REMINDERS

P/1/2/3 - Water Safety -
    Thursday, December 11th 2.00 - 3.00pm
    Friday, December 12th, 2.00 - 3.00pm

Grade 6 Graduation - Monday, December 15th,
    7.00pm

Whole School Pool Day - Thursday, December 18th
    - Final Assembly and
    Reports handed out 3.00pm

Term 1, 2015 - Teachers commence -
    Wednesday, January 28th

Students commence -
    Thursday, January 29th

2015

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expect to have around 100 students next year.
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Grade Prep-1
Grade 1-2
Grade 3-4
Grade 4-5
Grade 6.

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**Staffing**

Tomorrow we are interviewing for a new staff member and will then make the final allocation of teachers.

I expect to be teaching a number of hours next year and will clarify what this will be over the next week.

**Program for Next week**

I look forward to grade 6 graduation on Monday night at 7.00pm in the Dancocks Room.

Thursday will be the pool activity day. The students will return to school for a final assembly and the handing out of reports. The assembly will be at 3pm parents are invited to attend.

Friday has been allocated as a clean up day and movie watching.

**Around the school this week**

Again Nathalia primary school is an exciting place to be:-

- The Grade 4,5,6 students have had a second session of yoga.
- Support staff have visited the school to work with small groups of students.
- Next years Grade 6 students, who have shown interest in school leadership positions, delivered their Leadership speeches to Grade 3,4 and 5 students. The vote will take place today, Thursday, to elect our four leaders.
- The final Transition Day for the 2015 Foundation students was on Tuesday and we look forward to welcoming these students next year.
- Girls interested in playing football next year attended a meeting at the Secondary College on Wednesday.
- Our school Choir visited Barwo on Monday and entertained the residents with their wonderful singing. They will also be performing at the Carols By Candlelight on Friday evening December 12th.

**Reflecting on our Teaching**

Gail Allen has continued her involvement with the school and worked with myself and staff on reflecting on classroom practice. This reflection will allow teachers to continue to invest in continuous improvement so your child can have the best learning opportunities possible. Gail will continue this involvement with the school next year.

**School Sores**

There has been a report of a student having these in school. These are very contagious and can spread to other parts of the body and to others who have contact with infected children or use the same equipment as the children. It is most common in the summer months when there is high humidity.

**Sympathy**

Our thoughts are with Ian Hannaford, our computer technician, whose father passed away last week.

Helen Ginnivan, Acting Principal.

**Parents’ Club**

**Final Tucker Day, Monday, December 15th**

<table>
<thead>
<tr>
<th>Sundaes</th>
<th>Price</th>
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<tbody>
<tr>
<td>Paddle Pop</td>
<td>$1.00</td>
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<tr>
<td>Bulla Ice Creams</td>
<td>$1.00</td>
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<tr>
<td>Zooper Doopers</td>
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Orders have been sent home with students this week and need to be returned by Monday, December 15th

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**STAR OF THE WEEK**

**Week ending 05.12.2014**

**CONGRATULATIONS**

Lewis

“For being a great camper.”
Cluestr PD

Ms Inglis and Ms White joined colleagues from our cluster schools - Nathalia Secondary, St Francis and St Marys of the Angles at the Bastow Institute to look at how the cluster can continue to work together to support every young person in our community.

Both staff members returned bursting with enthusiasm about what they had learnt over the two days. We look putting into practice in 2015 their learnings from the two days.

Merry Christmas to all our families and school community

We wish you all a safe and Happy Christmas

From all the staff at Nathalia Primary School.

The very creative Christmas artwork has been a project completed by our students as well as the incoming 2015 Foundation students during their art sessions under the guidance of Miss Brown.
Beat the Brain Slump these Holidays

Help your child beat the brain slump these holidays

Summer holidays are a great time to get your child reading for relaxation.

Most children are pleased to have a break from the rigours of school work over the summer holidays, but many will not open a book again until the beginning of the next school year. Not only does this make it difficult to get back into the swing of study when the time arises, it also means a valuable opportunity is missed.

And that is the opportunity to discover the joy of reading for pleasure.

Reading for pleasure is a wonderful way for your child to escape and unwind. It’s also a great way to keep their brain active.

Studies have shown that children who stop reading over the school holidays experience something American researchers call the "summer slide" - a term used to refer to students' learning losses over the summer break.

Researchers used the analogy of a ‘tap’ to provide some insight into their findings, saying that while children are at school there is a flow of information, and all children have the same opportunities to learn.

When they are not at school, however, that ‘tap’ is turned off, unless there is some active engagement with books or other resources. Children whose ‘tap’ stays on throughout the summer holidays return to school with an advantage over those whose ‘tap’ may have been turned off for the past two months.

Over time, that advantage accumulates, and becomes a reason why some children are more successful at school than others.

Success aside, there is a world of enjoyment waiting to be discovered inside the pages of picture books and novels. Books are perfect for the sofa, the back lawn and the beach – all the places your child is most likely to be lounging these school holidays.

The Department has even compiled book lists for children of different ages – making it easy to find something for your pre-schooler, Prep, eight-year-old or teenager.

The book lists, which are refreshed every year by reading experts to include popular new releases, form part of the Premiers’ Reading Challenge – an annual event that inspires young people of all ages to read more books.

So while their textbooks may be closed for the summer, their brains certainly shouldn’t be. Make sure your children have a ready supply of books that appeal to their age and interests these school holidays, and help them discover the joy of reading for fun.

To download a copy of the Premiers' Reading Challenge booklists, visit: http://www.education.vic.gov.au/about/events/prc/Pages/booklist.aspx
Building your child’s resilience

All young children will face challenges and setbacks. Your child might be upset when their ball rolls off the mat and under the TV. Your child might be disappointed that a friend can’t come and play. Or they might be frustrated at not being able to ride their new scooter.

Sometimes those challenges are on a bigger scale – becoming ill, moving to a new city or starting at a new education and care program.

Resilience is the ability to handle tough times – to keep trying (persevering), to adapt to change, and to meet challenges. Resilient children take considered risks and cope with the unexpected. They persist when faced with challenges or when their first attempt isn’t successful.

Being resilient is an important part of your child’s sense of identity and wellbeing.

Myths and misunderstandings
Resilience is about strength of character, not about being tough. Telling a four-year old not to cry won’t make your child strong – it will only teach them to hide their feelings when they feel angry or sad.

Telling your child always to be happy and positive does not build resilience. Nor does excessive praise – in fact, if you praise everything that your child does, they may be less likely to deal with setbacks. Praise can result in children only trying to please adults. Encouragement gives information, feedback and supports independence. A child needs to feel valued and accepted to be resilient. They need to know that you are there and they can get help and support. This encourages them to take risks and try new things. The more things your child tries, the more experience they have of problem solving, learning from their mistakes and persevering.

What does this mean for me?

As your child’s first and most important teacher, you play an important role in supporting your child to be resilient.

* Be prepared to let your child struggle for a bit. If your child’s ball rolls away and they cry, wait and see if they will crawl and get it without your help. Notice and acknowledge your child’s efforts: say things like: I liked the way you kept trying until you were able to finish that puzzle.

* Treat mistakes as learning. Avoid fault finding or criticism as this will stop your child from trying new things. Talk about the things your child has learnt (as well as what you have learnt) through their mistakes.


* If your child is old enough, explain that now and then everyone has a difficult or unhappy time. It’s a normal part of life and most problems can be worked out.

* Give your child time to do the things they are good at. They’ll develop a sense of achievement and learn that we get good at things by practising and persevering.

* Help your child to have realistic expectations. If your child is learning to ride a bike without training wheels, let them know that this will take time. Unrealistic expectations will cause disappointment.

* If success is achievable, encourage your child to keep trying (but don’t pressure them). Acknowledge their frustrations: It will get easier the more you do it.

* If your child is struggling, break the task into smaller steps, or make it easier so your child can experience some success.

* You don’t need to look for chances to build your child’s resilience – they’ll occur naturally.

Related links

See Kids Matter:

- Ups and downs: learning to keep a balance
You may also like to read other titles in this series:

* Your child’s most important teacher
* ‘I can do it!’ Encouraging your child’s independence
* Supporting your child to make decisions
* Having conversations with your child

Other related newsletters can be found at www.education.vic.gov.au
Keep water safety top of mind this summer.

Goulburn-Murray Water (GMW) has launched its annual water safety campaign for channels and water storages, urging locals and visitors to be as vigilant around water as they would be around major roads and highways.

GMW Customer Operations General Manager Charlotte Bartrum-Terrill said GMW's irrigation channels were designed to deliver water to the region’s farmers, not to swim or play in.

“The reality is, all channels and dams are potentially dangerous,” Ms Bartrum-Terrill said.

“Water levels and conditions can change without obvious signs or warning, resulting in serious injuries or in the worst possible scenario, death.”

Ms Bartrum-Terrill said water storages, such as Lake Eildon, were popular places for visitors to enjoy boating, skiing and swimming during summer.

“It is still important to understand the risks, check and adhere to boating speed restrictions and for swimmers to avoid diving into unknown waters,” she said.

GMW encourages members of the community to swim at local public pools and adopt safe swimming practices at water storages.

For further information on water safety visit www.g-mwater.com.au or www.watersafety.vic.gov.au

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