Following on from last week, the promotional video clip for Brady’s Super Kid award is here: https://www.facebook.com/thegoodguysAU/videos/836692636435414/?__mref=message_bubble

We are a very proud community!

THE RESILIENCE PROJECT
Brady epitomises many of the aspects of the messages behind the Resilience Project. This article from Tuesday’s Herald-Sun tells a familiar story for those of us who attended Hugh Van Cuylenberg’s presentation. Great to be connected!

PREP INFORMATION NIGHT
Last night we had our Prep Information Night for 2017 prospective prep parents. Thank you to our Prep team for organising a program that highlighted the wonderful things we do at Warranwood. The positivity from our Prep leader, Suzie Smith, the school captains and Shannon Newman as a School Councillor and current Prep parent was fantastic. so much pride in our school!!

Next Wednesday 25 we will have an open day and
open evening for current and future parents to look at the great things we do at the school! Our Taiko group will launch the evening! Please come along during the day and see the school in action – just a normal day! And if possible come along in the evening to see a celebration of the work that is done in all classrooms and specialist programs.

SCHOOL COUNCIL
At our May School Council meeting on Tuesday we had reports from each of the sub-committees – finance, buildings & grounds, promotions and Parents Association. Each of these groups focuses on a different but vital area of school operations. School Council approved our two remaining Curriculum Days for the year **Monday 11 July** and **Friday 28 October**. Monday 11 July is the first day of term 3 and Friday 28 October is the day before the Cup Day weekend. We also had discussions about the school’s 20th birthday celebrations and how the government’s Education State initiatives are impacting on our school.

JAPAN FESTIVAL
I was very proud of our Year 6 Taiko drummers on Sunday – they performed brilliantly in front of a large crowd at the Japan Festival in Box Hill. Great effort from students, parents and Tanya Barlow! Good to see other families from the school at the festival as well – thank you for supporting!

WORKING BEE
On Sunday 29 May we will be holding our Term 2 working bee from 9-12. We will be following up on the wonderful work done at the previous working bee in the frog bog, as well as other jobs. So please come along and assist with planting, clearing, mulch moving, pruning and more!! A BBQ lunch will be provided at the end of the morning!

PRE WORKING BEE JOBS!
- There will be a pre-working bee day on Monday 23 May, where some work on drainage and pathways will be completed. If you can spend an hour or two during the day it would be most appreciated.
- We need a large amount of cardboard for the working bee mulching. If you have the right vehicle we need fridge boxes collected from the Good Guys (or similar!). Contact Kirsty Bishop-Fox via Facebook or the office if you can assist!

OFFICE NEWS
COMPASS— A reminder to parents of Year 5/6 students to log onto Compass and give your permission for your child to attend the excursion to the Zoo.

To all families—as we will be sending our Newsletter via Compass please ensure the email address that you wish to receive the Newsletter is entered.
The Negativity Bias

Our brains have a built in negativity bias which generates an unpleasant background of anxiety which can become intense and is one of the reasons anxiety is the number one mental health issue in our society. The Resilience Project reminds us to practise gratitude and kindness to help combat this. Dr Rick Hanson is a leading neuropsychologist who has written many books about the brain and happiness. One of them ‘Hardwiring Happiness’ teaches us to use Mindfulness to integrate the positive moments and experiences into our brains to counteract the negativity bias.

The unhelpful power of the negativity bias stated by Dr Hanson is ‘It highlights past losses and failures, it downplays present abilities and it exaggerates future obstacles’. Furthermore, ‘your brain preferentially scans for, registers, stores, recalls and reacts to unpleasant experiences….it is Velcro for the negative experiences and Teflon for the positive’.

Practising Mindfulness is the key to increasing positivity and happiness, Dr Hanson states ‘the longer that something is held in awareness and the more emotionally stimulating it is the stronger the trace in memory…focus on your emotions and body sensations…let the experience fill your body and be as intense as possible’. So when someone is nice to you, you admire a quality in yourself, you have a minor success at work or just the smell of an orange, breath it in, notice how you feel and spread the warmth of happiness throughout your body.

Mia Sartori
sartori.mia.m@edumail.vic.gov.au
Student Wellbeing Officer
PERFORMING ARTS NEWS

The Middle School students have started filming It's Seussical Time! It is a film made up of many of the Dr Seuss books such as Green Eggs and Ham, Cat in the Hat and the Lorax...just to name a few! Costumes are ready thanks to the very talent Eileen and the film is sure to be an acting, dancing and singing extravaganza (if the rehearsals are any indication)! The movie will be premiered at Reading Cinemas in July... Date to be announced soon! Watch this space!

Jacinta O'Leary
Performing Arts Teacher

JAPANESE CULTURE CORNER

Taiko Performance at Box Hill

Last weekend twenty-two talented year 6 taiko team members performed at the Japan Festival. It was wonderful to see so many Warranwood families there on the day! The drummers were able to use authentic taiko drums during the show which was very exciting and LOUD! They will be performing again this Wednesday at Open Night. Taiko will start at 7pm with the year 5 Ninja and Samurai teams too!

Tanya Barlow
Japanese Teacher
Rainforest

The CRASHING of water against the rocks, the trees THRASHING together BASH CRASH I can hear the sound of animals WHIMPERING as I walk through the soft meadows of GLISTENING grass. The sound of water falls GUSHING as the water is SPLASHING on my toes SPLISH SPLASH. It was an amazing feeling.

CAR RACE

ZOOM! I HEARD THE SOUND OF CARS RACING DOWN THE TRACK.
VROOM! VROOM!
MEN START YOUR ENGINES!
THEY'RE OFF! ROAR!
THE CROWD WAS GOING WILD! YIPEE!
VROOM! VROOM! ZIP! ZIP!
OH NO! SMASH! A CAR CRASHED!
INTO THE FENCE ..... WHOO!! WHOO!!
THE SIRENS OF AN AMBULANCE CLIP! CLIP!
THE MEDICS SECURING THE DRIVER TO THE STRETCHER.
OWWWW! MY LEG!!

3...2...1 Blast off!!
Up goes the rocket into space WHOOSH! a shootng star shot past Pooop turn off the rockets Smash!
A massive meteor flying right into the distance:
Wooo! Down goes the rocket as it lands on the moon But..... Crash! Boom! Ka-pow!
They're stranded on the moon Forever
Vict! Another rocket is landing on the moon: Yaaaay! They're saved.
3...2...1 Blast off!!
2016 Canteen News & Roster

The canteen will be having a Sushi Day on Tuesday 7th June. Order forms have been sent home and are due back on Thursday 2nd June.

$6- Meal Deals

Please include additional 20c if you require sauce

~ Meal Deal 1~
Hot Dog with
YOUR choice of BIG M Chocolate or Strawberry Milk
Choc Chip Cookie and a Quelch Stick
$6.00

~ Meal Deal 2~
2x Homemade Ham & Cheese Mini Quiches
with Juice Box
Apple Slinky, Choc Chip Cookie and a Quelch Stick
$6.00

~ Meal Deal 3~
Hawaiian or Margarita Pizza with
YOUR Choice of BIG M Chocolate or Strawberry Milk
Choc Chip Cookie and a Quelch Stick
$6.00

We also have Homemade Pumpkin soup available $4.50 per serve (only available through the lunch order system) Soup is made with our pumpkins from the school garden.

REMINDER: If Students order a Frozen item with their Lunch Order can Parents please remind them to come to the canteen with their lunch order bag to collect the frozen product. It will be underlined on the bag with a BLUE Line.

Thanks to those parents who have already volunteered in 2016. **We need more volunteers in the canteen.** If you can assist we are always on the lookout for regular volunteers. We require new helpers so please give me a call on 0419 387 370 if you are able assist, or pop in to the canteen to see me to discuss which day suits best. Volunteer hours are: Monday, Tuesday and Thursday 11am to 2.30pm; Friday 10am to 2.30 pm. If you are a new volunteer please come 15 mins prior for an induction. If you are unable to attend canteen on the day you are rostered please contact me in advance on 0419 387 370.

Warm Regards
Megan Parker

<table>
<thead>
<tr>
<th>Date</th>
<th>Volunteer</th>
<th>Volunteer</th>
<th>Volunteer</th>
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</thead>
<tbody>
<tr>
<td>Friday, 20 May 2016</td>
<td>Andrea Heywood</td>
<td>Rebecca Wheatley</td>
<td>Nicki Stevens</td>
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<tr>
<td>Monday, 23 May 2016</td>
<td>Louise Robinson</td>
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<tr>
<td>Tuesday, 24 May 2016</td>
<td>Sylda Jones</td>
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<td>Wednesday, 25 May 2016</td>
<td></td>
<td>Canteen Closed</td>
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<td>Thursday, 26 May 2016</td>
<td>Katie Bronstring</td>
<td>Terri McKinnon</td>
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<td>Friday, 27 May 2016</td>
<td>Nicole Thorpe</td>
<td>Kylie Donis</td>
<td>Sarah Mitsalis</td>
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<td>Monday, 30th May 2016</td>
<td>Jenny Brown</td>
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<td>Tuesday, 31 May 2016</td>
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<tr>
<td>Wednesday, 1 June 2016</td>
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<td>Canteen Closed</td>
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<tr>
<td>Thursday, 2 June 2016</td>
<td>Wendy Harrison</td>
<td>Heather Jones</td>
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<td>Friday, 3 June 2016</td>
<td>Kim Tunnecliff</td>
<td>Jessica Lancashire</td>
<td>Luisa Pentland</td>
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<td>Monday, 6 June 2016</td>
<td>Jo Aikman</td>
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<td>Tuesday, 7 June 2016</td>
<td>Matoula Gatsoulis</td>
<td>Sylda Jones</td>
<td>Nicki Stevens</td>
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<tr>
<td></td>
<td>Connie P</td>
<td>Peta Pennell</td>
<td><strong>Volunteer Required</strong></td>
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<tr>
<td>Wednesday, 8 June 2016</td>
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<td>Canteen Closed</td>
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<td>Thursday, 9 June 2016</td>
<td>Jo Hales</td>
<td>Jane Fletcher</td>
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<td>Friday, 10 June 2016</td>
<td>Andrea Haywood</td>
<td>Megan Dumbrell</td>
<td>Rebecca Wheatley</td>
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Before School / After School Care Program
Term 2 Week 6 (16/05/2016 – 20/05/2016)

Program Update

This week, we have decided to extend our Newsletter. We now include an interview with our OSHClubber of the week, a recipe from one of our Cooking Club sessions and more photos from our week at OSHClub. So please come on in and grab a copy of our extended Newsletter 😊

As we are once again getting high numbers in Before School and After School Care, could you please make sure that you are booking your child/ren in online or calling before 9am to book? This will allow us to staff accordingly. Thank you 😊

Eliza and Isabella made hats during art and craft

Arabella has been enjoying making Glitter Art

Next week’s activities:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Before Care</td>
<td>Blindfold Keys</td>
<td>Marbles, Old Maid</td>
<td>Yes and No Game,</td>
<td>Behind the Curtain</td>
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<tr>
<td>activities</td>
<td>game, ball maze</td>
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<td>Jenga</td>
<td>Paper Chain</td>
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<td>Breakfast</td>
<td>Cereal, toast,</td>
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<tr>
<td></td>
<td>muffins, fruit and</td>
<td>muffins, fruit and</td>
<td>muffins, fruit and</td>
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<tr>
<td></td>
<td>yoghurt</td>
<td>yoghurt</td>
<td>yoghurt</td>
<td>juice</td>
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<tr>
<td>After care</td>
<td>Simpsons</td>
<td>One Touch Football</td>
<td>Long Base</td>
<td>Dance Routines</td>
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<tr>
<td>activities</td>
<td>Cooking Club</td>
<td></td>
<td>Rounders</td>
<td>Chain Tuggy</td>
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<tr>
<td>Afternoon snack</td>
<td>Fruit Platter and</td>
<td>Fruit Platter and</td>
<td>Fruit Platter and</td>
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<tr>
<td></td>
<td>Pasta</td>
<td>Tuna and Salad</td>
<td>Garlic Bread</td>
<td>Toasted Sandwiches</td>
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<td>wraps</td>
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ACTIVITIES OFFERED EVERY SESSION:
Group games, drawing, painting, craft, construction, reading, home corner and dress ups, music, board games and free choice activities in the gym, basketball courts, playground and surrounding areas and opportunities for leadership.

Parent Information

WARRANWOOD OSHCLUB program phone: 0411-656-031
Coordinator: Hannah Wallis
Assistant: Jill Hansen and Ashleigh Woods

BOOK AND CANCEL ONLINE TO AVOID AN EXTRA FEE
To make changes within 24hrs please ring the program directly on 0411 656 031. To guarantee your ASC booking please finalise by 9am on the day of.

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.
Entertainment books can be purchased from the school BUT digital books will need to be ordered online using the following link:

**PARENT’S ASSOCIATION**

**Entertainment Books**

We are selling Entertainment Books again this year. They are $65 with 20% of sales going to the school.

Get your orders in fast!

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**Footy Tipping**

**Leaderboard**

1st  Heather Jones
2nd  Cat Sisters
3rd  Dylan Sendecky
4th  Brenton
5th  Shane Harrop

--------------------------------------------------------------------------------

**UMBRELLAS**  

$25

**CINEMA NIGHT**

Thurs 23rd June

**WINERY TOUR**

TBA

We are very excited to now have our own email address. We can be contacted on parentsassociation.wps@gmail.com

--------------------------------------------------------------------------------

**SAVE THE DATE!!**

Finding Dory – Thursday 23rd June
Winery Tour – TBA
20 Year Celebrations – Saturday 12th November

We send lots of information home to families regarding events and fundraisers that we hold throughout the year. Whilst we understand that sometimes you may feel inundated by all of these items, our aim is to provide a service by offering a variety of ways in which you can contribute. It is not expected that you be involved in everything.

2016 President: Kellie Spiden – kellie.spiden@cbre.com.au
2016 Secretary: Loretta Higgins – rellandi.loretta@netspace.net.au
Community Announcements.....

Lipscombe Park

3 Year old program
4 Year old program
Explore the kinder
Meet the staff

OPEN DAY
Saturday 21st May
11am - 1pm

Lipscombe Park Kindergarten Inc.
Sandgate Avenue, Croydon Hills 3136
Ph: 9725 2456
www.lipscombepark.kindergarten.org.au

OBAN PRESCHOOL
OPEN DAY 2016

Sunday 22nd May
10am to 12pm

6A Holyrood Crescent, Ringwood North
Enquiries: 9876 3540

www.obanpreschool.com.au

OSTEOPATHIC SPORTS & SPINAL

CONCUSSION IN SPORT

North Ringwood Junior Football Club

Wednesday 1st June 2016
7:30pm - 9pm

North Ringwood Reserve, Wonga Road

Concussion is an important concern in sport and is even more so in junior sport as children are more susceptible to head injuries than adults. This presentation will cover a number of areas that both parents, coaches and trainers will find informative and helpful. You will come away with a better understanding of the mechanisms behind concussion, what signs to look for and how to manage a concussed player.

Presenter
Dr Patrick Kuhn
Sports Osteopath

Dr Patrick Kuhn who is an osteopath with twenty years’ experience and has worked extensively in the areas of children’s health and sports injuries.

Topics covered during the presentation:
- Concussion Facts
- Children & Concussion
- Signs & Symptoms
- Immediate Management
- Treatment & Prevention
- Return to sport

4/30 McAdam Square, Croydon Hills, Victoria 3136
Ph 9725 5581
www.osteopathicsportsandspinal.com.au
patrick@osteopathicsportsandspinal.com.au
See Warrandyte High in action!
Do a school tour!
Wednesdays 9.30am
Bookings essential
9844 2749

You will have the opportunity to view and discuss
- Classes in action
- Excellent Academic results
- Student Leadership Opportunities
- Sister School in China Exchange Program
- Wide range of VCE acceleration opportunities
- Extensive Sporting Program
- Dynamic Musical Productions

www.warrandytehigh.vic.edu.au
Warrandyte High School has a designated free parking zone inside the school grounds with school bus services running from North Croydon, Wantirna, Park Orchards, Ringwood East, Research, Kangaroo Ground and Eltham. This is in addition to the regular National bus service which stops just outside the school.

NOMINATE A GREAT TEACHER TODAY.

Do you know a teacher you’d like to thank? A Day Made Better gives you the opportunity to thank a primary or secondary school teacher who is making a difference. If chosen as one of 10 winners, they’ll receive $5,000 worth of supplies and an Apple iPad for their classroom. Help us recognise these inspiring people by nominating them today.

NOMINATE A TEACHER YOU’D LIKE TO THANK BEFORE JUNE 17TH
Great teachers are worth celebrating. ADAYMADEBETTER.COM.AU