Nathalia Kids Are Friendly Kids. This Week: “Being Positive”

Final Newsletter for 2016

The end of the school year is fast approaching and yet we still have so much to do. I’m looking forward to the activities taking place at school for the next three days and, in particular, the Grade 6 Graduation evening. We have had a fantastic Grade 6 group this year and they have led the other students and the school in general by setting a wonderful example.

The school has had great support from the parents which is appreciated. We need to continue to press the importance of parents being involved in their child’s education and to be active participants in the school’s operation. We all want the best for the children in our care and next year I hope to see even more parents at the school on a regular basis.

We have wonderful teachers and support staff at the school who really care for the kids. I cannot speak highly enough of their skills, dedication and professional practice and I appreciate their hard work throughout the year.

I wish everyone a safe and happy Christmas. This is a special time to spend with family and friends and to enjoy one another’s company. Best wishes for the festive season and I’m sure we’re all looking forward to a fantastic new year.

Chris McCallum—Principal

Uniform for 2017

The 2017 Grade 6 shirts are now in stock at Casual Step Nathalia for parents to purchase. Casual Step has all other items on sale ready for the new school year. Remember we are all blue and gold in 2017 as the new uniform has passed the 12 month transition phase.

Dates to Remember:

December
14—Whole School Activity Day
15—Student reports home to Parents
15—Grade 6 Graduation Night
19—Last day of school this year for students (3.20pm Dismissal)
20—Last day for teachers

January, 2017
30—Teachers return
31—Children return

Grade 6 Graduation

The Grade 6 Graduation will take place at the Dancok’s Room at the Community Centre in Nathalia tomorrow evening, December 15th from 7.00pm. All grade 6 children are expected to wear their school uniform to the graduation. A letter was sent home to all families of grade 6 children last week with details about the Graduation evening.

Lunch Orders

The final day for Lunch Orders is Thursday, December 17th, 2016.
Stress around Christmas

Looking after yourself and the family

Holiday and Christmas are an exciting and special time for many of us, it can also be a time of increased pressure, sadness and stress. It is good to be aware that some people may have lost a love one or missing a loved one, might be unwell and struggling with health issues or may have been experiencing a difficult time.

Generally, for all of us there is some level of increased stress even if the activities that we are planning are filled with fun and happy times.

Some of these might ring true for you:

<table>
<thead>
<tr>
<th>Happy things:</th>
<th>Difficult things:</th>
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<tbody>
<tr>
<td>Time off work</td>
<td>Routine has changed</td>
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<tr>
<td>Going on holidays</td>
<td>Thinking of activities for kids</td>
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<tr>
<td>Presents</td>
<td>Increased expenses</td>
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<td>Family get togethers</td>
<td>Being alone</td>
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<td>Parties</td>
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<td>Fun activities</td>
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<tr>
<td>Having time with loved ones</td>
<td>Being with family you don't like</td>
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<td>Santa</td>
<td>Limited money</td>
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<td>Have different beliefs</td>
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Tips to help you at this difficult time:

Keep things simple.

Involve the children, they might make some decorations or help cook.

Create a holiday routine so that there is some structure for the kids. (you could make this a craft activity for the kids get them to help choose what jobs or activities they would like whilst on holidays)

Make sure you get a break

Take time to acknowledge those who are no longer with you. Include the children, they might like to do something special like draw a picture, tell a favourite story about the person.

Eat healthy, drink plenty of water

Get plenty of sleep and rest

Encourage your children to get off their screens and go outside

By being aware that this time of year is full of demands on all of us, including the kids.

Make sure you stay calm, offer other options that will help reduce to stress.

And Smile!

Times for the End of School Year

The official last day of term four for the children is next Monday, December 19th, 2016. This timeline is a result of Education Department regulations determining school terms. At this stage the dismissal time will be 3.20pm because we have to align with the finishing time of the secondary college to coordinate the buses. Monday will largely be spent cleaning and shifting the contents of classrooms. If you think your children will be engaged more productively at home, that would be understandable.

The 2017 school year begins on Monday, January 30th for teachers and Tuesday January 31st for all children.