Dear Parents

As you are aware St Michael’s school is registered to be a part of the ‘National Day of Action against Bullying and Violence’ on Friday 20th March. We are doing this by having a multi-age day where the children with complete activities and rotate between groups. In the afternoon you are invited to work with your child in the classroom between 2.00pm and 3.00pm. The book we are using to help us focus is ‘Only One You’ by Linda Kranz.

We speak to the children about what bullying is and isn’t, the importance of being an upstander instead of a bystander and give them strategies to help them if a situation does arise.

Sometimes it can be difficult for parents or carers to know what to do when their child speaks to them about bullying. You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check in regularly** with your child. Keep the conversations going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support yourself to deal with a bullying situation, you will find ideas on the Bullying No Way website. As well please contact us if you would like to discuss any aspect of our approach to preventing bullying.

Keep smiling,

Cathy Blackford
Principal

**Parents and Friends**

The P&F do a wonderful job each year raising necessary funds to help St Michael’s School. It is a friendly, dedicated group who work together to raise approximately $20,000 each year. We are looking for more volunteers from our parent body to take on leadership roles within the group. Please consider becoming involved and come and see me if you have any queries or concerns about the roles. Thanks again to the committee for all their efforts in 2014.
STUDENT OF THE WEEK

Each week students from each class are awarded Student of the Week certificates. These children are nominated for the example they have been within the school. The award winners for Weeks 6 & 7 / Term 1

Marlee Mathew      Jackson Drew  Counter Anderson  Ewan Croucher
Hamish Pettie      Brilee Smith  Bill Wallace  Mitchell Sexton
Georgia Said       Summer Charles  Cohen Campbell  Ethan Jarvis
Isobel Georgeson   Kai Rowley  Eli Addison  Nayley Wijegunawardana
Ethan Palmer       Anna Beasley  Jorin Joske  Michele Lear
Ash Zandona        Chloe Verdaas  Noah Mallia  Kaidin Atkins
Axel Nightingale

VALUES AWARDS

Through a whole school focus on the values of respect, resilience, tolerance and excellence, St Michael's students are supported in their social, emotional, spiritual and academic development.

Each child who is nominated by a teacher or a peer for living out the values of St Michael's school, will be awarded a certificate acknowledging their efforts. These certificates will be displayed on the tree in our foyer on a Monday and left there for a week for all the school community to view and celebrate the children’s efforts. On a Friday, the certificates will be taken down and given to the children to take home and share with their families.

Our school photos will be taken tomorrow Wednesday, 18th March 2015.

A note was sent home with the envelope from the photographer outlining prices and packages if you wish to order photographs.

This year there is the option for prepayment and online ordering of school photos. Please following the instructions on the back of your child’s envelope (their unique ‘Shoot Key’ is found on the front of the envelope) www.johnansell.com.au

If you wish to have a family group photo taken please collect a “Sibling Group Photo” envelope from the school office.

Children will wear their summer uniforms. Girls in their summer dresses and wearing school colour hair ties and ribbons. Boys are to wear their red polo tops and grey shorts. The photographer will start at 9.00am sharp so children will need to be at school on time.

On Friday, 20th March 2015 St Michael’s School will be one of many schools throughout Australia who have registered for the National Day of Action Against Bullying and Violence. This day provides an opportunity for our school to focus on working together to provide a safe and supportive environment for all members of our community.

Understanding the importance of respectful relationships as part of a safe and supportive environment, the children will be involved in multi age activities between recess and lunch. These activities provide an opportunity for the children to participate in a variety of activities alongside students from all grade levels. Between 2.00pm and 3.00pm, parents are invited to come into the classrooms to join the children in learning activities focussing on our anti bullying message. Parents can access further information about this national day of action against bullying and violence by visiting the Bullying. No Way! website http://bullyingnoway.gov.au

Education In Faith News

St Michael’s Parish  The Piety Stall on the Kay Street side of the Church will be open after each of the weekend Masses for family and friends who would like to purchase gifts and cards, etc. for the children who will receive the Sacrament of Eucharist on 21st/22nd March 2015.

For further information please call Lyn Kennedy on 5174 5848 or 0411 149 030
St Michael’s School Twilight Family Picnic
Thursday, 19th March 2015
5:30pm – 7:00pm

Please come along to our first social function for 2015. This is a relaxed informal way to catch up with friends, staff and meet some new families. Play some games, chat and enjoy a picnic in the school grounds.

Picnic could be fish and chips, pizza or anything you like. BYO everything.

Sports News

The completion of our School Athletics Day will be held this Thursday, 19th March 2015. The running races and relays will be held at AGNES BRERETON, Breed Street, Traralgon. The tug-of-war, novelty events and aerobics will be held back at school from 1.45pm. A permission form for the rescheduled date and venue was sent home yesterday.

Leave school straight after recess and walk down. Children wear hats and bring drink bottles.

11:30am Grade 3-6 Sprints
Grade 3 Girls Heats 1 - 3
Grade 3 Boys Heats 1 - 4
Grade 4 Girls Heats 1 - 4
Grade 4 Boys Heats 1 - 4
Grade 5 Girls Heats 1 - 5
Grade 5 Boys Heats 1 - 4
Grade 6 Girls Heats 1 - 4
Grade 6 Boys Heats 1 - 5

12:00 Grade P-2 Sprints
Grade 2 Girls Heats 1 - 3
Grade 2 Boys Heats 1 - 4
Grade 1 Girls Heats 1 - 4
Grade 1 Boys Heats 1 - 5
Prep Girls Heats 1 - 3
Prep Boys Heats 1 - 4

12:30pm : Relay (up and down 100m sprint straight)
Boys and Girls House Teams

Walk back to school for lunch 12.45 – 1.40pm

LUNCH – will have to finish lunch at 1.40 so may be shorter play time.

St Michael’s SCHOOL YARD

1.45pm Tug Of War
Boys – Blue/Red Green/Gold
Girls – Blue/Red Green/Gold
** losers to have another go for 3rd place and winners to compete for 1st and 2nd.

2:15pm Grade 6 Leader Ball
Grade 5 Windows
Grade 4 Side Ball
Grade 3 Over/Under Ball
Grade 2 Over Ball
Grade 1 Under Ball
Prep Bean Bag Race

2:45pm Aerobics
Red Blue
Green Gold

3:05pm ASSEMBLY

3:15pm FINISH
### Dates to Remember

<table>
<thead>
<tr>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>18&lt;sup&gt;th&lt;/sup&gt; Wed</td>
<td>School Photos</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; Fri</td>
<td>Mother’s Day Stall</td>
</tr>
<tr>
<td>19&lt;sup&gt;th&lt;/sup&gt; Thurs</td>
<td>School Athletic Carnival</td>
<td>12&lt;sup&gt;th&lt;/sup&gt; Tues</td>
<td>NAPLAN commences</td>
</tr>
<tr>
<td>19&lt;sup&gt;th&lt;/sup&gt; Thurs</td>
<td>Family Picnic Tea at School 5:30pm</td>
<td>20&lt;sup&gt;th&lt;/sup&gt; Wed</td>
<td>Confirmation Parent/Child Workshop 2</td>
</tr>
<tr>
<td>20&lt;sup&gt;th&lt;/sup&gt; Fri</td>
<td>National Day of Action Against Bullying and Violence</td>
<td>22&lt;sup&gt;nd&lt;/sup&gt;/23&lt;sup&gt;rd&lt;/sup&gt; Fri/Sat</td>
<td>Sacrament of Confirmation</td>
</tr>
<tr>
<td>20&lt;sup&gt;th&lt;/sup&gt; Fri</td>
<td>Lunch Order Day</td>
<td>26&lt;sup&gt;th&lt;/sup&gt; Tues</td>
<td>2016 Prep Expo – 7:00pm</td>
</tr>
<tr>
<td>21&lt;sup&gt;st&lt;/sup&gt;/22&lt;sup&gt;nd&lt;/sup&gt; Sat/Sun</td>
<td>Dist/Division Tennis</td>
<td>27&lt;sup&gt;th&lt;/sup&gt; Wed</td>
<td>Dist Cross Country</td>
</tr>
<tr>
<td>23&lt;sup&gt;rd&lt;/sup&gt; Mon</td>
<td>National leave for Camp</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; Mon</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>24&lt;sup&gt;th&lt;/sup&gt; Tues</td>
<td>Year 3/4 return from Camp</td>
<td>9&lt;sup&gt;th&lt;/sup&gt; Tues</td>
<td>School Closure – Staff PD day</td>
</tr>
<tr>
<td>24&lt;sup&gt;th&lt;/sup&gt; Tues</td>
<td>Grade Prep – incursion at school</td>
<td>10&lt;sup&gt;th&lt;/sup&gt; Wed</td>
<td>District Winter Sports</td>
</tr>
<tr>
<td>26&lt;sup&gt;th&lt;/sup&gt; Thurs</td>
<td>District Athletics</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; Tues</td>
<td>Division Winter Sports</td>
</tr>
<tr>
<td>27&lt;sup&gt;th&lt;/sup&gt; Fri</td>
<td>Last day of Term 1</td>
<td>26&lt;sup&gt;th&lt;/sup&gt; Fri</td>
<td>Last day of Term 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
</tr>
</thead>
<tbody>
<tr>
<td>13&lt;sup&gt;th&lt;/sup&gt; Mon</td>
<td>Term 2 commences</td>
<td>13&lt;sup&gt;th&lt;/sup&gt; Mon</td>
<td>Term 3 commences</td>
</tr>
<tr>
<td>22&lt;sup&gt;nd&lt;/sup&gt; Wed</td>
<td>Confirmation – Parent Meeting</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; Thurs</td>
<td>Kinder Kids Reading commences</td>
</tr>
<tr>
<td>25&lt;sup&gt;th&lt;/sup&gt;/26&lt;sup&gt;th&lt;/sup&gt; Sat/Sun</td>
<td>Confirmation Commitment Mass</td>
<td>23&lt;sup&gt;rd&lt;/sup&gt; Thurs</td>
<td>Regional Winter Sports</td>
</tr>
<tr>
<td>27&lt;sup&gt;th&lt;/sup&gt; Mon</td>
<td>Year 3/4 &amp; 5/6 Swim Program starts</td>
<td>13&lt;sup&gt;th&lt;/sup&gt; Mon</td>
<td>Term 3 commences</td>
</tr>
<tr>
<td>29&lt;sup&gt;th&lt;/sup&gt; Wed</td>
<td>Confirmation Parent/Child Workshop 1</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; Thurs</td>
<td>Kinder Kids Reading commences</td>
</tr>
</tbody>
</table>

---

### from the Parents and Friends Association

**Easter Raffle**
Tickets for the Easter Raffle were sent home today. Could all raffle tickets be returned by Tuesday 24th March as the draw will take place on Thursday 26th March in the morning. We would ask that all families please donate one item towards the raffle. It does not have to be a chocolate egg, it could be a mug or an activity book for example.

**P&F AGM**
Yesterday we held the Parents and Friends Annual General Meeting. At present we are without a President so if anyone would like to take on this rewarding role please contact Nicole Dunbar on 0417 10 58 59. You will have an experienced team to help you throughout the year so it will not be difficult.

All other positions were filled.

- Secretary is Lyndal Pettie
- Treasurer is Julianne McLuckie
- Vice-President is Nicole Dunbar
- Vice-Secretary is Tamara Addison
- Vice-Treasurer is Eloise Lockwood

Thank you to everyone that did make it to the meeting and took on a role.

---

### from the Community

**Traralgon Auskick** will commence this year on Friday the 17<sup>th</sup> April 2015, and will be held at the Traralgon Recreation Reserve, Whittakers Road, Traralgon. Session times will be 5.30 pm to 6.30 pm.

This is the first Friday after the Easter School Holiday’s finish, and will run for a period of 10 weeks.

Similar to last year’s Auskick, the decision to remain on Friday evening’s was the availability of the ground due to Junior Football being moved to Sunday’s.


Cost is $82 which includes insurance, backpack and an award at the end of the season. Children are not permitted to participate until these registration and insurance costs have been met.

Contact is Traralgon Auskick on Facebook or e mail traralgonauskick@gmail.com

This year’s Auskick Coordinator is Clinton Savage

---

### SUPPAUT

**Latrobe Region Parent/Family Support group for those who have kids with Autism Spectrum Disorder (ASD)**

Latrobe SDS Hickox St Traralgon enter @ 1<sup>st</sup> gate & sign in at office  
**March 26<sup>th</sup> 10:30am – 12:30pm**

ALL WELCOME TO COME FOR A CUPPA AND A CHAT!

Contact Louise Varsaci 51750877 varsaci@aussiebb.com.au  
Join our group on Facebook – SuppAUT Autism support group for families in Latrobe Valley Victoria
Children's School Holiday Program

Cha Cha Sara presents
POSTCARDS FROM Nanna

4-10

$5 per child

Full of funky folk-pop songs, Postcards from Nanna is a beautifully crafted, hilarious show. The show is about discovering people who are not like 'us', and learning to love the ways we are all different. It is educational, fun and entertaining and brings kids, grownups and Nannas together on a special journey with lots of singing and dancing.

TUESDAY 7 APRIL
Traralgon Library 10.30am – 11.30am
Morwell Library 2.30pm – 3.30pm

WEDNESDAY 8 APRIL
Churchill Library 10.30am – 11.30am
Morwell Library 2.30pm – 3.30pm

Churchill Library
Traralgon Library
Morwell Library
Moe Town Hall

Magic! Unicycling! Juggling! Devil Sticks! Stories & Songs! And lots of audience participation!

Red's character is warm and engaging and his show invokes a sense of childlike wonder. A quick wit, clever improvising and plenty of skillful magic combine in a show designed to please the whole family.

TUESDAY 31 MARCH
Traralgon Library 10.30am – 11.30am
Moe Town Hall 3.00pm – 3.45pm

-Bricks 4 Kidz-

WE LEARN, WE BUILD, WE PLAY... WITH LEGO® BRICKS

HOLIDAY WORKSHOPS & DISCOVERY DAY

THemes:
-Mine Craft Movie Maker
-Extreme Rescue Mission
-Unleash your Super Powers
-Bricks 4 Girlz *NO BOYS ALLOWED!

DISCOVERY DAY
*Preschoolers / *5 - 12 yrs

We Learn, We Build, We Play
- Motorized Model Builds, 3D, Mosaic & More
- Suitable For Boys & Girls
- Fun teamwork to build friendships
- Activities & Games Galore
- Challenges to suit ALL skill levels
- FUN in a Device FREE zone!

Details & Booking - Online

Bricks 4 kidz Gippsland
Keep up to date - Sign up to our Newsletter!
**St. Michael’s Parish Mum’s Group**

A great place to meet other mum’s and have some fun with the kids.

Come and enjoy fellowship, friendship and food!

We meet every Wednesday during school terms at

**St. Michael’s, Mary Mackillop Hall.**

**Time 10am – 12noon.**

Any inquiries to Jen Hanratty 51761178, Pam Pinel 0409168516 or Lou Varsaci 0414540296

**OSHCare 4 KIDS - Grey St OSHC Program**

**Program Number:** 0437 009 155

BSC operates from 7am to 9am each morning and ASC from 3pm till 6pm each weekday.

**What’s On This Week**

Stomp your way into OSHC for some ROARING fun with our Dino themed week. Experience an erupting volcano, join in a game of bone drop and create with some dinosaur stencils. Our program offers a yummy weekly menu for BSC and ASC. Fresh fruit and vegetables are always a healthy choice at OSHC and there is lots more on offer come make a BRONTOSAURS BURGER with your choice of toppings. BSC enjoy toast, cereal or pop tarts.

**OSHCare 4 KIDS**

**Program Number:** 0437 009 155

BSC operates from 7am to 9am each morning and ASC from 3pm till 6pm each weekday.

**What’s On This Week**

Stomp your way into OSHC for some ROARING fun with our Dino themed week. Experience an erupting volcano, join in a game of bone drop and create with some dinosaur stencils. Our program offers a yummy weekly menu for BSC and ASC. Fresh fruit and vegetables are always a healthy choice at OSHC and there is lots more on offer come make a BRONTOSAURS BURGER with your choice of toppings. BSC enjoy toast, cereal or pop tarts.

Just remember BSC/ASC can cost you as little as $7.50 per session/ per child

WOW what great value

Please feel free to contact Head Office

P.O. BOX 7082 Upper Ferntree Gully Victoria, 3156

Phone: (03) 9758 6744   Email: admin@oshcare4kids.com.au

Website: www.oshcare4kids.com.au

**Net Set Go is back in 2015**

at

**Traralgon Netball Association**

**Agnes Brereton Reserve**

Commencing Saturday 2nd May 2015 ending Saturday 1st August 2015

**Registration Days**

4PM - 5PM Friday 6th March

4PM - 5PM Friday 17th April

at

**Agnes Brereton Reserve**

(please note registrations will be outside on the courts due to the Club Rooms renovations)

**FEE - $60 payable at registration**

For further information contact our Net Set Go Coordinator Eunice on 5197 7337
Tennis Australia are holding 2016 Australian Open Ball kid trials at the Traralgon Tennis Association. Details are

SUNDAY MARCH 22
11.45 AM TO 2.00 PM
TRARALGON TENNIS ASSOCIATION
CORNER FRANKLIN AND DAVIDSON STREETS
TRARALGON

Children must be 12 during January 2016, so it probably only applies to the Grade 6 children.

If they are selected to go to the next level all future training days will be at Melbourne Park.

It’s a good opportunity to have a go locally to start with!

If anyone is interested they can contact me at see@traralgontennis.com for a registration form and any further queries they may have. Susie Grumley