SCHOOL VALUES

- Care and Compassion – Care for self and others
- Honesty and Trustworthiness – Be honest, sincere and seek the truth
- Respect – Treat others with consideration and regard: respect another person’s point of view
- Responsibility – Be accountable for one’s own actions, resolve differences in constructive, non violent and peaceful ways; contribute to society and civic life, take care of the environment

PRINCIPAL’S REPORT

NAPLAN—Congratulations need to go out to the students in Grades 3 and 5 who participated in the NAPLAN Testing last week. They all tried hard and did their very best and that’s all we can ask of them.

TRANSITION CLUSTER SPORTS CARNIVAL—Well done also to our grade 5 & 6 students who participated in the Transition Cluster Sports days over the last two weeks. The students had a great time playing netball and football, teamed up well with their Quarry Hill Primary School peers and were wonderful role models for our school. Great job. We will be playing again on Friday 13th June and then we have the Transition Round Robin event on the 20th June at Bendigo South East Secondary College.

MARC Van—The MARC Van library was at the school last Thursday but unfortunately many students were unable to borrow as they had not returned their library books. The MARC Van is at Eppalock PS every second Thursday so will be back again next week. It’s important that students return their books so they are able to borrow next week – we need to use this valuable resource to its full advantage.

EDUCATION WEEK—This week is Education week! I hope all families saw the ‘ads’ and ‘write-ups’ in the Bendigo Advertiser and Bendigo Weekly last Friday about the school, I thought they looked great and certainly showed what a wonderful school we have. Don’t forget the school’s Open Day on Wednesday and our Grandparents/Special Persons Morning Tea at 11am, you are all invited to come along and have a cuppa and a chat.

INFORMATION EVENING—We had a very successful information evening last night at the school for parents of prep students starting school in 2015. Thank you so much to the staff for their great presentation, showcasing all the wonderful aspects of our school. Thanks also to the school council members who came along in support.

CURRICULUM DAYS—Don’t forget the first of our three Curriculum Days for the year is coming up on Monday 2nd June, the others are listed below for your information;
   Wednesday September 17th
   Friday November 7th
Please mark these dates on your calendar as these are Pupil Free days where no students are required at school. On these days all staff will be working with staff from Axedale PS and Heathcote PS and Maths Specialist Michael Ymer to improve our knowledge and understanding of Numeracy teaching and develop techniques to best teach our students the fundamental skills of Numeracy. This project has come about through grant funding the three schools have received through the Partnerships of Learning Initiative funded by the Department of Education & Early Childhood Development. This is a fantastic opportunity for our staff and one that wouldn’t have occurred without the $24,000 grant the schools have received.
AFTER SCHOOL CARE UPDATE—As you are aware the school is now registered so that all families are able to claim the Child Care Rebate on their After School Care costs. Marie is diligently working through this process and After School Care accounts will be sent home very soon. At last Thursday night’s school council meeting it was decided that a new flat fee of $12 per child per night would apply for After School Care from the beginning of Term Two. Families will be able to claim the Child Care Benefit on all fees from the beginning of the school year but the new fee structure will be put in place from the beginning of this term. Information around claiming the Child Care Benefit Rebate can be found at [http://www.humanservices.gov.au/customer/enablers/centrelink/child-care-benefit/claiming](http://www.humanservices.gov.au/customer/enablers/centrelink/child-care-benefit/claiming) or at the Bendigo Centrelink Office 231 Lyttleton Terrace, Bendigo VIC 3550. As far as we are aware families may also claim the Child Care Rebate. This covers 50% of out of pocket child care expenses, up to a maximum amount per child per year, in addition to any amount you may receive from Child Care Benefit. Information about this can be found at [http://www.humanservices.gov.au/customer/services/centrelink/child-care-rebate](http://www.humanservices.gov.au/customer/services/centrelink/child-care-rebate). To receive Child Care Rebate you need to claim Child Care Benefit for approved child care. You don’t need to lodge a separate claim for Child Care Rebate. You will automatically be assessed when you claim Child Care Benefit for approved care. In some cases you may be assessed as being eligible for Child Care Benefit, but not actually be entitled to any payment because your income is too high. This is called the ‘zero rate’ of Child Care Benefit. If you are assessed at the zero rate, you may still get Child Care Rebate. If you have any questions Marie or myself will do our best to answer them. Child Care Benefit claim forms are available on the Human Services website or can be collected from the office.

SCHOOL REVIEW—The school has been officially informed that we will participate in a ‘Peer Review’ this year as part of the continuous school development and improvement process. The school review will take place during semester two after a decision has been made around the appropriate review company to engage in the process. The school review will provide vitally important information that will go towards the development of our next four year Strategic Plan which will commence in 2015. Further information around the review process will be provided as the process unfolds.

UFS PHARMACIES – BUILDING A HEALTHIER COMMUNITY PROGRAM—The UFS Pharmacies program offers non-profit organisations, such as ours, an opportunity to raise much needed funds. For some years now our school has been receiving a cheque from UFS due to our involvement in the program. This year we will receive a cheque for $515 from 70 people who have listed our school as their beneficiary. As we now have many new families in our school community I wish to bring this fund raising activity to your attention. Anyone can participate, parents, grandparents or friends of the school. All you need to do is become a member of the UFS Pharmacies Community Program. This involves a small fee, however once you sign up you are entitled to significant membership discounts at any UFS Pharmacy as well as having a percentage of any money you spend allocated to the fund of your choice. If you nominate Eppalock PS then the school would reap the benefits. The more people who support this program the more money the school will receive each year. Our nearest UFS store is in Strathfieldsaye. Thank you for your continued support.

AFTER SCHOOL ARRANGEMENTS— To ensure the welfare and safety of all students, we have introduced an ‘AFTER SCHOOL ARRANGEMENTS SHEET’ with all students listed. This will be kept on the office bench and will take the place of the ‘BUS BOOK’. We ask parents / students to fill the book in each week and staff will follow these instructions. Your co-operation is appreciated

STUDENT TEACHERS – We extend a warm welcome to Alicia and Nathan who are working in our classrooms as part of their teaching practicum. Alicia is a 4th year student from Warrnambool and Nathan is a 3rd year student from Latrobe University Bendigo.

LOST PROPERTY—The number of items that find their way to the lost property box is quite surprising. We return items that are clearly labelled, however the number of un-named items is significant. I would urge all parents to check the labelling on items, particularly windcheaters and jackets and feel free to look through the lost property box for lost items.

Wishing everyone a fun filled week ……………..Mrs Ryan

PREMIERS’ READING CHALLENGE 2014
Congratulations to the many students who have already registered to complete the Reading Challenge. If you have not registered for the Challenge it is not too late – please see Mrs Lindhe for details and remember to Keep Reading!
## IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tr>
<td><strong>Wednesday</strong> 21st</td>
<td><strong>Whole School Open Morning followed by Grandparents and Special Friends morning tea at 11.00 am</strong></td>
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<tr>
<td><strong>Thursday</strong> 22nd</td>
<td>Active After School—Circus Skills</td>
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<tr>
<td><strong>Friday</strong> 23rd</td>
<td>Living Green Clubs</td>
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<tr>
<td><strong>Monday</strong> 26th</td>
<td>Confucius Classroom</td>
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<tr>
<td><strong>Tuesday</strong> 27th</td>
<td>Drama / Music Active After School—Multi-Skills</td>
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<tr>
<td><strong>Thursday</strong> 29th</td>
<td>MARC Library Active After School—Circus Skills</td>
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<tr>
<td><strong>Friday</strong> 30th</td>
<td>Living Green Clubs</td>
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### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Monday</strong> 2nd</td>
<td><strong>PUPIL FREE DAY</strong>—staff attending Michael Ymer PD</td>
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<tr>
<td><strong>Tuesday</strong> 3rd</td>
<td>Drama / Music Excursion—Capital Theatre—Mr McGee and the Biting Flea ($16.00 per student) Active After School—Multi-Skills</td>
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<tr>
<td><strong>Thursday</strong> 5th</td>
<td>Active After School—Circus Skills</td>
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<tr>
<td><strong>Friday</strong> 6th</td>
<td>Living Green Clubs</td>
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<tr>
<td><strong>Monday</strong> 9th</td>
<td>Public Holiday—Queen’s Birthday</td>
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<tr>
<td><strong>Tuesday</strong> 10th</td>
<td>Drama / Music Active After School—Multi-Skills</td>
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<tr>
<td><strong>Thursday</strong> 12th</td>
<td>MARC Library Active After School—Circus Skills</td>
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<tr>
<td><strong>Friday</strong> 13th</td>
<td>Living Green Clubs</td>
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<td></td>
<td>Inter-school Sport (Grade 5 &amp; 6)</td>
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<tr>
<td><strong>Monday</strong> 16th</td>
<td>Confucius Classroom</td>
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<tr>
<td><strong>Tuesday</strong> 17th</td>
<td>Drama / Music Active After School—Multi-Skills</td>
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<tr>
<td><strong>Thursday</strong> 19th</td>
<td>Active After School—Circus Skills</td>
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<tr>
<td><strong>Friday</strong> 20th</td>
<td>Living Green / Clubs</td>
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<tr>
<td></td>
<td>Inter-school Sport (Grade 5 &amp; 6)</td>
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<tr>
<td><strong>Monday</strong> 23rd</td>
<td>Confucius Classroom</td>
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<tr>
<td><strong>Tuesday</strong> 24th</td>
<td>Drama / Music</td>
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<tr>
<td><strong>Thursday</strong> 26th</td>
<td>MARC Library</td>
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<tr>
<td><strong>Friday</strong> 27th</td>
<td>LAST DAY TERM 2—1.30 pm dismissal</td>
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### JULY

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<tr>
<th>Date</th>
<th>Activity</th>
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<tr>
<td><strong>Monday</strong> 14th</td>
<td><strong>First Day</strong>—Term 3</td>
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Congratulations to the following students who received awards this week …

- **MAC L**—for working well in reading
- **BRIONEE**—for a great attitude towards her work
- **JESSE** for being a caring, helpful member of the grade

**VALUES AWARD FOR BEING HONEST & TRUSTWORTHY** was presented to **ABBY**

**RANDOM ACTS OF KINDNESS ...**

- For Levi B—when I fell from the top of the slide, Levi was there for me. We have been best friends ever since (from Mac L)
- To Sam and Joe for looking after me when I had crutches (from Logan)
- To Mrs Ryan—she gave me a hug when I was sad (from Ellie)

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MR MCGEE AND THE BITING FLEA
by Patch Theatre Company, Written by Pamela Allen, Directed by Dave Brown

Emerging from dozens of suitcases and crates three curious warehouse workers transform a storeroom into enchanting little miracles of music and play. *Mr McGee and the Biting Flea* presents six of Pamela Allen’s best-loved stories in a theatre adaptation that is inspired by children’s play and found objects.

There’s ladders, measuring cylinders, apple peelers, balloons, buckets, mops, pumps, rubber duckies, play dough, suitcases, trunks, boxes and a myriad of other found objects as the ‘play elements’ for the telling of Pamela Allen’s wondrous tales. Patch, provokes, tickles, prods and beguiles children with a performances that celebrates the experience of childhood, the joy of play and the whims of the imagination.

"Using an assortment of props - mops, ladders, an air pump, steamer trunks, balloons - the three performers bring Pamela Allen’s stories to sweet, music-infused life. In the process, they make Mr. McGee and the Biting Flea a simple, elegant valentine to theatrical imagination."

*Prep-Grade 6 will all be attending this performance at the Capital Theatre, Bendigo on Tuesday 3rd June as part of our Drama/Music program. The cost is $16.00 per student and payment would be appreciated prior to the day.*
Major fundraising initiative on behalf of the Eppalock Primary School Parents Club

We are conducting a Billy G’s Gourmet Cookie Dough Fundraiser as a major fundraiser for this term so we do ask for your support. Family support is most appreciated.

Funds raised will provide additional resources for to support our Living Green Program and or for continued upgrades to our playground equipment.

There are new exciting flavours in 2014 which include Gluten Free Choc Chunk, Lower sugar/fat/salt Choc Chunk, Caramel Fudge, Triple and wait for it..... Doggie Dough!!

Students have received a Billy’s Gourmet Cookie Dough order form. An individual prize program has been included for every student/family that sells one or more tubs. The more tubs you sell the better the prize! There is a selection of over 55 prizes to choose from such as Britz ‘n’ Pieces, Wahoo, Kazoom and much, much, more. If you have misplaced your order form, please see Marie in the office.

Please take the order form to your family, friends and work colleagues and even take the order form to your child’s sporting activities. Students who sell one or more tubs will be entitled to a prize of their choice.

WIN A FAMILY HOLIDAY - You also have the chance to win a 7 night family holiday for 2 adults and 2 children, staying at either the Gold Coast or Hamilton Island or Fiji including a Virgin Australia airfare voucher and $1,000 spending money. So don’t forget to enter. For more details on this promotion and how to enter, please view the inside of the order form.

Once the fundraiser is complete, please detach the order form with your orders and don’t forget to select a prize!

Please return the order form along with your monies on or before the Wednesday May 21st 2014.

The planned delivery date is Monday June 16th. Please ensure that you make arrangements to collect your cookie dough order on the day of delivery as the product is frozen and we do not have enough storage to store your order when the cookie dough arrives.

Happy fundraising!
Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands. Catastrophisers exaggerate their worries and place enormous pressure on themselves. The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic!

For instance, they won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child’s age.

Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise.

Here are five ways to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?” Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break you leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?” One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

3. “Where does this fit on the Mood Meter?” Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out themselves may not be insignificant to kids, however compared to plenty of other events……. …well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.” Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends”.

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above. We all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.
**COMMUNITY NEWS**

**AXE CREEK COMMUNITY FRESH PRODUCE SWAP**

*Do you have excess vegetables, fruit, eggs or herbs from your garden? Not sure what to do with them? Bring them to the Axe Creek Community Fresh Produce Swap at Eppalock Primary School.*

If you have excess vegetables, fresh fruit, eggs, herbs or any other items, please bring them along and be part of our Fresh Produce Swap program. There are baskets on the bench in the school foyer and the process is that you can swap your produce for other produce.

If you do not have produce to swap that’s OK, just help yourself to the fresh produce displayed. You do not need to pay for any of the produce, however if you wish to make a monetary donation for anything it will be put towards our Living Green Program.

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**BENDIGO BANK SCHOOL BANKING**

The staff from Bendigo Bank’s Strath Hill branch visit Eppalock Primary School each **TUESDAY MORNING** providing a school banking service for students.

Participants in the program will use a Bendigo Piggy Bank Passbook Account and moneybox to learn about the process and the benefits of saving.

With no account keeping fees, no transaction or government fees, no penalties and no deposit restrictions—plus a lot of fun games and rewards—a Piggy Bank Passbook Account makes saving fun.

*Please note—the school banking program provides a deposit service only, however, withdrawals can be made at the Strath Hill branch.*

Further information is available from the school office or by calling into the Bendigo Bank Strath Hill branch.

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**ARE YOU ELIGIBLE FOR PUBLIC DENTAL CARE?**

All children aged 0-12 years and all Aboriginal and/or Torres Strait Islander people are eligible to access public dental services and are offered the next available appointment.

Treatment is free for people who hold a health care card; a minimal co-payment may be required for people who do not have a health care card.

Call Bendigo Health public dental service - 5454 7994 or Amy Clark, Loddon Mallee Oral Health Network on 0418 983 190.

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**PARENT AND CARER ASTHMA INFORMATION SESSIONS**

The Asthma Foundation of Victoria is funded by the Federal Department of Health to provide free asthma education sessions to groups of parents and carers. These sessions can take place at the school or at a location of your choice. The session runs for approximately one hour and covers:

- Asthma triggers
- Signs and symptoms
- Asthma action plans
- Asthma medication
- Asthma First Aid

If you are interested in attending a parent and carer asthma information session, please contact The Asthma Foundation of Victoria to arrange a session on 1800-ASTHMA (1800 278 462) or sdoherty@asthma.org.au
Bendigo Community Coat Drive

How many coats do we have in the wardrobe that don’t fit us any longer or perhaps just not your style anymore? We are asking Bendigo to donate these unwanted or second-hand coats.

Kids, ladies and men’s coats – the whole family need to keep warm.

If you have a coat or two, please donate them in good condition and drop off to Pristine Drycleaners or any of the Bendigo Community Health Services Office by Sunday June 9, 2014.

Pristine Drycleaners
11-13 High Street, Bendigo

Bendigo Community Health Services Office
177 Kerang Road, Bendigo
13 Derrumbe Street, Eaglehawk
43 Talbot Street, Kangaroo Flat
42 Ayliff Street, Daylesford

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2014 NETBALL VICTORIA REGIONAL CLINICS

Join Netball Victoria’s coaches to learn some new tips & skills and receive some great giveaways.

ARARAT
Venue: YMCA Stadium
High Street, Ararat
Date: Thursday 3rd July 2014
Time & Ages: 10am-12pm / 10-15 years

HORSHAM
Venue: Horsham Lanes & Games
Johnston Ave, Horsham
Date: Thursday 3rd July 2014
Time & Ages: 2:30pm-3:30pm / 5-9 years
3:45pm-5:45pm / 10-15 years

ST ARNAUD
Venue: St Arnaud Indoor Sports & Squash Stadium
Cnr Bowen & Navarre Streets, St Arnaud
Date: Friday 4th July 2014
Time & Ages: 10am-12pm / 10-15 years

BENDIGO
Venue: Flora Hill Indoor Sports Stadium
96 Ellis Street, Flora Hill
Date: Friday 4th July 2014
Time & Ages: 3pm-5pm / 10-15 years

$40 Per Participant

To book your place, visit www.nvclinicsandcamps.com.au
For further information call 03 9321 2222