large number of successful challengers again this year we will be giving the certificates to the class teachers to distribute. (We are still in contact with the VPRC in regards to the lapel pins which haven’t been provided this year, as yet.) Congratulations to all of our successful challengers!
Yvonne Reid and Ann Mangan, Challenge Coordinators

Walk to School Day
Last Thursday many students walked to school and said G’day to the crossing supervisor and consequently received a golden ticket. The tickets were placed in a golden box and winners were drawn out on Friday. The lucky students who had their tickets drawn out were: Lachie H, Hayden T, Alena G, Ethan W, Olivia B, Olivia P, Asha P, Courtney F and Anikia E. The prizes were supplied by the Maroondah Council and were basically made up of vouchers to various sporting outlets within the city.
Rod Neal

SCHOOL TRANSITION
Starting secondary or primary school presents new experiences which place many demands on children. Children move into secondary school at the same time that they go through puberty. This double whammy means parents need to handle kids with consideration and care.
Being at the bottom of the pecking order where you are unsure of the rules of the playground is just one adjustment to make. Dealing with more than one teacher, changing classrooms for each subject, reading a timetable, altering eating habits and carrying a load of books around is difficult enough without the added task of meeting new people and making friends.
Some kids take these new experiences in their stride but it is natural to experience some difficulty making the transition from primary to secondary school.
Here are some positive ideas to help young people make a smooth transition to secondary school:
It’s time for some supportive parenting. Talk to your child about change and reassure him or her that it is normal to feel unsure and anxious in new circumstances. Let your child know that any difficulties faced will only be temporary. Some kids may brush you off with a ‘she’ll be right’ attitude but don’t be fooled by the bravado. Most will be feeling fairly unsure of themselves.
Prepare thoroughly for the first day. Have the correct uniform and books and familiarise your child with transport arrangements.
Pair them up with a sibling or a peer. If your child doesn’t have a sibling at the school try to pair him or her up with a friend if they walk or use public transport on the first day.
Share some of your own memories of starting secondary school, but steer away from any horror first-day stories. It can be reassuring for a child to know that you went through a similar experience and survived. Disclosing in this way shows that you understand how they feel.
Confidence is catching. Children often take their cues from their parents so show confidence in their ability to cope.
Listen to children in the first few weeks of school. Ask about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school.
Make contact with your child’s year level coordinator if you have concerns about how they are settling in. Don’t wait for a parent-teacher night.
N.B. If it is your eldest child who is starting then secondary school will be relatively new for you, too. It will take some time to adjust to the school’s culture and communication methods. You can learn a great deal by talking with your child and encouraging him or her to share experiences. In times of change what you and your child need most of all is to communicate with each other.

CHILDREN WHO ARE ANXIOUS AND RELUCTANT TO GO TO SCHOOL
Many children become anxious about going to school. The most common age for this type of anxiety is five to six years of age. It is also common in school-age children who are about 10 to 11 years old, toward the end of the last years of primary school. The reason for the reluctance to go to school can be varied, ranging from social issues with children at school, learning difficulties and relationship issues with teachers.
Sometimes the reason kids are reluctant to go to school actually has nothing to do with the school. They may feel they're needed at home because a parent is stressed or depressed, or because of something else affecting the family. If that's the case, the answer involves addressing the family issue. School reluctance in its extreme becomes school refusal, where a child refuses to go to school. This refusal shows itself through temper tantrums and crying when it is time to go to school. They may complain about stomach-aches, headaches, nausea and dizziness. You know these are not real medical problems when they get better later in the morning once the child understands that he is going to be able to stay home.
Managing school refusal and anxiety  The main goal in managing school reluctance is to get kids to school, and not become a school refuser. Unfortunately, when kids seem sick and are trying to stay home from school, it is not always easy to recognize that they are avoiding school. A visit to the doctor is usually a good first step when your kids don't want to go to school. This can help ensure that your child doesn't have a physical condition causing his symptoms. Here are some tips to help you to manage school reluctance:

1. **Point to the positives.** Find something good in each school day that your child may look forward to. Keep pointing out these positive aspects whether it's a favourite activity, class time in the art room or social highlights.

2. **Have children go to school with a friend.** The social impact of a peer not only eases anxiety from a situation, but sometimes makes kids put on a brave face in front of their friend.

3. **Get someone else to take your child to school.** School reluctance in some cases can be a great way to keep parents busy with them. So if your child acts up for you, but not for another person, then consider having a friend take your child to school for a time.

4. **It takes time.** Understand that it may take time for your child to become overtly happy about going to school.

5. **Make sure that your child goes to school each day.** When kids stay home its harder to get them to go to school next time. The longer kids stay home, the harder it will be to get them to go back to school.

6. **Keep a diary over a two week period.** See if there are any patterns about behaviour, or certain conditions or days when reluctance is more likely.

Your approach as a parent needs to be empathetic and positive. That is, recognise that your child’s anxiety is real, but also understand that this is something that your child must face and will conquer. They need encouraging parents who let them know that they can conquer their anxiety, and supportive teachers who can handle children sensitively but firmly. Children need to feel confident that the adults in their lives are making wise decisions, in their best interests and that they can get through to the other side of their worries. It's helpful if teachers can link parents up with other parents who have successfully dealt with children who have been anxious and reluctant to attend school.

Shane Harrop  
Wellbeing Coordinator

**Uniforms**
Reminder Uniforms shop is still open Mon 9-10am and Friday 3.00-3.30pm.

I have the NEW BAGS (at the cheaper price of $37.00) in stock if needed and current dresses and hats at the old prices. Everything else is 50% off so come and grab a bargain while they last, old uniform can be worn for the next two years.

All other New uniform is available at PSW store in east Ringwood or online.

Uniform shop will be close Fri 13th and Mon 16th Dec as I will be absent, please contact the office if you require uniform on those days, but I will be open on the last day of school Friday 20th from 9-10am.

If you want to donate old uniform in good condition to Orfam please bring to uniform shop or office and I will send it off for the benefit of children in Africa.

Thankyou Jill  
uniform shop co-ordinator

**Where Are You?**
Unceremoniously dumped after Spring Fair by my family,

I have been living in the staff room now for 5 weeks. I have had two visits to Costco with Trish but I would really like to go home.

Please come and get me......as soon as possible
Canteen News

During Term 4 Canteen will be closed for lunch orders on Wednesdays but will be open for over the counter sales only.

Nachos
NACHOS ARE AVAILABLE AS A LUNCH ORDER ITEM UNTIL STOCKS RUN OUT!

WITH CHEESE ONLY $3.00
WITH CHEESE AND SALSA $3.50

ALSO I AM SELLING 500G BAGS OF CORN CHIPS FOR $3.20 EACH AND 2 LITRE BOTTLES OF SALSA FOR $10.50 EACH TO ANY INTERESTED PARENTS. BOTH HAVE LONG USE BY DATES

End of year Arrangements - Next Friday, 13 December will be the last day Canteen is open for lunch orders for this year. Canteen will be open for over the counter sales only Monday, 16 December to Thursday, 19 December. Canteen will be closed on Friday, 20 December.

Term 1 2014 Roster - I have drawn up a roster for Term 1, 2014. Any current or new volunteers who are available next year are invited to pop into Canteen and add their name to this roster, or alternatively, call me on one of the numbers listed below. Thank you.

Roster for the remainder of this term -

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec</td>
<td>Mon</td>
<td>Wed</td>
</tr>
<tr>
<td>Fri 06</td>
<td>Andrea Moran, Alexander Moran, Charlotte Moran, Kim Durose</td>
<td>Canteen Closed</td>
</tr>
<tr>
<td>Mon 09</td>
<td>Skye Callaghan, Peta Pennell</td>
<td></td>
</tr>
<tr>
<td>Tue 10</td>
<td>Jacqui Coia, Matoula Gatsoulis</td>
<td></td>
</tr>
<tr>
<td>Wed 11</td>
<td>Kelly Canavan, Georgia Philpots</td>
<td></td>
</tr>
<tr>
<td>Fri 13</td>
<td>Andrew Gersh, Craig Voyer, Aria Weight, Sharron Weight</td>
<td></td>
</tr>
</tbody>
</table>

Canteen Vacancies
If you are unable to attend canteen duty on the day you are rostered, please contact me during canteen hours or after hours on 9876 1288 or mobile 0413 370 898. Thank you.

Rosemary

PARENTS ASSOCIATION REPORT
Hi all, due to recosting of the DJ we have been able to reduce the Christmas Disco down to $12 per child. If your child is not having the meal deal it is $9. Any families who have already paid the $15 per child will be reimbursed through Trish at the Office.

We have had a fantastic start to the Book Fair this morning. Well worth a visit to the Library for a little sticky beak……. the hours we are open are Thursday 3 to 4pm

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 13</td>
<td>8.30 to 9.30am</td>
<td>3 to 4pm</td>
</tr>
<tr>
<td>Mon 14</td>
<td>8.30 to 9.30am</td>
<td>3 to 4.30pm</td>
</tr>
</tbody>
</table>

Upcoming events:
5th, 6th & 9th December – Book fair
Friday 13th December – Christmas Family Disco

Georgie
2013 CHRISTMAS DISCO

It's that time of year again, and to celebrate we are holding our annual school Christmas Disco for prep - year 6

So grab your mates and a party outfit (doesn't have to be themed, but antlers or Santa hats are always cool), and join us in the hall for singing, dancing and a lot of fun

Friday 13 December
5.30pm to 8pm
NOW ONLY $12 p/child
Or $9 without meal

Your ticket includes:
- entry
- 3 nuggets and chips
- water
- an icy pole
- prizes and
- lots of grooving with our awesome DJ
- maybe even a special guest appearance from a jolly red fellow

Also available:
- Show Bags $5
- Lolly Bags $2

Please return this slip with payment of $12 per child ($9 without meal) to the office by Tuesday 10th December.
Any queries, please call Georgie 0407 538 705 or the office 9876 6066.

Child(ren) name: ________________________________
Class: __________________

Payment method: O Credit card O Cash O Cheque
Amount: $____________

Name on credit card: ________________________________

Card No: ______/_______/_______/_______
Exp date: ___/___

Signed: ____________________________ Date: ____________
Would you like to host a Japanese assistant teacher in 2014?

Nami will be our new assistant teacher in 2014. She will arrive in April and stay at Warranwood for 6 months. We are looking for interested host families now, so please read about Nami and contact me if you are interested. Tanya Barlow

Meet Nami-

I am 29 years old. I am a cheerful person who gets on well with others. I am always calm and focused. I deal well with responsibility and have a strong desire to experience and study a wide variety of new things. I have been working as a school nurse at a primary school in Japan for seven years. I am looking forward to sharing different ideas about culture and education through this exchange. I hope to use my experience to introduce Japanese schools and student life to children in Australia. I am also excited to share many aspects of traditional Japanese culture and I am also keen to help with sports in the school since I majored in sports science at university. I especially enjoy tennis, badminton and volleyball, so if there is an opportunity to help your school in this area, I will be very pleased.
Easing children’s anxiety

“Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.”

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognize what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognize when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophizing. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and toddlers as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party on time after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

Published by Michael Grose Presentations. All rights reserved. For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

© 2010 Michael Grose
Australia Day Public Holiday 2014... Yes we are open!

We know that the back-to-school rush can be a busy time of year, so our store will be open for regular trade on the Australia Day Public Holiday (Monday 27 January) to provide you with convenient shopping hours!*

*Please note: We will be closed Sunday 26 January. Lay-by will be unavailable in January and February.

AVAILABLE AT PSW RINGWOOD EAST
18-20 Railway Ave, Ringwood East, VIC 3135
Phone: 03 9879 5500

TRADING HOURS
Monday to Friday 8:30am - 5:00pm
Saturday 9:00am - 4:00pm
Sunday CLOSED

www.psw.com.au - save time, shop online!

PLEASE NOTE: Our store will be closed from Saturday 21 December, 2013 to Sunday 5 January, 2014.
Program Update

This week we breezed through the mini heat wave and finished our AASC sports sessions for the year. We also completed our summer window display and keep on juggling plates, balls, devilsticks and whatever else we can get our hands on! Next week is Christmas bling so expect to see lots of glitter, foil and tinsel and the gingerbread house tradition will continue with mini houses for the senior school and reindeer for the juniors to decorate.

OSHCLUB are calling for any old mobile phones; if you have any broken, old or unwanted mobile phones please put them in our collection box at the front door. This is in aid of the Melbourne Zoo’s campaign “They're calling on you” to help save gorillas in the wild.

Erin and McKayla helped to finish our summer themed window complete with a flock of seagulls.

The rare species of Christmas unicorn can be seen in the aftercare room early in the morning...

What’s on next week

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before Care Activities</strong></td>
<td>Fold and cut lacy</td>
<td>Wool eggs and bingo</td>
<td>Australian animals</td>
<td>Christmas craft</td>
</tr>
<tr>
<td></td>
<td>stars</td>
<td></td>
<td>poster</td>
<td>Christmas cards</td>
</tr>
<tr>
<td><strong>After Care Activities</strong></td>
<td>Gingerbread making</td>
<td>Make Christmas wrapping paper</td>
<td>Glamorous gardening</td>
<td>Circus performances</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sandpit play</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon Tea</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Offered every session:
- Group games, drawing, painting, construction, cooking, reading, home corner, board games and free play activities in the gym, basketball courts, playground and surrounding areas.

Parent Information

WARRANWOOD OSHCLUB program phone: 0411-656-031
Staff: Danie Swinburne, Jill Hansen, Robyn Hansen, Hannah Cantwell, Kim Hindmarsh

BOOK AND CANCEL ONLINE TO AVOID EXTRA FEE
If it is within 24hrs please ring the program directly on 0411 656 031. Please book children before 9am on the day attending to guarantee a place.

All families must be enrolled to attend the program, remember enrolment is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
5 minute survey for your chance to win an iPad!

On behalf of the Ride2School program, we would like to invite you, as a parent of Warrandyte Primary School, to participate in their travel to school survey.

Your responses will help us better understand the concerns of parents of school aged children across Victoria. We are keen to hear from all parents, whether your children are driven, walk, or cycle to school.

For your chance to win an iPad, simply complete the following 5 minute survey by 24 December 2013: https://www.surveymonkey.com/s/R2Sparent

The winner will be notified by email and announced on the Ride2School website in January 2014.

For more information about our Ride2School program please visit our website or send me an email.

Yours sincerely,

Kate Butler

Bicycle Network’s Ride2School Team Manager

A program by

BICYCLE NETWORK

ride2school.com.au

Australian Open
Holiday Tennis Programs
at Warrandyte Tennis Club

Junior Clinics: Jan 20, 21, 22, 23.
(Students can do one, two or all sessions).
Cardio Tennis: Jan 21 & 23

Morning Clinics (Ages 5 to 18)
Afternoon Tournaments (Ages 7 to 18)
Full Day Clinic & Competitions (Ages 7 to 18)

For information or bookings:
phone: 0488 722 538
email: info@thetennisguru.com.au
web: www.thetennisguru.com.au
The Anglican Parish of Croydon Hills & Wonga Park

SERVING GOD AND OUR COMMUNITY.

St James Anglican Church Croydon Hills invites you to its Christmas Celebrations.

Details are as follows:

Tuesday 24th December: Family Christmas.

Come and have dinner with us at 6:00pm, Dress up as an angel or Shepherd and then at 6:30pm come and enjoy the Christmas Message through vocals (carols), video and other visual methods. Fun for all the family.

Tuesday 24th December: Midnight Service.

At 11:30pm. Come and sing Traditional Christmas Carols and partake in Holy Communion as we bring in Christmas Day.

Wednesday 25th December at 8:00am.

Come and celebrate a family Christmas Celebration with Holy communion as we remember the foundations for the Christmas celebrations we will have on the day.

All services are at 21-23 Bemboka Rd, Croydon Hills.

We would love you to celebrate your Christmas with us.