

Diary Dates

Friday 26th July

Grade 5 Excursion

Monday 22nd July

Grade 5 Hoop Time

Wednesday 31st July

Perp 100 Days

Friday 9th August

Grade 3 Excursion

Wednesday 14th August

Grade 4 Excursion

19th – 23rd August

Book Week

Monday 26th August

Grade 2 Exclusion

Monday 9th September

District Athletics

Wednesday 18th & Thursday 19th September

School Production

Friday 20th September

End of Term 3 2:30pm dismissal

Monday 7th October

Start of Term 4

Monday 25th – Friday 29th Nov

Grade 5/6 Camp

Thursday 5th – Friday 6th December

Grade 3 Camp

Wednesday 11th December

Carols evening

PRINCIPAL'S REPORT – July 25th 2019

Enrolments

DET has asked me to complete the August enrolment survey which needs to be finalised next week. DET needs an estimate of the enrolments for 2020 so that the indicative budget can be prepared and sent to me by September. I have heard 'on the grapevine,' that there may still be some younger brothers and sisters who have not been officially enrolled yet. If you have overlooked this please collect an enrolment form from the office and enrol your child as soon as possible. Due to our enrolment restriction it is vital that I know how many siblings and new in zone Foundation enrolments we will have for 2020 – they have preference. Once these places are filled, I can offer places to out of zone students for whom a 2020 Foundation enrolment has been received. Enrolments for these students will be accepted according to how close the family lives to the school, those closest receive the first offer.

Asthma

Melbourne, as many people may be aware, has one of the highest asthma rates in the world. Many factors, including cold winter days such as we are experiencing, can trigger an attack in some people. I am concerned that some students who suffer from asthma at Birralee do not have puffers with them when they need them. It is quite possible for a person who suffers from mild asthma to have a more serious attack, often with very little warning. If your child suffers from asthma, please ensure he or she carries a puffer with them at all times. Please ensure the school has an up to date asthma plan that your family doctor has given you.

Illness

We have had a large number of children feeling very unwell of late. Some have continued to attend school when they are really too ill to attend. Please keep your children home when they are unwell so that they can recover and other children are not infected. Don't forget to notify the school via Compass if your child is away.

Downtime

From time to time I am surprised by the number of activities some children have scheduled for them during the course of the week. It seems many parents have the view that children need to have many activities programmed for them after school and at weekends for varied and many reasons. Equally important however, is the need for students to do nothing at times, to have the opportunity to daydream, use their imagination (which does happen if activities aren't scheduled) and to simply chill out and recharge their batteries. You may find the following article interesting:

Quote of the Week

Some men see things as they are and say, "Why?" I dream things that never were and say, "Why not?" - Robert F. Kennedy

Word of the Week

Imminent (adjective) – about to happen; coming soon, impending, fast approaching, forthcoming

Studies Show That Kids Need More Downtime Than You Might Think By Jade Nicolette

In today's modern world, parents are constantly on the go, and kids are certainly no exception to the rule. From soccer practice to violin lessons, many young children are pushed towards becoming overscheduled in everyday life. However, according to new reports, researchers have found that children need downtime, and reducing the number of scheduled activities is an important aspect for parents to understand.

*For example, psychologist Lea Waters has studied the topic of children development in depth. In her book, *The Strength Switch*, Waters stresses the importance of helping children recognize their strengths, instead of only focusing on their weak points. Lea refers to this as "strength-based parenting" and emphasises that parents should stop pushing their children to have too many responsibilities on their plate.*

According to Waters, downtime isn't just about being lazy or having kids become totally passive. Instead, Waters explains her rationale with a clear metaphor. "It's a little bit like if you have too many programs running on your computer," Waters said. "Your computer starts to slow down. And when you shut these programs down, the computer speeds up again. It's very much like that for the child's brain." Whether it's an increased amount of extra-curricular activities or simply too much tutoring, Waters reminds parents to relax a little bit. Overscheduling is never a good thing, for parents or children, and it's important to understand that having too much on your plate can lead to heightened levels of stress and eventually, total burnout.

Examples of downtime include letting kids choose a fun activity to engage in, whether it's playing outside with a ball or participating in some sort of arts and crafts project. During this time, kids aren't necessarily just 'fazing' out completely, but rather, they're actually using this time to reset their brain. During downtime, the brain doesn't become totally inactive, and kids are still learning at all times. "[The brain] goes into this default network mode and uses that time to process all the information it had during the day, to integrate the new information," Waters explains.

Other researchers, like Mary Helen Immordino-Yang from the University of Southern California, agree wholeheartedly. For example, Immordino-Yang notes that the brain has two alternative systems, including on-task focus and free-form attention. With on-task focus, children are perceiving the environment around them, along with observing and paying attention to their surroundings.

At the end of the day, it's important for parents to remember that it's certainly all right to let kids be kids. There are many research studies which have proven the benefits of play, including how children can develop their imagination and social skills through playtime.

Ashley Ryan
Principal

Assembly

Junior School assembly will be taking place this week. Assembly starts at 2:40pm in the hall. All welcome to attend.

Play is the Way Award Winners

3M:	Zoe, Dongnuo
3MC:	Edeline, Marcus
3S:	Jia Junn
3H:	Chloe, Chaysen
4A:	Perrin
4S:	Kierrin
4B:	Sanika
4W:	Angela, Hillary, Nic

5P: Zac , Tom
5O: Zacky, Andrew
6E: Zac, Amir
6W: Gabi, James

Art: Jamie (6W)

Play is the Way



At Birrale Primary School all staff are trained in Play is the Way®. This is a practical methodology for teaching social and emotional skills using guided play, classroom activities and an empowering language.

As parents we are all concerned about the wellbeing of our own children and hopefully that of other children as well. Wellbeing is often thought of as happiness but it is more than that. We need to feel worthwhile, with lives that are fulfilling and meaningful (Wilson, 2017).

Evidence proves that children with strong pro-social behaviour tend to lead more positive lives, have more meaningful relationships, enjoy better physical and mental health and do better at school.

At Birrale Primary School, all staff regularly use guided play, classroom activities and an empowering language to ensure children are encouraged to be independent, socially competent and caring human beings. Some common language teachers' use when communicating with children might be "I would like you to be brave enough to try" or "Was that the strong choice or the weak choice."

Teachers will also be very specific in giving feedback to students. "Well done" will often be replaced with more specific feedback such as "I like how accurately you have formed your numbers" or "Thank you for following my instructions." As with all feedback, constructive criticism will also be specific, with feedback such as "Next time I would like you to make sure all your letters are sitting on the base line."

Helpful Tips for Parents:

- Accept your importance as a role model and make every effort to be the best role model you can be. Recognise that this may call for personal change and improvement.
- Trusting that your children love you, allows you to do the "parent things" that may sometimes make them dislike you for a while.
- Try to always be the adult you claim to be and have the emotional self-control to offer firm guidance, support and moral leadership. Sympathise with them but try not to solve their problems for them.
- Separate **your** needs from those of your children. They can't live your dreams.
- Try to always use reason not rage. Avoid fighting fire with fire. Be in control of your feelings and your actions so that your children can learn to be in control of theirs.
- **Show faith in your school. Prepare your children to work hard so that teachers can help them to learn well. Establish rights, rules, responsibilities and routines in your household and let every child do their bit. Give children the responsibility of doing chores, eating healthy meals, time to talk and the sleep they need.**
- Turn the TV off when you can and turn the conversation on where possible. And remember; loving them is easy, it's rearing them that's hard but it does get easier with practise.
- Role model good manners at all times and ask for them in return. Good manners often diffuse conflict situations.
- By acknowledging small improvements in behaviour you make it easier for big improvements to follow.
- Try to avoid thinking that you can save your children from getting hurt (emotionally or physically). Instead, prepare them to cope.

New Policies

Attached to this newsletter are the Duty of Care, First Aid and Health Care Needs policies. These can also be found on our website at <http://www.birralee.vic.edu.au/ourschool.php?id=22>

Parent Opinion Survey

If your family received an email inviting you to participate in the Parent Opinion Survey, please take the time to complete this. This is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

This year the Parent Opinion Survey will be conducted from Monday 22nd July to Sunday 11th August. Parents selected for the survey have been notified via email.

The survey will be conducted online, only takes 10-15 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

The survey results will be reported back to the school at the end of September.

Thanks to those that have already completed the survey.

Music Uniforms

All students in senior choir and band will need a music uniform for the production performance. Order forms are attached and can be obtained from the office. Please get orders in asap as we only keep limited quantities on hand and may need to order more.

Final Parent Payment

Outstanding fees are due in August. Payment can be made via

- Cash or Cheque
- Direct Deposit to BSB: 063 210 Account: 10022649 (Please quote student name as reference)
- BPAY. These details can be found on your invoice or by contacting the office on 9848 4996

Art News



Each year, in the art room, I facilitate the creation of a grade 6 project which becomes a part of the Birralelee grounds and/or internal environment. Throughout the process, students are required to apply necessary techniques and processes during the planning and creation of their ideas and concepts when producing the collaborative art piece. This installation contributes to the aesthetics of our school as well as a way for students to leave an artistic legacy in their final primary school year long after they leave to pursue their high school journey.

This year the art brief was to create two *Welcome Trees*.

The process initially involved cutting the trees out of timber sheets. The trees were then painted by students using the elements of art. The focus was to incorporate line, colour and shape into their designs. The overall concept for the project was to produce a piece of art that welcomed visitors into our school using bright, vibrant colour, pattern and design.

Our *Welcome Trees*

are now installed near our office reception doors and are ready for you to come and admire. A huge thank you to Shane who helped to put them up.

Grade six students had a lot of fun during the designing and construction of this project. They faced challenges and at times found themselves out of their comfort zone with the use of new materials and processes. However, they have produced fabulous, artistic results. Congratulations grade six students! I am so very proud of the way they all worked together in a collaborative manner to produce this beautiful art installation. Well done!



Carmela Licastro
Visual Arts Teacher

Coming Soon

Book Week at Birralee

19th – 23rd August



Every year we celebrate reading and children's books during Book Week. The CBCA (Children's Book Council of Australia) gives awards to the best picture books, junior and senior fiction, and non-fiction books. Our library always orders the CBCA short-listed books and teachers use them to do activities during the week.

There will be **STORY TIME SESSIONS** every lunchtime in Book Week, which will be held by myself or the library captains. We have a special guest author visiting for the junior school and there will be a **FAMILY CHALLENGE** as a competition (more details to come later).

The highlight of Book Week is the **DRESS-UP DAY, on Friday 23rd August** this year. Students and staff can dress-up as **a fictional book character**. Have a look at picture books or think about your favourite stories, also check out the posters around the school for some costume suggestions. You don't need to spend a lot of money on a costume because you can make it yourself using fabric, paper, paint or other craft items. There's always the op-shop or discount shops to help you too. Have fun with it during Book Week! I'll see you there!

Cherie Hicks – Librarian.

Zumba Classes now available on Wednesday evenings at Birralee!

Just Zumba Fitness Classes

When: Wednesdays, 7.30 pm to 8.30 pm

Where: Birralee Primary School Hall Heyington Ave, Doncaster 3108

Zumba program makes workout easy, exhilarating and effective.

Classes are structured to incorporate 3 components of fitness - cardio, muscular fitness & flexibility.

Zumba is not only great for the body, it's also great for the mind. Classes combine high energy music with unique moves that allow participants to dance away stress.

Free trial available.

Contact: justzumbaclasses@gmail.com

Many thanks

Grace

Invitation to support Xander

School Sport Australia (SSA) Championship in Melbourne, Victoria, Thursday 1 & Friday 2 August 2019 (10-12 Years).

Xander is the current VIC state champion in freestyle.

Xander's family, who are very thankful for all the support provided by fellow Birraleeans would like to extend an invitation to the Birralee community to come and join them at MSAC this happy occasion for Birralee and to cheer Xander on. This will be a huge boost for him and very much welcomed. Xander will participate in 4 events.

Good luck Xander!

Entertainment Books

Entertainment Books for 2019/20202 are now available. We have a sample book in the office if you'd like to see what's available. Books can be ordered via www.entbook.com.au/1890w64

See the flyer in our Community News for more information.

Recycling Oral Care Waste 2019

In an effort to look after our planet and environment, our school is again participating in the recycling program run by Colgate, Chemist Warehouse and TerraCycle called the 'Colgate Community Garden Challenge'.

We are currently in second place out of all schools participating in Australia!

There are five community garden sets up for grabs, each worth over \$7,000! Each community garden set includes:

- Three garden beds
- Two custom-made benches
- One rubbish bin
- One paddle sign
- One \$500 Bunnings Warehouse gift voucher to buy gardening supplies

Collect oral care waste such as toothpaste tubes, toothbrushes, floss packets and containers, toothbrushes packaging etc. The recycling box is located at the school office.

Every piece of oral care waste collected will count towards our total Garden Points. The more waste we collect as a school community, the more chances we have to win!

You can also increase our points by voting online for our school at:

<https://www.terracycle.com.au/en-AU/brigades/colgategarden>