RESPECT

It is interesting when children experience conflict amongst others, they are often quick to use the term ‘Bullying’. A bully is usually someone who targets one child on a daily basis often using the support of what we call ‘Satellites’ who are other children that stand around and watch or support the bully in action. More often than not what happens in schools is ‘teasing’ and they are usually one off incidents. We work extremely hard to promote the value of Respect. We do not tolerate children making others feel uncomfortable or upset. We do not accept children isolating others from play activities and we certainly do not tolerate physical or verbal outbursts. If your child experiences something at school that is cause for concern we encourage you to empower them to ‘tell the teacher’. If they do not feel comfortable doing that then we hope that you would contact us and let us know what is happening so that we can support them. We are all individuals, but the message that needs to be shared is very simple: ‘Everyone should be treated with respect!’

Student Achievement:
Bridgette Cudmore, Parkhill graduate of 2012, competed in her second Victorian Roller Skating Championships on the weekend, with outstanding results. She placed 1st and 2nd in her two dance events and 5th in her figures event, now qualifying her to compete at the National Championships in Melbourne in July. The field is huge at National level, so a tough two months of training awaits her. Bridgette is also excited about returning to Parkhill in a few weeks to undertake her Year 10 work experience. Congratulations Bridgette!

NAPLAN: MAY 10, 11, 12 May
Helping students get ready for the NAPLAN tests
By Michael Grose- www.parentingideas.com.au

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program, first implemented in 2008, has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You’ve probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to
help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children’s thinking styles, how closely a child’s explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent’s explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It’s better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It’s also worth remembering that many children don’t stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1 **Take your cues from your child:** If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.

2 **Focus on doing their best and trying hard:** Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3 **Listen to any concerns they have:** If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4 **Give them some relaxation ideas:** Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5 **Help them retain their perspective:** One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation, whether it’s going on school camp, joining a new club or sitting a NAPLAN test.

Thanks once again to the PFA for providing muffins and fruit for our Year 3 and 5 students on NAPLAN testing days!

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**Fundraiser**

You can now order your copy of the Entertainment Book online via the following details:

As the lights dimmed and the excited chatter ceased, the actors burst on to the stage. The much anticipated performance of 'The 52 Storey Treehouse' had finally begun.

Early in Term 2, all the Grade 3 and 4 students visited The Arts Centre to see this production. They were particularly intrigued to find out how the much loved story written by Andy Griffiths and Terry Denton would transfer to the stage. Listening to the chatter, as we walked to the Botanical Gardens for lunch, it was very clear that the performance was given 5 stars by our 3 and 4 students, teachers and parents.
Yr 5/6 Camp Weekaway, 26-29 April

The Year 5s and 6s were just about bursting on a mild and sunny Tuesday in April. Bursting, that is, to head off to Camp Weekaway in Benloch for the rest of the week. Anticipation buzzed in the air.

We made it there without fuss and unloaded into cabins. We just fit! Meals in the dining room were a hive of excitement, and on movie night we crammed to the walls with sleeping bags, teddies and pyjama-clad students. Our activities were enjoyed by all, with bush survival day instructive as to how to build a fire and construct a water-tight hut. Hint: none of them were!

On our last day clouds opened up on us and washed us back via the Hanging Rock Reserve. Everyone of us made it to the top, thanks to Mr Goldstraw's uplifting tunes. Back at school everyone was happy to see a friendly family face and head home to wash away the grime!

It was exhausting - but fun!

Michelle Smith
Yr 5/6 Coordinator
Parkhill Primary School’s
Open Day 2016
Wednesday 18th May

Come along to Parkhill’s Open Day and Story Time to experience the difference

9.00–11.00 am
School Tours
Classroom visits
Meet the Leadership team

6.30–8.00 pm
School Tours
Classroom activities
Parkhill Passport
Book competition

Story Time at Parkhill Primary School 2016
All Pre-School children are invited to Parkhill’s Story Time.

Time: 2.15 – 3.15pm
Dates: Thursday 19th May
Thursday 16th June
Thursday, 14th July
Thursday, 18th August
Thursday, 15th September

Parent Tours are held while children are in the classrooms.

Orientation Program for 2016
In Term 4 students who have enrolled at Parkhill Primary attend four Transition sessions & an Orientation morning.

Transition days are weekly visits to Prep classrooms between 9.15 and 10.15 on Wednesdays in November.

Orientation Day is a longer session with children in the Prep grades between 9.15-11.30.

Parent Information sessions are held while children are in the classrooms.

Parkhill Primary School: Vision Statement
Through working as a united learning community, our purpose is to produce optimistic, resilient lifelong learners with skills for future success as responsible citizens in the 21st century.

School Values:
Cereal
Respect
Honesty
Persistence
Unity
Calender

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 6th May</td>
<td>Mother’s Day Stall &amp; Mother’s Day Prize Draw</td>
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<tr>
<td>Friday 6th May</td>
<td>Mum’s Movie Night 8.30pm</td>
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<tr>
<td>Thursday 12th May</td>
<td>PFA Meeting</td>
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<td>Thursday 23rd June</td>
<td>School Disco</td>
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Mother’s Day Stall

Our Mother’s Day stall is happening on Friday 6th May – don’t forget to send your kids to school with some money so that they can purchase something special. If you are free on the morning and would like to help out please come on over to the stall and ask if there is anything you can do.

Mother’s Day Prize

The Mother’s Day Prize will be drawn this Friday at Assembly. Prizes will be given out after assembly has finished and those not collected on the day will be contacted via the details on their ticket stubs. Good Luck everyone!

Mum’s Movie Night

For those who have purchased tickets – the mum’s movie night is this Friday at Pinewood Cinemas. Session starts at 9pm and we are meeting in the foyer at 8:30pm.

PFA Meeting

Our next PFA meeting will be held on the evening of Thursday May 12th. If you have never attended one of our meetings, please don’t be shy – they are open to all parents at the school and we would love to meet you and hear your thoughts and ideas and see where you might be able to help. For more details please contact Wendy Douglas via email parents.friends.secretary@gmail.com or phone 0420 657 007.

School Disco – Save the date!

We can now confirm that the school disco will be held on Thursday June 23rd – please lock it into your diaries. We are also looking for volunteers to help out on the day. If you would like to volunteer to help out, please contact Wendy Douglas via email parents.friends.secretary@gmail.com or phone 0420 657 007.

Entertainment Book

You can now order your copy of the Entertainment Book online via the following details:
www.entbook.com.au/9r34937

The books cost $65 and Parkhill gets some money from every book purchased. There are so many savings and discounts within the book this year – please take the time to check it out online. This is a great way to save some money whilst also raising money for the school.
Parkhill Parent Community Board

A reminder we have a community board situated on the side of our quadrangle.
Information is updated as available. This week we have had the following items placed on to the board:

- **Lions Club Book Sale**—14 & 15 May at Glen Waverley. Prices from .50c to $3.00
- **St Michaels Family Bush Dance**—Funds raised to help Asylum Seeker Resource Centre & St Vincent De Paul.
- **Edge Church Ride For Hope** - Funds raised to help Childhood Cancer, World Vision & Transform Cambodia.

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Ashwood High School

**Accelerated Curriculum & Enrichment (ACE) Program for Year 7 2017 Information Night**

Our ACE program is designed to extend high ability students with enquiring minds.

Please come to our ACE Information Evening:
Tuesday 10 May, 2016 at 6:30pm
Please register online

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**Ashwood High School**

**Ashwood Revealed**

**Open Day Tours**

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**Ashwood High School**

**Moore’s Morning Walks**

See our school in action, hosted by the Principal, Mr Brett Moore.
Tours at 9:00am, 10:00am, 11:00am & 12:00pm
Friday 6 May 2016

Bookings essential – see website or phone 9807 1333
www.ashwood.vic.edu.au | Yannam Drive Ashwood