

NEWSLETTER

Available online and Flexi buzzed each week.

2019 Thursday 14 March

KEY REMINDERS

Thank you to the families that have paid the 2019 Parent Payments (essential items for students) of \$160.

DATES TO REMEMBER

Thursday 21st March Harmony Day on the steps of the Old Treasury Building

Year 6 Summer Interschool Sports dates (every Friday):

- Mar 15th Sun North - Home.
- Mar 22nd Albion North - Away.
- Mar 29th Christ The King - Away.

Friday 22nd March Ride2School Day + Casual Dress Day – ride, scoot, skate, walk or park a block away (try doing this every Friday!).

Friday 5th April Last day Term One – casual dress day.'

Thursday 23rd May Twilight School Day On this day school will start at 1:00pm and finish at 7:15pm.

Principal
Alex Artavilla

School Supervision Times
8.45am - 9.00am
3.15pm - 3.30pm

'We are a child safe school and compliant with child safety standards. Child safety policies available on website.'



**SUNSHINE
HEIGHTS**
PRIMARY SCHOOL

Dear Parents and Carers,

Don't forget that if you are interested in helping in the classroom for reading, writing or mathematics that there is a Parent Helpers information session tomorrow morning at 9:10am in the library. Teachers are keen to have parents assist in the classroom to listen to students read and/or to support them with their maths. The purpose of the session is to allow Assistant Principal Jacinta Goldie the opportunity to share more information about the role.

Harmony Day trip to the city next week!

Yes, next week we are heading off to the city to once again promote and celebrate the notion that everyone belongs. Our experience in 2019 will take us to the steps of the Old Treasury Building in the city, which will be another amazing setting to showcase our school community. Hopefully you received the notice last week that shared our theme for the day which is to spread a bit of sunshine (because we are from Sunshine) and happiness across the city. To do this we are hoping everyone dresses up in as much yellow as possible!

Big thank you to our music teacher Greg for pulling the day together. At assembly last week, Greg and Senorita Irene shared the Spanish line that has been added to the last part of our singing song '3 Little Birds' by Bob Marley.

Hope as many parents, grandparents, friends of families can join us for the day to sing and dance to celebrate Harmony Day for 2019 and 'everyone belongs'.

We are currently preparing a supervision plan and will make contact with parents that expressed an interest in being a parent helper tomorrow.

Ride to School Day Friday March 22nd

The day after Harmony Day on Friday 22nd of March it is Ride2School Day. On this day we are hoping as many students and families as possible ride, walk, scoot, skate or park a block away (and walk).

To showcase the number of wheels that turn up on the day, when you arrive in the morning lock up your bike or scooter on the inside of the front fence (on Mailey Street). For the students don't forget your helmet and bike lock.

Speaking of bike riding I made an amazing discovery over the long weekend. To take advantage of the nice weather we decided to take a bike ride to the city for the Moomba Festival. On our way back we stopped off for some dinner and spent the afternoon at a park.

Now I'm not condoning this type of activity, but growing up in Cobram, the most popular form of transportation was 'dinking'. I shared this with my daughters while enjoying our meal at the park and they both looked at me with total confusion – they then both burst out laughing – they had no idea what I was talking about.

At first, I thought maybe it was just a country town thing but my wife who is from Geelong agreed about the popularity of 'dinking'.

While trying to explain what 'dinking' was to my daughters, it did make me realise how silly the word sounded. But growing up, I think you used the word at least 15 times a day – if you didn't use it then you had to walk everywhere. If you wanted to get somewhere and didn't have a car, you asked someone for a 'dink'. It was like the Uber of today.

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State School no. 4744

There were no restrictions on how you dinked someone as long as they didn't fall off your bike (or scrap your ankle on the bike chain), and that you got from A to B in time for when you needed to be there. A friend of mine could dink three people at a time. He was the maxi-cab of the bike world. He could have made a fortune riding people home from the pubs each weekend.

There was no better feeling than walking home from school on a 37 degree day and a friend rides up beside you to ask if you wanted a 'dink' home.

Anyway, with our Harmony Day event on Thursday next week, don't forget that Ride2School Day is the next day. No dinking though!

Grounds Works update...

Thank you to the families that have sent through suggested names of Landscape Gardeners that would be interested in providing us with a quote. Over the next week I will be meeting with two companies to share our plans so that they can provide a detailed quote for us to consider. Our goal to commence stage one works over the next two months.

Hope everyone had a nice week.

Alex Artavilla
Principal

Encourage kids to help at home (every day without pay) short article by parenting expert Michael Grose

Confident kids are competent kids. Past experience has taught them that they can be successful. The easiest (and most neglected way) to help develop competency is to give kids opportunities to help out at home. Don't overburden them with jobs. Sensibly allocate chores according to their age, interests and study requirements. Expect children and young people to help without being paid.

Provide pocket money, but avoid linking it to chores. Helping in exchange for money develops in children a notion of 'What's in it for me?', which is a self-centred view of life.

However many parents tell me that they can't get their kids to help unless they pay them. Those parents have made a rod for their own backs. It's time for a change of tune. Don't wait until they are old enough to help. Start now, regardless of age. Toddlers and teens and all ages in between should be expected to chip in and help.

Here are eight ideas to help you get your kids to help out at home without being paid:

1. *Keep jobs real - Kids can sense it when parents give them jobs to keep them busy. Make sure the jobs you apportion make a real contribution to their own the family's well-being.*
2. *Balance the personal chores with family jobs - Chores are generally divided into two areas. Jobs such as keeping a bedroom tidy benefits a child and jobs such as setting the table benefit the family. By doing this kids learn to contribute positively to family-life.*
3. *Place more difficult tasks on a roster - The children can refer to it when needed, which takes the load off you and removes the need to remind them. Rotate the unpleasant tasks frequently. And here's the key to making rosters work – place yourself on the roster too! Kids are generally more willing to help when you as a parent are involved.*
4. *Use Grandma's principle to make sure jobs are done - Grandma's principle means you do the less pleasant tasks first. That is, make sure jobs are finished before mealtimes or before starting pleasant activities such as watching television.*
5. *Avoid doing jobs for children - When children get the message that no one will do their jobs for them they will be more likely to help out.*
6. *Show your appreciation for their help -Make a fuss when they help so they know that their contribution to the family is valued. If you do it often enough they may even show their appreciation for all you do for them!*
7. *Keep your standards high. Don't accept half-hearted efforts or half-completed jobs. If you think your child is capable of putting the cat food back in the fridge and placing the spoon in the dishwasher then insist that he or she does just that, rather than leaving the cat food on the sink. A job properly done is valued in the world of work, which they will eventually enter.*
8. *Rebrand the term 'chore' as 'help' The term 'chore' definitely has an image problem. Use the term 'help' as it is easier on the ear and really does indicate what you want from your kids.*