NEWSLETTER
Thursday 11th June 2015

As the term rapidly comes to a close students are completing assessments related to Semester 1 learning. These assessments are providing additional information to teachers as they finalise reports. A school report will be issued to each student with follow up interviews early Term 3. For LA3 and LA2 a number of these assessments are completed on computers online through assessment programs provided by the Department of Education.

While working with students in LA3 this week I was impressed at how students managed logging onto the site and entering the various codes required to begin the tests. Pam also commented on how well LA2 students completed their tasks.

Respect is one of our three values. Having respect for someone else means accepting that they may be different but just as important as you feel you are. If you have respect for someone else then it means that you will not interfere with them or their property. It is important that students have respect for themselves. Respect begins with learning about good manners and about sharing things like toys, games and food. It begins with looking after your own things and taking care of things around you. It is about taking turns; about learning to listen and understanding that you will not always get what you want. We learn about respect by helping with chores and not letting others down. At school we learn about respect by understanding how to be a member of a class, about how to behave with teachers and students and we keep school rules so our school is a safe and caring place for everyone. Please talk to your child/ren about respect and what it means both at home and at school.

As our days can turn very cold we would ask that students come to school dressed appropriately. Each day we spend time outside, this might be as part of lunch or recess break or when participating in physical education activities. It is important that students have warm clothing which they can put on when heading out.

Have a wonderful week

Judy Hilbig
**CHAPLAIN’S CHAT: DISAPPOINTMENT**

Disappointment is a fact of life. There are times for all of us when things don’t turn out the way we would like. We have a choice to react (by sulking, throwing a tantrum, withdrawing emotionally or making threats) or to respond. The second choice requires more work, maturity and self-discipline, but it ALWAYS produces better results. If we can teach our children healthier ways of responding to disappointment, then we will greatly increase their chances of having a happy life.

Here are a few tips to get you started:

1. Be a good role-model: our children are far more likely to follow our example than our words.
2. Make sure everyone and everything is safe, especially if your child uses physical means to express their disappointment.
3. Acknowledge your child’s feelings; “I understand that you really want to do ……..”
4. Set clear limits (and back them up). “You may be disappointed, but I will not let you hurt other people (or damage property)”. 
5. Offer limited choices: “We can’t do that today, but we could either do it ………………, or we could do ………………. Instead today.”
6. Offer support. “Would you like me to sit with you for a while?” (But don’t push this if the answer is no).
7. Start to teach your child self-calming techniques. (But again, practise modelling this yourself). Remember all children are different, so this could take many forms such as relaxed breathing, physical activity, a creative outlet such as writing or drawing, or something quiet such as reading or listening to calming music.

Of course this is just the beginning, but if you can begin to put this into practice, life will be more enjoyable for you and your child. If you need support or help in this, or any other aspect of parenting, remember I am always available on Wednesdays and Thursdays, and would be happy to talk with you.

Your Chaplain,
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**A SHORT REMINDER THAT SCHOOL CONTRIBUTIONS ARE NOW DUE AND ARE REQUIRED TO BE PAID**

2015 Junior

**Basketball & Futsal**

- Basketball U12, U14, U16, U21
- Futsal U12, U16

Registrations are now open!

Get your registration form at the Ararat YMCA

Reception and return by Monday 22th June.

For enquiries please phone Donna on 0427 521074

- Have fun
- Keep fit and healthy
- Make friends and develop social skills
- Learn new skills
- Develop Teamwork
- Enhance self esteem