PRINCIPAL’S DESK

TRIVIA NIGHT

On Saturday night we enjoyed a great Trivia Night and I would like to thank the PFA and particularly MEGAN SIDDELL and FIONA DAVIS who were the main organisers of the event. It was great to see so many members of the community and their friends enjoying a social night together and taking part in the variety of activities which were presented. LYNN HIGGINS always prepares questions that keep our brains ticking over and the ‘Guess the Faces’ and other puzzle sheets always provide lively debate at the table! It was great to have PETER DWYER, a past School Council President, back as compere of the night and I thank him for his continued support of the school. An amazing amount raised once again – thank you all.

BUILDINGS

In the past week we have seen the playground moved and the bike shed relocated. Thank you to the children for their cooperation while the bike shed was being moved and by Monday we should be able to use it again in its new place. Many of
the trees along the northern boundary had to be
trimmed or removed to allow for the embankment
to be cut back closer to the fence line.

I am waiting to be informed as to when the
portables will be moved but do expect that to
happen in the next couple of weeks.

**STAFFING**

I have applied for, and been granted, three days
leave from Monday 24th August to Wednesday
26th August. I am taking the opportunity to meet
my husband in Alice Springs as he completes the
Variety Club Bash and then travel back to
Melbourne with him. This year, all States will be in
Alice Springs on that weekend for a National “Bash”
Dinner – 820 vehicles and about 2500 people; it is
an experience I am looking forward to being part
of. CHRISTINE MCEVOY will be Acting Principal for
those three days.

FIONA DAUNCEY will be taking Family Leave from
the end of Term 3 and CHRISTINE MCEVOY will be
taking over her grade until the end of the year. We
are indeed fortunate, as this will provide the
students in the grade with excellent continuity in
their education until the end of the year.

**MEETING DEADLINES**

We are asking for community support to help
the processes at school run more smoothly.
The collection of money for the variety of activities
that run through the school is a large workload for
the Office staff to ensure that it is processed
properly.

On each of the excursion/incursion notices there is
a due date and we ask that you please make sure
that you meet that deadline. The Office staff need
to process the payment and teachers need to be
notified of which students are attending so that
they can complete the documentation required for
when students are out of the school.

A hiccup in the process anywhere along the line
causes undue stress and we are aiming to ensure a
smooth operation. If you have any concerns about
a payment, please contact me and talk about it
prior to the deadline and we can work through a
plan.

**SOLAR PANELS**

The installation and hook-up of the solar panels
is now completed and you can watch the
difference Scoresby Primary is making to the
environment by logging on to

We have only gone online today and it will be
fascinating to watch the amount of electricity that
we are generating over time. We will be able to see
the connection to the temperature of the day and
the position of the sun in the sky.

We will be looking at other ways to save on power
and watch the difference we can make doing those
small things as well.

Maureen Fowler,
Principal

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**BOOK FAIR NEWS**

All students will visit the Book Fair either today or
tomorrow and may complete a Wish List during
this visit. Students will have the opportunity to
purchase books (with payment) on **Monday 17th**
August.

The Book Fair will be open for parents to browse or
purchase at the following times:

- **Monday 17th August** ..........8.30 – 9.00am
- ...............................................3.00 – 4.00pm
- **Tuesday 18th August** ..........8.30 – 9.00am
- ...............................................3.00 – 4.00pm
- **Wednesday 19th August** ......8.30 – 9.00am

All purchases must be made in person and paid for
at the time of purchase. Credit card facilities are
available.

Hope to see you there.

JAN HENDREY,
Book Fair Co-ordinator.

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**PERFORMING ARTS NEWS**

J-ROCK DVD & PHOTOS!

Just to remind parents that the official J-Rock
photos are available to view and order online at
www.winkipopmedia.com.au

Click on the button ‘View & order Your Photos’,
select ‘Rock Eisteddfod Photos’. Enter password:
ACDC.

We hope to have a DVD of our performance soon
for everyone to view. We will keep you updated as
we know more.

KAREN COSTER,
Performing Arts Co-ordinator

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FROM THE
ASSISTANT PRINCIPAL

HABITS OF MIND NEWS

STRIVING FOR ACCURACY & PRECISION

I double-check my work!
Make perfect through practice.

'Striving for Accuracy' means desiring exactness and perfection and taking a craftsmanship pride in one's work.

People who value accuracy, precision and perfection take time to check over their products. They work to attain the highest possible standards and take pride in their accomplishments.

Accuracy is very crucial in many professional arenas. Airline pilots, surgeons, pharmacists and accountants, for instance, must work with great precision. Whether you are a ballerina or a hockey player, take time to make sure that what you are doing is accurate, or precise or flawless is what makes the difference in mastery, excellence and success. Striving for Accuracy is of great value not only in the classroom but in the world as well.

PARENTING SUPPORT & WELLBEING

HELPING CHILDREN TO COOL DOWN AND STAY CALM
Learning to manage anger

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help. Try the following:

1. Rate your anger
Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies.

Draw a thermometer to show the scale points of 0-10. Add some words that describe low levels (e.g. 0 = calm; 2 = a bit irritated), medium levels (e.g. 5 = quite cross), and high levels (e.g. 9 = extremely angry, “losing it”).

Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

2. Relax
There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:
   - Deep breathing. Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.
   - Visualisation. Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.
   - Robot/rag doll technique. The robot/rag doll technique is a useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

3. Use coping self-talk
Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:
   - “Take it easy.”
   - “Take some deep breaths.”
   - “Stay cool.”
   - “It’s OK if I’m not good at this.”
   - “Chill out.”
   - “Don’t let him bug me.”
   - “Time to relax!”
   - “Try not to give up.”

To teach children to use coping self-talk it is helpful to model it yourself. For example, you could make a point of saying out loud, “I need to relax,” “I’m going to cool down,” “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

Christine McEvoy,
Assistant Principal

“CANSTRUCTION”
As explained at the CANstruction Launch at Monday’s assembly, the theme for CANstruction 2009 is “Our Home, Australia”. After much discussion and thought on what design we could construct that would fit in with this theme, we have decided on a creation of Sam the Koala. Not only was Sam - as a koala - a typical Aussie symbol, but in the days after Black Saturday, she came to be a symbol of hope for all of us, especially those directly affected by the bushfires. This is also fitting as all proceeds (money and cans of food) raised through CANstruction 2009 will be donated to those affected by the bushfires.

WHAT CAN YOU DO?
We thank all those students who have already brought in their can of food for this cause. If you have not done so, please consider purchasing a can with a blue/grey label and donating it (the Woolworths/Safeway ‘Select’ brand has a predominantly grey label). Having cans of these colours will enable our CANstruction team to practise with the coloured labels they need – AND THEY NEED LOTS!!

1. Approximately 88% of the energy is saved from producing plastic from plastic as opposed to plastic from raw materials of oil and gas.
2. Plastic containers are recycled into plastic for picnic tables and park benches, carpet fibre, clothing, automotive parts, paint brushes and more plastic bottles.
3. It takes 125 recycled plastic milk bottles to manufacture a 149 litre wheelie bin from recycled plastic.
4. For every tonne of plastic that is recycled, we save the equivalent of 2 people’s energy use in 1 year, the amount of water used by 1 person in 2 months and almost 2000 pounds of oil.

Remember, it’s cool to recycle!
All students are invited to enter our **SCARECROW COMPETITION**

All you need to do is draw your scarecrow design on an entry form (available from the Office) and give it to Meredith in 5/6S by **Friday 28th August**.

The winning design will be entered into a Scarecrow Competition being held by Bunnings Scoresby on 3rd October and could win lots of great prizes for our school and vegie garden.

The winning design will also be built by the Scoresby PS Gardening Club to live in our vegie garden and keep all the birds off our plants.

Good luck!

**PREMIER’S READING CHALLENGE**

There are only 2 weeks left until the end of the Challenge. Everyone has been putting a very special reading effort over the past couple of weeks – keep it up, you’re nearly there!

Remember, ask Mrs Hendrey if you’re not sure how many books you have left to meet your Challenge.

Congratulations to students who completed the Challenge this week:

REBECCA H., ALANA D., RAELENE P., JAMES T., ALISHA R., BROOKE R., DARYC C., LILLY C., LACHLAN T., ALISHA P. and SALEH H.

**ATTENTION CANTEEN VOLUNTEERS**

We thank all the parents who assist in Canteen each week – without you we could not operate this service for the children.

We do ask that if you are unable to attend on your rostered day, that you please arrange a swap with another parent in advance or phone me (9759 7848 / 0418 331 011) so that I can arrange the swap for you.

If you are no longer able to fulfil your Canteen duties, please notify me so that you are removed from the roster and a permanent replacement found ASAP.

In consideration of the school’s Occupational Health & Safety policy and policy regarding handling of monies, the Canteen cannot be manned by a single person. We know you will understand our position and thank you for your cooperation in this matter.

**CANTEEN ITEMS**

**Supreme Pizzas** – Price reduction to clear, limited stock left – **50c each**.

**Popcorn** – Fresh, plain-flavour - 50c bag. If sales of this item continue to be limited, it will be removed from the menu.

**CANTEEN ROSTER**

**Friday 14th August**

D. Adolph, M. Pafumi.

**Counter Sales Only**

**Monday 17th August**

J. Clarke, M. Black,

Lunch Orders

K. Steele.

**Tuesday 18th August**

H. Kitteringham, M. McNaught.

Counter Sales Only

PAOLA FAIOLA

Canteen Co-ordinator

**FAMILY SCIENCE NIGHT**

Each family will have received an “Expression of Interest” form for the Family Science Night which we are holding on Thursday 3rd September.

As places are limited for this exciting, interactive, hands-on evening, please complete and return the form by tomorrow, **Friday 14th August**.

The cost of the evening is $6.00 per head for 90 minutes of scientific fun.

Further information and confirmation of the evening will be published in the newsletter in coming weeks.
TRIVIA NIGHT 2009
Another night full of fun and a great success! We raised $3,200. Many thanks to Megan Siddall, Lisa Kreidl, Julie Steele, Fiona Davis, Sam deLaine and other PFA members for their time and effort over the past few months in organizing the night. Many thanks also go to Lynn Higgins and Peter Dwyer for running the event.
We would also like to thank the following families and individuals for their donations towards the evening: Brouwer, Peckham, Siddall, deLaine, Maureen Fowler, Mandy Adlington and Tracey Davies.
We will advertise supporting businesses in next week’s newsletter.

FATHER’S DAY STALL
The PFA is holding its Father’s Day Stall on Thursday 3rd September and requires some assistance with set-up, running and pack-up. We require approximately 8 helpers for each session (ie. 9.00-11.00 and 11.30-1.00). If you are able to volunteer, please complete and return the tear-off slip below to the school office.

PFA FATHER’S DAY STALL
I am able to assist with the Father’s Day Stall on Thursday 3rd September.

Name: ____________________________________________

Mobile Phone: _________________________________

I am available to help at the following times:
☐ 9.00 - 11.00am
☐ 11.30am - 1.00pm
☐ I can help at the following time______________

FOOTY TIPPING
Leaders after Round 19
Troy Battishall .................. 108
Super Murrio & Friends ........ 106
Maddy Brouwer ................. 105
Jon deLaine ..................... 104
Christine Williams ............. 103
Collings Family ................. 
Kiwi Kids ....................... 102
Travis Clarke ................. 
Lachlan Downes .............. 
Bob Schubert ................... 100
Frank Healand ................. 
Luke Hitchins ................ 
Brooke & Megan Carroll ...... 

OUT OF SCHOOL HOURS CARE
SCORESBY
KIDS
MONDAY 17th – FRIDAY 21st AUGUST
• Have fun with Dress-ups in Before Care.
• Cooking activity: Banana Cake.
• Make an Animal Bookmark (eg. pig, cat, dog, bird, etc).

REQUEST
Parents, if you have any empty tissue boxes at home, could you please bring them into OSHC.

ACTIVE AFTER SCHOOL CARE
Over the next week, all families attending After Care on Tuesday and/or Thursday will receive a letter and record card on which they can log their child’s sporting activity for the next 2 weeks. This is all part of a government initiative “Turning to Sport for Good Health”. The letter will outline all the details, but please feel free to see me should you require further information. Have fun and keep active!

UPDATE FROM LEAH
I have spoken with Leah regularly and she is slowly recovering at home. She is enjoying keeping up with OSHC via newsletters which I am sending her. We hope to see her back in a couple of weeks. Get well soon, Leah!

AMANDA, CAZ, LACHLAN, STACY AND ASHLEIGH, OSHC Staff

BEST WISHES TO THOSE STUDENTS WHO ARE CELEBRATING A BIRTHDAY THIS WEEK!

Errand K., Jagnoor J., Alisha R.

NEXT MEETING

THANK-YOU FOR YOUR ONGOING SUPPORT.
Parents and Friends Association

COMMITTEE

Thursday 20th August – 9.15am (after morning reading) in the Staffroom. Visitors and new members always welcome.
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