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 student teachers from Latrobe University, Bendigo
Welcome to Charlotte Aburrow, Sarah Crosbie and Zoe Weir, please make them feel welcome if you see them around the school.

Attitudes to School Survey
The Attitudes to School Survey will be conducted during April and May 2014 for all students in Years 5 to 12 across the state. The survey assists schools to gain an understanding of students’ perceptions and their experience of school. It provides schools with valuable data on students’ views of their wellbeing, teaching, learning and school in general.

2015 Prep Dates
The 2015 Prep Enrolment Information Booklet will be available in kindergartens soon and outlines key dates for 2015 Preps in all Bendigo schools including information sessions for prospective Prep parents and transition days for students.

**EPPALOCK PRIMARY SCHOOL: Orientation Program Dates for 2014 Preps**
Visit 1: Thursday 13th November - 11.30am-1.00pm
Visit 2: Wednesday 19th November - 9.30am-11.00am
Visit 3: Monday 24th November - 10.00am-11.30am
Whole school/State Wide Orientation Day/Classroom Visit 4 Tuesday December 9th - 9.00am-11.30am

Education Week Activities & Dates
The prospective Prep Parent Information Evening at Eppalock Primary School is on Monday May 19th between 6.00pm-7:00pm. For an individual tour of the school & appointment, please contact the school at any time.

Whole School Open Morning
Wednesday May 21st. Guided Tours from 10am–11am followed by a Grandparents and Special Friends Morning Tea in the Project Space at 11am.

National guidelines for the safe restraint of children travelling in motor vehicles
The National Guidelines for the Safe Restraint of Children Travelling in Motor Vehicles have been developed by Neuroscience Research Australia (NeuRA) and Kidsafe – The Child Accident Prevention Foundation of Australia. Children of different sizes and ages need different types of restraints. The guidelines recommend that children use a booster seat until they are too tall for the booster seat or can achieve good seatbelt fit as assessed by the 5 Step Test.

For information about all road safety education resources and support, see: www.roadsafetyeducation.vic.gov.au

HAPPY BIRTHDAY to ...
Levi B
Wednesday 19th
Ms Hartney
Monday 17th
We hope you enjoy your day
A good adult seatbelt fit is generally not achieved before children are approximately 145-150 cm tall or 10-12 years of age. The Child Restraint Guidelines also recommend that children under 12 years of age are safest in the rear seat. The Guidelines include an easy 5 Step Test to assist parents to assess whether a child is ready to use an adult seatbelt. VicRoads recommends parents use the 5 Step Test to ensure their children’s safety at all times.

- Can the child sit with their back against the vehicle seat back?
- Do the child’s knees bend in front of the edge of the seat?
- Does the sash belt sit across the middle of the shoulder?
- Is the lap belt sitting low across the hips touching the thighs?
- Can the child stay seated like this for the whole trip?

To access the Child Restraint Guidelines, see: www.kidsafe.com.au/crguidelines

SCHOOL COUNCIL ELECTIONS 2014
After the closing date for the Call for Nominations for the 2014 Eppalock Primary School Council, we had the following parents nominated and duly elected for the Parent Member Category – Sal Symes, Vanessa Wild and Bianca Rinaldi. In the DEECD Member Category we welcome back to School Council staff member Anne Hartney. Congratulations to all our new members of School Council. I wish to also acknowledge the work of outgoing Councillors - Wendy Ratcliffe, Karen Green, Brendan Wild. On behalf of the school community I thank them for the time they have contributed towards ensuring Eppalock Primary School consistently strives for continued improvement for the outcomes of our students. Wendy in particular has contributed to Council as School Council President and I would like to both commend and thank her for her efforts in this role. The outgoing members are all invited to attend the AGM meeting on Thursday 20th March at 6pm in the staff room, this will be followed by the first meeting of the new School Council.

HARMONY DAY
Don’t forget we are celebrating Harmony Day tomorrow, 19th March with our excursion to Axedale PS. The cost of this excursion is $7.50 per student —payment would be appreciated as soon as possible. Harmony Day is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. By participating in Harmony Day activities, the students at Eppalock PS can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it. All children are allowed to wear orange tomorrow and are asked to bring a plate of food from another country to share for lunch (1 plate per family).

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE is next Friday 21st March and students at Eppalock PS are showing their support by making a stand against bullying. All children and teachers will be signing a pledge to stand up against Bullying and will be taking part in a range of activities. For further details go to the website www.bullyingnoway.gov.au/national-day.

AFTER SCHOOL CARE
A reminder to all parents regarding After School Care arrangements. All children who are in After School Care need to be placed in the After School Care Book and/or the school notified by 2pm of that day. Also just a reminder that Active After School Sport finishes at 4.30pm, those children not picked up at that time will be placed in After School Care and charged accordingly.

CHILD CARE BENEFIT REBATE
We have just received notification that our After School Hours Care program has been approved for Child Care Benefit Rebate. We are currently working through the implications of this for families and the process that needs to be gone through to claim this rebate. We will keep you notified of any changes to the After School Hours Care payment system etc. as they arise. Invoices will be sent out as soon as we finalise this process.

Next Monday, 24th March Eppalock Primary School will be featured in the Bendigo Advertiser School Noticeboard Feature.

I hope everyone has a great week…. Mrs Ryan 😊

LIBRARY NOTICE—MISSING BOOKS
All books in the Harry Potter Series are missing from our library. Please check for any library books your child/ren may have borrowed.
## IMPORTANT DATES

### MARCH

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<th>Day</th>
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<tr>
<td>Wednesday</td>
<td>19th</td>
<td>HARMONY DAY Activities</td>
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<td>- Cultural Performance ‘Gindaja’ at Axedale</td>
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<td></td>
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<td>- Shared lunch—1 plate per family</td>
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<td>- Students can wear orange</td>
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<td>- Fundraiser—Tupperware Party 7.30 pm</td>
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<td>Thursday</td>
<td>20th</td>
<td>MARC Library</td>
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<td>School Council—AGM—6.00 pm followed by March general meeting</td>
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<td>Friday</td>
<td>21st</td>
<td>National Day of Action against Bullying &amp; Violence</td>
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<td>Living Green</td>
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<td>Monday</td>
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<td>Confucius Classroom</td>
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<td>Tuesday</td>
<td>25th</td>
<td>Drama / Music</td>
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<tr>
<td>Friday</td>
<td>28th</td>
<td>Living Green</td>
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<tr>
<td>Monday</td>
<td>31st</td>
<td>Parent Club meeting—9.15 am</td>
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<td>Confucius Classroom</td>
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### APRIL

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<tr>
<td>Tuesday</td>
<td>1st</td>
<td>Drama / Music</td>
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<td>Wednesday</td>
<td>2nd</td>
<td>Blue Day—Autism Awareness</td>
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<td>Thursday</td>
<td>3rd</td>
<td>MARC Library</td>
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<td>Visit to Victoria Heights Residential Care</td>
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<td>Friday</td>
<td>4th</td>
<td>Lapathon &amp; Sausage Sizzle</td>
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<td>Last day Term 1 (1.30 pm finish)</td>
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Tuesday 22nd  **FIRST DAY TERM 2**

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

Friday 25th  **ANZAC Day—public holiday**
School Awards - Congratulations to the following students;

- Cooper— for working very well in class
- Reuben— for his great attitude in school
- Levi T— for trying hard in class

Care & Compassion Award this week is awarded to;

Bridie for being kind, caring and thoughtful

WRIGGLING WORMS
Have you got an amazing worm farm that made it through the summer? Do you have a spare handful of worm farm worms? Our school worms have an abundance of fruit that they are struggling to eat and we need to boost their numbers to get our worm farm really working. If you can spare some worms we would really appreciate it. We currently have red wrigglers (the ones you buy from the hardware shop in the yellow box).

VOLUNTEERS WANTED FOR FRIDAY 21st MARCH
GRADE 3-6 COOKING 11:30pm - 1:30pm.
This Friday is Harmony day, a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it.
In recognition of respecting cultures at school we are going to make an international dish. If you can spare a couple of hours to help our 3-6’s we would really appreciate it! Please let Lydia know if you are able to come by emailing fehring.lydia.r@edumail.vic.gov.au

Thanks in anticipation
Lydia Fehring
**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.

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**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.

In Term 2, look out for a recipe book the parent club will be organising.

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**NUDE FOOD LUNCH BOX IDEA #2  Macaroni and Cheese Muffins**

**Ingredients:**
- 260 g macaroni
- 280 g grated cheese
- 220 g milk
- 2 eggs

**Method:**
1. Pre heat oven to 200 degrees
2. Grease a 2 x 12 cup muffin pan (this mixture makes 24)
3. Cook Macaroni, drain and set aside
4. Combine grated cheese, milk and eggs in a bowl
5. Add macaroni to cheese and milk mix.
6. Stir to well combined.
7. Spoon mixture into a muffin pan.
8. Bake for 20 minutes.
9. Can be eaten straight from the oven, or allow to cool and freeze.
**FUNDRAISER PARTY**  
*Wednesday, 19th March – 7.30 pm*

*Tupperware* catalogues have been distributed (if you missed out, there are a few available in the office). Please have a look at them 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, aunties 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 (a small plate for supper would be appreciated). 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 0431 599 692 or mark_bee@iinet.net.au

Come along TOMORROW - we would love to see you.

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**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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**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.
COMMUNITY NEWS

WANT TO KNOW WHAT THE FUTURE HOLDS FOR STRATHFIELDSAYE?

The Strathfieldsaye Business Network invites you to their Autumn Networking Breakfast. Come along and hear how our district is growing and the plans for our future. Plus, the NBN is now available in parts of our district, so learn more about connecting! Network with other local businesses and enjoy a FREE breakfast catered by Strathfieldsaye Lions Club. Guest speakers: Brian Gould, City of Greater Bendigo, and John Barlow, Bendigo Community Telco

When: Friday 28 March
Time: 7 am to 8.30 am
Where: Strathfieldsaye Cricket and Football Club Rooms, Tannery Lane
Cost: FREE including breakfast
RSVP: sdce@strathfieldsaye.com.au

BENDIGO LEGO FAN EXPO—18th, 19th & 20th April 2014

Rediscover the magic of building and join us for the Inside The Brick LEGO Fan Expo in Bendigo during Easter weekend, Friday 18th, Saturday 19th and Sunday the 20th of April.

See amazing creations by master builders including LEGO Ninjago, a huge train layout, LEGO City, Star Wars, LEGO Friends and many unique creations. Tickets are only available via online booking.

We’ll have a huge brick pile to play with in the LEGO play area and lots of DUPLO for the little fans as well. LEGO sets and printed LEGO bricks will be available for purchase.


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.
Children and bullying

Everyone has a right to feel safe

Ginny, aged 12 years, did not want to go to school. She felt sick in the stomach. Ginny’s Dad thought she should go to school, but Dad did not know what had been happening.

Crystal and her group had been spreading rumours about Ginny. Ginny had seen them looking at her and whispering to others when she walked past. Now no one wanted her to sit at the same table with them in class. Even if she tried to act friendly towards them, they were mean to her. One of them had written ‘weirdo’ on her school bag. Ginny’s older sister said to ignore them, but that didn’t seem to work. They just got meaner and tried harder to upset her.

Ginny did not know what to do. She worried that if she told the teacher or her parents it would make things even worse.

What is bullying?

Bullying involves deliberately and repeatedly attempting to hurt, scare or exclude someone. It can include hitting, pushing, name calling, or taking someone’s belongings.

Bullying can also be more indirect, for example, deliberately leaving someone out of games, spreading rumours about them, or sending them nasty messages. Cyber-bullying involves using mobile phones and the internet to bully others. The main purpose of the bullying is to have power over someone else.

Bullying is a mental health concern because it causes distress and can lead to loneliness, anxiety and depression. Bullying can also affect children’s concentration and lower their achievement at school.

When children have been bullied they may:
- not want to go to school
- be unusually quiet or secretive
- not have friends
- seem over-sensitive or weepy
- have angry outbursts.

You may notice that their property has been damaged or is missing.

Responding to bullying

It is very important to let children know that bullying is not okay and that they should report it when it does occur. Schools set standards for appropriate behaviour and safety. They also have guidelines for reporting and responding to bullying when it occurs.

The consequences for bullying should address what has happened and help to ensure it will not happen again. It is very important for the bully to understand how his or her behaviour has affected the other person and to be clear not to repeat that behaviour.

To help prevent bullying, children can be taught how to be respectful and caring towards others. Children who bully may appear confident but often lack skills for building positive friendships.

Learning to be more assertive can help those who are bullied to stand up for themselves. Learning the skills of assertiveness can also help those who bully find ways to communicate their wants, needs and opinions without becoming aggressive.

Both those who are bullied, and those who do the bullying, will benefit from learning effective social and emotional skills.
Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature. Just as the messages about stranger danger were absorbed by an earlier generation.

1. Respect others. Make kids aware that what they send can offend. Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.

2. Think before you send. Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. Block bullies. Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. Don't reply to harassment. Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. Save the evidence. If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. Tell someone. The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.