Principal's Report

There is a new resource from BeyondBlue, researchers from Monash University and The University of Melbourne with ideas to help parents build children’s ‘protective factors’, increasing mental health and wellbeing.

The free eBooklets offer parents advice on how to distinguish ‘normal’ child behaviour from behaviour that could indicate more serious depression and anxiety. There is one booklet for primary children and one for adolescents. Each week I will include one of their practical strategies in the newsletter however the booklet can be accessed at http://www.parentingstrategies.net/depression/

This week’s strategies are all about Encouraging good health habits

Provide your child with a secure, structured and predictable environment by developing and maintaining daily routines.

Encourage your child to have good health habits around diet, exercise, sleep and screen time

• Diet – Provide your child with nutritious meals at regular intervals, including a nutritious breakfast. Also, as best you can, limit the amount of junk food available to them.

• Exercise – Make sure your child gets some sort of daily exercise. Physical activity can also be a good way of managing feelings of depression and anxiety.

• Screen time – Limit the amount of time your child spends watching television, playing video games or using the computer.

• Sleep – Make sure your child gets enough sleep and practises good sleep hygiene

To encourage good health habits in your child, it is important to demonstrate these yourself

MINDFULNESS

Evidence shows that primary-aged children who practice meditation are more focused and resilient. As little as 5 minutes of meditation throughout the day, but particularly in the mornings helps settle children down and improves concentration.

In basic terms mindfulness is about focusing on the present moment but barely scratches the surface. Mindfulness is about being fully engaged and awake in each moment of life. It is ultimately about becoming more aware of your experiences - whether this be thought processes, tension in the body or emotions. When we are in touch with this awareness, we are able to allow whatever is experienced just to happen, without needing to control it and without becoming overwhelmed by it. This is the source of true resilience. Also, as we learn to listen more deeply to ourselves a few things start to happen. We start truly hearing others, which naturally deepens our empathy and compassion. And we also get in touch with our intuition.
We will be introducing mindfulness through the ‘Smiling Mind Program’ three mornings a week straight after sport. This program makes using mindfulness in the classroom simple. It includes a number of audio recordings of mindfulness meditations that are played to students and more comprehensive resources that we will be tapping in to. Reports from schools that are regularly using mindfulness indicate that it creates positive academic and wellbeing outcomes.

**BSE School Band**
We were very lucky to have some the Bendigo South East Secondary College band members play at assembly this morning. They did a wonderful job and it was great for our students to see what is possible with a little bit of dedication, a lot of hard work and practise and a general love of music. Thanks so much to these students, they we great ambassadors for their school.

**Review Parent Forum**
Don’t forget the School Review Self-Evaluation Parent Forum is on tomorrow afternoon from 5pm till approximately 6pm. At this forum we will briefly outline the School Review Process and then parents will have an opportunity to provide feedback to the school with regard to their views on our strengths, current practices and areas for growth in the future. Eppalock PS has grown significantly in the last twelve months and continues to thrive. This is an ideal opportunity for all stakeholders to assist in the development of future goals and aspirations for today’s and future students. If you are unable to attend on Tuesday afternoon I have again included the questions we will be looking at in today’s newsletter so please feel free to add your opinions and return these forms to the school as soon as possible (please include your name on all sheets).

**2014 Parent Opinion Survey**
Thanks to those parents who returned their survey. We sent out 27 surveys and received 20 back. These will be sent to the department and we will have our results back early in term 4.

**Polycom System**
We are very lucky to be supplied with a $14,000 Polycom Video Conferencing system from the department. This unit looks like a large screen TV but allows us to connect in with other school, go on virtual excursions and interact with presenters through its video conferencing feature. The grade 3-6 students have taken part in a Sustainable Gardening virtual excursion where we linked in with four other schools in the state as well as the main presenter in Canberra to learn about developing Sustainable Gardens. The grade 5/6 students also took part in a ‘Dream, Believe, Achieve’ goal setting virtual excursion which provided them with ways to set goals, dream big and achieve to the very best of their potential. Other upcoming Virtual Excursions include an online discussion of the 2014 Book Week Short Listed books and watching the winners announced live as well as a Literacy/Drama presentation of the storybook ‘Pete The Sheep’. This is a wonderful resource for our school and as you can see opens up the learning opportunities for all of our students and allows us to provide state of the art teaching and learning experiences.

**Supported Learning**
After the roll out of student reports at the end of last term and subsequent parent/teacher interviews staff have decided to introduce some more focused, intense learning opportunities for some of our students. These opportunities will be provided in small group settings (approximately 2-3 students) from Tuesday to Friday first thing in the morning. Students will have some specialised time with a teacher or support staff member prior to going out to sport. Parents of students who are involved in the program will receive a letter home outlining the support that will be provided and how they can help and assist their child at home. This is a great opportunity for our students to get some extra attention with their learning and allows us to continue to cater for the individual needs of all our students.

**Weeding**
Do you have some spare time after you have dropped the kids at school in the morning or before you pick them up in the afternoon? If so we are in need of some parents to do a little weeding in the gardens at the front of the school. Please feel free to pull as many weeds as you like – I hear it’s a good stress release! Thanks in advance for your help.

**Box of Tissues**
Due to the many coughs and colds going around we are running very low on tissues. If you haven’t sent along a box of tissues at the beginning of the year could students please bring in a box. Alternatively if you have brought in a box but have another spare we would be very grateful for any donations. Thank to those parents who have supplied extra tissues, it is greatly appreciated.

Have another great, responsible week……………… Mrs Ryan 😊
IMPORTANT DATES

AUGUST
Tuesday 12th Drama/Music
AASC - Cricket
Thursday 14th AASC - Athletics
Friday 15th Living Green
Clubs

18th - 22nd August—Book Week
Monday 18th Confucius Classrooms
Tuesday 19th Drama/Music
AASC - Cricket
Thursday 21st MARC Library - Book Week Activities
Friday 22nd Living Green
Clubs
Daffodil Day Fundraiser

Monday 25th Confucius Classroom
Tuesday 26th Drama/ Music
AASC - Cricket
Thursday 28th AASC - Athletics
Friday 29th Living Green
Clubs

SEPTEMBER
Tuesday 2nd AASC—Cricket
Thursday 4th AASC—Athletics
Friday 5th Clubs
Living Green
Tuesday 9th AASC—Cricket
Thursday 11th AASC—Athletics
School Council Meeting 6:00pm
Friday 12th Clubs
Living Green
Tuesday 16th AASC—Cricket
Wednesday 17th Pupil Free Day (Staff PD)
Thursday 18th MARC Library
AASC—Athletics
Friday 19th Last Day—Term 3—1:30pm Dismissal

PARENT CLUB NEWS

Parents Club Meeting
Monday 18th August—9:15am, after assembly. All parents welcome. Meeting is held in the old school building. All toddlers welcome to come along and have a play whilst meeting is on.

TRIVIA NIGHT— Saturday 11th October 2014. We are seeking the support of family and friends with donations of Auction Items and Raffle Prizes.
If you can help, please let Nikki know.
Body Beautiful From Ancient Greece At The Bendigo Art Gallery!

On Wednesday the 6th of August, Eppalock Primary School went to the new exhibition at the Bendigo Art Gallery, about sculptures that have been dug up in Greece and have been sent to the British Museum and have then been sent to Australia for a special exhibition, The artwork is only going to be shown in the Bendigo gallery, but nowhere else in Australia.

When we arrived we met up with the guides, Margo and Heather, Margo led the P/1/2’s and Heather led the 3/4/5/6’s. Firstly we walked into the first room and pencil and paper on clipboards were handed out. Next we walked into another room and talked about the time difference between different sculptures and filled out a question sheet, throughout each room we answered some questions. In one room there where many sculptures of the goddess of love, Aphrodite, in the last room was a statue of the Sphinx: a lions body, eagles wings and a human head.

In another room there was a great big arena that was made to try to represent Olympia, it turns out that before the medals such as gold, silver, bronze, they used to just have either a ribbon or a thorned crown! All of the gods in Greece lived on Mt Olympus.

In the end I had great fun and thought that it was really interesting.

BY: Abby Mannes

On Wednesday the 6th of August, the whole school visited the Bendigo Art Gallery to see “The Body Beautiful – In Ancient Greece” exhibition. The Prep-2’s guide was Margo (Margaret) and the 3-6’s guide was Heather.

In the first part of the exhibition, we were looking at the improvements in the sculptures over time. We also saw Aphrodite, the goddess of love. In that part there were mainly men who were nude because they liked to show off their athletic-type bodies. We were also told that everything was either made out of marble, bronze or clay.

Some gods we saw were Zeus (God of sky and thunder), Aphrodite (Goddess of Love), Dionysus (God of Wine), Nike (God of Victory), and Ares (God of War). We also saw and talked about Heracles’ (Son of Zeus) and about his twelve labours for killing six children and his wife.

We also had a short and sweet talk about the ancient Olympics. We had to figure out what five sports were in the ancient pentathlon and they were – Wrestling, Javelin, Discus, Running and the Long Jump.

In the second last area of the exhibition, we were looking at the war protection. There was a helmet, chest guard and shin guards. There was also a sphinx which consisted of a lion’s body, eagle wings and a human face.

In the last section, we saw the statue of the discus thrower. We had a big discussion about whether he had the right head or not. I think he had the wrong head because he wasn’t looking at the discus.

Overall it was a really good exhibition and really educational (4/5).

By Jack Speechley
The Bendigo Art Gallery

On the 6th of August 2014 our school went to the Bendigo Art Gallery at 2:00.

On the bus I sat next to Angus and near Abby, Lee and Jesse. When we arrived at the art gallery we met two, their names were Margo and Heather. Margo explained what was going to happen and where we would go. After that, the Prep/1/2s went with Margo and the 3/6 went with Heather into the Body Beautiful exhibition. They were from ancient Greece.

When we went into the exhibition everyone sat down and Heather talked to us and asked us some questions, for example there were mainly Greek men statues because males like to show that they had athletic bodies and that they were strong. After that everyone looked around and then Heather called everyone over and said that we could have a go at drawing the statues.

We learnt about a lot of the Greek gods some of the Greek gods names were Aphrodite, goddess of love, Zeus, god of power, Dionysus god of wine and we learnt about a few more gods. My favourite god or goddess is Aphrodite.

We moved into a few more rooms but one of the rooms, I really liked it. It had lots of statues and in the middle of the room it had a sphinx. It looked really interesting. Heather told us a few more facts, for example, females normally don’t come out of the house but there is a few occasions that they come out, for funerals, festivals and weddings.

At the end of the day I knew a lot more about gods and I had lots of fun.

By: Jazz Hebble

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Traveling in to ancient Greece

On Wednesday the 6th of August the whole school went to the Bendigo Art Gallery to see the Body Beautiful In Ancient Greece. All of the display items were on tour from the British Museum and the oldest piece there was older than 4 thousand years old.

We were with a tour guide, her name was Heather and she was nice and explained everything very clearly. In the first room it was all statues and about the differences in material and detail. Most of the statues were men showing off their bodies and not many were woman because they were discriminated against. We spent a while in the first room because there was a lot to talk about and many questions to be answered and to give us a chance to observe it all in detail. All of the sculptures were impressive and how each of the materials made them stand out a lot, especially marble.

In the second room we were all really fascinated by a model of what they think the Olympics in Olympia was like. I really enjoyed looking at it because even though one story was being told many others unfolded. Also in the second room we talked about Heracles. He is classified as a god even though he had a mortal mother. However he killed his wife and 6 kids and had to face the 12 labours it was really interesting.

In the third room the main attraction was the sphinx. Lots of people had heard of it and it was very well done. It was a polished piece of marble and a beautiful body of a lion with eagle wings and a very detailed human head. I really enjoyed that room.

The last room was the great statue of the discus thrower that was built with iconic marble from the second century AD.

Over all it was a great afternoon and I got so much out of it. I really enjoyed it.

By Nicole Gallagher
Congratulations to the following students who received awards this week …

Asher—For his excellent attitude to his school work
Amelia—Working well in school
Joe—Excellent behaviour during Art Gallery Excursion
Levi—For working hard on his reading

VALUES AWARD FOR BEING RESPONSIBLE MEMBER OF THE SCHOOL COMMUNITY was presented to Bella for being responsible member of the school community and for being very well behaved at the Art Gallery Excursion.

JUNIOR SCHOOL COUNCIL

Daffodil Day

On Friday the 22<sup>nd</sup> of August we are having Daffodil Day.

Why we are having daffodil day is because we want to make awareness for cancer

Our target is $100 dollars but if we get more we would be overwhelmed.

You are either allowed to wear a costume or you can wear something yellow it’s up to you.

It is a gold coin donation.

Thank you for helping make someone’s day a whole lot better and making the cure for cancer even closer

From the Junior School Council
COMMUNITY NOTICES

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.

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

FAMILY DAYCARE

Would you consider a career as an Early Childhood Educator?

- Professional Training with Nationally Recognised Qualification
- Work from home and work the hours that suit you
- Great income prospects
- All Educators registered with DEECD
- Full ongoing support provided

For more information please call: 1300 856 463

Providing flexible and affordable CHILDCARE in a nurturing home environment
**What we do well!**

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<th>Thinking about Eppalock Primary School as it <strong>currently is</strong> : What do you see as our Strengths?</th>
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**What we can do better!**

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<th>Thinking about Eppalock Primary School as it <strong>currently is</strong> : What do you see as areas in need of improvement?</th>
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**What you would like to see!**

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Eppalock Primary School presents:

**A Trivia Extravaganza**

Funds raised will be put towards the redevelopment of the Axe Creek Community Centre (The old Eppalock School Building) - Facilities for Kids Cooking, Playgroup, CFA & Landcare

**Saturday 11th October 2014** (First Saturday back in Term 4)

- **$16 per person** (for tickets purchased & paid for up until Friday 19th Sept 2014)
- **$20 per person** (for tickets purchased on/after Saturday 20th Sept 2014)
- **Tables of 5 people**

  "You don't need a full table / 5 people to come along - you can purchase individual tickets and we'll put you together with others on the night to create 'super tables'."

**6pm** Masked Wine Tasting - Can you pick the varietal?

- $5 per participant
- Shiraz, Cabernet Sauvignon, Merlot, Chardonnay, Sauvignon Blanc, Riesling
- Wine tasting & nibbles. No wine tasting experience necessary....

**7pm** Trivia Extravaganza kicks off

- 4 rounds of Trivia
- Lucky number prizes, door raffles and a silent auction on the night
- 10.30pm Evening End

**Child minding will be available on the night at a small cost per child**

**BYO Drinks**

**AMAZING PRIZES TO BE WON**

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Each school family to please bring:
- a plate of supper/nibbles for each of your tables
- bag of lollies ie. Éclairs, strawberry creams, Freddo Frogs, Aldi lolly sticks (These will be collected at the start of the night and put into a 'tray' of lollies to be rotated around the tables during the evening - sitting on the winning table each round)

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**Where:** Eppalock Primary School, Patons Road, Axe Creek

**Enquiries and Tickets sales:** Eppalock Primary School Office (03) 5439 6366

Email: eppalockps@edumail.vic.gov.au (netbanking EFT avail for tickets)

Help us create a fantastic Kids Cooking Kitchen & Community Facility!
Goldfields Solar – Major Catalyst for Bendigo’s Solar Uptake

The highly successful Goldfields Solar program is respected as a major catalyst for Bendigo leading the way in the uptake of solar PV systems. Bendigo is ahead of national and state averages for the uptake of solar PV systems with the Bendigo federal electorate having a solar uptake rate of 14.2% of households. Even more interesting is that postcode 3551, covering townships and urban areas on the outskirts of Bendigo, has an uptake rate of 21%, meaning that greater than 1 in 5 households have a solar PV system.

For families wanting to learn more about solar energy come along to our public forums to learn more about the Goldfields Solar program and how a solar system will benefit you. There are 2 forums scheduled for Tuesday, 12th August in Activity Room 1 at the Library; the first forum commences from 4.30pm and the second forum commences from 7.00pm.

We encourage and welcome you to come along.

solarpv@bsg.org.au
or call Keith on 0428 581 198
or Tony on 0419 582 442

Media Contact: Keith Reynard, President, BSG – 0428 581 198

Dear Students,

Applications for the Athlete Development Program (ADP) at Bendigo South East College are now open.

All students attending BSE in 2015 are eligible to apply.

Further information about the program, plus the 2015 Application Package, can be found at the ADP website: http://www.bse.vic.edu.au/excellence/athlete-development-program

Applications close soon. If you have any trouble applying by the due date, please don’t hesitate to contact the Sports Office at BSE on 54434522 or adp@bse.vic.edu.au

We look forward to receiving your application.

Kind Regards,

Ernie Fleming

Principal/ADP Director of Sports
Bendigo Gem Club
2014
Annual Exhibition
and
Gemarama

YMCA Leisure Centre
Browning st
Kangaroo Flat

BENDIGO
Just off High street

Gem Cutting - Wire Wrapping
Silver Smithing Demonstrations

Sat 13th Sept
10am-5pm
Sun 14th Sept
10am-4pm

KIDS!
GLOWING ROCKS!
Sand pit fossicking!

Gems Minerals
Fossils Opals
Pearls Jewellery
Lapidary Equipment & Tools

ENTRY - Adults $5
Children FREE
if accompanied by an Adult

REFRESHMENTS available by Y's Ladies

Contact Lynda Scott Club ph. 03 5442 3691 leave msg.