WHAT'S ON?

February
Mon 11    Middle and Senior School Swimming Carnival
           Croydon Memorial Pool
Thur 14    Statewide Stop-Work
Mon 18    District Swimming
Fri 15  Interschool Sport Antonio Park PS
Wed 20    Whole School Photo Day
Tue 26    Japanese Day
March
Thur 28    End Term 1 at 2.30pm

AS PART OF OUR SUNSMART PROGRAM
SCHOOL HATS MUST BE WORN ALL OF TERM 1 !!

Principal Report

WELCOME BACK!
A big welcome back to all school families, and particularly to those families new to Warranwood Primary School. It was great to visit each classroom and witness settled happy students and teachers. The first few days are really important in that they set the tone for the year. It was interesting that at about 9:20 there was a lot more noise outside each classroom than inside!! Good to see parents catching up as well!

Our new preps settled in very quickly. Not a tear in sight, from Preps or their parents!

Prep classroom at 9:00...  Prep classroom at 9:20!
We have lots of changes of teachers and classes this year, but only one new teacher. It is a pleasure to welcome Katherine Orlowski to the school. Katherine was working at Great Ryrie PS last year and came along in the last week of 2012 to meet her class.

SUPPLIES and FEES
Great to see that our pile of student stationery boxes has virtually disappeared. Thank you to everyone who has paid school fees and voluntary contributions. In an environment where school funding is increasingly under pressure we greatly appreciate, and need, the support of families. If the payment of school fees is an issue for your family please do not hesitate to contact me or Trish if financial assistance is required. Payment plans are easy to work out.

TERM DATES/PUPIL FREE DAYS 2013

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<tr>
<th>Term 1</th>
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<td>Pupil Free Day 7 June</td>
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<td>Pupil Free Day 12 August</td>
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<td>Term 4</td>
<td>7 October - 20 December</td>
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STUDENT SUPERVISION
Please note that students are supervised at school at all times between the hours of 8.45 am and 3.45 pm. Students should NOT be at school before 8.45, and must be collected/leave the school by 3.45 pm – outside these times supervision and/or the collection of students is the responsibility of parents. This is particularly important during the period of union bans and the 38 hour week. Don't forget that we have a wonderful before and after school program that can be accessed nearly every day!

AEU ACTION
Further notice regarding the AEU action and work bans, including the statewide stopwork on Thursday 14 February will be provided ASAP.

COMMUNICATION
Communication and relationships are the keys to an effective and happy school. Issues often arise for your children that affect them at school. Sometimes these are school issues – talk to your classroom teacher first, but don’t hesitate to contact Sue Dean or me if you need to. If there are changed circumstances in your family it is important that we know about them.

Please don’t hesitate to contact me if you have any concerns, ideas or questions.

I look forward to a great year ahead, full of new and exciting learning opportunities for all our students!

PERSONAL PROPERTY AT SCHOOL
The Department of Education and Early Childhood Development has requested that the following information be conveyed to parents.

Personal Property
- **Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises.**

  *The Department of Education and Early Childhood Development does not hold insurance for personal property brought to schools and it will generally not pay for any loss or damage to such property.*

School Injuries and Insurance
- **Parents and guardians are generally responsible for paying the cost of medical treatment for injured**
students, including any transport costs. Most medical costs will be refundable by Medicare. If you are a member of an ambulance or health insurance fund, you may also be able to claim transport or other expenses from the fund.

- The Department of Education and Training does not hold accident insurance for school students.

Other school-specific insurance is available through the commercial sector is aware of two insurers, JUA Underwriting Agency Pty Ltd and EBM Insurance Brokers, that provide accident insurance policies for students. These policies provide specific benefits for students who are injured in accidents for a reasonably low cost. Other insurers may also do so.

**Assistant Principal Report**

Welcome back to 2013. You have already had a lot to read so I'll be brief this week. I love catching up with everyone after the holidays. I have already had lots of talks about the holidays. Next week there will be more curriculum information but please remember that you are more than welcome to come and speak to me regarding any concerns you may have.

Sue

**Japanese Day 2013- New Date Tues 26th Feb!**

As many of you may know every second year we have a Japanese Day at Warranwood. Japanese Day is a chance for all students across the school to celebrate the unique and vibrant culture of Japan. This year have many exciting activities planned. We have booked a unique traditional Japanese performer whose wonderful show will entertain us through storytelling and play. As well as classroom craft/cooking activities the students will take part in novelty Japanese sports. So start preparing your Japanese Day costumes as there will be a parade and prizes for the best dressed!

Tanya - Coordinator

**Swimming Sports**

The annual house swimming will be held on Monday 11th February at the Croydon Memorial Pool. Depending on the students’ water confidence and ability students can either swim in the official 50 m and 25 m swimming races (freestyle, back stroke, butterfly and breast stroke) or the less formal events involving balls, floats, rings and hoops in the shallow pool. Some students even take part in a combination of shallow and main pool events! The shallow pool events are particularly designed for less confident swimmers. Students who swim in the 50m events have a chance to be selected in the school swimming team. (The District event will be held during the morning of 18 Feb at the Tintern pool) Every child in every event earns house points for their house.

Many parents are needed to assist during the day. Please pass your name onto me directly or via your student's classroom teacher if can help on the day. Short stints are also welcome.

The sports are for Middle and Senior school students.

Thank you.

Rod Neal - PE teacher

**Wellbeing at Warranwood**

Welcome to what will be an exciting year ahead! 2013 will be a year of great challenge and excitement and of course personal achievement! The holidays are a wonderful opportunity for families to spend time together, “some parents will suggest too much!” With the beginning of the new year and the school routines restarting or for our new preps beginning for the first time it is important to take a minute to think of the impact of change and challenge on all of us. I have included a couple of articles this week to hopefully assist our current students and families and to our past students who are starting their secondary school journey over the following couple of weeks.
2013 will of course bring many challenges and great rewards and the approach that we all take to problems will determine our successful and fulfilling resolutions. Over the summer I came across a small saying/mantra that has stuck with me and I will take the opportunity to explore with my grade early in the term. “Some people wait for the storm to pass while others learn to dance in the rain!” Of course this is all about resilience and coping and developing the positive mental health strategies and approaches required to succeed and be happy no matter what external forces are present. Have a look at the ideas provided by Michael Grose and window shop. Take what suits your family and leave what doesn’t behind.

Again welcome back to Warranwood for the 2013 year and if you are here for the first time a very special welcome to our community.

Shane Harrop - Wellbeing

Making a smooth start to secondary school

By Michael Grose- No. 1 parenting educator

Getting used to new subjects and new teachers, as well as forming new friendships are just some of the requirements of this period.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that many research projects indicate that children’s learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the Four P’s to help your young person settle in:

1. Promote friendships: The quicker kids form new friendships the sooner they’ll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. Practice patience: Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. Pursue a positive attitude: Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

4. Process their day: Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school. Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.
Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person’s school is by actively promoting the school’s values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person’s new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!

**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 first hand.

2. Make sure they get enough sleep: Sleep is the 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 single 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. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if 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 energizing 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 on their own, so they tend to retreat to their 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 anxiousness. Some kids bottle up what’s inside, while others will catastrophise 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 stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising 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, 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 flat out 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 life. Mucking around, which is code for having 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.
Canteen News

Reminder - Canteen is closed EVERY Wednesday

ROSTER FOR THE COMMENCEMENT OF 2013

January 2013
Thu 31 No helpers required

February 2013
Fri 01 No helpers required
Mon 04 ☺ ☺
Tues 05 ☺ ☺
Wed 06 CANTEEN CLOSED
Thu 07 Jennifer Davis, ☺
Fri 08 Nicole Stokes, Nicole Thorpe, Erin Voyer
Mon 11 Kate Braunthal, Michelle Caruana
Tues 12 Vanessa Allsop, Deb Sandilands
Wed 13 CANTEEN CLOSED
Thu 14 ☺ ☺
Fri 15 ☺ ☺ ☺
Mon 18 ☺ ☺
Tues 19 Melissa O’Connor, Maggie Slane
Wed 20 CANTEEN CLOSED
Thu 21 ☺ ☺
Fri 22 Tania Ellard, Sam Ireland, Liz McGinley
Mon 25 ☺ ☺
Tues 26 Matoula Gatsoulis, ☺
Wed 27 CANTEEN CLOSED
Thu 28 ☺ ☺

March 2013
Fri 01 Shauna McIntosh, Cara Mooney, Jodie Oakley, Connie Panagiotopoulos

☺ Canteen Vacancies
If you are able to assist on one of these days or if you are unable to attend canteen duty on the day you are rostered, please contact me during canteen hours (9:30am-2:30pm) or after hours on 9876 1288 or mobile 0413 370 898. Thank you.

THANK YOU

Rosemary
Australian Open Tennis.

A number of our students were able to play Hot Shot tennis on court during the Australian Open. Here are photos of Ramiro, Luke and Ben.
Program Update
Hi Everyone,
Welcome back, hope you all had a wonderful break and looking forward to an exciting new year.
Just a few reminders, please make sure you are booked in on line for this year and you have change your child’s grade and updated any other information. ie change of address or phone, asthma plan, allergies or medical needs.
Please book or cancel your child in so we know they are coming and can organise the right number of staff. BOOK AND CANCEL ON LINE TO AVOID EXTRA FEE
If it’s within 24hrs ring the program direct 0411 656 031. Please book children before 9am on the day attending to guarantee a place.
Next week’s goal is : CHALLENGE OURSELVES

Next terms Activities

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Parent Information

WARRANWOOD OSHCLUB program phone: 0411-656-031
Coordinator: Jill Hansen
Assistants: Robyn Hansen, Hannah Cantwell, Lisa Fell, and Stephanie Parsons.
All families must be enrolled to attend the program, remember this 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.
PLAYERS WANTED
FOR ALL AGE GROUPS
If you are interested in playing the “world game”, then why don’t you join our friendly family club, the Croydon City Arrows Soccer Club.
We cater for all age groups both boys and girls from 5 to 18yo.
REGISTRATION DAY 10th of February 2013
10.00am to 4.00pm
Dorset Recreational Reserve, Jenkins Lane Croydon.
For more information, go to our website at www.croydoncitysc.org.au.
Email: ccarrows@gmail.com
Or contact us on 0414726699.
NEEDS YOU IN 2013!!

ALL NEW PLAYERS RECEIVE A FREE SPORTS BAG.

SEE WEBSITE FOR DETAILS

REGISTRATION DAY – SUNDAY FEBRUARY 10th,
from 11am - 2pm
CLUBROOMS – MULLUM RESERVE,
MULLUM MULLUM ROAD,
RINGWOOD NORTH

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Online registration available now.
See our website for more details
www.norwood.sportingpulse.net