FROM THE ACTING PRINCIPAL

We would like to welcome Mitchell Thompson to our school, as a student teacher. Mitchell is a former pupil of Redesdale-Mia Mia PS and his family have a long history with us. We hope he enjoys the next five weeks with us and learns about teaching.

At School Council last week we decided to seek expressions of interest in a couple of areas. Firstly we would like to seek your opinion on replacing oven heating day to delivery day from the local B.P. The shop have given us a list of food items they are happy to provide, including drinks, at reasonable prices.

We are also seeking expressions of interest from those who would like to have music lessons in either guitar or keyboard. These lessons would be provided by an external provider after school and cost $110 per term. This afternoon an S.M.S. will be sent asking for your thoughts. Please respond and let us know!

Thank you to those families who sent back the Parent Surveys. As previously stated this provides us with valuable feedback and allows us to improve our service to the community. These forms have now been sent to Melbourne where they will be evaluated and then returned to us in graph format for interpretation.

We are heading to the Aquarium this week, so please ensure your child has morning tea, lunch and afternoon tea, as well as two drinks for the day. Please see details later in the newsletter.

Over the next two weeks we are trialling potential class structures and teaching styles for Maths. We are looking at fractions and began with the whole school doing concrete investigations on Monday. This gave us a starting point for individual students and allowed us to decide what to teach them next. Students have been put into working groups from there. In order to meet the needs of individuals we are trialling working the two class rooms as one, with three teachers.

We would like to congratulate Chelsea Smith who competed in her first gymnastics competition on the weekend. Chelsea scored fifth place twice in a competition of over 300 girls. Well done Chelsea and we wish you well in your future competitions.

DATES TO REMEMBER

AUGUST
Thursday, 14th
JIGSAW with Alison
SKYPE with Nic Mertens
Friday, 15th
Excursion to Melbourne Aquarium
Monday, 18th
AASC—Skipping
Tuesday, 19th
AASC—Bike Riding
Monday, 18th—Friday, 22nd
Book Week & Science Week
Thursday, 21st
BOOK WEEK PARADE
Coliban Water Talk
Chess with Ron
Friday, 22nd
Enviro Day
Monday, 25th—Friday, 29th
Enviro Week
Somers Camp
Monday, 25th
Due date for 3/4 camp payments
Wednesday, 27th—Friday, 29th
Grade 3/4 Cluster Camp
Thursday, 28th
Due date for Book Club orders and payment

SEPTEMBER
Wednesday, 3rd
School Council [time to be confirmed]
Wednesday, 10th
Final date for PRC submissions to school office

ATTACHMENTS
⇒ Premier’s Reading Challenge Permission Form
⇒ Book Club #6
⇒ Parenting Ideas Newsletter
⇒ Receipts for some families
THANK YOU

To Kathryn Sundblom for providing the fruit for Sausage Sizzle today.
To Matt Bennett who took care of the dags on Roast’s bottom.

SAUSAGE SIZZLE

The Sausage Sizzle is every Wednesday. Students can purchase a barbeque lunch for $3.00 (sausage in bread, drink and fruit). Extra sausages can be purchased for $1.00 each. There is no option to not have fruit or a drink.

**Prices per student are as follows:**
1 sausage in bread + drink + fruit = $3.00
2 sausages in bread + drink + fruit = $4.00

<table>
<thead>
<tr>
<th>WEDNESDAY:</th>
<th>Cooking</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 20th</td>
<td>SRC</td>
<td>R. Bennett</td>
</tr>
<tr>
<td>August 27th</td>
<td>K. Munro</td>
<td>—</td>
</tr>
<tr>
<td>September 3rd</td>
<td>J. Smith</td>
<td>K. Sundblom</td>
</tr>
</tbody>
</table>

We very much appreciate the support we receive to run the Sausage Sizzle each week. All proceeds from the Sausage Sizzle subsidise excursion costs for all families.

Thank you for your support everyone.

MELBOURNE AQUARIUM EXCURSION

As part of the term theme ‘Ocean’, we will be heading to the Melbourne Aquarium. **The excursion is this Friday the 15th of August.** Students will be required to be at the Kyneton Railway Station at 8:00am and will be ready to be collected from the station at 4:30pm when the train returns. The cost for the excursion is $10 per student, a discounted rate as a result of donations. This cost covers train fares along with entrance to the Polly Woodside Tall Ship and the Melbourne Aquarium. Students are required to wear full school uniform and bring their lunch with them packed in their school bag — there will be no opportunities to purchase lunch on the excursion. A visit to the Aquarium will really consolidate the learning about Oceans at school this term.

**Important Details:**
- **Date:** 15/08/2014
- **Cost:** $10.00 per student
- **Drop Off:** 8:00am @ Kyneton Station
- **Pick Up:** 4:30pm @ Kyneton Station
- **Required to bring:** Full school uniform (plus a coat/jacket) and a packed lunch/snacks/drink bottle.

WEEKLY AWARDS

**Principal’s Award:** Connor for his positive attitude towards his work.

**Class Award:** Lachlan for his enthusiastic attitude.

THIS WEEK’S VIPs

Tim and Bryce are the V.I.P’s this week. Thank you very much!

FARM HANDS

Daniel and Tianna are our farm hands. Thank you on a great job. Well done!
**HOMEWORK**
The three to six class is having homework sent home this term. Homework is given out on a Wednesday and handed back on the following Tuesday. The reason for having homework is to get students thinking about school, when they are at home. It isn’t supposed to be difficult, however, working at home can be very different to working at school. Sometimes children can become confused about their homework. If this is the case, they have several days to come and ask for assistance. Please encourage your child to look at the homework soon after they receive it so they can seek assistance if they need it, rather than leaving it until the last evening. If you have any queries please contact us.

**GRADE 3/4 CAMP**
The Cluster Grade 3/4 Camp will be held from Wednesday, August 27th to Friday, August 29th. The School Council has resolved to subsidise the cost by $60.00 for each child. Subsequently the total cost for families is $150.00. If you would like to start a payment plan for the camp, please speak to Sally or Joyce.
Camp permission forms were attached to the newsletter last week and are due back as soon as possible please.

**BOOK CLUB**
Book Club #6 is attached to the newsletter today. Orders (with money enclosed) are due back at school by **Thursday, August 28th**.
As always, there are some fantastic offers available. Books make great inexpensive gifts too.
Payments can also be made online at: http://parentpayments.scholastic.com.au/. If making payments this way, please submit your order form to school with the payment receipt details included.

**PREP - TWO POSTER COMPETITION**
The Prep - Two students have been working on posters in Science that focus on the concept of keeping our waterways clean from rubbish and other pollutants; also linking in with the concept of all water being connected, especially rivers to dams and the ocean. These posters will be entered in a competition run by Coliban Water for Water Week in September.
To be entered, each student’s work needs an entry sheet that requires parental consent. Permission forms were attached to the newsletter last week for P-2 students. Parents are asked to please fill out the forms and return to school as soon possible.

**PARENTS VICTORIA**
Are you a member of Parents Victoria? Find out how to run a successful parents club and hear about the latest digital technologies and online resources at this year’s Parents Victoria Annual Conference. This year’s Parents Victoria Annual Conference will be held at the Melbourne Zoo on 29 and 30 August. Parents Victoria is a statewide democratic organisation representing parents of students in Victorian government schools, and provides parents with a voice, presenting an organised parent perspective to State and Federal Governments, educational bureaucracies and institutions, community organisations and the media. The theme for this year’s annual conference is **Education for Everyone – let’s engage!** Find out more information about Parents Victoria at: [http://www.parentsvictoria.asn.au/](http://www.parentsvictoria.asn.au/)

**PREMIER’S READING CHALLENGE**
This is a reminder that the Reading Challenge ends on **Friday, September 12th** and no data can be entered after that date.
It’s great to see that students are registering their reading online themselves. If families don’t wish to enter the books they’ve read on the website, please submit the books read to Joyce at the school office no later than **Wednesday, September 10th**.
A weekly video series is available on the front page of the Challenge website. The aim of these videos is to inspire children to read and they include ambassadors, authors, illustrators and sports stars - people who children look up to. All videos will remain on the site during the year where they can be viewed by schools and participants. Link: [http://www.education.vic.gov.au/about/events/prc/Pages/students.aspx](http://www.education.vic.gov.au/about/events/prc/Pages/students.aspx)
Permissions forms are attached to the newsletter today and are to be returned to school as soon as possible. Thank you.

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**National Science Week**

National Science Week is on 16 – 24 August.

This year’s theme is *Food for our future: Science feeding the world*. Visit the website [http://www.scienceweek.net.au/](http://www.scienceweek.net.au/) for ideas on how to get involved.
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
Aboriginal Landscapes Seminar

Join us for an afternoon and evening of workshops, film and an illustrated talk about how Aboriginal people lived in this landscape

Sunday 24th August 2014
from 2:00pm to 8:00pm
at the Baynton Hall, Darlington Road, Baynton

Refreshments are included and the seminar is free

Registration essential - phone Clare on 5423 4152 or email clare@knco.net
Media Release

Aboriginal Landscapes of the Baynton and Sidonia districts

On Sunday 24th August the people of Baynton, Sidonia and surrounding districts are being offered a rare opportunity to learn about how Aboriginal people lived in the area up until 180 years ago. Baynton Sidonia Landcare group is holding a seminar titled “Aboriginal Landscapes” and is delighted that some members of the Taungurung Clans Aboriginal Corporation (TCAC), who are Traditional Owners of this part of Victoria, will be offering some Aboriginal cultural workshops. Dr Gerry Gill, formerly of La Trobe University, Bendigo, will also give an illustrated talk and show a film he has recently made.

Ms Trish Terry, Country and Community Strategic Initiatives Coordinator with the TCAC, said, “We are so pleased to be working with a Landcare group like the Baynton Sidonia group. People in the community are becoming increasingly interested in and curious about Aboriginal cultural heritage and it is great when a Landcare group acts as a conduit for that information to get out into the community. We look forward to working with them on future projects.”

After a Welcome to Country, members of the Taungurung Clans will run workshops on Stone Tool Making and Story Telling. Seminar participants will be offered a chance to try their hands at stone knapping (flaking) and a large supply of Bandaids has been purchased as the skill is nowhere near as easy as it looks in the hands of an expert.

Ms Trish Terry will lead an information session on recent developments in cultural heritage protection with time for questions. “As Traditional Owners of this country, we have significant obligations to care for our cultural heritage and preserve it for future generations to learn from, value and be inspired by. We are seeking to develop genuine partnerships with local landholders, so that working together we at least record, but preferably preserve, this heritage in a way that landholders can be proud of what they have on their place.”

In the second half of the seminar, Dr Gill will give participants an introduction to the social organisation and culture of the Aboriginal clans of this region and show us how we can still recognise the enduring presence and shaping influence of Aboriginal people on the landscape. Dr Gill will show some short documentary films he made in collaboration with Jaara Elder, Uncle Brien Nelson. These films reveal some of the cultural treasures of the region that are of great importance to both Aboriginal and non-Indigenous Australians.

Dr Gill is currently writing a book about a great local Aboriginal leader, Manungabum, and he will read some excerpts from the book. He will select three or four little stories that reveal what a strange and violent place the pastoral frontier of this district was in the period between 1836 and 1850.

Dr Gill commented that he is aware that some people believe that “nothing” is left in the landscape from before White settlement, but once people realize that historically, Aboriginal people, like us, chose to live near water and that many of the roads we use today were also the way Aboriginal people negotiated the landscape, they begin to be able to “read” the landscape more effectively. When landholders are shown tree scars, stone scatters, hearths and other remaining artifacts and once they get their eye “in”, they suddenly “notice” artifacts that they had not previously realized were there.

The Seminar will run from 2 pm to 8 pm on Sunday 24th August at the Baynton Hall, Darlington Road, Baynton. Participants are advised to wear warm clothes as some sessions will take place in a marquee. The Seminar is free and refreshments (including dinner) are provided.

Booking is essential, as places are limited, by phoning Clare on 54 234 152 or emailing HYPERLINK "mailto:clare@knco.net"

The Seminar has been funded by the Victorian and Australian governments through the North Central CMA-delivered Caring for the Campaspe and Kyneton Woodlands projects and the Victorian Landcare grants.