Dear Parents,

Last Wednesday, Emily Buxton a Grade 3 student, received a Junior Triple Zero Hero Award in Melbourne. Emily rang 000 when her mother had heart failure. ESTA is the government agency that provides Triple Zero (000) call-taking and dispatch services to police, fire, ambulance and the State Emergency Service. Emily is pictured below with her mother, Jane and the call-taker who spoke with Emily at the time of the call. The call-taker nominated Emily for the award. Well done Emily!

Attached to the end of this newsletter is a flyer with information required when children ring 000.

I have spoken before about the importance of acknowledging mental health and being open to help, support and acceptance. When children do not experience good mental health it affects their behaviour, their feelings, their ability to learn and their social relationships, as well as their physical health and wellbeing. About half of all serious mental health problems begin before the age of fourteen. In Australia serious mental health problems affect approximately one in seven children.

Although mental health problems can be effectively treated, many children who could benefit do not receive professional help. Sometimes this may be because there are few children’s mental health services available in their area. It may be due to a lack of information about children’s mental health difficulties and how to get help.

Misunderstanding about mental health issues is common. Often people talk about mental health in very negative ways. They may believe that having mental health difficulties means a person is weak or stupid. This can stop those who have mental health problems from seeking help when they need it. It can make them feel embarrassed and ashamed. It can mean that they are not seen as a person, but only as a problem. Unhelpful attitudes like these make people with mental health difficulties feel worse. Mental health should not be seen differently from physical health. People with mental health difficulties need care and compassion.

How parents and carers can help

Encourage discussion of feelings
Encourage children to talk about how they are feeling. Listen with empathy so they feel understood. Help them see that feelings are normal and that all feelings are okay, it is important to understand them, and that understanding and talking about feelings helps you to manage them.

Support children’s confidence
Help children identify and develop their strengths by encouraging them to have a go at things and find activities they enjoy. Praise their efforts, celebrate their successes and encourage them to keep trying and learning.

Provide opportunities to play with others
Playing with other children provides practice in important social skills such as sharing, taking turns and cooperation. Help children develop their skills by praising their appropriate play behaviour, for example: “I noticed how nicely you shared your toys. That made it fun for both of you.”

Lead by example
Parents and carers are important role models. Children learn how to behave by observing and imitating the behaviour of those around them, particularly adults. When you model positive ways of coping with strong feelings like anger, it helps children feel safe and shows them ways that they can manage strong feelings too.

Give children choices
To develop responsibility, children need practice in making choices that are appropriate for their age and experience level. You can help children build decision-making skills by encouraging them to explore options and helping them think through the reasons for their choices. Involving children in family decision-making (that you are in charge of) helps them develop skills for responsible decision making and encourages cooperative family relationships.
This week our school value focus is patience. This value encourages our students to work to be people who are thoughtful and attentive, conscientious and compassionate in their commitments to others. The children will be encouraged to practice patience in their interactions with others at school and at home. As well, the children will be encouraged to show patience in their learning by persisting at tasks and seeing them through to the end, no matter how challenging a task may be. Parenting expert, Michael Grose, provides suggestions for parents to assist with the promotion of persistence at home. He suggests:

**Here are four practical strategies you can use to promote a sense of persistence in your children:**

1. Develop a vocabulary for persistence.
   Words like “Hang tough”, “Work Hard” and “Hang in there” can become part of their everyday vocabulary.

2. Point out to children when they stick at a task.
   Most parents know it pays off when they catch their children being good but it also pays off to catch them being persistent. The behaviours you focus on as parents expand so let them know when they have been persistent. Also remind them that persistence generally pays off.

3. Help children to remember times when they experienced success by HANGING IN when they were younger. Let them know that persistence has paid off before and it will again.

4. Talk about HARD WORK with your children.
   They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case. **Published by Michael Grose Presentations.**

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**Wellbeing News**

Encourage creative problem-solving
Asking questions that help children think of alternative solutions supports their thinking and problem-solving skills. When problems arise you can explore them together by asking questions, such as: “What could you do about that?” or “What do you think might happen if you try that?”

Teach children to use assertive communication skills
Show children how to confidently and respectfully communicate their thoughts, feelings and needs to others in an assertive way, for example: “I really don’t want to play that game. It’s too dangerous.

Keep smiling,
Cathy Blackford
Principal

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**VALUES PROGRAM**

Congratulations to the following children who this week received our school Values awards:

- **Harry Cooper** for respecting himself and others
- **Ava Flewin** for being thoughtful towards others
- **Ben Grumley** for being thoughtful towards others
- **Tyron Bramwell** for being a responsible learner and co-operative
- **Alanna Rossii** for being thoughtful towards others
- **Marcus Smith** for trying his best

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**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 **Week 5 / Term 3** are:

- Jessica Gunawan
- Justice Slaby
- Ebin John
- Chloe Kosterman
- Charlotte Beasley
- Dylan Drew
- Sarah Rickwood
- Monica Garang
- Isobel Georgeson
- Rory Athansiadis
- Maddy Whiting
- Tom Spagnolo
- Mitchell Beaton
- Matt Scholtes

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On Friday, 23rd August we will be celebrating **Book Week** and promoting the importance of reading with a ‘**RELAX AND READ**’ morning. On this day, the children will be asked to wear pyjamas, comfy clothes or dressed as a book character. They are invited to bring along one of their favourite story books to share with other children.

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On Thursday, 29th August 2013 from 8.30am Woolworths will be at the Seymour Street entrance to the school handing out a piece of fresh fruit to each student, promoting healthy eating.
St Michael’s Website

We have had our new website up and running for a couple of months now and have gradually been adding information. The vision for the website is to make it a source of up to date information for all the community.

Many parents are accessing the learning links (games and information) for each grade level on St Michael’s desktop through the school’s website. These learning links are IWB/computer activities/information used to enrich learning foci and give parents a snapshot of the learning happening in their child’s classroom. Children can access these learning links from home using the following instructions.

1. Type in the following URL for the St Michael’s website
   www.stmtraralgon.catholic.edu.au

2. On the home page click on the word ‘intranet’

3. You will be asked to enter a username and password for the St. Michael’s network which will be your child’s username and password.

4. If you navigate away from the home page click on the school’s logo to return.

We are hoping to start up a “Knitting Group” at school. The group would get together on every 2nd Tuesday at lunchtime, starting Tuesday, 20th August in the Grade 5/6 Learning Area. Wool and needles will be supplied but any donations of 8 ply 100% pure wool or size 4mm needles would be most appreciated. We will meet 3 times this term, and if there is enough interest, continue in Term 4. If any parent or grandparent would like to help us they would be very welcome. We aim to knit squares to make into blankets for the poor. Hope to see you there!

(Note: Please leave any wool/knitting needles at the School Office. No children are to bring knitting needles to the classroom.)
Mathematical Problem

Solution for Mathematical Problem in Newsletter No. 24

They make 5 squares (don’t forget the big one).
Draw diagrams to show how you would:

i. Remove 4 matches and leave exactly* 2 squares.

ii. Remove 4 matches and leave exactly* 1 square.

iii. Remove 2 matches and leave exactly* 2 squares.

iv. Move 3 matches to new positions so as to have exactly* 3 squares.

*’exactly’ here means ‘so that each match is a side, or part of a side of at least one complete square’, e.g. this arrangement is not permitted.

Find a digit to replace each letter.

\[
\begin{align*}
F & \rightarrow 5 \\
I & \rightarrow 9 \\
V & \rightarrow 6 \\
E & \rightarrow 1
\end{align*}
\]

Each letter stands for only one digit. (There is more than one possible answer.)

WAYS PARENTS CAN HELP THEIR CHILDREN TO CONNECT AND PRACTISE MATHS IN “REAL LIFE.”

1. Have your child count down the time (weeks, days and/or hours) to a special day or holiday
2. Have your child measure ingredients for a recipe you are making
3. Encourage your child to track or graph scores or stats for a favorite sports team
4. Ask your child to count the change at the grocery store, or to estimate the total cost while you are shopping. Or, with older children, to help track the family budget.
5. Explain what you’re doing whenever you use a measuring tape, a scale, or a ruler. Ask for your child’s help.

Reminder: We have had a couple of diagnosed cases of infectious diseases at school recently. The following is for your information or visit www.health.vic.gov.au/ideas or call Department of Health 1300 651 160

Schedule 7 – Minimum Period of Exclusion from Primary Schools and Children’s Services Centres for Infectious Diseases Cases and Contacts (Public Health and Wellbeing Regulations 2009)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Exclusion of cases</th>
<th>Exclusion of Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impetigo</td>
<td>Exclude until appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing.</td>
<td>Not excluded</td>
</tr>
<tr>
<td>Ringworm, scabies, pediculosis (head lice)</td>
<td>Exclude until the day after appropriate treatment has commenced.</td>
<td>Not excluded</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunized children, but may be less in previously immunized children.</td>
<td>Any child with an immune deficiency or receiving chemotherapy should be excluded for their own protection. Otherwise not excluded</td>
</tr>
<tr>
<td>Hand, Foot and Mouth disease</td>
<td>Exclude until all blisters have dried</td>
<td>Not excluded</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Exclude until discharge from eyes has ceased</td>
<td>Not excluded</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>Exclude until there has not been a loose bowel motion for 24 hours</td>
<td>Not excluded</td>
</tr>
</tbody>
</table>
16 August, 2013

CIRCULAR TO ALL PRIMARY AND SECONDARY PRINCIPALS - DIOCESE OF SALE

Dear Colleagues

Re: Victorian Catholic Schools Parent Body – School Bus Survey

The Victorian Catholic Schools Parent Body (VCSPB) is actively lobbying the Victorian Government to double their financial commitment to improve student safety on school buses by retro-fitting seat belts in school buses.

The VCSPB is seeking the support of parents of children in Victorian Catholic schools by requesting them to complete an online survey which focuses on bus safety. The survey has been drafted in conjunction with Victorian Parents Council and Parents Victoria and can be accessed through the following link: https://www.surveymonkey.com/s/schoolbussafety.

Whilst there is a commitment to seat belts in new buses and some retrofitting, the Transport Minister has advised publicly he is still considering the Deloitte Study findings so all parent groups have agreed that the survey results could still play a role in influencing safety in the future and highlighting any other concerns for students transported on buses.

It is intended that the findings of this survey would be provided to the Transport Minister and the Education Minister.

It would be appreciated if schools could advise parents of this survey and encourage them to complete it.

Thank you in anticipation.

With best wishes

Yours sincerely

Maria Kirkwood
DIRECTOR OF CATHOLIC EDUCATION
DIOCESE OF SALE
LOST PROPERTY

The lost property cupboard is located opposite the School Office reception window. Parents and children are welcome to check the lost property cupboard anytime. There are four baskets in this cupboard and currently they are overflowing with jumpers and tracksuit tops, all unnamed. Please come and reclaim your child’s items of clothing before the end of term as they will be washed and sent to the Secondhand Uniform Shop.

A special request for parents to check their child’s woollen jumper as there is a named jumper from the Grade 1/2 area missing. We understand that with jumpers and school bags the same it could have mistakenly been placed in the wrong bag.

Please label your child’s school clothes, lunch boxes etc. so these can be returned if lost. Teachers have a difficult time trying to find the owner of unnamed items when children are reluctant to say it might belong to them.

Scholastic Book Club – Issue 6

The last day for orders to back at school is Thursday, 22nd August 2013. Please note:

- If paying by credit card, follow the instructions on the receipt/order form.
- If paying by cheque, make cheques payable to ‘Scholastic Australia’.

Place order form and payment in an envelope and return to class teacher, orders must be returned to the year level they were issued from.

Help St Michael’s to Win! We encourage everyone in our school community to register for St Michael’s chance to win 1 of 3 $5,000 school grants. If we are the school with the highest number of registrations we will win a massive pallet of stationery products worth $2,700.

Please remember the more registrations we get the more chances we will have to WIN one of the grants. Maximum one vote per person. To enter, visit books4schools.com.au

from the Parents & Friends Association

Dear Parents,

The Fathers’ Day Stall will be run on Tuesday, 27th August for Grade 5 only and for the rest of the school on Friday, 30th August 2013. Gifts will range in price from 50c to $9. If you would like to help with the stall on Friday, 30th August please text message Nicole Dunbar on 0417 105 859. Even if you can only spare an hour that would be most appreciated.

This year’s Walkathon will be held on Friday, 6th September at 11.30am. We will be seeking lots of parent helpers on the day so please keep this date free if you are able. A sponsorship form and information letter should be coming home later this week.

Save the date!! The Shopping Tour is on again and is planned for Friday 15th November. This is always a fantastic night and a good chance to get all your Christmas shopping done while supporting local businesses.

The Parents & Friends Committee will again be running the Calendar fundraiser. Your child draws a picture which is then printed onto a high quality calendar. These are a great Christmas gift for Grandparents and loved ones far away as they are easily posted. Information letter will be sent home this week.

Just a reminder about the "Stuck on You" fundraiser: when ordering online or using the order form please remember to nominate St. Michael’s School, Traralgon so the school will receive a portion of the profits.

Thanking you in advance for your support, St. Michael’s P&F Committee
Hey Kids - don’t forget -
this is what you need to tell the Operator when you call 000

1. The number of my house ____________________________
2. The street name ____________________________
3. The suburb ____________________________
4. Nearest street corner name ____________________________
5. What the emergency is ____________________________

Print out, colour in and don’t forget to place it somewhere you can see. This could be on the fridge, near the phone or on a wall so you know where to find it in case of an emergency.