



Mansfield Primary School



Newsletter 4
20th March, 2014

We are in desperate need of helpers for our Aths Carnival next Tuesday. At this stage we don't have enough adults to run the carnival. If you can help please contact the school office by tomorrow, (Friday).

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

IMPORTANT DATES:

21st March	National Day of Action against Bullying & Violence School Assembly S2S Yr 6 training hike
24th March	School Council meeting 7pm
25th March	School Athletics Carnival 9.15am
2nd April	Tour De Cure visits Mansfield Primary School 12.30-2.30pm
4th April	Last day of term -early dismissal 2.30pm

PRINCIPALS REPORT

TOUR DE CURE VIST

Our whole school is getting very excited about hosting the annual Tour De Cure, as riders make their way down the eastern seaboard of Australia heading for Hobart Tasmania. Our entire parent community including friends and relatives are welcome to come along on Wednesday, April 2nd to join in the fun.

More details will be sent home next week, but put it in your diary now and come along and join us and "the Tour" riders for lunch.

"BE FIT, BE HEALTHY, BE HAPPY!"

Mansfield Primary joins Tour de Cure in the fight against cancer and learns how we can help prevent cancer.

Tour de Cure is a cycling foundation committed to finding a cure for cancer. Through the collaborative fundraising efforts of their Team, Corporate Partners and the Australian Community Tour de Cure

have raised \$10million since 2007 to help fund 137 vital cancer research, support and prevention projects for men, women and children.

Tour de Cure has already shared their 'BE FIT - BE HEALTHY - BE HAPPY!' Cancer awareness message with over 20,000 children in the past year and would like to share their message with the students, teachers and parents of our school .

On Wednesday, April 2nd commencing at 12:00pm students and parents will have the opportunity to meet some of the TDC, be introduced to the character "Stickman" as well as learn how we can help prevent cancer. With the statistic that "at least one in three cancer cases can be prevented".

For more information on the TDC Team visit:
www.tourdecure.com.au

ANNUAL REPORT

The Annual report meeting will take place at School Council on next Monday evening, March 24th commencing at 7:00p.m. All schools must report to their communities at least once a year. There are three elements to the Annual Report

1. *Student Learning*
2. *Student Engagement*
3. *Student Well-Being*

Copies of the Annual Report are available from the School Office and are also on the school Website. Go to:
www.mansfieldps.vic.edu.au and follow the links.

BULLYING - NO WAY DAY

Tomorrow we recognise the importance of **NATIONAL NO BULLYING DAY**. To continue to help us get the message across, that any form of Bullying is not O'K, please go to the following link. www.bullyingnoway.gov.au Hopefully all parents are aware that we are passionate about reducing bullying in our school. In the last 12 months we have seen a significant reduction in the amount of bullying in our school. Bullying in its various forms happens in all schools and all of us have a shared responsibility to reduce bullying within our society, but particularly at school when young children are developing important social skills.

One area that we have little control over, but one where we need the ongoing support of parents, is reporting. We know that sometimes students arrive home and will tell their parents about an incident that may have happened at school.

Parents are asked to follow these steps:

1. Ask your child what happened and who was involved.
2. Remind the children that telling someone is O'K and praise them for having confided in you.
3. Establish the facts as best you can (Date/Time/ Location/Perpetrator/Bystanders/What took place.)
4. Don't treat it as unimportant.
5. Don't adopt the old "eye for eye and a tooth for a tooth" story and tell your child to "stick up for themselves", that's so old school!
6. Let the school know as soon as you can. Don't wait a day, a week or more. Tell us immediately.
7. People to contact:
 - a. Your child's class teacher
 - b. The team leader for your child.
(Annette Morgan P-2, Brooke Robertson 3-4, Cathy Johnstone 5-6.)
 - c. Student Welfare coordinator. (Nicole Comerford)
 - d. Assistant Principal. (Hazel Bell)
 - e. Principal.

We investigate every incident known to us, but sometimes the bullying can be very subtle, so if you are not sure what to do, just ask one of the above people.

We do not want parents taking action themselves.

We do want you to let us know.

We will get back to you and report on the outcome.

We will continue to monitor the ongoing relationships.

We remain committed to reducing bullying at Mansfield Primary School and making sure that every student is safe and secure.

If after all of the above you remain unhappy, let the Principal know.

PARENTING IDEAS

Parenting Ideas features in our school newsletter each fortnight and the aim is to give parents some support and ideas from the Parenting Ideas website that we subscribe to. Each week we focus on different aspects children's lives that are either topical at the time, or that we think are important to families or children.

This week's article deals with having to say "no". There is a school of thought that the current generation; that is those children aged between birth and 12 years of age are known as the "Yes" generation. They are the ones who have never known the word "no".

Remember when you were growing up and you would ask your parents if you could do something or go somewhere. The answer was often "no!" and you either accepted that or you might challenge the answer for a minute. If you were silly enough the challenge the answer you were probably not able to touch the ground for while!

Anyway, this current generation have rarely experienced someone saying "no" to them, or at least that's what we are told. The real truth probably lies somewhere in the middle.

So this week's article talks about saying "no" to your kids and how to deal with that. I hope you find the article rewarding and don't forget, "a real friend is one who walks in when the rest of the world walks out"

Paul Volkering

Principal



TRADING CARDS

Please note that children are NOT allowed to trade cards at school.

WORLDS GREATEST SHAVE

Last Thursday some teachers and students chose to have their hair shaved or coloured in support of the Worlds Greatest Shave. Our school raised the grand total of \$842.80 for the Leukemia Foundation. Special mention to Colby Croxford Demasi and Max Lange who raised in excess of \$500.00. Fantastic effort!

Thank you also to Beth Richardson for volunteering her time as our expert hair dresser for the event.



RHYTHM STIX

Congratulations to Rhythm Stix for their performance at the Bonnie Doon on the weekend. We managed to raise \$65.00 which will go towards Tshirts which will be ready for our next performance at the Easter market.

A special big thank you to all parents and anyone who helped on the day.

Mauz



STUDENT SUCCESS

Earlier this month Sean Larkin from 4SC competed in the Victorian State Go Kart Championships in the 7–11 age group. He raced against 37 other drivers including some from overseas and came first. Sean became the Victorian State Champion in his class for 2014. He also broke the lap record. He will add these trophies to the other 22 he has already won.



**CONGRATULATIONS
SEAN WE ARE VERY
PROUD OF YOU!!**

MANSFIELD JUNIOR NETBALL ASSOCIATION

Final registrations are being accepted until **27th March, 2014.**

Please contact Michelle Tanner
ph: 0407 168 477



MANSFIELD DISTRICT SOCCER CLUB CALLING ALL OLD AND NEW SOCCER PLAYERS.....

As our club is growing and a new ground coming we are seeking interest in a junior development squad for 10-18+ players to join with Euroa to play in Shepparton League on Saturdays next term.

So we thought we would start early this year with a non-compulsory training night on Monday's for those wanting to play with our Mansfield Club on Sundays, and also include the older players who may be interested in the trip to Shepp on Saturdays.

So if you're keen to know more or would just like to come for a kick around the oval turn up:

Monday 24th March, 2014 , 4 till 5pm at Lords Oval

Mansfield District Soccer Club will officially start games mid term 2....stay tuned.



For further details contact
katestonnill@gmail.com or
Carolyn.suggate@gmail.com

FAMILY FRIENDLY CARP FISH OUT

Family Friendly Carp Fish Out

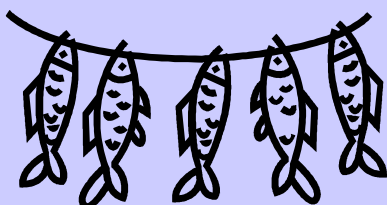
Where: Lake Nillahcootie

When: Sunday March 30th from 4-7pm

Local fisherman will be there for education on safe fishing practices and Fishing Victoria will educate us on how Carp affects our aquatic environment. Fishing for Carp included on the night so bring something to sit on and your fishing rods.

Light picnic tea supplied.

Please contact Kerstie Lee (Up2Us Landcare Facilitator) for further details and bookings on 0400 613 344 or info@up2us.org.au or our website



St Mary's joins with the Australian Boys Choir

The Australian Boys Choir is touring Mansfield on the weekend of 28th-30th March. After an extremely popular visit in 2012 with a sold out performance at the Mansfield Performing Arts Centre, the boys are excited to be returning.

A feature of the visit will be the Saturday afternoon choral workshop and rehearsal in preparation for the evening performance. This will be led by the Choir's highly esteemed Artistic Director, Mr Noel Ancell, who is well known throughout Australia and overseas as a conductor, composer and teacher. He was recently awarded the Medal of the Order of Australia for his contribution to choral music.

The Flagship Concert is on Saturday 29th March 2014 at 7.00pm at Mansfield Performing Arts Centre. This concert involves local choirs from St Mary's Primary School, Mansfield Primary, Mansfield Rudolph Steiner School, Mansfield Secondary College, Geelong Grammar School, Timbertop and Lauriston Girls School, Howqua Campus. Tickets are available online at www.trybooking.com/EHUW

The workshop and rehearsal for all Choirs is on Saturday 29th March 2014 from 12.30 to 3.30pm at Mansfield Performing Arts Centre.

Joining the boys on this tour, The Vocal Consort also returns with a delightful program of music and they will be performing at Delatite Winery's Cellar Door on Sunday 30th March at 12.00noon. Bookings for this event are preferred on (03) 5775 2922 or info@delatitewinery.com.





WHAT TO DO IF YOU ARE BEING BULLIED

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

Talk to someone about it. Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what's been happening.
- Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can't talk to someone face-to-face go online at Kids Helpline <http://www.kidshelp.com.au/> or call a Kids Helpline counsellor on 1800 55 1800.

Try a few of the strategies that have worked for others. Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.
- Use strong, assertive statements, starting with the word 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.
- Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
- Ask your friends to speak up for you. And remember to do the same for them!

Try to stay positive. Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

Hang around with your friends and be with people who help you feel good about yourself. Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.

Try to sort out the problem behind the bullying. if you feel safe to do so, talk with the other people involved and ask them how you might be able to sort out the problem together.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Managing kids who won't take no for answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

Pester power wears you down!

From a kid's point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

"All right have the ice cream. Anything for some peace and quiet," is a response that most people who have spent time around children are familiar with. The same applies to adolescents: "Okay, you can go to the party. Just stop nagging me about it!"

Playing one parent off against the other

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child's request for a treat, favour or outing is turned down for good reason (*"No Jessica you can't have an ice cream now. Wait until after dinner"*). The child then goes to the other parent (without sharing the conversation they've just had with you!) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it's probably time to step back and reflect on how you can both work better together.

One "no" is enough

Be firm with a child or young person who goes to another parent in search of a 'yes' after they have received a knock back.

"Where did you get that ice cream from? I already said no."

"Daddy said I could have it."

"I am sorry but you should not go to Daddy after I said 'No'."

If in doubt, defer

The other technique that you can use when one parent tends



to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

"Okay Jessica, I'll just check with Dad and get back to you."

This strategy can be wearing and even artificial but it's helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It's the smartest way to **manage teens** as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

Take it in turns saying "no"

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the 'bad cop' parent gets a break. Sole parents play both roles, which is draining.

Managing children who won't take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say "No, not this time" (or however you say it), your kids actually believe what you say.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parenting Ideas Club today at parentingideasclub.com.au. You'll be so glad you did.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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twitter.com/michaelgrose

Buddy Day 2014

On buddy day grade one's and five's went to Jamieson. One of the favourite activities was making rock animals. There are wonderful pictures displayed outside the grade 2 classroom. Thanks to all the staff for organising this wonderful day.

Also, grade two's and grade six's went on a buddy day to Mirimbah Park. The day was beautiful and we were involved in some awesome and fun activities. Thanks to Ms Dunlop, Mrs Johnstone, Mr V, Kirstie Lee and Jill Breadon for setting up this chance to spend time with our buddies while learning about the environment.

Thanks to all the students who demonstrated the three R's

Written by Daniel Brodribb, Media Team



WHAT HAVE WE BEEN DOING IN 4SC



It has been a great start for us here in 4SC. Not only have we been hard at work in our classroom but we have also made some new little friends! A big focus for us has been getting to know and helping our Prep buddies feel welcome, safe and supported at their new school. Each of our buddies are now proud owners of their very own Buddy Bear for the rest of

the year, that we have named together and they get to go to activities with us. We have gone on an excursion to Mirimbah Park with our buddies this term also. We got to play different games and spend the whole day with them. So far it has been a great term and we have seen all our buddies make a great start to their schooling.



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PRESENTS

CONTROLLED FALLING PROJECT

"A RARE BEAST, A
CIRCUS PERFORMANCE
THAT IS EQUALLY
SUCCESSFUL FOR ITS
THEATRICALITY AND
ATHLETICISM. THIS IS
A MUST SEE."
Gen Elmes, Express Media



ARTS
VICTORIA

Victoria



BENALLA PERFORMING ARTS & CONVENTION CENTRE

Monday 14 April 2014 at 6.30pm

BPACC Box Office on 5762 5515, www.bpacc.com.au or email bpacc@benalla.vic.gov.au

Controlled Falling Project is proudly sponsored by Jenny Milner Marsha Watson Pharmacy

BPACC Benalla



Is your Lollipop person the sweetest?

Nominate your Lollipop person for the 2014/2015
School Crossing Supervisor of the year award.

Pick up a nomination form online at
www.schoolcrossingsvictoria.com.au.

Your support of this program will help ensure your School
Crossing Supervisor is shown the appreciation they deserve for
their commitment to the ongoing safety of our children.

Closes Friday 2nd May 2014