Dear Parents/Carers,

**The never ending adventures of being a parent**

I know I have mentioned this before, but someone needs to seriously sit down and write about the real challenges that parents will encounter during the journey of bringing up children!

I honestly cannot remember throughout any pre parenting classes someone saying that once you have children, you will no longer have a good night’s rest. Those words are so simple to pronounce! I would have been able to better prepare myself for a tired life! However, I’m not too sure if I would have taken any notice anyway as prior to becoming a parent I heard on countless occasions the phrase ‘I slept like a baby!’ whenever someone had a sensational night’s sleep! Nowadays if I ever have a terrible night’s sleep, I head off to the local coffee shop and find couples without kids and show them what sleeping like a baby really looks like! I tell them that I slept like a ‘normal’ baby last night which included waking up every hour not sure if I was thirsty or hungry or needing to go the toilet!

Nowadays, my sleeping patterns are much better than when my little one was aged between 3 months to 4 years old! Those 4 years were an absolute blur!

However, as lots of parents mention to me who have children in their late teens, bringing up a child between the ages of 0 – 5 is supposedly the easy part! Things only get more challenging! Well, let me tell you something. I’ve started to write a program for ‘Pre Child Parent Classes’ that deals with the real issues! At this point of my parenting life attending pre parenting classes and learning about what to feed kids, how to put on a nappy, teething challenges takes the attention away from what we really need to talk about! Seriously, what can really go wrong when putting on a nappy? You make a little mess! Surely we can work this one out ourselves at home without expert advice.

However, when your 9-year-old daughter comes home from school one day and unexpectedly asks you a question about a ‘specific growing up’ issue that directly relates to her gender then you start to wonder how the pre parenting class program agenda is established! Surely it wouldn’t be too difficult to add an extra 30 minutes to a topic directly related to the topic, ‘How to respond to growing up questions that your daughter may ask especially if you grew up with three brothers’.

I know this is terrible, but I didn’t know what to say. I actually pretended that I needed to grab something from the laundry!
She then followed me into the laundry and asked the same question! It got even worse (I might have even had a bit of a cold so I wasn’t thinking too well on this day????)! After getting the ‘pretend thing’ from the laundry, I said I had to collect something first from the bathroom! She kept following me around! I knew I had to say something, but I have technically no experience in this area! Imagine if I said something wrong! All that would come out of my mouth was, ‘Oh, that’s interesting’. I said it 32 times! I knew the day would come, but someone needs to get in contact with all the pre parenting class organisations around the world and demand that the first item for discussion at the first workshop needs to be about how you should respond when your child asks about, ‘How to respond to growing up questions that your daughter may ask especially if you grew up with three brothers’. Imagine if I had been told before I had kids! I would have had a laminated response card in my pocket all ready to pull out of my wallet when the time arose. But no, talking about nappies with other future parents was supposedly more important than this!

Ahhh, the joys of parenting! I need to mention that I did handball this particular situation on this occasion to my wife. I know this is part of growing up and that we need to encourage our children to talk about and ask questions about anything, but it wasn’t on my list of things to expect in the year 2016! I’ll be better for the next questions (fingers crossed!).

I think the challenge we have as parents is thinking that we need to be able to deal with every issue that arises perfectly each time! We do our best and sometimes things work out well and sometimes they don’t. This is why I love getting tips from parenting expert Michael Grose. I find his articles and advice common sense and practical. For those interested and/or haven’t come across Michael Grose he is running an online parenting course called ‘Cracking the Confidence Code’. The online course commences on the 25th of February. For more information head over to his website at www.parentingideasclub.com.au

His ‘Parenting Ideas’ website is a brilliant resource to help us better understand and deal with those many complex situations that will arise in our life as parents!

Anyway, I’ll keep you up to date with how things go as my eldest daughter reaches double figures this year! Only 3 years from being teenager! Um, I think I need to go lay down.

Alex Artavilla
Principal

Queridos padres, tutores y familias,

Os presento a nuestros miembros del club español para el trimestre uno y dos: Bryan, Yasin, Megan, Selena, Mallak, Maddison, Alex, Rehab, Makda, Victoria, Savahna and Crystal.

Nuestra meta es aprender español y expander el idioma y la cultura española alrededor de la escuela. Este trimestre nosotros estaremos “Spanish-fying” nuestro huerto escolar, etiquetando las plantas con traducciones al español: nombre, color y forma.

Saludos,

Señorita Irene

Dear parents, guardians and families,

I introduce you to our members of the Spanish club for term one and two: Bryan, Yasin, Megan, Selena, Mallak, Maddison, Alex, Rehab, Makda, Victoria, Savahna and Crystal.

Our aim is to learn more Spanish and spread the Spanish language and culture around the school grounds. This term we will be ‘Spanish-fying’ our school vegetable garden area by labelling the plants with Spanish translations, by name, colour and shape.

Regards,

Miss Irene
**STUDENT OF THE WEEK**

**Presentation at Friday Assembly**

<table>
<thead>
<tr>
<th>Prep:</th>
<th>A</th>
<th>Adam Dimkopoulos</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>Otis McKay</td>
</tr>
<tr>
<td></td>
<td>C</td>
<td>Aaron Dinh</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>Alvin Taseen</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>One:</th>
<th>A</th>
<th>Ashleen Grohi</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>Brooklyn Moa</td>
</tr>
<tr>
<td></td>
<td>C</td>
<td>Samuel Urankar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Two:</th>
<th>A</th>
<th>Jibril Dib</th>
</tr>
</thead>
<tbody>
<tr>
<td>2A</td>
<td></td>
<td>Charlyne Bui</td>
</tr>
<tr>
<td>2B</td>
<td></td>
<td>Levi Pateras</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Three:</th>
<th>A</th>
<th>Megan Duong</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>Moujtaba Abdelbagi</td>
</tr>
<tr>
<td>3/4A</td>
<td></td>
<td>Mahamad Hassan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Four:</th>
<th>A</th>
<th>Victoria Tsobanis</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Five:</th>
<th>A</th>
<th>Alessandro Cadelli</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>Andy Tran</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Six:</th>
<th>A</th>
<th>Tynisha Valente</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>James Nguyen</td>
</tr>
</tbody>
</table>

**Multimedia:**  Rayan Abdiwahab

**Sport:**       TBA

**Spanish:**     Nivetha Ranjithkumar

**Art:**        Jett Purton

**Science:**        Nicklaus Flores

**Congratulations Everyone**

**Great Achievement!**

---

**Instrumental Lessons at School**

**Did you know that Music:**
- Develops mind, hand & eye co ordination
- Enhances listening skills
- Improves self esteem
- Is fun!

Lessons starting from $14.00

Parents wishing to enrol more than 1 child.

Enrolment forms are available from the School Office or contact Genesis Music School Direct on 0421 426 674.
**Camps, Sports and Excursions Funding - CSEF**

Current Health Care Card Holders are entitled to claim CSEF Funding which is specifically used for Camps, Sports and Excursion. Forms can be collected from the office and need to be returned by no later than **Monday 22\(^{nd}\) February**. If you have any queries please contact the office 8311 7100.

---

**MORE DONATIONS NEEDED!**

The Swap Shop is running low on stock. If your children have grown out of their school uniforms, please pass them to the office. Stay tuned for our new location and opening times!
Our aim is to enhance the school grounds using sustainable plants and methods. Run by parents, we will help to reconnect the students with nature and become environmentally responsible.

February news

Sunny Bees word of the month is MULCH! Yes MULCH, it’s brown and not very glamorous, but it does wonders for our plants. It retains moisture, feeds the soil and suppresses weeds, and..... there’s lots of it. Help the Sunny Bees move mountains.

Join us for a free cardio work-out moving the stuff, and undo your good work with yummy cake!

Summer planting

- Basil
- Beans
- Beetroot
- Bok Choy
- Broccoli
- Brussel
- Sprouts
- Cabbage
- Capsicum
- Carrot
- Chili
- Chives
- Coriander
- Cucumber
- Eggplant
- Endive
- Fennel
- Kohl Rabi
- Leek
- Lettuce
- Mustard
- Greens
- Okra
- Onion
- Parsley
- Parsnip
- Radish
- Rhubarb
- Rocket
- Rockmelon
- Shallot
- Silverbeet
- Sunflower
- Sweet corn
- Tomato
- Turnip
- Watermelon
- Zucchini

- Come and join us for a quick ½ hour gardening session on Fridays from 9am!
- Planting, mulching and watering are just some of the easy jobs we do, so you don’t need to know anything about gardening.
- Have a look at our Pinterest page and get your green thumb on!
- Join the Sunnybees email list to get regular updates.
- Preschoolers welcome.

Friday mornings 9 - 9.30
Tel: Lisa 0423 329 734
Email: vinlisa@optusnet.com.au

Pinterest: www.pinterest.com/sunnybees/
Love LEGO and making awesome stuff?
Want to have a high-tech tinker to see if robotics is for you?
Hoping to lead a robot army to total world domination?
Join international volunteer group ROBOGALS
for a delightful afternoon of learning how to command electronic minions.
Total beginners strongly encouraged.

Deer Park Library
Wednesday 2 March, 4-5:30pm
Sunshine Library
Wednesday 9 March, 4-5:30pm
Sydenham Library
Wednesday 16 March, 4-5:30pm
Bookings essential. Book online or in branch.