Principal’s Report

Volunteers Cuppa and muffin - 8.00am - 9.00am Tuesday 13th of December. Anyone who has volunteered to help at our school this year is invited to come along and join us for a muffin or share a fruit platter. We would love to show you how much we appreciate the support you give to our school. You are a big part of us so please come in!

Orientation Day - Our Orientation day went off smoothly thanks in part to a lot of preparation by the staff to set the day up and also the positive attitude of our students. Our new preps rolled into school really ready to start and will be a great class next year. Special thank you to the parents that helped on the day in many different ways. It is a big day for the preps of 2017, well done Mrs Collins for your work. Preps would not be the same without the help of Raylee and Lorraine and once again they were a huge support to Maria.

Staff/Classes
We have a large class of preps starting next year, too large to run as a straight prep. This is a great problem to have however it has certainly changed the way our classes run. Next year we will have:
Prep – Mrs Collins/ Mrs Coughlin
Prep / 1 Ms Trickey
Grade 2- Mr Irwin
Grade 3&4- Mrs Ellis/ Mrs Picone
Grade 3&4- Ms Wright
Grade 5&6 - Ms Ross/ Mrs Pascoe
Grade 5&6 – Mr Rasmussen
Art – Mrs McPhee Specialist and Intervention – Mrs Picone

Reports - Reports will go home on the last Friday [16th December]- As the reports are printed in class batches it is difficult to print off early ones. If a parent has a pressing need to have a report provided earlier please contact me. [Going on holiday is not a pressing need.]

Fourth Term Dismissal. Tuesday 20th of December – 1.30pm. As with last year our students will be dismissed at 1.30 on the last day. [Tuesday 20th of December] If you are picking up students from bus stops please be mindful that not only is the school dismissed early but it is very likely that only students from our school will be on board. This may mean the bus completes its run ahead of schedule.

Final Assembly
Our final assembly for the year will be held at the CVCC on Thursday the 15th of December. Please be reminded that we will be starting at 12.30 instead of the traditional 1.00pm start. This is a major event for the school with all students participating in their class items and our school awards presented.

WHAT’S COMING UP!

Grade 6 Graduation lunch
Final Assembly
Last Day of Term
First Day of Term 2017

Tuesday 13th December (1.30p.m. for presentation of Graduation Certificates)
Thursday 15th December 12.30pm. CVCC.
20th December 1.30pm finish
Teachers resume Monday 30th January—All students return Tuesday 31st January
Star of the Week
Prep C  Evie Coghill
Gr 1/2 Ellis  Ambrose Dehne
Gr 1/2 W  Johnny Roudis
Gr 3/4 I  Billy Ludbey
Gr 3/4 M  Brock Keenan
Gr 5/6 Ras  Hollii Edwards
Gr 5/6 Ros  Bowen Meloury
Aussie of the Month:  Rylee Harris

Birthday Congratulations
Summer Pain

Principal’s Report (cont.)

Grade 2 Sleep over  Thursday night is a highlight for our Grade 2s as they stay at school for the annual Grade 2 Sleep over. [The “sleep” part is questionable!] This is the first part of our camp program and I appreciate the efforts of Mrs Ellis and Mrs Wright to run this event in what is a very busy time in the school year.

School Contacts – please update these.  We regularly contact parents for a variety of reasons. The best way is to use your mobile phone. Please remember when you change your number to update us.

School Uniform  All students are expected to wear the school uniform up to the last day unless it is a “special” day for a specific reason. You will be informed by your child’s teacher or in the newsletter if this is the case. Please contact the school if you are unsure and support us to keep all students in the uniform.

Graeme

Knitting Nest News
Knitting nest has finished up for the year. Lots of knitting, creating and chatting during our Wednesday lunchtimes. Some students might have visited only once or twice, many were regular visitors, everyone worked together. The activity will be offered again next year when we will work on more projects together and display them around the school.

Lost Property
The amount of lost property building up is overwhelming. Please ask your child/ren to check for items that may belong to them. At the end of term all unclaimed items will be given to the Salvation Army. The number of unnamed items is also very high...... if you name items they can be easily returned to you.

UNIFORM SHOP
The uniform shop is closed for the remainder of the year. It will re-open when school resumes next year with a very limited stock. New uniforms are available from Rochester Sportspower.

GRADE 6 GRADUATION LUNCH
Will be held on Tuesday 13th December at the Lawn Tennis Court Pavilion. Parents, and family members, are invited to attend at 1.30pm. (This is when the students will be presented with their Graduation Certificates). A opportunity to take a photograph of your children will be available so don’t forget to bring your camera.
Welfare update

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future - which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

For a great free site to help you or your children practice mindfulness though guided relaxation exercises have a look at:

http://smilingmind.com.au

Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practices themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be-

Mindful play: Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that’s fine – that’s just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

Mindful cooking: Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.

Mindful dinnertime: Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It’s a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

STUDENT SCHOOL BANK—HAS FINISHED FOR THE YEAR.
Banking will resume in week 2 of Term 1 next year.
Canteen 2017

Please mark on your calendar for next year that the Canteen will not be open until TUESDAY 7TH FEBRUARY. If the weather is extremely hot the canteen will open at lunch time for students to purchase icy bites only.

LOST FROM PREP ROOM—2 multi coloured pens. One is pink with strawberries and one is purple. If found please leave at the office.

COMMUNITY NOTICES

Volunteers Cuppa and Muffin—
Tuesday 13th December 8.00am - 9.00am

A special thankyou morning to all our parent/grandparent/community member helpers.

This year we will be having a cuppa and muffin/fruit platter thankyou chat.

Please come and share the year with us and be “thanked” by us for your contribution to our school.