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

Education Support (ES) Staff Month

August is the time that we acknowledge and celebrate the huge contribution that ES staff make to the school team. Education Support Staff work in a multitude of occupations in primary, secondary and special development schools, and are a crucial part of our education system. Education Support Staff perform a range of duties in educational setting such as manage school libraries, laboratories and kitchens, assist students with special needs, both inside and outside the classroom, are accredited First Aid Officers, run out of school care programs, work in school offices as business managers and assistants to name a few. On behalf of the school community I would like to acknowledge the hard working ES team at Eppalock Primary School: Marie Mannes, Ronda Rodwell, Sue Gentry and Ash Harvey.

School Review

Thank you so much to those parents who have returned their families individual feedback form. The data we collect from these forms will go to inform the direction our school takes over the next four years. I ask that all parents return this information to school as soon as possible. Your thoughts and ideas are important to us and we want to be sure we have heard from all parents. Thanks so much.

CASEA Professional Development Day

On Wednesday teachers will be spending the day working with the CASEA Team to improve their knowledge of the program and develop skills to help all students at Eppalock PS. Some of the topics to be covered throughout the day include;

- Exploring Child Mental Health – Understanding Attachment Problems; Implications for child development and learning
- ‘Emotion Coaching’ - Helping children manage strong emotions in the classroom.
- Mindfulness in the Classroom – Play and Well-being.

Mrs J and Mrs Tonzing will be covering all grades throughout the day to release the teachers to focus on this very important program.

THE CURIOUS GAME

This Friday all students will be involved in the ‘Curious Game’ incursion. The Curious Game was commissioned by the Victorian Arts Centre for the Chookas Festival for Kids. The theme of the festival was ‘Alice Through The Looking Glass’ so Born In A Taxi (a Melbourne based theatre ensemble established in 1989) decided to create a show where all the action took place on a chess board. Taxi’s style is based upon improvised group movement, physical theatre, clowning and in the case of street theatre, audience participation, all of which can be seen in this piece. ABOUT THE SHOW - In Summary: Three chess pieces, as queen, knight and pawn, parade on the board. Fourteen children are chosen to stand on the board to play the game. With the pomp and ceremony of ridiculous rituals and eccentric dance, odd characters from an over sized chess board come to life to conduct an interactive board game, where no one knows what the rules are and everyone’s a winner. A bossy Queen, a stupid knight and a pawn with a touch of cunning, conduct an absurd and humorous game for all ages, where the aim is to find out....what the game is?
This week’s focus is on Anxiety and what it looks like in children.

What is clinical anxiety?

Everybody experiences anxiety at times. When people describe their anxiety, they may use terms such as: anxious, nervous, on edge, stressed, worried, tense or scared. Although anxiety is unpleasant, it can be quite useful in helping a person to avoid dangerous situations and motivate them to solve everyday problems. However, anxiety can become a problem if it is severe, long-lasting, and interferes with a person’s life. Clinical anxiety (also known as anxiety disorders) refers to symptoms of constantly feeling nervous, anxious or on edge, and not being able to stop or control worrying. The anxiety is strong enough to cause trouble at school or in personal relationships (such as with family, friends), or to make it difficult to get on with day-to-day activities.

WHAT DOES CLINICAL ANXIETY LOOK LIKE IN CHILDREN?

The child may show some, but not necessarily all, of the following changes over a period of weeks or more:

* fear certain situations or worry constantly and unnecessarily about things
dwell on negative thoughts

* seem self-conscious, highly sensitive to criticisms and easily embarrassed

need constant reassurance

* seem excessively shy and avoid social situations
* not want to go to new places, meet new people or try new activities

* cling to parents when they try to leave the child at school or in an appropriate social situation
* cry every day before school because they don’t want to go, refuse to go on school trips or take part in extracurricular activities

* out of character and unexplained sadness or crying

* have difficulty concentrating

* show nervous habits, like biting fingernails, thumb-sucking, or repeating certain behaviours

* seem constantly on edge, jumpy or easily scared

* appear to be trembling, restless or breathing rapidly

* develop excessive attachment to physical things, for example a particular toy, and throw tantrums when this is removed

* complain of recurring headaches, stomach aches, nausea or other physical pains without a clear medical cause

* not eat as much as usual, or begin to eat a lot more than usual

* show changes in sleeping patterns (such as sleeping more than usual, becoming difficult to wake or having difficulty getting to sleep or staying asleep, having nightmares)

* start to show behaviours that they have previously outgrown.

Have a wonderful week ....... Mrs Ryan 😊
IMPORTANT DATES

AUGUST
Tuesday 26th  Drama/ Music
AASC - Cricket
Thursday 28th  AASC - Athletics
Friday 29th  Living Green
The Curious Game—Incursion
Bunnings Visit—Workshop

SEPTEMBER
Monday 1st  Confucius Classroom
Tuesday 2nd  AASC—Cricket
Drama/Music
Thursday 4th  AASC—Athletics
MARC Library
Drama and Music
Friday 5th  Clubs
Lunch Day—Hot Potato
Living Green
Monday 8th  Confucius Classroom
Tuesday 9th  AASC—Cricket
Drama/Music
Thursday 11th AASC—Athletics
School Council Meeting 6:00pm
Friday 12th Clubs
Living Green
Monday 15th Footy Colours Day— Lunch Day—Hot Dogs
Parents Club Meeting
Tuesday 16th  AASC—Cricket
Drama/Music
Wednesday 17th Pupil Free Day (Staff PD)
Thursday 18th MARC Library
Prep/1/2 Stayback Night
AASC—Athletics
Friday 19th Last Day—Term 3—1:30pm Dismissal

PARENT CLUB NEWS

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.

Hot Potato Lunch Orders and Money need to be back to school this Friday. The lunch day is the following, Friday 5th September. Lunch Order forms were sent home today with your child.

WANTED: Pie Warmer that can be donated to the school or purchased by parents club for a small price.

WANTED: Second hand/new bricks that can be donated to the school. Parents Club/Living Green is looking at building a Pizza Oven for School and Community Use. If you have any bricks that can be donated to the school please contact the school or Nikki Mannes.

WANTED: Pizza Oven Building Specifications. If any one has built a pizza oven before and has plans for one or has the knowledge on how to build one could you please see the school or Nikki Mannes.

Thank You for your help with the above items.
Congratulations to the following students who received awards this week …

Sienna Newman for amazing work during the writing sessions
Levi Bowe for working well in school

VALUES AWARD FOR BEING RESPONSIBLE MEMBER OF THE SCHOOL COMMUNITY was presented to River Stockx for being a responsible member of the school community.

Thank you to all children and families who bring back school library books when they have finished reading them at home, it is much appreciated.
ROBIN

FUNNY, LAUGHTER

LOVING, LAUGHING, SMILING

MRS DOUBTFIRE, JUMANJI, MORK & MINDY

MOURNING, CRYING, WEEPING

SAD, DEPRESSION

WILLIAMS

BY JACK SPEECHLEY
Name____________________________________

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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<tr>
<th>Thinking about Eppalock Primary School: Is there something that is not already here that you would like to see? (facilities/programs)</th>
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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

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**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!
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
Todays Schools Celebrating Diversity

Our goal is to celebrate the great work being done in our schools for students with Autism, Dyslexia, Down syndrome, Hearing Impairment, Epilepsy and other serious challenges to learning.

The series will include the latest research from world experts. We will visit schools with outstanding strategies for success with students with special learning needs. And we will talk directly with the students themselves about the challenges and the quest for inclusion.

You can support Todays Schools Celebrating Diversity with a $50 pledge that will give you over 60 original stories by an Australian author. Stories of resilience, courage, creativity. These stories are ideal for meetings, presentation and assemblies.

You can pledge $200 and we guarantee that we will save at least that much in the next 12 months on purchases of projectors (and parts), interactive projectors, interactive LEDs and Hearing Augmentation Systems. If we cannot save you at least $200 you get your pledge back.

If you like the idea of a community celebration of diversity and inclusion in our schools please support this project.

More details on the Pozible website (Google search-Pozible Celebrating Diversity). We are always open to ideas, suggestions and possibilities.

**Todays Schools Celebrating Diversity** Channel 31 Every Tuesday 4:30pm from September 2nd

**Youtube** Search for todaysschoolsmelbourne
What you say will inform the development of our Municipal Early Years Plan.

A quick 5 minute survey is available.

- **Children’s Survey:**
  [www.surveymonkey.com/s/WQ9585Z](http://www.surveymonkey.com/s/WQ9585Z)

- **Family / Community Survey:**

- **Provider’s Survey:**
  [www.surveymonkey.com/s/WG2F2V2](http://www.surveymonkey.com/s/WG2F2V2)

Hard copies are also available, please contact Angela Harper on 5434 6481 to request one.

**Creating the best future for our children**

**How to meet with us**

Come along to a public consultation. For further details, visit the website: [www.bendigo.vic.gov.au/meyp](http://www.bendigo.vic.gov.au/meyp)

Your opinion is valued. It is important to hear from you, the children, families and community of Bendigo.
SPECIAL LUNCH DAY

FRIDAY 5TH SEPTEMBER 2014

(Not This Friday - Next Friday)

Hot Potato Day

Orders and money must be returned to school by this Friday 29th August 2014

Order Form

SPECIAL LUNCH DAY—HOT POTATO DAY—FRIDAY 5TH SEPTEMBER 2014

$3.50 Per HOT POTATO – One Per Child

Please Tick Your Toppings

- Savoury Mince
- Bacon and Onion
- Cheese
- Sour Cream
- Coleslaw

Money enclosed ................................

CHILD’s NAME .................................................................