This week is National Others Week at school. It’s about ‘Mates Helping Mates’ and making a difference through ‘Random Acts of Kindness’. Students will be aiming to reach 300 random acts of kindness achieved by the end of the week. All students have a grid of kindness acts they can perform or they can add their own so be prepared for a helpful and kind week.

Mental Health First Aid Course
Tomorrow and next Wednesday, Diane and I will be attending a two-day mental health first aid training course. The aim of this course is to assist participants to respond effectively to people experiencing a mental health issue, mental health problems or the early stages of mental illness. This course also complements the KidsMatter Primary Framework which we are implementing in our school.

Psychological Services at Eppalock PS
The school is very pleased to advise parents that we will be offering a school Psychologist on site one day a week starting in 2014. This is part of our commitment to the community through the Kids Matter Framework. Alice Saver is a registered generalist psychologist with a Masters in Educational and Developmental Psychology and comes with a wealth of experience and great references. Her best practice strategies in supporting children to fulfil their full potential means that she works closely with parents, family members and significant others in the child’s life. Alice will be providing an information session and further advice on how she can help both children and families at Eppalock PS on Tuesday 26th November from 3.30-4.30pm. All parents and careers are welcome to attend. Please return the attached RSVP slip to the office as soon as possible. We have also attached an information flyer today’s newsletter for your reference.

Planning for 2014
Planning is well underway for the 2014 school year. We will be again offering three grades; Prep/One - Mrs Lindhe Two/Three/Four - Ms Hartney Five/Six - Mrs Ryan
We are still very lucky to have Ronda and Ash to support students’ learning. Ash will also be taking on the role of Primary Welfare Officer in our school. This initiative is designed to enhance the capacity of our school to develop a positive school culture and to support students to reach their full educational potential.
Ash will promote a whole school approach to health and wellbeing within the school community and work in collaboration with students, parents and school staff as well as student support services officers and other broader community agencies. The Victorian Government's current priorities for the Primary Welfare Officer is to:
· tackle bullying
· support students with behavioural, mental health and welfare issues
This will be a great plus for our school and will help to further expand and develop the KidsMatter Framework that we are committed to embed as part of the school's culture.

We are also excited to announce that we have advertised for a specific teacher to implement and expand our environmental program next year. This teacher will work one day a week. Further information on this initiative will be provided once the interview and selection process has been completed – stay tuned!

Next year we will also be providing Chinese as our LOTE subject. We have been very lucky to be able to join the Confucius Classroom Program in collaboration with Bendigo Senior Secondary College and a range of primary schools across Bendigo. We will have two Chinese Linguists straight from China coming into our school for one afternoon per week to teach our students Mandarin. We will also link up via video link with the Confucius Classroom at BSSC and other schools across Bendigo on a regular basis to further expand and develop our understanding of the Chinese Language. The Confucius Classroom Program aims to provide Chinese language and cultural teaching resources to students across the world. We are very excited at being able to do part of this program and providing our students with such an in-depth culture experience that this program provides.

**Kids Helpline @ School**

Kids Helpline @ School offers Australian Primary Schools a video or phone link classroom session with a Kids Helpline Councillor. The sessions give students the opportunity to talk with a counsellor in a group discussion about topics impacting on the lives of primary school students.

Our teachers will work with a Kids Helpline Counsellor to deliver the classroom session and will be provided with activities and resources to help prepare for the video or phone link up.

The classroom sessions aim to increase our student’s knowledge about the topic presented and enhance their capacity to deal with the issue at school and in their lives. Please see the attached information at the end of the newsletter for more information.

**Interschool Sports (Grade 5/6 students)**

Last week Eppalock PS joined students from Quarry Hill PS and played European handball and Kanga 8s cricket against students from Kennington PS. The children had a lot of fun and are getting to know other children from neighbouring schools likely to be transitioning to Bendigo South East SC next year or the year after. We play Spring Gully on November 22nd.

*I hope everyone has a great kind and caring week, Mrs Ryan*

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**SUPPORT FROM LOCAL BUSINESSES**

Eppalock Primary School receives fantastic support from a range of local businesses in the Strathfieldsaye area. We have received generous support from the following businesses – Super IGA Strathfieldsaye, Strathfieldsaye Bakery, Edwards Greengrocer, Hume & Iser Home Hardware, Bendigrow Garden & Living Centre, McDonalds Plant Plus Nursery, Strathfieldsaye Hardware and BUFS Pharmacy, Strathfieldsaye.

**MCDONALDS PLANT PLUS NURSERY**

With over 30 years of experience, McDonalds Plants Plus Nursery know all you need to know about your garden and can offer the advice, inspiration, products and service to satisfy every gardeners' needs. McDonalds are located on Retreat Rd, Bendigo and have a wide range of plants as well as gardening accessories. McDonalds Plant Plus Nursery supported the school through the donation of a range of plants for our Sensory Garden.
Next meeting - Monday 9th December—9.15 am in old school building.

MORNING TEA WITH NEW FAMILIES
On Monday 25th November at 11am, we will be having a morning tea to welcome our new families for next year. Everybody is welcome and we ask that you bring a plate to share. This is a great opportunity to meet the new members of our school community.

CHRISTMAS HAMPER RAFFLE
We ask families to donate an item or two for our hamper raffle. There will be a box in the office area to place donations in. Please check ‘use-by’ dates on items and ensure there are no perishable food items. Raffle tickets ($1.00 each) will be sent home soon.

GOLD COAST RESORT VOUCHERS—$20.00 EACH
Various Resorts & Deals - eg. $169 to pay for 2 Adults, 4 nights (children $15 extra, per night). Fully Transferable and would make a great gift for family and friends! For further details please see Marie in the office.

STUCK ON YOU KIDS LABELS AND GIFTS— www.stuckonyou.com.au
Stuck On You provides parents with the option to purchase custom labels which can be used on book, clothing, lunch containers as well as anything that needs labelling, Eppalock PS have created a fundraising account with Stuck On You. If you purchase some labels from Stuck On You, please ensure that you tag Eppalock PS.

CHRISTMAS CARDS
Students will be doing artwork for Christmas cards as part of a fundraiser. Further information and order forms will be sent home later this week.

Congratulations to the following students who received awards this week;

- **Ellie**—for always working really well in the classroom
- **Logan**—for always working hard and doing his best
- **Harmony and Nikiah** for representing our school with Axedale PS at Kanga 8s

*Our Value for Term 4 is Respect* - treat others with consideration and regard; respect another person’s point of view.

*The Respect Award for this week is awarded to Levi*

**RANDOM ACTS OF KINDNESS**

Reuben sat next to me on the bus

For Harmony - cheering on everyone in sport (from Jazz)

Thank you to the teachers for teaching me in reading, writing and maths. I don’t know where I would be without you (from Jess)
## IMPORTANT DATES

### NOVEMBER

<table>
<thead>
<tr>
<th>Day</th>
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| Thursday | 14th | Prep Transition - 11:30am - 1pm  
Active After School Program—Dance |
| Friday   | 15th | LOTE / LIVING GREEN / CLUBS                                          |
| Monday   | 18th | Commonwealth Games Medallists at Assembly  
Scholastic Book Club orders and money due |
| Tuesday  | 19th | Swimming (last one for this term)  
Active After School Program—Tennis |
| Wednesday| 20th | Prep Transition 9.30 am—11.00 am                                      |
| Thursday | 21st | MARC LIBRARY  
Little Green Wagon Recycling Incursion  
Active After School Program—Dance  
School Council—6.00 pm |
| Friday   | 22nd | LOTE / LIVING GREEN / CLUBS / Interschool Sports (Grade 5/6)         |
| Monday   | 25th | Prep Transition 10.00 am—11.30 am                                    |
| Tuesday  | 26th | DRAMA / MUSIC  
Active After School Program—Tennis |
| Thursday | 28th | Active After School Program—Dance                                   |
| Friday   | 29th | LOTE / LIVING GREEN / CLUBS / Interschool Sports (Grade 5/6)         |

### DECEMBER

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<tr>
<td>Monday</td>
<td>2nd</td>
<td>Pupil Free Day - Report Writing Day</td>
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| Tuesday | 3rd  | Orientation Day  
Active After School Program—Tennis                                    |
| Thursday| 5th  | MARC LIBRARY—last one for 2013  
Active After School Program—Dance                                    |
| Friday  | 6th  | LOTE / LIVING GREEN / CLUBS                                           |
| Tuesday | 10th | DRAMA / MUSIC  
Grade 6 Graduation Dinner                                               |
| Wednesday | 11th | SCIENCE MORNING                                                        |
| Thursday| 12th | Active After School Program—Dance                                     |
| Tuesday | 17th | Visit to VICTORIA HEIGHTS                                             |
| Wednesday | 18th | Axe Creek Playgroup Christmas Party                                  |
| Thursday| 19th | End of Year COMMUNITY NIGHT                                           |
| Friday  | 20th | Last Day Term 4—1.30 pm dismissal                                    |
COMMUNITY NEWS

BENDIGO FAMILY NATURE CLUB
Do something you rarely do in Bendigo - climb a mountain! Climb Mt. Herbert (otherwise known as Big Hill) in a bushwalk and picnic on Sunday 17th November 9.40 a.m and finishing by 1 p.m. (or whenever you like to turn around).
This walk is in Bendigo National Park and the track to the saddle, and a lovely place to snack and enjoy the view, takes about 30 minutes. From there a steeper track goes up to a viewing point where you can see across Ravenswood to the Calder Highway. It is a beautiful area of bush with many interesting features.
Information and Registration: bendigofamilynatureclub.blogspot.com.au

SCHOLASTIC SUMMER READING CHALLENGE
Keep the reading momentum rolling all summer long. Go online and record the books you read and the number of minutes you spend reading over the summer and our school could win Scholastic Rewards.
Parents can visit www.scholastic.com.au/shop and enter promo code SUMMER for special Club pricing on books, available only during school holidays.

GOLDFIELDS LIBRARY CORPORATION—BENDIGO LIBRARY
Did you know that if you are a member of the Goldfields Library Corporation you can access several wonderful educational sites through them by visiting: www.ncgrl.vic.gov.au and entering your membership number and password. Go to E-Kids and check out all great sites. One of particular interest is Sunshine Online. Sunshine Online is your new digital learning destination! This website offers the very best of animated and interactive learning in literacy and maths. With over 370 levelled animated texts and 1000 fun, interactive activities and games, Sunshine Online is the perfect digital resource for everyone.
If you are not a member of the Library, just call in at 96-98 Pall Mall, Bendigo (Old Bendigo Advertiser site) and make application.
Dear Parents,

We were excited to learn of this new service through our contact with KidsMatter. KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children. KidsMatter Primary provides the proven methods, tools and support to help schools work with parents and carers, health services and the wider community, to nurture happy, balanced kids.

Accordingly we have booked the following phone sessions for 2013

27/11- 10.00am - 11.00am  Making Friends
4/12- 10.00am - 11.00am  Staying safe online
12/12- 12.00am - 1.00am  Transition to High School -Grades 5 and 6 only

Teachers will be using the suggested resources with their classes prior to the phone sessions and of course parents are welcome to come and discuss this service with teachers.

Thanks
Diane Lindhe

BRING A COUNSELLOR TO CLASS

We're excited to announce Kids Helpline, with the support of Optus, has launched a new program called Kids Helpline @ School.

WHAT IS IT BRING A COUNSELLOR TO CLASS?
This free program allows Australian primary schools to invite Kids Helpline counsellors into their classrooms via video link or phone.

WHAT TOPICS ARE CURRENTLY AVAILABLE?
Teachers can determine what topic they'd like their class to engage with or we have built sessions about the most common issues kids look up on our website, these include:

- Bullying
- Staying Safe Online
- Feeling Sad
- Family Arguments
- Friendship (keeping/making friends)
- Worry
- Cyber bullying
- Transition to High School
- Introduction to Kids Helpline

GRADE 6 & 7 TEACHERS...
The transition from primary to high school can be very overwhelming for some students. It is a period in a child’s life which can be associated with huge physical, mental and emotional changes. To help with this change, we have created a session called 'Transition to High School’. To find out more, please contact us at school@kidshelp.com.au.

WHAT DO STUDENTS GET OUT OF IT?
The opportunity to talk with a counsellor during a group discussion about things impacting on their lives. Sessions aim to improve mental health literacy in primary school aged children, promote resilience and encourage help seeking behaviours.

HOW ARE TEACHERS INVOLVED?
Teachers are involved in booking the session, assisting the counsellor to develop the session topic based on the needs of their class and school, and play an important role in co-facilitating the session with the Kids Helpline counsellor. Each session has been developed in line with the General Capabilities of the Australian Curriculum.

DOES IT INCLUDE ONE-ON-ONE SUPPORT?
The classroom based sessions do not offer individual counselling, however, the students are introduced to Kids Helpline which is our 24 hour, 7 day a week, free, telephone and online counselling service for 5 to 25 year olds. Students will be invited to contact us should they express the need for assistance during the classroom session.

For any further information, please visit our website (www.kidshelp.com.au/school) or contact the Kids Helpline @ School Project Officer, Lauren Saul on 07 3867 1284 or school@kidshelp.com.au
COMMUNITY NIGHT
EPPALOCK PRIMARY SCHOOL
THURSDAY 19TH DECEMBER – 6.00 PM

Drama Performance by students
Picnic Tea (shared)
Visit by a very special person
Presentation to Graduating Students
Disco for all ‘young-at-heart’

All families are asked to bring a ‘meat’ dish to share (enough for your own family) eg, casseroles, cold meat platter, quiche, sausage rolls etc as well as:
• Salad (families with surname A-I)
• Slice/Cake (families with surname N-Z)
• ETO plates, cutlery, drinks and chair
Missing classes in primary school adds up to poor maths skills

Young children who frequently take days off school have poorer results in maths, new research shows, but the same level of absenteeism appears to have less of an effect on literacy at the same age.

A major longitudinal study from the Australian Institute of Family Studies shows high rates of absenteeism in primary school - about one day a week - had a noticeably detrimental effect on NAPLAN numeracy scores.

Students who frequently missed days of school also had poorer literacy results, although it did not have an independent impact over and above other more influential risk factors, such as social and emotional problems or learning difficulties, the study found.

The negative effect of absenteeism on academic achievement is well established in secondary school but few studies had recorded its impact in earlier years, Dr Ben Edwards, executive manager of the study, said.

"High levels of absenteeism were associated with lower levels of numeracy when children were eight to nine years old and again when they were 10 to 11 years old," he said. "What is concerning is that we find that even absenteeism in these primary years undermines achievement later on, and it seems to set in place a self-sustaining process."

Associate Professor Janette Bobis from the University of Sydney said the nature of maths and the way it is taught - in topics and building on foundation concepts - might explain why children struggle to catch up.

"If they've missed out those foundational bits of knowledge, they're just going to be lost when they come back into a classroom situation," she said.

"Suddenly the teacher's moved on to a more difficult concept and assumes the children have this background information."

Another factor could be while children may read at home, they may not do maths activities, according to Professor Doug Clarke, director of the Mathematics Teaching and Learning Research Centre at the Australian Catholic University.

Professor Clarke said all parents could find "incidental opportunities to do mathematics with their kids", such as weighing ingredients, assessing prices in the supermarket and playing card and board games.

"Parents have a vital role in supporting the maths learning of their kids," he said.

The negative effects of frequent absenteeism on numeracy were avoided if the child had a parent who attended university, suggesting the capacity and willingness to assist children to catch up was important, according to the report.

I am a registered generalist psychologist with a Masters in Educational and Developmental Psychology. I work with individuals and families and have experience working with children as young as 3 yrs old and adults to 55 yrs of age. Best practice strategies in supporting children to fulfill their full potential means that I work closely with parents, family members and significant others in the child’s life.
I use a strengths based approach and engage with social support networks because they are crucial for long term positive changes to people's lives.

If you have a Mental Health plan from your doctor, I am able to bulk bill my services through Medicare and you can receive up to 10 free one hour counselling sessions in a calendar year.

My specific areas of expertise include:
- Support & Guidance for Parents
- Children’s behavioral issues including Autism & ADHD
- Social skills training
- Anger Management
- Depression or Anxiety (including fears or phobias)
- Grief or Trauma
- Cognitive & Diagnostic Assessments

To make an appointment, call Alice on 0413477020.

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**Alice Saver Information Session Return Slip**

Name - .................................................................

I am interested and will be attending the information session on Tuesday 26th November from 3.30-4.30pm.