The morning rush...

Look, I know there are many challenges and problems in the world that would be amazing to solve! But for me, as a parent, I am baffled by the fact that we have yet to find a solution of how to effortlessly leave the house with children! Whether this is to just pop over to the local park for a short play, or to head off to school each morning! I mean, we can send messages instantly to people that live on the other side of the world but we fail in our quest to get children to happily agree to our demands of getting ready in the shortest possible time – unless the request comes with a...’bribe’!

Surely, influential government parent figures are sitting around each day during their lunch break chatting to other influential government parents about how it is virtually impossible to leave the house with children in under 10 minutes without any increase in heart rate or anxiety levels. Surely one of them is thinking:

‘Maybe we need a Royal Commission on getting kids ready!’

Or...

‘Imagine how much better the people of Australia would feel if they started the day without any hassles and very organized children!’

Seriously, how hard is it to brush your teeth, put on shoes and get dressed! It's like riding a bike!

PRINCIPAL’S REPORT

Reminders:
- Students in Years 3 and 5 will be completing the NAPLAN test on May 12th, 13th and 14th
- Twilight School Day Thursday May 21st 1:00pm – 7:00pm
- Student Free Day Friday 5th of June 2015
- Parent/Teacher interviews Tuesday 23rd of June 2015 starting at 1:00pm

Anzac Day Ceremony
Tomorrow to remember those that have died or been injured in wars, members of our student leadership group will be conducting a whole school ceremony that will be held at 10:50am on the front lawn.

Mothers’ Day Breakfast and fundraising event!
The student Uplift Collective is at it again as they have prepared an amazing experience for students to enjoy with their Mother or a special person in their life.

We will also be once again having a Mothers’ Day breakfast that will be held on Friday 8th of May at 8:00am. For our new families the Mothers’ Day breakfast is held in the PD Centre. If mothers are unable to come along please encourage your child to come along with someone special in their life. When you arrive find yourself a table and enjoy the food/drink that is on offer.

Term Newsletter
Teams will be sending home a Term Newsletter to parents to provide an outline of what the students will be learning about this term and information about key events. Please read this with your child. Also, the specialist teams have produced a...
Sure it takes a bit of time at the start but after a couple of times it should be a breeze!

Without fail, each morning my daughters brush their teeth together while enjoying a conversation about life at the same time! What is so important to discuss at the ages of 9 and 7 that can’t wait 2 minutes?

When I question them about why they aren’t brushing because all they seem to be doing is talking – they try to convince me that they are! When I try to explain to them that you have to be a very high level magician to be able to brush and talk at the same time they look at me like I’ve never brushed my teeth in life! I give them a look back that says - I’ve been brushing for more years than you have teeth! Unfortunately, they can’t read my look and go back to chatting!

I have a lot of admiration for the person that invented the toothbrush! A very necessary tool!

I’ve seen pictures of Cavemen’s teeth (well not really) and it’s not a pretty site! But seriously, if you are going to invent the toothbrush you should also be held accountable for inventing something that makes sure children use it properly and without any fuss! Even if it meant organising an Annual Tooth Brushing Conference!

I still fondly remember the days of leaving the house without kids, which was such a breeze! One minute I’d be on the couch watching TV and three seconds later I’d be half way to where I needed to be on the other side of the city! Yes, half way across the city! Sometimes it was so easy to leave the house that I’d even forget my wife!

With my daughters it’s as if I need to give them 6 weeks’ notice that we’ll be heading out. I actually believe that when I say things like it’s time to get dressed”, that my daughters actually think I said, it’s time to play with a toy that you haven’t been playing with for 8 months!” I remember one time I told my daughter to put her shoes on 16 times! I think she thought we were playing a math’s game!

The morning ritual provides many challenges for many parents as we try to work with our children to get ready for the school day. A stressful start to the day is not a fun experience and not the best way to start the day. Not only for the parents but the students.

On a more serious note, it is important that we all work together to ensure that all students have a calm and relaxing start to the day as this ensures that they will get the most out of the first few hours of learning time. This is easier said than done!

This week I took the time to learn more about what other parents do to help make the morning a pleasurable time of day. My research presented many tips that other families have tried. This included:

- Making a list with your child of all the things they need to do to get ready for school. The purpose of this is that your child can work through their responsibilities without having to be told.
- Talking about and preparing things the night before.

One of our parents also shared a resource that they discovered at a local library that focused on positive and practical strategies from learning and behavior specialist Noel Janis-Norton who has established a resource site for parents, which can be located at www.calmerparenting.com. The site and resource is called ‘Calmer, Easier and Happier Parenting’. I’ve ordered a copy of the resource, which I look forward to reading when it has arrived.

Something that I have discovered since becoming a parent is that we all go through the same sort of challenges. Even though you might arrive at school as if you have walked through a tornado and you look around and see other parents looking like they have just returned from a three week holiday in Bali, (as they stroll happily with their children into school) don’t think that you are the only one experiencing the challenges of the morning rush.

However, there are also a number of families that are trying different things at home to support their children with being able to arrive at school calm and relaxed that have been effective.

I even stumbled upon a website about raising kids that provides some useful tips for us parents that you might find useful. This includes such things as:

- Getting up an extra 15-30 minutes earlier might help things run more smoothly. Also try to allow plenty of time to get from home to school. Rushing can really increase stress levels.
- Good moods can be infectious. Tackle the morning as positively and as optimistically as you can.
Mornings are easier if your children can do things for themselves. Once your children are old enough, getting dressed on their own, making their own breakfast, and tidying up after themselves can all make things easier.

If your children are young, remind them what they are meant to be doing and when. Simple ‘to do’ checklists, even with pictures, can help as a reminder.

Some children get up more easily if they have an alarm clock.

Try to cut down on distractions. Television is one of the culprits that can distract children from getting ready. Consider leaving it off, unless it’s a special treat for being ready on time.

Focus on the positives. A rule of thumb here is six positives for every negative. Look for good behaviour and try to ensure that positive comments – praise and encouragement – outweigh instructions and reprimands.

Use surprises to celebrate cooperation and being ready on time. A treat in the lunch box, or an extra story at bedtime might be all it takes.

Try not to give your children extra attention for arguing, whining or stalling. Even negative attention is an incentive for them to keep arguing, whining and stalling.

If you have other ideas that you have tried that have worked please share them with us by sending in a note to school!

Also, you may want to share ideas via Twitter by using the hash tag #SHPStimefordlunchbox

All in all, I think that the most important thing that we need to remember as parents is that children have a different concept about time to adults. Even if we try different ideas, sometimes they might work really well and sometimes they may not work at all. Trying different things is the best way to go. Also we can’t expect things to change overnight or things to be perfect every single day. Our goal is to see progress no matter how small. These are the things that we need to celebrate with our children.

Good luck and it would be great to hear about your journey!

Hope everyone had a great week,
Alex Artavilla
Principal
**FUNDRAISING NEWS**

*Raising extra funds for kids, thanks to the work of our students!*

**Easter Raffle**

$1,155.20

---

**PE NEWS**

Hi Parents, Guardians and Families,

Just wanted to let you all know that last week’s Cross Country was a success with all students putting in a fantastic performance with 3 of our students making it into the Division Cross Country!

Furthermore just a reminder to the parents and guardians that have a child in grade 5/6 that winter school sports is starting next week on Friday the 1st of May.

It’s our first round playing against Ardeer South at Ardeer. More information will be sent to you shortly.

Kind Regards Rasha

---

**Host Families Needed For New Exchange Students in 2015**

Many girls and boys aged between 15 and 18 from exciting countries like Italy, France, Belgium, Germany, Holland, Canada, Japan, Switzerland, Brazil, Norway, Sweden, Argentina, Finland and Austria are hoping to come here to study for 3, 5 or 10 months from July this year and stay with a volunteer family that is willing to host and welcome them and can afford an extra member at the family table. If you feel you could do this for them for the length of their stay or even some of it, please contact Klaus Schumann on (03) 97584279 and let me know of your interest.

Yours sincerely,

Klaus Schumann, WEP Community Coordinator
Instruments Lessons at School

Did you know that Music:

- Develops mind, hand & eye coordination
- Enhances listening skills
- Improves self-esteem
- Is fun!

Lessons starting from $14.00
5% Discount to 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.
**Literacy and Numeracy Tips of the Week**

**Literacy Tip:** Book talk is an important part of reading. Chat about the book before, during and after reading and really encourage your child to talk about their ideas and ask questions about the book.

**Numeracy Tip:** By presenting Mathematics as a story, children can make links to their everyday life. Begin by reading books to your child that include numbers and counting.

**Useful Literacy and Numeracy Websites**

**Literacy Websites:**
3. [www.starfall.com](http://www.starfall.com)
4. [www.tumblebooks.com](http://www.tumblebooks.com)

**Numeracy Websites:**

Sonia Papadopoulos - Literacy
Gail Liakoureas - Numeracy
THINK BEFORE YOU POST!

Yesterday we had Constable Jo from Sunshine Police Station come out to speak to our Year 5/6 students about Cyber Safety. Her presentation was very thought provoking and highlighted the challenges our children face when using the Internet.

Constable Jo strongly recommended the following website as a great resource for parents to access. www.cybersmart.gove.au and click on the Parent Page.

Some points you may wish to discuss with your child/children about the presentation:

- What is a Cyber Footprint?
- Explain some tips for keeping safe online.
- What kind of behaviour is considered to be illegal/offensive?
- Who are your online friends? Are they people you have met?
- What is cyberbullying?
- How can Cyberbullying be stopped?

ALWAYS PROTECT YOUR CYBER FOOTPRINT!

Year 6 TRANSITION INFORMATION

Our Year 6 students have received their Secondary School Application packs for 2016. Please read the information contained in the pack and return the completed Application for Year 7 Placement by Friday 22nd May.

If you have any questions, please don’t hesitate to contact the classroom teachers.

Thank You,
Christine Forrest, Tanya Bolger and Sara Vaccari
Twilight School Organisational Details  
Thursday 21st of May 2015

To showcase and celebrate the learning experiences offered at Sunshine Heights Primary School, on Thursday 21st of May 1:00pm – 7:00pm the students will have the opportunity to experience a 'Twilight' school day. On this day the students will arrive at school at 12:45pm for a 1:00pm start with school finishing at 7:00pm.

Twilight School will give parents/carers/grandparents the opportunity to visit and enjoy their child’s classrooms in action. We will also use this event to invite our kindergarten friends and families!

The school day times on our Twilight School Day will be as follows:
- 1:00 – 3:00pm  
  Session 1 and 2
- 3:00 – 3:30pm  
  RECESS
- 3:30 – 4:30pm  
  Session 3
- 4:30 – 4:40pm  
  Eating time
- 4:40 – 5:30pm  
  OUTSIDE TIME (this may vary depending on the time that the sun will be setting)
- 5:30 – 7:00pm  
  Session 4 and 5

Students will be expected to arrive at class/school at 12:45pm. At the end of the school day parents will be asked to pick their child up from the classroom. No child will be allowed to walk home from school – this is the same policy that applies for school concert nights. Parents will also be asked to inform the class teacher in writing prior to the day of alternative picking up arrangements (e.g. uncle/friend picking up student).

We are currently looking at the idea of pre-ordered meal arrangements for the students. More information regarding food arrangements will be provided in the coming weeks.

Parents/carers are encouraged to arrive at any time of the day for as long as they would like to stay. However, it will be important for parents to remember that it is a normal school day and that students will be expected to stay at school until the end of the day (unless they have after school sports/music session - the decision to attend the session is up to the parent/student – parents are encouraged to pick up their child from school at any time to attend the training session/lesson).

We have contacted ‘World 4 Kids’ and before care will be provided on the morning of the Twilight School Day from 6:45am – 8:45am. We are providing parents with extensive notice to allow them the opportunity to make arrangements prior to the start of the school day. Parents are asked to contact the school closer to the date if they are unable to make arrangements for their child/ren.

More details regarding the day are currently being finalised with staff to ensure it is a successful school event and will be shared with families weeks prior to the event.

Other important information:
- Police will be contacted to support at school crossings if official school crossing personnel are unable to man crossings before school starts – between 12:30 – 1:10pm.
- Staff members will man all school crossings (not just the ones around the school boundary) used by students before school starts. Crossings supervision will commence at 12:30pm. It would also be good to have parent volunteer’s assist with school crossings.
- A map of the school crossings that will be manned between 12:30pm and 1:10pm will be provided to all families.
- Parents will be required to sign in at the school office prior to visiting their child’s classroom.

Twilight School will prove to be an exciting day for the students and the whole school community!

Please contact the school if you have any further questions regarding 'Twilight School'.