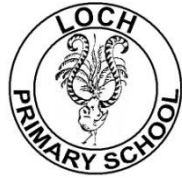


LOCH PRIMARY SCHOOL



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NEWSLETTER NO. 7 11th March, 2015

PRINCIPAL'S PRATTLE:

Year 6 students along with parents and Mr Hunter headed off to Wilson Promontory camping yesterday. There was great excitement and lots of eager discussions about activities and sleeping with wombats. Everyone arrived safely and were enjoying the sunshine as they set up camp. Students will return at 3pm on Friday and we look forward to hearing of their adventures.

Good Friday Appeal

Each year the Good Friday Appeal brings together people from all parts of the community to raise much needed funds for equipment, research and education to support the work of The Royal Children's Hospital. The strength of the Good Friday Appeal lies with the thousands of people who volunteer their time, expertise and creativity to organise fundraising activities throughout the year. Together they have raised more than \$274 million for the benefit of the hospital since the Good Friday Appeal began in 1931.

The activities of the Good Friday Appeal lead up to an all-day telethon, broadcast live across Victoria on Good Friday and supported by the Herald Sun, Channel 7 and 3AW 693. The Good Friday Appeal is a non-denominational, non-political organisation that exists solely to raise funds for the benefit of The Royal Children's Hospital.

Loch Primary School will again be supporting the Good Friday Appeal. On Wednesday 18th March, students are asked to participate in **"Crazy Hair Day"**. Students may come to school with crazy hair and make a gold coin donation. Students are to wear school uniform but may style their hair in a crazy manner, wear a wig, colour their hair (just for the day) and add special hair ties and ribbons etc. Families are welcome to make donations to the appeal via the school. Please include your donation in an envelope and place in the red box.

Peer Mediation

Peer Mediation is up and running at play times. Our Year 5 & 6 students are working with younger students to resolve issues that occur in the playground and are developing their skills and confidence. You may see them in their bright orange vests talking to students if

you visit during the day. Congratulations to all the year 5 & 6 students who have taken on this important role with maturity and a genuine desire to help our younger students.

As a parent it can be very upsetting to hear about any difficulties your child has experienced in the playground at school. Our peer mediation program has been implemented to help support students as they are faced with friendship issues, sharing of equipment and deciding what to play. Sometimes issues are very challenging and require teacher help. Our peer mediators have clear guidelines about when to involve teachers. Teachers are on yard duty each play time and are always available to deal with more serious issues.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience. The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets: independence, problem-solving, optimism and social connection. From a resilience perspective, parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

- Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.
- Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
- Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
- Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.

If your child experiences difficulties it is important to keep communication open with the school and teachers to ensure we are supporting and assisting your child. Please come and see me if you need to raise concerns or would like help.



Peer Mediators at work

Chaplaincy Consent Forms

Matt, our chaplain has started the Bikes R Us program for 2015 and is working in classrooms assisting with all sorts of learning activities. Please return your consent forms urgently to school so we are able to finalise programs and activities for students.

Uniform

We presently have a large number of unnamed uniform items sitting in lost property. Please check these items as you drop off or pick up students. Please ensure that all of your child's/ren's uniform items are clearly named. A few families are also missing jumpers and would very much appreciate it if everyone could check at home for them in case they have been muddled up at school.

Instrumental Music Tuition

It is hoped that our instrumental music teacher will be ready to begin classes at the start of term 2. Due to personal reasons he has been unavailable this term. Parents who returned forms indicating they would like their child to participate in instrumental lessons will be contacted shortly with further information and details.

Working Bee

Huge thanks to the families who attended our working bee last Thursday. We were able to weed and clean up the rotunda area and clean out the garden shed. There are still some urgent works which need to be completed before the end of term and it would be very much appreciated if anyone could volunteer a few hours.

- Repairs to Tee Pee in secret garden
- Spraying of blackberries in secret garden
- General weeding in garden beds
- Spreading of mulch

Please contact the office if you are able to help.

Tracey King
Principal

OTHER INFO:

Stephanie Alexander Garden

Parents who are interested in supporting the Stephanie Alexander Garden program are invited to join us for afternoon tea for discussions and planning. We will be meeting in the staff room at 2.30pm on Thursday 12th March. We would be grateful for any assistance parents are able to provide.

Uniforms For Sale

Brand New (SURPLUS TO ORDER)
2 size 8 polo shirts \$16.00 each and a size 8 windcheater \$20.00.

SCHOOL COUNCIL:

Next meeting is the AGM and will be held on Monday 16th March. Meeting will be held in the staffroom and commences at 7.30 pm. All families are welcome to attend.

Reminders:

Please return Chaplaincy Forms, Premiers' Reading Challenge, Student Updates and Head Lice/Photo Permission forms as soon as possible.

Premiers Active April

Registrations are being encouraged by families from Loch PS to participate in the Premiers Active April for 2015. Let's see how many families we can get to participate.

Register today at activeapril.vic.gov.au
Registrations have been set up for the school under the Username of lochps and the Password is Loch2015 You can register for our school under the teams of Lyrebirds or Legends.

Parent Payments

Thanks to those who have made their payments already. It is really appreciated and makes it much easier to manage the school funds when we get them at this time of year. If you would like to make a payment plan for the Parent Payments for 2015 please call in and see Tracey or Lyn otherwise they are due and payable now.

The payment of \$200 per child can be made in cash or cheque or directly deposited into the school account, BSB 063 515 Account No. 1001 4378

Please use your family name in the description field. These can be paid quarterly, half yearly or however you can to make it workable for your family. **Please let us know if you wish to use any of these options.**

PARENTS & FRIENDS:

P & F Meeting

There will be a meeting of P & F on Friday 20th at 9.30 am. Please come along and support this group with some ideas for fundraising etc. for the coming year.

Easter Raffle

We would ask if all families could donate some eggs or Easter goods to make it a mega Easter raffle.

Raffle tickets were attached last week. Could they please be back by Thursday 26th March.

DIARY DATES:

Tues 10th to Fri 13th March – Gr. 6 Prom Camp
Thursday 12th Mar – 2.30 pm Stephanie Alexander Support Group meeting – 2.30pm
Monday 16th March – School Council Meeting
AGM - 7.30 pm
Friday 20th March – P & F Meeting – 9.30 am
Friday 27th March – Last day of Term 1
Monday 13th April – First day of Term 2

Community Picnic

Sunday, March 22

Loch Memorial Reserve

Join the fun and have your say in updating the Loch Community Plan



2ND KORUMBURRA SCOUTS

JAMBOREE FUNDRAISER

KORUMBURRA SCOUT HALL

LEGO COMPETITION

SPOTTO, FACE PAINTING, SAUSAGE

SIZZLE, CAR BOOT SALE

SATURDAY 14TH March, 2015

9 am to 4 pm

For more information, please see notice on notice board near office.

Poowong/Loch Auskick

Will be commencing on Sunday 5th April at the Loch Reserve.

Registrations can now commence online at www.aflauskick.com.au

Please contact Bill Barry for further information on 0419 535 810