IMPORTANT DATES:

March 4th  Whole school Buddy Day
March 9th  Regional Swimming Shepparton
March 10th  Book Club Issue 2 orders due
March 11th  Curriculum Day—Pupil Free
March 14th  Labour Day weekend (public holiday - no students at school)
March 18th  National Day of Action No Bullying Day
March 16th –18th  School Photos
March 18th  Prep/New families Picnic—At school Pizza Bake off!
March 21st  School Council meeting 7:00p.m
March 24th  Whole school assembly 2pm Last Day of term. Students dismissed at 2:30p.m. NOTE Last day is Thursday
April 11th  Term 2 commences
April 26th–29th  Year 5 Melbourne and The Sea camp

To all those who supported us last year, thanks so much, it’s one small way you make a difference.

School Council Elections
I’m delighted to advise the school community of the successful outcome of most recent request for nominations to School Council. The following people have been elected.

Newly elected for 2015/16 (Parent Category) Kate Stonnil, Bronwyn Chamberlain, Michelle Meyer, Cameron Dobson. Chelsea Dean comes on as a Community Member and Neil Allen comes on as a Nominee member.

(DEECD Category) Mrs Julie Mc Innes, Mr Brad Hearn

My sincere thanks to the broader school community for your continued support of this important part of the school.

The next full meeting of School Council is on March 21st at which time the outgoing members officially retire and new members are welcomed and office bearers are elected.

A full list of School Council Members and office bearers will be published in the next newsletter.

PRINCIPALS REPORT MARK’S IGA

Our sincere thanks go to the Mark’s family for their continued support of the Mansfield Community and our school. This year, thanks to the fantastic support of MPS friends and families, we were the recipients of $1191.00, outdoing last year’s efforts by approximately $60.00.

It’s such a “no-brainer” getting easy money like this. All you have to do is dedicate some or all of your points that you receive when you shop at IGA, toward the school.

Mansfield Primary School
Apollo Street, Mansfield 3722
Telephone 5775 2325
Fax 5775 1914
Principal: Paul Volkering
Assistant Principal: Julie McInnes
Email: mansfield.ps@edumail.vic.gov.au
Website: www.mansfieldps.vic.edu.au

NEWSLETTER 3
3rd March, 2016

Tomorrow is the whole school Buddy Day. Please ensure you have paid & completed the permission form.

Friday 11th March is a Curriculum Day—Pupil Free.

BUSES
There have been a few changes to uses in recent weeks. Thanks for your patience as the Bus Coordinating School, Mansfield Secondary College works through these issues to ensure the safety of your child while travelling on the bus.
Later in this newsletter is advice on the protocol we wish you to follow if your child experiences any issues on the bus.

We recently met with all bus travellers from MPS and discussed what we expect of the children from MPS while they travel on the buses.

The most important step for them to follow is to tell you whenever and incident happens and for you to then alert us.

**SHAVE FOR A CAUSE**

Each year through the energy of Mr MacMunn we’ve supported the Shave for a cause day. After a quick discussion with some parents we have decided that **girls may colour their hair for a day, but not shave it**. We discourage boys from shaving their heads as well. However, we are more than happy for all students to join in the fun and colour their hair for the day.

**To all Parents**

Many families will have received information at home concerning the need to complete immunisation records. You will only have received a letter if your records are not up to date.

As a condition of enrollment in a government school all families are required to ensure their children are immunised and that copies of the immunisation details are retained at the school.

Recently in Melbourne there have been outbreaks of measles and the Education Department has a duty of care to all children to limit cross infections. Therefore if there are children in a school and they are not immunised, they will be sent home from school if an infectious outbreak occurs in a community and the chances of spreading the disease are heightened through the school.

For that reason we ask you to ensure you update or check your child’s immunisation status with the school office.

We recognise that some families maybe conscientious objectors to the whole notion of immunisation. If that is the case you still need to let us know so that in a worst case scenario, we can work collaboratively to protect your children. Your support of this request is appreciated.

**NATIONAL NO BULLYING DAY.** March 18th, is National No Bullying Day, coinciding with whole school Assembly. Parents are invited along to our Assemblies.

**ANXIETY**

Anxiety can be debilitating for not only children but also for adults when you think your child is either not well or that they are not behaving as they normally would.

As you know we subscribe to a really great resource called **Parenting Ideas** and here are a few tips and hints to help not only you, but to also help your child as well as some useful other ideas. Please read the attachment and if you need further advice or support, let us know. We have a fully qualified Psychologist who is here to support children and families.

**Protocols for misbehaviour of students, at school or on buses.**

Parents are reminded of the need to follow protocol if your child reports any incident to you that may have happened at school or while travelling home, including on buses.

**Step 1.** Ascertain the facts calmly and clearly. (What, where, when, who involved.)
**Step 2.** Advise your child’s teacher of the facts. (As soon as practical.)
**Step 3.** Advise the Assistant Principal or Principal as necessary, but make sure you’ve advised your child’s teacher first. (Most important.)
**Step 4.** Do not take action yourself. (Really important.)
**Step 5.** Do not put your particular circumstances on social media. (You may be subjected to legal action much later on.)

These simple steps will lead to an immediate response and may apply to bus travel as well. If you are in any doubt about any of the above steps, please see the Julie McInnes (AP), Cam Hotton (SCLO), or Nicole Comerford (Student Welfare).

Paul Volkering
Principal

**CAMPS, SPORTS & EXCURSION FUND (CSEF)**

Application forms for this benefit are available at the school office. If you hold a Centrelink Health Care Card valid on the first day of Term 2 or Term 3 you should be eligible to apply.

**MOUNT BULLER CAMPUS**

If you intend to enrol your child in our Mount Buller Campus during the winter season can you please notify the school office so that a place can be held for your child. Places are in demand at the campus so it is important that we know your requirements in advance.

**WRITERS WANTED!**

Entries are now open for the 2016 Schools writing competition! Students all over Australia are invited to enter their poems or short stories for great cash prizes. Enter online at www.write4fun.net or email to enter@write4fun.net Entry is free and must be in by Thursday, 31st March 2016. See the poster outside the library for more information.

Carol Watts
Literacy Co-ordinator
BEING AWAY IS NOT O’K, nor is being late!

It may seem trite, but being late is simply not acceptable. Ever been kept waiting in a Doctor’s surgery, “yes” I can hear you say. Did you get a bit frustrated, yes again?? Well doctors are busy people and we can cut them some slack, but there’s really no excuse for your child to be late.

What surprises me at times when I see children coming in late is that they are often really responsible kids here at school, so you have to ask why they aren’t given the responsibility of getting themselves ready at home and to be on time. If they’re not on time there should be a consequence, unlike the Doctor’s surgery!

If they are procrastinators and simply take a long time to get going, wake them up early. If you can create a time frame and make sure the children stick to it and you support them, then they won’t be late.

Developing a sense of importance around being on time is such a critical skill to have as an adult and one that can be easily taught to a younger person.

In all my time as a Principal, I believe that there is no one reason for student absence. A safe secure and welcoming school environment is vital, but equally as important is strong support from parents in making sure that children are at school unless genuinely sick. Taking holidays during school time is unacceptable. Once again we rely on parents to “do the right thing”.

Our aim at Mansfield Primary School is to have our absence data consistently trending downward or toward lower student absence rates, we aim to work closely with parents where students have unacceptably high levels of absence.

Below is a snapshot of our school attendance data over the last four years.

<table>
<thead>
<tr>
<th>Calendar Year</th>
<th>Prep</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
<th>P - Yr 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>13.7</td>
<td>17.1</td>
<td>18.1</td>
<td>13.4</td>
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<td>17.1</td>
<td>16.9</td>
<td>15.69</td>
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<tr>
<td>9</td>
<td>16.2</td>
<td>13.7</td>
<td>12.9</td>
<td>10.8</td>
<td>14.9</td>
<td>14.8</td>
<td>17.1</td>
<td>13.76</td>
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<tr>
<td>2013</td>
<td>6.4</td>
<td>6.2</td>
<td>5.6</td>
<td>4.8</td>
<td>4.2</td>
<td>3.8</td>
<td>3.6</td>
<td>3.49</td>
</tr>
<tr>
<td>2014</td>
<td>5.1</td>
<td>4.6</td>
<td>4.2</td>
<td>3.8</td>
<td>3.4</td>
<td>3.2</td>
<td>3.0</td>
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</tr>
<tr>
<td>2015</td>
<td>2.1</td>
<td>2.2</td>
<td>2.9</td>
<td>2.9</td>
<td>2.8</td>
<td>2.7</td>
<td>2.6</td>
<td>2.5</td>
</tr>
</tbody>
</table>

As you can see there has been some significant improvement at Year 1, 2 and 3 but it is not sustained across all levels of the school. Paul Volkering

The sixth National Day of Action against Bullying and Violence is being held on Friday 18th March 2016, which our school has registered to be a part of.

This annual day is Australia’s key anti-bullying event for schools, and encourages all students to ‘take a stand together’ against bullying and violence in schools, the classroom and beyond.

In the lead up to the day, the students have been rehearsing an anti-bullying themed song with Mrs Sketcher, which they will sing at assembly on the day.

On Thursday the 17th March and the Friday itself, we will have computers set up at lunch times where students can make an anti-bullying avatar and post it online to be read by other students around the country.

On the day itself, Zooper Doopers and wrist bands will be handed out and a whole school assembly will be held on the basketball court, where the students will sing the song they’ve been rehearsing, as well as the welfare team hosting an interactive game show. Parents/guardians and community members are invited to come along and be part of this special assembly and help us ‘take a stand together’ against bullying and violence.
DIVISION SWIMMING

On Wednesday 24th Feb, 20 of our students went down to Seymour to compete at the Divisional Swimming competition. The weather forecast was for extreme heat and the length of the pool was twice the distance....it was going to be a tough day for our swimmers.

The first stroke of the day was Butterfly and if that stroke was anything to go by, we were going to have a very good day. We had 9 children swim in Butterfly and all 9 made it through to the next round. It was an amazing start to the day and it just kept getting better. 2 through in Backstroke, 3 through in Breaststroke, 4 through in Freestyle and an amazing 3 relay teams through. Overall we have an amazing 14 students through to Regional, which will be held on Wednesday 9th March.

Congratulations to all those students, but a great team effort overall...

What an amazing team we had. Well done to Will Friday (Our only Grade 3 student, so special congratulations) Hunter Jackman, Indianna Nicholls, Jed Murray, Ashton Dean, Ben Les, James Reid, Matisse Gardiner, Josie Reid, Toby Cotterill, Alicia Fox, Lani MacMunn, Sam Guppy, Talia Appleton, Zach Empey, Anais Gould, Amelie Walker, Isabel Peterson, Ayshia Beekman and Seth Dean.

Special thank you to all the amazing parent support we had for the day. Some parents came all the way down, just for one event, so I am sure the children really appreciated it. Thanks to Cam Hotton for also coming down and supporting the children for the day.

Was a great day out and well done to all our students. Bring on Regional!!!!!

Jen Driessen
Phys Ed Co-ordinator

SCHOOL PHOTOS

School Photograph pre-payment envelopes went home with your child/children today. School photos will be taken between Wednesday 16th to Friday 18th March. If your child is absent on those days Gary, Boss Photography, will take them at a later date.

Please ensure that the envelopes are returned to school by Tuesday 15th March. If you are paying by cash please be aware that the school office is unable to provide change so ensure you plan for that before returning your order to school.

BOOK CLUB

Book Club issue 2 has been sent home today. These orders are required to be returned to school by Thursday 10th March. Any orders can be placed in the book club lockers located outside the school library door.

Rhythm Stix

Rhythm Stix have an opportunity to perform at Merrijig Family Fun Day, Saturday 19th March. Anyone interested please phone Mauz on 0427 878 350. (CORRECT NUMBER)
Please let her know if you have a Tshirt at home.

CANTEEN

Please note that there has been a slight increase on some items that are purchased from BP Roadhouse. Please ensure you use the canteen list in this newsletter.

MANSFIELD NETBALL CLUB

Registrations are now being taken for the Mansfield Junior Netball competitions. Please register online at mansfielddnetballclub.com.au Net Set Go, Modified, Grade 5/6, Year 7 and Open Girls netball.
Easing children’s anxiety

“Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.”

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It's also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change. The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

Published by Michael Grose Presentations.
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www.parentingideas.com.au
Grade 5/6 excursion to the Melbourne Museum and Parliament House

Last Friday we went to Melbourne to see the museum and parliament house. Parliament house was very interesting and we learned a lot about how it was made and how they run the voting system to change or make laws. At the museum we went into a rainforest exhibition, we saw dinosaurs and went to the first Australians exhibition – Louis Visser

Ben D – I loved how the dinosaur bones reached to two stories of the building
Bailey – I liked the giant rock python that was 6.5m long
Taycia – Seahorses aren’t mammals
Lucas – I loved the massive dinosaurs
Connor – I learned that Victoria was the richest state in the world because of the gold rush
Audrey – I liked sitting in the seats at parliament and learning that you half plus 1 of the votes to win and pass a law
Akasha – There is 6 billion dollars worth of gold in parliament house
Alyssa – There is a right and left chamber of parliament and there used to be a road that ran through it
Daniel – I learned that there is library at parliament with a circle table
Alex C – I loved sitting in the chairs at parliament house
Justin – I liked seeing all the gold at parliament house
Ty – I liked parliament house, sitting in the chambers
Grace – I liked that there was lots of carat gold at parliament house
Matisse – I liked learning about the culture at parliament house
Ben L – We saw a snake skin from a snake that was around 7m and it could eat a baby donkey
Danica – I liked the museum because we went to an underwater part and learnt all about fish
Phoebe – I liked the aboriginal part. I learnt how they made weapons, clothes and jewellery
Mia – I liked how there was gold in the room at parliament house
Kara – I liked the dinosaur bones at the museum
Grade 5/6 Civics and Citizenship Excursion

Last Friday the grade 5 and 6 students, teachers and some brave parental volunteers boarded 2 buses at 7:00am and headed to Melbourne. The students were understandably excited and the noise on the buses was akin to a rock concert. Upon arriving in Melbourne the classes were split up to explore various parts of the Melbourne Museum and the Victorian Parliament House.

Students were given an extensive tour of both the Green and Red Houses and now have a better understanding of the Victorian Parliamentary system.

Lani mentioned her highlight was sitting in the house of Parliament.

Jack really enjoyed the gems.

Hunter really enjoyed seeing the big crystals at the museum.

Bella said the most interesting part was the human body exhibition at the museum.

The students and teachers would like to thank Andrea and Yvonne, the parental helpers, the bus drivers and the teachers for such a fantastic excursion. The teachers would like to acknowledge the exemplary behavior displayed by the grade 5 and 6’s during this excursion.

FUNDRAISER – “THE WILL TO FLY” AUSTRALIAN REGIONAL RED CARPET GALA PREMIERE

Join us on the red carpet and meet the star LYDIA LASSILA at 7PM, along with the Producer and Director, while enjoying hot and cold canapes and a complimentary drink under our fairy lit marquee VIP section.

WEDNESDAY 9th MARCH

5.30pm or 8.00pm screenings

TO SECURE YOUR TICKETS CALL CATRIONA ON 0417 514 306

TICKETS $25 - ALL WELCOME

Proceeds go to Relay for Life and Mansfield Swim Club
Mansfield Primary School Menu Monday, Wednesday & Friday

**Cold Menu**

<table>
<thead>
<tr>
<th>Sandwiches (White, Wholemeal or Multigrain)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp; Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Tuna &amp; Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Roast Beef &amp; Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Corned Beef &amp; Salad</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

**Rolls/Half Baguettes/Wraps $1.00 Extra**

**Foccacias**
1. Turkey, Cranberry, Cheese, Sundried Tomato, Spinach
2. Chicken, Avocado, Swiss Cheese, Spinach & Seeded Mustard
3. Ham, Cheese, Tomato

**All Foccacias $5.00**

**Salads**
- Chicken Caesar Salad          | $4.00 |
- Chicken Oriental Salad        | $4.00 |
- Greek Salad                   | $4.00 |
- Fruit Salad (not available winter) | $4.00 |
- Fruit (Bananas, Apples, Oranges) | $1.50 |

**Hot Menu**

<table>
<thead>
<tr>
<th>Toasted Sandwiches</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg &amp; Bacon</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

**From the Kitchen**
- Fried Rice (homemade)         | $4.50  |
- Grilled Chicken Burger         | $4.50  |
- Pasta Carbonara                | $4.50  |
- Veggie Burger (veggie patty, lettuce, cheese and mayo) | $4.50  |

**Other Hot Food**
- Soup of the day (only in winter) | $3.00 |
- Sausage Roll (Homemade)         | $3.00 |
- Gourmet Pies, Cornish Pasties, Vegetable Pastie (Boscastle) | $4.00 |
- Pizza (Homemade) – Ham, Cheese & Pineapple | $3.50 |

**Snacks**
- Homemade Biscuits (Anzacs, Jam Drops) | $1.50 |
- Boiled Pineapple Fruit Cake (Sugar Free) | $3.00 |
- Assorted Muffins                 | $3.50 |

Please place order in an envelope with name, class & amount owing and put it in your class lunch order basket on the day of ordering. Thank you.