March 4th

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Telephone: 5439 6366
Email: eppalock.ps@edumail.vic.gov.au
Website: http://www.eppalockps.vic.edu.au

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

Welcome—We warmly welcome Ella (Grade 1) and Josh (Grade 3) along with their parents, Brenton and Rebekah to Eppalock Primary School. They have moved to this area from interstate and we hope they enjoy being part of our school community.

Parent Teacher Interviews—Just a reminder that we will be conducting Parent/Teacher Interviews next Tuesday, 11th March 2014 from 11.30 am—5.30 pm. Please return your preferred timeslots to school as soon as possible so we can organise times for all families. There will be no school on that day for students, however there will be supervision for them during the interview time. Timetable will be sent home Friday.

Psychological Services at Eppalock PS—Just a reminder to parents that the school offers a Psychologist on site one day a week. Alice Saver is available to be seen by families and students of Eppalock PS and the wider community on Wednesdays by appointment. Alice 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 fulfill their full potential means that she works closely with parents, family members and significant others in the child’s life. If you have a Mental Health plan from your doctor, Alice is able to bulk bill her services through Medicare and you can receive up to 10 free one hour counselling sessions in a calendar year. If you would like any further information or wish to make an appointment, please call Alice on 0413477020.

Ideas/Feedback Box—Don’t forget the Ideas/Feedback box on the table in the foyer next to the Random Acts of Kindness box. If you have an ideas to improve the schools, feedback on what we are doing well or thoughts you would like to share please feel free to jot them down and pop them in the box. I am really interested to hear the thoughts/opinions/ideas of all parents and community members on ways to continue to improve Eppalock PS.

School Maintenance—We are very pleased to advice that the school has employed one of our fathers, Mark Lovell, on a casual bases to perform general maintenance around the school and ensure that the school grounds remain in tip-top condition. Congratulations Mark and thank you in advance for all your hard work.

THINK—As part of our commitment to building the social and emotional resilience of all of our students and building on our school values we have been talking to students about how they interact with others and to really think about what they say to ensure they are always kind and caring and respectful of others feelings and beliefs. We have introduced the below mantra to follow before we speak to ensure that we always interact with others in a thoughtful, respectful way.
Every day counts – school attendance (a note to Parents from the Department of Education & Early Childhood Development)

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. Missing school can have a major impact on a child’s future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they’ll have missed more than a year of school. There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.
- Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible. From 1 March 2014, new laws will mean that parents can be fined for not sending students to school without an acceptable reason.
- If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

PLASTIC SOFT DRINK BOTTLES NEEDED— If you have any clear 1 litre bottles that you are only going to recycle we would appreciate them (we need about 40) to make worm farms this Friday and next Friday.

PREP-GRADE 2 COOKING THIS FRIDAY 7TH MARCH VOLUNTEERS & EXCESS PRODUCE NEEDED

The Prep-2s will be doing some work in the kitchen this Friday from 10am. If you are able to help with some chopping prior to 10am it would be much appreciated. We only need 2-3 people.

Parents of bigger kids - don't worry they will be cooking next week!

We will be making faces so if you have any excess produce that can be eaten without cooking we would really appreciate it—eg tomatoes, lettuce, cucumber, celery, carrot, capsicum, peas, etc

If you could email me so I know what not to buy that would be great fehring.lydia.r@edumail.vic.gov.au
MARCH

3rd – 7th Water Science Week

Wednesday 5th Drama / Music
Thursday 6th MARC Library
Friday 7th Living Green

Clubs

Monday 10th Public Holiday – Labour Day

Tuesday 11th Parent Teacher Interviews (11.30 am—5.30 pm)
Wednesday 12th Drama / Music
Friday 14th Living Green

Clubs

Monday 17th Confucius Classroom

Wednesday 19th Gindaja Performance at Axedale

Drama / Music

Fundraiser—Tupperware Party 7.30 pm

Thursday 20th MARC Library

School Council—AGM—6.00 pm

Friday 21st Harmony Day

Living Day

Monday 24th Confucius Classroom

Tuesday 25th Drama / Music

Friday 28th Living Green

Monday 31st Parent Club meeting—9.15 am

APRIL

Tuesday 1st Drama / Music

Thursday 3rd MARC Library

Friday 4th Fun Run & Sausage Sizzle

Last day Term 1 (1.30 pm finish)

Tuesday 22nd FIRST DAY TERM 2

Wednesday 23rd & Thursday 24th Camp—Grade 3/4/5/6 students

Friday 25th ANZAC Day—public holiday

Thank you to Henry’s family for the wonderful donation of seating for our garden. The children have christened it our ‘earth circle’. If anyone else has a tree that could be turned into seating for our garden we would really appreciate it!
School Awards - Congratulations to the following students;

- Asher—for working very well at school
- Kaden—for always listening in school
- Chloe—for working hard at school

Care & Compassion Award this week is awarded to;

Tilly—for being kind, caring and thoughtful.

TUPPERWARE FUNDRAISER & TUPPERWARE PARTY – Wednesday 19th March – 7.30 pm
A Tupperware catalogue will be making its way home this week with your child. Please have a look at this as Tupperware has a lifetime guarantee and some very useful products to keep our school wrapper free. 10% of sales will go towards our school and extra for every party held, if you are interested in a party please contact Kim and mention you are with the Eppalock Primary School. Remember to show the catalogue to grandparents, aunts and uncles, friends and neighbors, their sales and any parties will benefit us too. Not only will this help raise money for the parent club, but it will also give you opportunity to purchase lunch box items to support our new “Nude Food” policy.

In the lead up to this night, you will notice a collection of Tupperware on display in the foyer. We will be hosting a Tupperware party on Wednesday 19th March 7.30pm at school in the old school room. Supper will be provided and a lucky door prize will be drawn. If you are unable to attend, but you or a friend wish to place an order, please complete an order form (in the catalogue), place in an envelope and place in the Tupperware container at the office by Wednesday 19th March. If you would like to help out in preparation for this event, or have any questions, please contact Belinda Lovell on 0431599692 or mark_bee@iinet.net.au

Come along on the 19th – we would love to see you.

NEXT MEETING - Monday 31st March, 9:15am (after assembly)

FUN RUN & SAUSAGE SIZZLE
On the last day of Term 1 (4th April), the parent club will be running a Fun Run and Sausage Sizzle. The Fun Run will begin at 11am with the Sausage sizzle following at 12:15pm. Further details and sponsorship forms will be sent home shortly.

FAMILY CONTACT LIST—A family contact list will be sent home next week—if you wish to have your details on the list, please complete the attached form. The completed list will only be circulated to families on the list.
NUDE FOOD
Well done to everyone on their commitment to Nude Food in our school. We have handed out so many golden lunch box awards this term!
Here are a couple of ideas from the parents and children on how to be more nude....
- buy in bulk and put food into reusable containers - its cheaper and better for our earth!
- instead of poppers or primas, send your child with a reusable water bottle - water is the best drink for children and it is cheap too
If you would like some ideas of different food containers speak with some of the other parents or come and see Lydia on Fridays.

NUDE FOOD LUNCH BOX IDEAS
To help each other in our efforts to be wrapper free at school, the parent club has decided to include a regular weekly ‘Nude Food Lunch Box Ideas’ section in the newsletter.
This will be an opportunity for us to share lunch box ideas that are quick, easy, cost effective, kid friendly, and most importantly, wrapper free.
Please email any recipes you come across throughout the year to mark_bee@iinet.net.au so we can be sure to have it included.

NUDE FOOD LUNCH BOX IDEA # 1  Home made LCM Bars

Ingredients:
100 g Butter
100g castor sugar
3 tbsp honey
150 g rice bubbles
1 tsp vanilla essence
50 g desiccated coconut

Method:
1. Melt butter, honey and sugar on the stove top. Stir continuously.
2. Take off heat.
3. Stir in rice bubbles, vanilla and coconut.
4. Press into a lined tray.
5. Refrigerate until firm.
6. Cut into lunch box size slices.
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.

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.
Are you looking for a babysitter?

Ashleigh is 13½ years old and is well liked by younger children. She would be looking to charge about $10 an hour but is negotiable according to how many kids and how, when & where.

Anyone interested can contact Donna on 0408 509 061.

Strathfieldsaye Junior Football Club

Positions Available in the following age groups:

- Under 10
- Under 12
- Under 16
- Youth Girls

For enquiries email Angela Gamble sjfcregistrar@bigpond.com or phone: 0409 304 654

CFA Urban Senior Championships

Bendigo

Come and support your local men, women, girls and boys during the 2014 State Championships:

Senior Urban Championships: March 8, 9, 10 at Weeroona Oval, North Bendigo

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Would you like to join the Bendigo Youth Choir?

The Bendigo Youth Choir is a community choir. Membership is open to boys and girls ranging from the ages of 5 to 23. The Performing Choir and the Reserve Choir practise on Wednesday evenings at St Andrews Uniting Church Hall, Myers Street, Bendigo.

If you have a love of music and a passion for singing, find our contact details at www.bendigoyouthchoir.org.au or write a letter to Bendigo Youth Choir, P.O. Box 667, Bendigo, 3552.

For 2014 auditions:
phone Penny Goonan on 5443 0881 or Valerie Broad on 5447 7212.

KEY WORD SIGN & GESTURE (MAKATON) WORKSHOP
Come along and learn how Key Word Signing & Gesture (formerly known as Makaton) can be used to enhance communication with individuals who have difficulties with receptive and/or expressive communication. This workshop is suitable for parents, carers and people working with children or adults with communication problems. Workshops introduce the theoretical research basis of using sign and gesture and will allow time for participants to become competent at producing signs.

Workshop 1: Wed 12th & 19th March - 5.30 – 8.30 (you need to attend BOTH nights)
Workshop 2: Sat 3rd May 9.00 – 3.30

Venue: Continuing Education Bendigo, 22 McLaren Street Bendigo (up large flight of stairs which may cause access issues)
Cost: $118 professionals; $98 families & students
Includes book & refreshments (BYO lunch on Sat)

RSVP: 7/3/14; 24/4/14 (limited numbers)

For bookings please contact:
Julie Kiroluch, 0414 331044, juliek@wslc.net.au

FREE MUSIC LESSONS
Bendigo Youth Brass along with City of Greater Bendigo Brass Band (CoG BBB) would like to offer Grade 4-6 students free group music lessons. The L Platers group formed at the beginning of 2012 has been a huge success. The group will be conducted by Mr Trevor Trewartha who is an experienced Conductor and Music Teacher. The ensemble will be starting on Wednesday evenings 5.30pm – 6.15pm at the CoG BBB Band Room – Tom Flood Sports Centre, Water St.

There will be a tryout and information evening held Wednesday 12th March 5.00pm at the above venue.
Instruments available: Cornet, (Trumpet), Tenor Horn, Baritone, Euphonium, Trombone & Tuba
*There will be limited places and conditions will apply.
For more information please contact
Trevor Trewartha – 0432 140 633 OR treford1@optusnet.com.au
General information

Privacy and confidentiality
Your privacy and confidentiality will be respected at all times.

The health professional will not share information about your care without your permission. The confidentiality will be maintained unless you are at risk to yourself or to someone else.

Some de-identified data is collected to support reporting and evaluation of programs. This information will not include your name and will not identify you.

Rights and responsibilities
- You will receive appropriate care and treatment.
- You will be involved in decisions about your care and treatment, and your opinion will be considered.
- You will be treated with courtesy and respect.
- You must attend all sessions and notify us if you are unable to attend.
- You must provide the clinician with necessary information for your treatment.
- You must follow the agreed treatment plan.
- You must treat our staff with courtesy and respect.

Complaints and feedback
If at any time you are concerned about some aspect of your care speak to the health professional who is providing your service.

Alternatively, contact the Loddon Mallee Murray Medicare Local primary mental health services manager on 03 5441 7004.

We welcome your feedback. A consumer satisfaction survey is available at www.lmm3.org.au/community

Contact
Clinical office
103 Bridge Street, Bendigo VIC 3550
Phone: 03 5441 7004
Fax: 03 5441 4454
Email info@lmml.org.au
Website www.lmm3.org.au
Facebook facebook.com/LoddonMalleeMurrayML
Twitter Follow us on Twitter @LMML

Kids Emotional Support Service
Information for parents

Other services
If you are in need of immediate support please contact emergency services on 000 or your doctor.
If you feel acutely distressed and need help before your next scheduled appointment, contact:
LifeLime 13 11 11
Kids Help Line 1800 551 800
ReachOut www.reachout.com
mindhealthconnect www.mindhealthconnect.org.au

Acknowledgments
Loddon Mallee Murray Medicare Local acknowledges the Wurundjeri Woiwurrung, the Yorta Yorta, the Wadi Wadi, the Bandalungara and the Dja Dja Wurrung peoples as the traditional owners of the lands we work on.

We would also like to pay our respect to elders past and present and extend that respect to all Aboriginal people.

Medicare Locals gratefully acknowledge the financial and other support from the Australian Government Department of Health.

About the service

Kids Emotional Support Service provides confidential counseling for children under 12 years of age who are having difficulties in emotional, behavioral and/or social areas of their lives. This includes children developing difficulties in travel for the service.

How we can help
The Kids Emotional Support Service can help with a range of emotional and behavioral difficulties including fears, anger, sadness and depression, illness or breakdown, eating disorders, necarity, negative thinking, self-doubt and attachment disorders.

Qualified counsellors
Your child will see a qualified mental health clinician (counsellor) who has experience working with children.

The counsellor will listen to your child, encourage them to talk about their problems and feelings to help them work out what is bothering them. They will help your child find solutions or develop ways to cope with certain situations.

How to access the service

Your child will need to visit a doctor for a referral to the Kids Emotional Support Service.

If your child is eligible, the doctor will complete the necessary documents and send to Kids Emotional Support Service. If you are not eligible, your doctor can give you information on other services.

A staff member of the Kids Emotional Support Service will assess the referral form and will contact you to book an appointment.

How many sessions

Your child may have up to 12 sessions per year. A review with your doctor will take place at the end of six sessions to decide if a further six sessions are required.

The counsellor may ask the carer to join the sessions. The counsellor may also ask to talk to the carer and/or relevant people without the child being there. These sessions/discussions focus on the child's goals, needs and issues.

The counsellor may also ask for permission to discuss your child's case with other services such as their school.

What a child can expect

The counsellor will make your child feel safe and comfortable. If your child does not feel comfortable with the counsellor, they can ask to see someone else.

The counsellor will spend time getting to know your child and understand why they have come to see them. The counsellor's role is to listen to your child. They will ask your child questions and take notes during the sessions.

In the sessions, your child may do things like draw pictures, play games, talk and other activities which are designed to help them engage with the counsellor.

Outcomes

The counsellor will provide your child with information and ways to deal with situations.

By the end of the counseling sessions, most children will:
- Have found some solutions to their problems.
- Understand why something bothers or upsets them.
- Know how to handle things better and how their family might be able to help them.
- Feel better.

Leaflet updated February 2016