### EVENT CALENDAR

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Fri 1st Mar</td>
<td>• CLEAN UP AUSTRALIA DAY, whole school activity, 2.30pm</td>
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<td>• Whole School Assembly, 3:00pm</td>
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<tr>
<td>Wed 6th Mar</td>
<td>Prep Rest day – final one for 2013</td>
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<tr>
<td>Thurs 7th Mar</td>
<td>• School Council nomination forms returned to the office by 4:00pm.</td>
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<td>• Parent Helpers program, 2:30 - 3:30pm in LOTE room</td>
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<tr>
<td>Fri 8th Mar</td>
<td>S.S.A Swimming Sports Day, yr 4-6 students @ Winchelsea Pool</td>
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<tr>
<td>Mon 11th Mar</td>
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<tr>
<td>Tues 12th Mar</td>
<td><strong>Preps start full time this week.</strong></td>
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<tr>
<td>Fri 15th Mar</td>
<td>Whole School Assembly, 3:00pm</td>
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<tr>
<td>Wed 20th Mar</td>
<td>• School Council AGM, 7:00pm</td>
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<tr>
<td></td>
<td>• School Council Meeting, 7:30pm</td>
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<tr>
<td>Thur 28th Mar</td>
<td>• Whole School Assembly, 1:00pm,</td>
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<td></td>
<td>• Last Day Term 1, 1:30pm dismissal</td>
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<tr>
<td>Mon 15th Apr</td>
<td>Term 2 starts.</td>
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### “YOU CAN DO IT” TERM FOCUS
- **Resilience**

### STUDENT BANKING
Any students who wish to open a Commonwealth Bank account please see the office or your local branch for a Youthsaver Account Opening Kit.
- **Bank books to be at the school office by Tuesday.**

### STUDENT LEADERS
- **School Captains:** Skye Pekin, Tom Pilgrim
- **School Vice Captains:** Tanika Trickey, Alex Blunt

### JUNIOR SCHOOL COUNCIL
- **To Be Announced**

### SCHOOL COUNCIL— 2012 / 2013
- **Parent Representatives:**
  - Rick Werner
  - Melinda McKenzie
  - Jo Anstee
  - Barry Castle
- **DEECD Representatives:**
  - Carrie Rowe
  - Adam Lavars
  - Julie Makin

- **School Council meetings are scheduled on the 3rd Wednesday of each month.**

### NOTES SENT HOME
- **To be sent home over the last week:**
  - School Council Election information— eldest student
  - Parent Helpers Program, Information & participation form— all families
  - Outstanding accounts for MDRPS 2012 After School Care.

**Contact your child’s teacher if you have not received the appropriate notes listed above.**

### EDUCATION MAINTENANCE ALLOWANCE
- Semester 1 EMA applications close on **Thursday, 28th February.**

**Please see Jo in the office for forms as soon as possible.**

### HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

### PARENT SUPPORT GROUP
- **for parents of special needs child/ren.** We will meet after school drop off at Brunch on Peter St on Thursday, 7th March.

**All welcome. Please call Elizabeth Anders on 0437 741 932.**
Spotlight on MDRPS curriculum
In this newsletter you will see two new sections that will become a regular feature, ‘Spotlight on MDRPS curriculum,’ and ‘Class News.’ These new additions to the newsletter are to inform parents of different curriculum areas within our school and how they are planned and implemented to assist individual students to be their best. The class items will enable us to highlight and celebrate learning in each classroom over the year. These articles will further enhance the communication between school and home.

School Council Elections
On Monday we sent home information about our upcoming election for School Councillors. Nominations forms were also sent home or can be collected from the office. Signed nomination forms are due back in the blue box at the office by 4pm Thursday March 7th. There are 4 x 2 year positions and 1 x one year Casual vacancy position.
We have at least 8 School Council meetings per year, usually 2 per term. School Councillors provide a line of communication from the school community and have valuable skills that can help share the direction of the school.

School safety
As I was reading through the abundance of DEECD mail, I was prompted to inform/remind parents that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including transport costs. If your child has an accident at school that requires medical attention, we will endeavour to contact you, but if we feel that urgent medical attention is required, we may call an ambulance. I would encourage parents to consider Ambulance Insurance, as the cost of an ambulance from Mt Duneed to Geelong Hospital would be costly for parents.
We know that accidents happen, such as falling off the slide, bumping heavily into another student or getting hit with a ball. We are not necessarily endorsing it, but we do have student insurance information, from $29 a year, at the office if you are interested.

Gardening
A big thank you to Belinda Loone for the huge amount of volunteer gardening she has done around the school over the last few weeks. The undercover area is beginning to look ‘under control’ and Belinda and her family started on the weekend tidying up the pathway towards the Freshwater Creek building. She is now looking for donations of fertiliser or mulch so that she can revitalise the vegetable garden and support the development of groundcovers. If you are able to donate resources or time please contact the office so that Belinda can contact you.

Fundraising
Thank you to the families that have been collecting 5 cent coins in their film canisters. You can return the canister to school and then refill it again as many times as you want. This is our major fundraiser for the term and a great way to clean up under the couch cushions!

Making Friends
On Monday our students were entertained by a humorous performance about making friends and not using ‘Bullying’ strategies. The messages sent were:

To Make Friends
Ask if you can play
Be polite and kind
Co-operate – Tell, listen, find a solution
Say – smile, hello and share

Bullying
Don’t tell lies or spread rumours
Don’t call people names, and
Don’t use violence.

District Tennis Competition
Well done to Clayton Paull and Fin Armstrong who recently represented our school at the District tennis tournament. They played very well and were fine role models for our school. Future champions in the making.

Notes from Mrs Makin

Before School Care
Our new provider of the After School Care program, ‘School Support Services’ is trying to determine if there is a need for a Before School care. I have had a few parents ask about this service, therefore if you are interested and would use a Before School Care service, please fill out the form and return it to the office by Wednesday March 6th.

Before School Care (Return to school by March 6th)
Yes, I am interested in a Before School care services. I would use it on;

Days: __________________________

Name of students:________________________________________

Parent’s name:____________________________________________

Thank you.

Julie Makin- Principal

Students of the Week

| Grade 1/2L | Ethan Mohr— for an excellent effort on Mathletics at home and school.
| Grade 2/3 | Nicholas Raeburn— for a settled start to the year. Well done!
| Grade 2/3M | Lily Churchill— for wonderful attentive listening skills.
| Grade 3/4 | Blake Galloway— for being a fantastic leader when working in teams.
| Grade 3/4B | Ella Wilkinson— for coming to school with a big smile and always having a wonderful story to share.
| Grade 3/4L | Lilly McCarthy— for always trying her best and being positive everyday.
| Grade 4/5 | Tessa Artis—for writing well thought out readers letters.
| Grade 4/5M | Ruby Weavers—for writing well thought out readers letters.
| Grade 5/6 | Marli Dale— for an excellent start to at home reading.
| Grade 5/6L | Jack Frencham— for an excellent effort for reading each night.
| Grade 6/7 | Mercedes Armstrong– for making excellent use of sticky notes during the reading hour.
| Grade 7 | Clayton Paull— for playing so well at the District Tennis Sports.
| Grade 7/8 | Fin Armstrong— for playing so well at the District Tennis Sports.

Sacred Heart College Open Day
Tuesday 26 March 2013
Option 1 - Tour 1: 3.45 - 4.45pm followed by information session 5 - 5.45pm
Option 2 - Tour 2: 5.30 - 6.30pm followed by information session 7 - 7.45pm
For more information, please contact our Registrar, Mrs Judy Smith on 5222 0490
Closing date for enrolments is Friday 17 May 2013

Campus Tours
Parents, prospective students and friends are invited to participate in a tour of Grovedale College. Scheduled tours occur every Tuesday & Thursday at 9.30am during March, April & May. Please contact Mr Davin Reid, Assistant Principal on 5245 4545 to make a booking.

Don’t use violence.
Don’t call people names, and
Don’t tell lies or spread rumours
Don’t be rude, be polite and kind
Be confident and kind
Use your hands and feet
Follow the rules
Follow the orders
Follow the instructions

Sacred Heart College – Open Days

Before School Care

Before School Care (Return to school by March 6th)

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Building resilience in children is one of our high priorities for this school year. Our ‘You Can Do It’ lessons this term are directed towards developing the following elements of resilience in children.

- Staying calm in the face of difficult or challenging situations, people and events
- Controlling one’s behaviour when one does get extremely upset by not fighting or withdrawing for too long
- Calming down within a developmentally appropriate time
- Bouncing back to work and play

**Emotional Resilience**

**Emotional Resilience Behaviour**

- Does not get too down when schoolwork is not good
- Keeps trying in the face of setbacks
- Handles teasing or social difficulties without getting too upset
- Manages frustration when he/she does not understand something right away
- Manages frustration of having a lot of work to do
- Controls anger when treated unfairly
- Manages nerves when taking exams or performing in public
- Is able to say ‘no’ and stand up to negative peer pressure
- Calms down quickly after getting very upset

**Emotional Resilience**

**Things to Say to Encourage Emotional Resilience**

- “You didn’t let yourself get too angry.”
- “You’ve learned how not to get too nervous.”
- “You didn’t let that setback stop you from trying.”
- “Even though you didn’t do as well as you wanted, you are still positive.”
- “You seem not to have blown that negative event out of proportion.”
- “Keeping your cool helps.”
- “You see, you can get through the tough stuff.”
- “You chose not to get upset yourself about what happened.”

**Eliminate the Following Types of Thinking**

- **Self-Down**: Don’t put yourself down when something bad happens.
- **Needing to Be Perfect**: Mistakes are normal along the road to success. It doesn’t have to be perfect.
- **Needing Approval**: Don’t be too worried about what others think of you. You are you.
- **I Can’t Do It**: If you think you can’t, you can’t.
- **I Can’t Be Bothered**: Doing things you don’t like to do is the key to your success.
- **Being Intolerant of Others**: Do not judge people. It is good to find out more about them.

**Prep News—Buddy Time**

**What we love about our big buddies…**

- **Annabel**: I get to play with them
- **Alicia**: Playing ‘Corners’ at lunchtime
- **Henry**: Playing Mighty Beans with my buddy
- **Jax**: Playing tennis with my buddy
- **Ewan**: I get to make things with them and tell funny jokes

**What we love about our little buddies…**

- **George**: I have enjoyed every moment with my buddy
- **Brock**: He’s cute and sporty
- **Grace**: Running around with my buddy
- **Skye**: We get to help them do more things
- **Seb**: Getting to know them and showing them around the school
- **Alex**: Playing tennis with Hamish
All MDRPS students were given envelopes to bring home, at the beginning of February containing all family contact, medical, emergency, work details that you have given to the school. This important information enables us to make any changes required on our database, which will help us ensure the safety and care of your child, we would hate not to be able to contact you in the case of illness or injury.

WE STILL HAVE 21 STUDENTS WHO HAVE YET TO RETURN THEIR STUDENT INFORMATION SHEETS.

PARENTS PLEASE NOTE THAT THE 2013 WHOLE SCHOOL SWIMMING PROGRAM WILL RUN IN TERM 3 FROM AUGUST 12TH TO 23RD.

The ‘Ammos’ enter Junior Football teams in the following age groups:

JUNIOR: U9, U10, U11 & U12 teams play in the Newtown Little League Comp. Matches are played on Friday night or Saturday morning. Training for U9 – U12 is held on a Wednesday night.

YOUTH: U14 & U16 teams play in the Geelong Junior Football Comp. Training for U14 & U16 is held each Tuesday and Thursday. Matches are played Saturday or Sunday.

Registration forms, membership costs and other relevant information can be found at the Ammos website; http://www.geelongamateur.com.au

For any further info please contact: Jonathan Ryan on 0429 743 396

Special Notes:

- U9 – U12 players incentive package
  - 3 meals after training, football, G.A.F.C football socks
  - Fantastic presentation day for whole family.
  - Friendly welcoming family club, with strong junior program.
  - New players of all ages and abilities very welcome.

The ‘Ammos’ Auskick and Junior Netball Clinic at Queens Park Sporting Complex is designed for the whole family to enjoy a fun Friday night.

First Clinic Friday 19 April (1st Friday of Term 2) Auskick

Age groups include Kinder, Prep, Grade 1 and Grade 2. With emphasis on fun, skill development and game play.

Register and Pay online at www.aflauskick.com.au (find Amateurs Auskick under the 3220, 3215, 3216 postcode)

Cost $65.00 includes backpack and 15+ Auskick sessions for the season. 22nd March at Queens Park 4.30-6pm back pack pick up (please print your registration confirmation and bring along)

Parenting your Teenager

A program for parents of children aged 13 to 18 yrs

Are you mystified, anxious, angry or just given up trying to understand your teenager?

This program will attempt to give you some of the answers!!

The four-week program will cover:

- What’s normal teenage behaviour and what’s not
- The four cardinal sins of parenting teenagers
- Communicating with your teenager
- Managing those tricky situations

The Reasons Why Workshop with Kerry Cooney

Author & Founder of Every Day with ADHD

Cost $44.00 per person $66.00 per couple

Kerry Cooney is the Author of the most comprehensive and practical resource collection for parents, educators, community professionals and youth. As the Founder of Every Day with ADHD she is known across Australia and New Zealand for her positive approach to behaviour management for ADHD and challenging behaviours.

Every Day with ADHD supports organisations, teachers and agencies to understand and motivate challenging students to raise achievement and improve outcomes.

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You have received this flyer because your school is supporting your child to complete the Challenge.

Establishing the importance of physical activity during childhood can help ensure lifelong participation with resulting health, social, economic and environmental benefits for individuals and communities.

Now in its fifth year, the 2013 Challenge will be held from March 4 to April 14.

Families that register to participate will be supported with healthy eating and physical activity tips and incentives. You will also receive:

- 20 free YMCA passes
- 15% off at Rebel Sport
- One hour free court hire at Melbourne Park or Albert Park Reserve
- Free child pass to the Melbourne Aquarium
- One free child pass to the National Sports Museum and MCC Tours
- A chance to win great prizes, including Apple iPads and sporting goods vouchers.

The 2012 Challenge was an overwhelming success, with more than 80,000 Victorians participating. This year is set to be even bigger and better.

You can help support your child by joining in the Challenge and being active as a family after school and on weekends.


Physical activity during childhood can help with:
- Developing a healthier heart and lungs
- Building stronger bones and muscles
- Improving motor skills
- Improving self-esteem
- Reducing stress and anxiety
- Improving school performance
- Improving concentration

What can you do to help?
- Be active with your children
- Turn off the TV and computer or limit the time allowed and substitute with a fun activity
- Plan some activities with your children – let them choose
- Find out what the school is doing – ask if they are keeping track of the activity time

Things to consider when being active:
- Be sun-smart when outdoors
- Keep hydrated
- Wear comfortable shoes and clothing
- Know your children’s limits

Suggested activities you can do as a family:
- Walk to school
- Walk the dog
- Bike riding
- Explore where you live – walk a different course direction
- Do the family chores together – shopping, washing the car
- Set up a backyard obstacle course
- Get some chalk and make a downhill slide at your driveway
- Play a game of backyard cricket
- Backyard lawn bowls with the balls you have
- Kick-to-kick with the football or soccer ball
- Wall tennis
- Backyard volleyball with a balloon or tennis ball
- Frisbee
- Relaunch – throwing the ball against the wall
- Jump rope
- Hula hoop competition
- Hide and seek
- Throw and catch – and take steps back when successful
- Head to the local playground
- Fly a kite
- Stand, stretch and walk around during every ad break on TV
- Three-legged races
- Sack races
- Roll a dice and the winning number selects the activity

Prep's Active Families Challenge: more active, more often

It's fun and it's free!

The National Physical Activity Guidelines recommend that children aged between five and 12:
- Need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- Should not spend more than two hours a day using electronic media for entertainment (e.g., computer games, TV, Internet), particularly during daylight hours.