PRINCIPAL’S MESSAGE

Despite the crazy weather last week, we had a super first week back with students and staff well rested after the very long term 2. Speaking of super, don’t forget Superhero Day next week. I have been consulting with a group of students to plan a day of fun, memories and opportunities to develop understandings of good health. There will be a parade at 9:00am and prizes for creativity in terms of the costumes and the originality of the superhero. As always, parents and carers are most welcome to attend—great photo opp!

French

Last week I had the pleasure (and the urgency) to jump in and teach French to the Preps and Year Ones. It’s amazing what I found lurking deep in my brain after 35 years since last learning French in Form 5. (The term ‘Form’ kind of gives it away!) I built on Mademoiselle Lester’s lessons on colours and greetings. The students loved playing ‘True or Trick’ where a student pointed to an object and told us its colour in French. If they were tricking we had to respond with ‘Non, non, non!’ in our very best French accent.

Some parents and carers have inquired about French in the other classes. Currently we are funding specialist classes above our funding levels and a second language in Prep and Year One is a minimum requirement in 2016. The best we can do is share the learning at assemblies with the other students.

Mindfulness

This term we will be introducing Mindfulness as part of our student wellbeing approach. It involves learning to pay attention to the present moment rather than worrying or dwelling in the past and developing an attitude of friendliness toward yourself, as opposed to criticism or judgement.

Mindfulness incorporates attention-training practices and cognitive strategies that can help you unhook from unproductive thought patterns and behaviours.

Research shows that mindfulness can:

- Reduce stress, and anxiety
- Increase resilience and peace of mind
- Enhance learning
- Improve study and work performance
- Improve relationships and overall wellbeing

We will be incorporating short stress busters in the classrooms and a series of sessions for some lucky students. We will be contacting parents if their child has been nominated for the series of sessions to discuss their involvement.
Health and Wellbeing Expo
As a follow up to our evening with Beau Vernon, we will be hosting a Wellbeing Expo at Tarwin Valley PS on Aug 10th. This will be an opportunity to hear more about student wellbeing and more importantly to see it in action. We will be conducting several short sessions discussing and viewing student wellbeing and visiting the classrooms to see how the strategies are developed. A flyer and invitation will come home soon. How about organise a friend to come with you!

Family Voice Survey
We are distributing a Family Voice Survey to garner parents and carers’ opinions about some upcoming projects and changes. This will be distributed with the newsletter, available on PST evening and as a Survey Monkey survey on our Notes/Newsletter page on the school website. 
We would like your thoughts about:
- A mural design depicting our school motto.
- The school community room
- A school mascot
- Attendance strategies

School Community Room
Our school recently applied for a grant to repurpose Room 3 into a more parent friendly space to access resources and use for various reasons. Unfortunately we were unsuccessful but in the spirit of building resilience we will endeavour to achieve this goal –just ‘less flash without the cash’. We just have to be more creative so I am asking you if you can help with the following:

<table>
<thead>
<tr>
<th>Function / Refurbishment</th>
<th>Can you help by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book Exchange</td>
<td>- donation of current best sellers and books of interest.</td>
</tr>
<tr>
<td>Toy boxes for toddlers</td>
<td>- donation of clean toys, construction sets, Duplo</td>
</tr>
<tr>
<td>Painting</td>
<td>- offering when the time comes.</td>
</tr>
<tr>
<td>Community Health and Wellbeing Services</td>
<td>- sourcing materials from the Shire and using existing storage systems</td>
</tr>
<tr>
<td>Laptop access</td>
<td>- deploying some laptops for this purpose ( accessible for parents/carers and students)</td>
</tr>
<tr>
<td>Community directory</td>
<td>- compiling community groups and contacts in the Tarwin Valley and displaying them for families to access.</td>
</tr>
<tr>
<td>Parenting Resources and References</td>
<td>- relocating references to room 3</td>
</tr>
<tr>
<td>Picture Fiction Borrowing</td>
<td>- providing a borrowing book</td>
</tr>
</tbody>
</table>

We wish Ms Gilbert all the best as she travels north on long service leave. Mrs Wendy Vitols will fulfil the Primary Welfare Officer role and the vibrant Mrs Callcott will be back teaching in the MARC library at Tarwin Valley PS and Fish Creek DPS.

KIDSMATTER
The KM Action Team would like to organise a food bank for families who, due to varying circumstances, may need a little support from those around them. I for one have had the great fortune to have a home cooked meal turn up on my doorstep when life was a little tough so it would be great to pay forward that kindness.
- If you are happy to be contacted with the request to cook a meal, throw together a pot of soup or make something sweet to bring a smile to someone else’s face please fill in the form at the end of the newsletter and return it to school. Food will be provided in confidence to families and obviously we can only offer this support when we are aware it is needed.
- If you or someone you know in the school community would benefit from this service please speak to Brett, Kath, Tania, a member of the KM Action Team and all information will be treated with respect and discretion.

We welcome Wendy Vitols who will be joining the staff and students for the next 7 weeks. We are looking forward to benefiting from her experience as a high school teacher to help the Yr 6s prepare for their transition (it might be a while away in our minds, but I’m sure it’s already on theirs), her experience with small group Mindfulness lessons as well as her general positive attitude to life!
LEGO CLUB
Do you have any clean preloved Lego?

We have been holding a Lego club at lunch times and extra Lego would be appreciated.

Please pop your donation in the Lego drive box at Tarwin Valley Primary School at the front of the office.

Thanks from the Lego Club

This time of year sees many of us scrambling to collect group certificates, receipts, and seeking professional help in gaining the most out of our returns.

Unfortunately, this time of year also creates an opportunity for scammers to take advantage. They pretend to be ‘tax experts’, ‘accountants’ and sometimes even pose as the Australian Taxation Office (ATO).

Scammers may also attempt to contact you directly via email which may look legitimate; however there are some tell-tale signs to look out for that can keep your computer and private information safe.

What is phishing?
Phishing emails are designed to steal money by installing malicious software on your computer to collect personal information from within your computer and websites you have visited. Scammers sometimes use social engineering to convince you to install malicious software or hand over your personal information under false pretences. (Brett: “Be careful of emails from AGL power that look really legitimate. If you open the ‘invoice’, it installs malware into your computer. This can be in the form of software that registers websites and keystrokes”)

What does a typical phishing email message look like?

1. Spelling and bad grammar. Scammers are not always known for their writing skills. Professional companies and organisations usually have editors that will not allow a mass email to go out with basic grammar and spelling errors. If you notice mistakes in an email purporting to be from a usually reputable organisation, it is likely a scam
2. Beware of links in emails. Avoid clicking links in email messages. Try hovering your mouse (but don’t click!) on the link to see if the address that appears matches the link typed in the message. A seemingly innocent link can be a scam.
3. Spoofing popular websites or companies. Scammers use graphics in emails that appear to be connected to legitimate websites but actually take you to scam sites or legitimate-looking pop-up windows. Never click on links associated with these sites.

FRENCH

What have we been up to in French?
The year Preps and Ones have been busy learning lots of useful French words and phrases. Last term they practised how to ask someone’s name (comment t’appelles tu?) and how are you? (Comment ça va?).

They learnt how to introduce themselves and respond to how they are going. They also learnt some useful classroom phrases such as sit down (assez-vous) and stand up (levé-vous).

We have also been learning our colours in French and using them regularly in the art room.

Ms Lester
**ACHIEVEMENT AWARDS**
- Chloe S for using the writing prompt (a photograph) to question what was happening, what had happened and what could happen.
- Mia A for making connections with stories by recognising and understanding characters and setting.
- Thalia B for always being prepared to stretch herself when faced with a challenge.
- Louise J for the thought and effort she puts into her daily writing. The improvements are obvious.
- Dylan H for adapting quickly to the requirements of a discussion piece and taking care with his presentation.
- Bella M for showing resilience when faced with a challenge.
- Shannon B for his patient attitude and waiting his turn nicely for bubbles at Games Zone.
- Dayne A for his encouraging letter of gratitude that made our school crossing supervisor feel appreciated.

**PRINCIPAL’S AWARD**
- Matilda P for an outstanding learning in French – Tres bien.
- Shannon B for becoming a great learner who completes tasks and is achieving great results.

**YARD DRAW AWARD**
- Jordan F

**HOUSE POINTS**
- Last Week’s Winner: Bluegum
- Overall Winner: Bluegum

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**COMMUNITY NEWS**

The following Community News articles promote community connections and communication.

They are not considered school activities.

**Meeniyan Junior Basketball:**
Meeniyan Junior Basketball would like to invite any new players 7 - 17 years to come join our competition. Section 2 & 3, from 4.00pm Friday nights, Section 4 - Wednesday nights. Season starts Friday 5th August. Could all new players or any players not playing or unavailable 1st game please contact Kim 0427346048/56636252 or Darlene 0417640035/56640035. If you played last season you will be automatically put into a team, unless you have already advised us otherwise. Names must be in by Friday 29th July, late names will not be accepted. Teams & times for Section 2, 3 & 4 will be published in the Star newspaper on Tuesday 4th August & on our Website. Reminder: Fees are to be paid up front. Section 1 - $35, Section 2 & 3 - $40, Section 4 - $50. **Registration must be paid online prior to the first game.** (Everyone is due to pay Rego now, unless playing elsewhere). Website - Meeniyan Basketball Association (foxsportspulse), click onto the link under "Register for Meeniyan 2016 Winter Season". Any queries please contact us.

**ASD Support Group:**
Parents, family and carers of children who have an Autism Spectrum Disorder (austism, aspergers syndrome, pdd-nos etc.) are warmly invited to our next meeting on 3rd August, 10.30am at the Inverloch Hub, 16 A’Beckett Street. Tea and coffee provided. For more information, phone Julie 5657 4248 or Tona 0407 622 949 tonaleo@me.com

**Leongatha Volleyball:**
Come and play volleyball at Leongatha SPLASH Stadium. Juniors (secondary) & Spikezone (primary from 8 years old). Junior Competition starts **Thursday 21st July at 6.00 pm**. For more details phone Tom BH 5658 1043 or AH Mandy 5662 4395 / 0418 361 240.

**KidsMatter Food Bank**

Name:_________________________ Preferred contact details: _____________________________

I am happy to be contacted to provide the following:

- [ ] Main meal – e.g. spag bol, casserole, lasagne etc etc
- [ ] Pot of soup
- [ ] Something sweet

Riddle solution: A bed