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

ACTIVE AFTER SCHOOL – TERM 4
The Active After Schools Community program will commence next Tuesday, October 21st and will run on a Tuesday and Thursday afternoon from 3.30 pm – 4.30 pm for 7 weeks. Tuesday nights will be MULTI-SKILLS each week (21/10/2013 – 2/12/2013) and the Thursday program will be BASKETBALL which will commence on Thursday 23rd October and run through till Thursday 4th December.

ATHLETICS CARNIVAL
Just a reminder that the Annual Athletics Carnival with Axedale Primary School is on again this Friday the Bendigo Athletics Centre, Retreat Road, Spring Gully. Students need to be at the venue by 9.15am and we should be finished by 1.45pm. STUDENTS NEED TO BE COLLECTED BY PARENTS FROM THE ATHLETIC CENTRE AT THE CONCLUSION OF THE SPORTS AS THE BUS WILL NOT BE RUNNING IN THE AFTERNOON.
Anyone who does not normally travel on the school bus but requires transport to the sports may meet the bus at school and take it to the Athletic Centre (bus will leave school at 8.55 am sharp). I will be on duty at school in the morning to meet any students who arrive. Don’t forget to wear suitable clothing (School Uniform) – runners or sneakers, sports skirts with shorts underneath (the skirt must be removed for the high jump), shorts, t-shirt (no dresses, no singlet tops, no bare feet), a jumper and long pants, sunscreen and a wide-brimmed hat. Students need to bring their own water and packed lunch although the Kiosk will be operating on the day for snacks if needed. It should be a great day and lots of fun.

OVERSEAS LEARNING EXPERIENCE TO CHINA
Families with children in Grades 5 & 6 in 2015 (current Grade 4 & 5 children) will have the opportunity to be involved in the OLE to Shanghai and Suzhou in May-June 2015. An information session for all 17 schools currently involved in the program will be held at the James King Hall at Bendigo Senior Secondary College tomorrow night, Wednesday 15th October from 6:00-7:00pm.
The aims of this valuable program include:
- to strengthen the students’ Chinese language learning by providing opportunities for purposeful, genuine and authentic communication
- to increase global awareness and intercultural understanding of our students
- to broaden the knowledge and understanding of students by enabling them to gain an understanding, appreciation and respect for the Chinese culture

CHINESE STUDENTS
Our two Chinese Students, FENG YIFAN - 封一帆 Andrew and HAN YIHENG 韩以恒 Bob have arrived today and will be at Eppalock PS tomorrow. We are really excited to having them as part of the Eppalock PS community and can’t wait to welcome them to our school.
SCHOOL REVIEW DAY
We had a very successful day last Wednesday with lots of productive discussion taking place. The consensus of the panel was that the school is travelling extremely well and has made some great progress over the last four years with lots of exciting opportunities ahead. The final Review Report will be available in a few weeks’ time and will guide the development of the Schools new Strategic Plan.

Orientation Program Dates for 2015 Preps - Below are listed the dates and times for this year’s transition and orientation program for our 2015 prep students. We will also be holding a Prep Parent/Staff/Student Picnic on Thursday 6th November from 5.30pm – 7pm. This will be a great chance for our 2015 prep families to get to know each other and the staff in a friendly, relaxed setting.
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
Visit 4; Whole school Orientation Day/Classroom - Tuesday December 9th - 9.00am-11.30am

CONGRATULATIONS and a huge thank you to all involved in the TRIVIA NIGHT last Saturday—it was a fun night and a great financial success for our school. We really appreciate all the hard work Sally-anne and the team put into the evening. A full report later in the newsletter...

Enjoy this week . . . Mrs. Ryan J

MARC Final Borrowing Dates
The end of the school year is fast approaching and it is time to start chasing up all of the missing and overdue library books for this year. Your last chance to borrow MARC books will be: Thursday 30th October and all books borrowed on this day or prior to this must be returned in the fortnight following this day. Please remember that if books are lost or damaged, families will be asked to replace or provide an appropriate donation to make up for the missing book.

Regards,
Keira Haddow, (MARC Van Library teacher)

WANTED Freezer in working order (chest or upright) - if you have a freezer that you no longer require and would like to donate or sell to the school, please let Emily know.

PREP & GRADE 1 STUDENTS—Could all students in Prep and Grade 1 class please bring an empty shoe box to school this week?

BENDIGO SHOW—Eppalock Primary School is presenting an Art Work display at the Bendigo Show later this month. A piece of Art Work from all students will be on display with only their first name listed. If you do not wish your child’s work to be included, please let us know by Monday of next week (20th October).

HEAD LICE - A reminder to all families to continually check hair for Head Lice.

MISSING / LOST— Jack’s Grade 6 Jumper (Class of 2014) with Grade 6 student’s names on the back) is lost. Could everyone please check tand see if Jack’s Grade 6 Jumper is holidaying at their house.

SUPPORT OUR LIVING GREEN PROGRAM AND ORDER A TRAY OF FRESH KENSINGTON PRIDE MANGOES FOR ONLY $25.00.
Information and order forms are being sent home today.
Orders and money must be returned to school by Friday 24th October.
NO LATE ORDERS CAN BE ACCEPTED.

Fruit will be available to be collected from school early December—date to be advised.
IMPORTANT DATES

OCTOBER

Thursday 16th SPECIAL FREE PASTA LUNCH
MARC Library

Friday 17th Cluster Sports—Bendigo Athletic Centre
Tuesday 21st Active After School—Multi Skills
Thursday 23rd Active After School—Basketball
Tuesday 28th Swimming Lessons 1:00-1:40pm
Active After School—Multi Skills
Wednesday 29th Bendigo Cup Day Holiday—no school
Thursday 30th MARC Library
Active After School—Basketball

NOVEMBER

Tuesday 4th Swimming Lessons 1:00-1:40pm
Active After School—Multi Skills
Wednesday 5th Questacon Science Spectacular
Healthy Lunch & Dance-a-thon fundraiser
Thursday 6th 2015 Prep Parent / Staff / Student Picnic (5.30 pm—7.00 pm)
Active After School—Basketball
Friday 7th Pupil Free Day—Michael Ymer Staff PD
Tuesday 11th Active After School—Multi Skills
Thursday 13th MARC Library
2015 Prep Transition 11.30 am—1.00 pm
Active After School—Basketball
Tuesday 18th Swimming Lessons 1:00-1:40pm
Active After School—Multi Skills
Wednesday 19th 2015 Prep Transition 9.30 am—11.00 am
Thursday 20th Active After School—Basketball
Monday 24th 2015 Prep Transition 10.00 am—11.30 am
Tuesday 25th Swimming Lessons 1:00-1:40pm
Active After School - Multi Skills
Wednesday 26th Sink or Swim Incursion
Thursday 27th Active After School—Basketball

DECEMBER

Tuesday 9th Orientation Day
Friday 12th End of Year COMMUNITY NIGHT
Tuesday 16th Grade 6 Graduation Dinner
Friday 19th Last Day of Term—1.30 pm finish
Congratulations to the following students who received awards this week

- Hannah for her wonderful 'getting along' skills in welcoming a newcomer
- Tim for settling in well at Eppalock Primary
- Jesse for working hard and trying his best

Our Value this Term is **RESPECT**—treat others with consideration and regard; respect another person’s point of view. Congratulation to **Silver** who received our RESPECT AWARD this week.

**HAPPY BIRTHDAY** to Angus for this Thursday, 16th October.
We hope you have a great day.

**RANDOM ACTS OF KINDNESS**

Jaiden and Will for playing with me when I had nobody to play with (from Reuben)

Sam for always being there to hold the door open (from Jack)

Reuben got everyone’s pillow off the floor and put them away (from Bella)

Emma— Mac dropped his toy and Emma picked it up for him (from Jazz)

**PARENT CLUB NEWS**

**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.

**FREE SPECIAL LUNCH**

This Thursday, 16th October

We will be having a FREE special lunch this week available to all students.

PASTA followed by YOGHURT
**Trivia Night Round Up**

What a wonderful night of trivia we had on Saturday night! Thank you to everyone who came along and helped make it such a success. A massive thank you especially to the organising team and parent helpers that ensured the night's success. Special mention to Nikki Mannes, Caitlin Murphy, Jackie Hebble, Donna and Neil Bowe, Emma Newman, Kerrie Barker and Marie Mannes for all of your support in the lead up to the big event.

**So what happened....**

Eppalock Primary School joined with the local community to guess trivia, have some laughs and raise some money for the revamp of the 'Old Schoolhouse'. The successful fundraising that occurred will support our vision of creating a purpose-built children's kitchen and a modern and useful meeting space for the school, playgroup, CFA and Landcare to use.

We had 11 tables for the night comprising 72 trivia buffs/boofs - and what a laugh we had! $1,152 was raised from the entry tickets. Lots of old friends, current school families and new friends made up the crowd. Well done to the 'Legless' trivia team who ended up winning the 5-round Trivia Competition. The music mash-up, true/falsies and plethora of nobel peace prize questions were not enough to trip them up.... Well done to the second placed 'Wild Bunch' team....

The night began with a masked wine tasting. We made $25, tasted some great and not so great wine varieties, guessed - not many, and everyone walked away with a smile and a bottle of wine as a gift. The trivia then kicked off, accompanied by several gold coin group games and an extensive (and competitive) silent auction. The money is still being counted but we have estimated our fundraising total as $1650. Estimated funds raised for the evening total $2827.

Jackie Hebble and the after-school care team capably took care of the children for the evening. Thank you to Jackie and Charlotte for your hard, hard work keeping the kids in line :-(

Everyone stayed behind to pack up and carry tables and chairs back over to the old school house - thank you - this made our 'clean up' job so much easier. Thank you to everyone that helped during the course of the evening, especially the Gallagher family for the pack up coordination and lock up support.

The generous support that we received from friends and local businesses was overwhelming and very much appreciated. Please find below a list of the businesses that supported our event. If you're driving by/visiting any, please take the time to say thank you on behalf of our little school and support them in return if you can. A thank you letter and certificate of appreciation will be sent to all of our contributors.
TRIVIA NIGHT SUPPORTERS …

- Terraco Engineering
- Dan Murphy’s
- LCF Fun Languages - Bendigo
- Annette Bulk, long-time friend of Eppalock Primary and grandmother of a past student, donated 8 beautiful, handmade glass plates and a blue glass platter set.
- Smiggle
- EB Games
- TJM Equipped donated a fabulous rechargeable torch that we gave away on the night as a spot prize
- DSG Accounting supported our fund tallies during the evening
  UFS Dispensary - Strathfieldsaye
- Lazy Flowers - Strathfieldsaye Shopping Centre
- Strathfieldsaye IGA
- Bree Moody Massage
- Zest Health and Wellbeing - Massage
- Mark Lovell Gardening
- Lydia Fehring handmade, organic handcreams
- Caitlin Murphy and Murphy Family - homemade bunting packs and starter gardening kits
- Heidi for Hair, Strathfieldsaye
- Strathfieldsaye Bakery
- Strath Hardware and Landscape (2 x $25 vouchers)
- Wendy Ratcliffe
- Julian Newman, Artist
- Fernwood Gym
- The Farmer's Arms Hotel, Junortoun
- Anytime Fitness
- Uniquely Bendigo
- Queens Arms
- 400 Acre Eggs (live Isa Brown trio's)
- Barb Bartlett, Grandma to Sienna and Bridie for her lovely bags
- The Knight Family
- Helen Fehring
- Body Shop
- Bowe Family
- Symes Family

If I’ve missed anyone I apologise and we will include your thank you in a subsequent newsletter.
We look forward to supporting your business in return over the coming years.
COMMUNITY NOTICES

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.

MILO CRICKET PROGRAM

Strathfieldsaye Cricket Club

Warmer weather is coming so that means Jets Milo In2 Cricket is coming back bigger than ever...

Sunday 26th October 10am-11am until 14th December @ Tannery Lane Complex, Strathfieldsaye.

Children have a great time, learning different skills whilst interacting with each other & importantly had fun being active. We had a great number of young girls in the Program & hope to see more this year.

Age: approx. 5-8. $70 which includes a cricket kit bag of goodies including a shirt, cap and bat.


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.
Our Refugee Story

You are invited to a day of insight and inspiration. Saturday 25th October, 10 am to 4 pm at the Bendigo Library

Discover compelling stories
Talk with local advocacy groups
 Tune in to illuminating conversations
Immerse yourself in art displays, photographic exhibitions and short films
Celebrate the Bendigo Karen Community with music, dance and life stories

Hazel Edwards, writer, poet, public speaker (photo: a presentation on Our Hearing Eyes) will reflect on and discuss her work in writing and translating verse and poetry for young readers since 1990 and last day.

Nigel Mason*, first Australian of the new century, recounts his long journey from persecuted Pastor in Afghanistan to working for a regional city library in Australia.

Julian Burnside* AASRA - dedicated refugee advocate, lawyer and author - in discussion with local employers and councils will explore his campaigns and advocacy efforts for communicating asylum seeker interests to local and regional councils.

Program

Saturday 25th October 10 am – 4 pm

Our Refugee Story – special events

10.00 am Launch of photographic exhibition Seeking Refuge in a New World with members of the local Karen community Activity Room 1

10.15 – 11.00 DI Dempsey in conversation with members of the local Karen community Library Performance Space

11.15 – 12.00 Hazel Edwards recalls her work and discusses her work with local Karen professionals and community Library Performance Space

1.00 – 1.30 Bookings essential* DI Dempsey in conversation with Najaf Mowani (The Rug Maker of Maryville) Activity Room 1

2.30 – 4.00 Bookings essential* Julian Burnside, in discussion with local councilors and employers, explores his model for accommodating asylum seekers in industry and the region.

All morning (10.00 am – 1.00 pm)
Foon and netball clinic run by the AFL and netball Victoria
Exhibition of paintings by asylum seeker in detention
Short films running continually

All day (10.00 am – 4.30 pm)

Seeking Refuge in a New World photographic exhibition
(Note: This exhibition remains in place until Saturday, 8th November)

Activity Room 1

Najaf Mowani and Julian Burnside will be available for interviews.

* Book your place at www.nrbendigo.com

* Book your place for Najaf Mowani and/or Julian Burnside at www.nrbendigo.com
Future Strathfieldsaye Jets Cricketers, time is right to register.

Commencing Sunday 26th October 10am-11am @ Flight Centre Park (Tannery Lane), Strathfieldsaye. In2 Cricket in Strathfieldsaye, supported by Jenny’s Early Learning Centre is a great active program for young Boys & Girls aged approx 4-8. $70 which includes a cricket bag of goodies including shirt, cap and bat.

Register online via MyCricket site or https://playreg.cricket.com.au/pages/noauth/olregstart.aspx?entityid=2728&sslredirect=1&mode=1

For any questions please email Brent Yates at strathfieldsaye@club.cricketvictoria.com.au
‘Time-Outs’ Are Hurting Your Child

Time-out is the most popular discipline technique used by parents and the one most often recommended by paediatricians and child development experts. But is it good for kids? Is it effective? Not according to the implications of the latest research on relationships and the developing brain.

Studies in neuroplasticity—the brain’s adaptability—have proved that repeated experiences actually change the physical structure of the brain. Since discipline-related interactions between children and caregivers comprise a large amount of childhood experiences, it becomes vital that parents thoughtfully consider how they respond when kids misbehave. Discipline is about teaching—not about punishment—and finding ways to teach children appropriate behavior is essential for healthy development.

So what about time-outs? In most cases, the primary experience a time-out offers a child is isolation. Even when presented in a patient and loving manner, time-outs teach them that when they make a mistake, or when they are having a hard time, they will be forced to be by themselves—a lesson that is often experienced, particularly by young children, as rejection. Further, it communicates to kids, “I’m only interested in being with you and being there for you when you’ve got it all together.”

The problem is, children have a profound need for connection. Decades of research in attachment demonstrate that particularly in times of distress, we need to be near and be soothed by the people who care for us. But when children lose emotional control, parents often put them in their room or by themselves in the “naughty chair,” meaning that in this moment of emotional distress they have to suffer alone.

When children are overtaxed emotionally, they sometimes misbehave; their intense emotions and the demands of the situation trump their internal resources. The expression of a need or a big feeling therefore results in aggressive, disrespectful, or uncooperative behavior—which is simply proof that children haven’t built certain self-regulation skills yet. Misbehavior is often a cry for help calming down, and a bid for connection.

When the parental response is to isolate the child, an instinctual psychological need of the child goes unmet. In fact, brain imaging shows that the experience of relational pain—like that caused by rejection—looks very similar to the experience of physical pain in terms of brain activity.

On top of everything, time-outs are usually ineffective in accomplishing the goals of discipline: to change behavior and build skills. Parents may think that time-outs cause children to calm down and reflect on their behavior. But instead, time-outs frequently make children angrier and more dysregulated, leaving them even less able to control themselves or think about what they’ve done, and more focused on how mean their parents are to have punished them.

When children concentrate on their horrible luck to have such a mean, unfair mom or dad, they miss out on an opportunity to build insight, empathy, and problem-solving skills. Putting them in time-out deprives them of an opportunity to build skills that other types of discipline could focus on. Setting clear limits while emphasizing collaboration, conversation, and respect gives kids a chance to practice being active, empathic decision makers who are empowered to figure things out on their own.
Next time the need for discipline arises, parents might consider a “time-in”: forging a loving connection, such as sitting with the child and talking or comforting. Some time to calm down can be extremely valuable for children, teaching them how to pause and reflect on their behavior. Especially for younger children, such reflection is created in relationship, not in isolation. And all of this will make parenting a whole lot more effective and rewarding in the long run.

Daniel J. Siegel, M.D., co-author with Bryson of the new book No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind, is clinical professor of psychiatry at the UCLA School of Medicine, the founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight institute. A graduate of Harvard Medical School, Dr. Siegel is the author of several books, including the New York Times bestseller, Brainstorm, together with the bestsellers Mindsight, Parenting from the Inside Out (with Mary Hartzell) and The Whole-Brain Child (with Bryson).

Tina Payne Bryson, Ph.D., is the co-author (with Siegel) of the best-selling The Whole-Brain Child, which has been translated into eighteen languages. She is a pediatric and adolescent psychotherapist, the Director of Parenting for the Mindsight Institute, and the Child Development Specialist at Saint Mark’s School in Altadena, CA.
School Council Update

The American human rights activist Malcom X declared “Education is the passport to the future, for tomorrow belongs to those who prepare for it today”.

The School Council at Eppalock Primary is responsible for ensuring Eppalock Primary School is equipped and resourced so that our children are prepared for tomorrow and their future.

We do this by:

- Establishing the broad direction and vision of the school,
- Helping to develop and monitor the school’s strategic plan,
- Approving and updating the schools policies and budgets and
- Maintaining the school’s grounds and facilities.

That explains the theory of what we do but what are we actually doing?

Current focus & activities

Key focus areas are:

**Grounds and Buildings**

Master Plan – we currently have some really good ideas and direction around the future development of the school grounds. We hope to bring all of these together in a master plan that will help us with grant applications, focus our efforts and share the ideas with the wider school community.

Works List - we are creating a list of all the work we have planned for the school grounds. The list will let you know what we have planned and how you can help. In the next few weeks we hope to share this with you.

**Strategic Plan**

Recently all parents have had the opportunity to contribute to our school review. The feedback and suggestions you have given to our principal, Mrs Ryan, forms part of the review and lets us know what you value about Eppalock Primary, and the education it provides. All of this information helps form the Strategic Plan that will guide the school council over the coming years.

**Policy Review**

We are currently reviewing and updating all the policies that apply to our school. This covers things such as technology use, bullying, anaphylaxis etc.
Who are the members of the school council?

Emily Ryan - Principal
Andrew Gallagher - President
Danielle Couch - Vice President
Neil Bowe - Secretary
Jackie Hebble - Parent Representative
Sally-Anne Symes - Parent Representative
Vanessa Wild - Parent Representative
Bianca Rinaldi - Parent Representative
Kevin Reade - Community Representative
Anne Hartney - Teacher Representative

Can you get involved or contribute?

Yes definitely.

The School Council meetings are open to all parents and you are very welcome to attend.

In addition to the meetings the members of the school council value your input and interest in developing Eppalock Primary School so if you have comments, suggestions or questions then please feel free to contact myself or any other members of the school council.

We'd love to hear your ideas for the school.

Andrew Gallagher