

# Jumbunnna

LALOR EAST PRIMARY SCHOOL NEWSLETTER

Issue Number 7

2 April 2019

## From the Principal

### Annual General Meeting

I have included a brief report about the Annual General Meeting from Tuesday 26 March on page two of this week's newsletter. A copy of the Annual Report will be published on the website once the report has been finalised by The Department of Education.

### Canteen

I am very excited to share some good news about our canteen, thanks to everyone's support, sales have improved in the canteen and we have a commitment from the canteen management group to keep our canteen open for term two! Yeah! The canteen will still only operate Wednesday, Thursday and Friday. I will be meeting with the canteen management group again in late term two and hopefully sales will have risen further so we can continue to keep our canteen running. Thank you everyone for your support with this matter. The canteen is very important to our students and they would be devastated if it closed

### Communicating with Boys

I have included a fabulous article from the Parenting Ideas team about the importance of our communication with boys and how it can impact on their self-esteem, emotional management and resilience. There are some great tips for parents and teachers.

### Term 1

We have had an incredibly busy term one with lots of fabulous work completed. Some of the highlights this term have

included the:

- Preps settling well into school and wowing us all with a cute performance at assembly
- 1-2s learning about and tasting lots of delicious and healthy fruits and vegetables
- 3-4s having some melting moments and experimenting with solids and liquids
- 5/6s attending camp, participating in weekly sport, learning about states of matter with the team from GTAC and electing our talented new leaders.

Other major highlights were the completion of Literacy and Numeracy testing on all students and we opened our popular Focus on the Good Shop!

I would like to thank the staff for all their work this term to ensure everything ran smoothly for our students and families. Thank you to the students for always bringing a smile to our faces and parents for your positive support.

I hope everyone enjoys a well-earned break. Make sure you find time in the holidays to enjoy some of life's simple pleasures including a pyjama/movie day, going for a walk in the sunshine and eating a few chocolate eggs or bunnies if you are lucky enough to have a delivery to your house!

We look forward to seeing everyone back at school on **Tuesday 23 April** refreshed and ready for another busy term of learning and expanding our brains.

Linda Richards



LALOR EAST  
PRIMARY SCHOOL

January						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## UPCOMING EVENTS

**Tuesday 2 April**  
Lalor District Aths Carnival  
(selected students)

**Wednesday 3 April**  
3 Way Interviews

**Friday 5 April**  
End of Term 1  
1:30pm finish

## 2019 TERM DATES

**Term 2**  
23 Apr - 28 Jun

**Term 3**  
15 Jul - 20 Sep

**Term 4**  
7 Oct - 20 Dec

## Annual General Meeting

Our Annual General Meeting was well attended by our 2019 School Councillors and retiring 2018 School Councillors. At the meeting the Annual Report was presented which provided a comparison between our school and other schools on a three point scale, below, similar and above. The report covers a range of different areas including survey results, NAPLAN results and attendance. Overall we were very happy with the results achieved in 2018. We scored 'similar' for all categories measured which is pleasing but there is still work to be done.

One school councillor asked what our biggest challenge is. We are happy with the work we are doing from a curriculum perspective. Staff are working hard to implement new teaching approaches to really help boost academic performance for our students. But in the end it doesn't matter how many wonderful programs we offer or how many amazing lessons staff plan for the classrooms, if the students aren't at school and ready to learn. There has been little improvement in the rate of absences for our students despite all the things we have been doing to improve this.

Our attendance target is 95%. If students have only 2 absences for the term they will achieve our attendance target. The higher the absences the greater the risk of impact on student learning and ultimately their ability to secure university positions, apprenticeships, full time work and all the wonderful things we want for our students so they can have happy and successful lives once they are adults.

We need ALL families to prioritise attendance and make sure children are at school every day unless they are actually sick. We need your assistance with this if we are to improve learning for our students. Parents, we are asking you to limit medical appointments to late afternoon so children don't miss a whole day at school. Children don't need a day off on their birthday or to go to the airport to meet grandparents. If you do need to travel overseas to visit families, try to reduce the amount of time you are away to limit the number of days your child misses school. If you are struggling to get your child to school, arrange to speak to Scott or me and we will help you to work out ways to get your child to school.

Sincere thanks to the outgoing School Council members Yasmin Taleb, Nedoll Al Hage, Shaun McFadyen, Sarah Crawford, Natalie Iverson and Steph Chan. We appreciate all your efforts to help make our school great over the years. I have included the names of our 2019 School Councillors.

### 2019 School Councillors

Vu Nguyen (parent) President	Nicole Mylas (parent) Vice President	Linda Richards (DET) Executive Officer
Liz Bergin (parent)	Zara Al-Hasany (parent)	Linda Jovanovski (parent)
Carly Georgakopoulos (parent)	Geetha Jagadeesam (parent)	Vee Barwari (parent)
Angela Shein (parent)	Scott Duncan (DET)	Dean Sharples (DET)
Brad Jones (DET)	Hannah Sutherland (DET)	Stacey Allden (The Smith Family co opted member)

**Linda Richards**

## OFFICE NEWS

**Office hours are 8:30am-4:00pm**

**Student Banking**

**Parents please ensure** that the deposit slip is fully completed by you e.g. name, account number, student number and amount as we are unable to process payments with incomplete information.

**School drop off and early pick up**

Please make sure your child gets to school on time by 8:55am. If students are late you **must** walk in with your child and sign in at the kiosk before taking them to their classroom. It is very disruptive for students and the classroom when children arrive late. Parents must also sign students out at the kiosk when leaving early.

**Parking-5 minute drop off zone**

A reminder to all parents that the 5 minute drop off zone outside of the school grounds is being monitored by the City of Whittlesea Council. To avoid a parking infringement notice please ensure that you only use that parking stop for 5 minutes.

**Hats**

Hats and Sunsmart: As of 1st September 2018, all children should be wearing their school hats while in the yard. In order to maintain our accreditation as a 'SUNSMART SCHOOL' we need to ensure we wear hats from the 1st September 2018 to the 30th April 2019. Can you please ensure your child/children have their named school hats for the remainder of the term. Hats are available for purchase at the office or LOWES for \$16.00.

## BREAKFAST CLUB

Breakfast club is open each morning from 8:30 to 9:00 am. We provide a FREE breakfast of toast, cereal and fresh fruit for students and their family. You can find us in the GP Room, so come along and enjoy a nourishing breakfast before school begins. We thank and appreciate the ongoing support from Foodbank Victoria, Bakers Delight Mernda Village, Christina Bakery, Semper Dental and Fare Share.

Amanda Einsiedel  
Breakfast Club Coordinator

## STUDENT BANKING WINNERS



*Congratulations to*

**ALI & TALA**

*on banking 10 times and earning 10 tokens to use for rewards*

## ATTENDANCE AWARDS



*Congratulations to the following students for their Fabulous March Attendance...*

**ANNABELLE JAYDEN DEAN**

# Student of the Week



*Congratulations to these students for receiving a Student of Week award yesterday at assembly*

**Prep Miss D** Jason

**Prep Mrs Natalie** Jack

**1/2 O'Neill** Aayan & Adam **1/2 Steph** Jessica

**3/4 Hewison/Kassos** Joued

**3/4 Trent//Mathios** Alanah & Noor

**5/6 Kristian** Evan

**5/6 Brad** Kunbar, Jack & Huda

**5/6 Lauren** Terina

**5/6 Pobjoy/Aitken** Habib

**OHSC** Victoria

# LALOR EAST P.S. EASTER RAFFLE WINNERS



*Congratulations to the following students*

- |            |             |
|------------|-------------|
| 1. Antonia | 11. Ross    |
| 2. Jihane  | 12. Zoey    |
| 3. Olivia  | 13. Finn    |
| 4. Hussian | 14. Tushaar |
| 5. Ankita  | 15. Adam    |
| 6. Jack    | 16. Andrew  |
| 7. Andrew  | 17. Tushaar |
| 8. Hussian | 18. Finn    |
| 9. Sasha   | 19. Ankita  |
| 10. Tala   | 20. Hussian |
|            | 21. Adam    |



# 5/6 GTAC EXCURSION

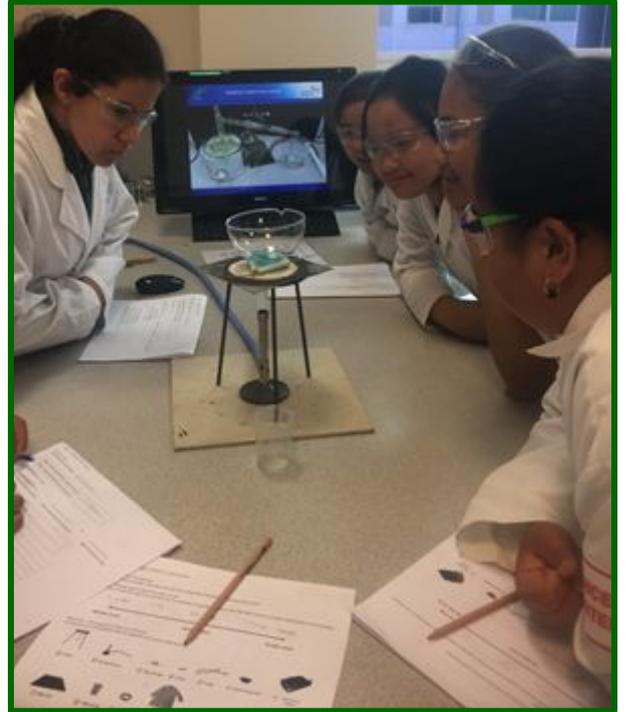
Last Thursday the 28 of March, Ms Aitken, Miss Laws, Amanda, Pauline and the Grade 5/6s were on the bus getting ready to go to GTAC. We were going to learn more about our Integrated Studies unit “States of Matter.” All of the students were extremely excited. When we arrived, we ate our morning snack and then went up a spiralling staircase. We walked into a room with five scientists waiting for us. We put our lab coats on and moved to table groups with a scientist on each table. We did some activities with our scientist and witnessed balloons deflate when placed in a cooler box with nitrogen at the bottom and estimated how many inflated balloons could fit in it. We then attempted to make our own version of ice cream. It was so cold we froze our hands! (We didn’t taste it, of course!)

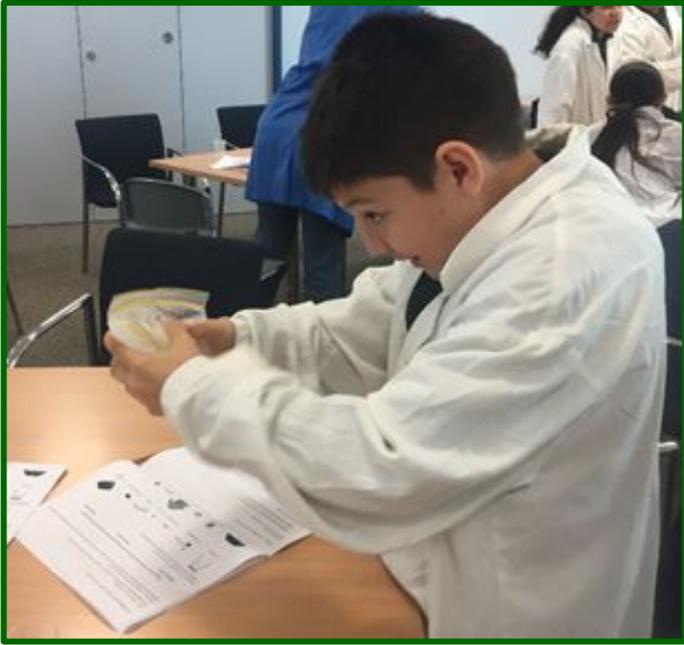
When we finished our awesome lesson, we went down the spiralling stairs to eat our lunch. Ms Aitken taught us a clapping circle game and it was so much fun! Next, we went into the laboratory. The GTAC teacher went through the rules of the laboratory and the safety equipment needed with a new lot of scientists to work with. Our task was to determine how much sugar was in an assortment of drinks. We needed to use the Bunsen Burner to boil up samples of Powerade, Orange Juice, Cola and Diet Cola and see how much sugar remained – each table group had their own drink they were studying.

We heated up the liquids over the Bunsen Burner to see how much more the bowl weighed after being heated. We hypothesised what we thought the sugar range would be for each drink and wrote this in our GTAC booklet. Afterwards, we compared our results as a whole class. We discovered orange juice had the most sugar with 22g and diet coke 0.1g, the least. We even watched the equivalent sugar cubes being dropped into each drink cup. It was a real eye opener to see how much sugar is really in our favourite drinks!

Afterwards, we headed back on the bus to school. We had a great day out!

By Sarah and Antonio 5/6C







## The message all boys need to hear by Maggie Dent

Research has shown that parents treat their boys and girls differently right from infancy.

For example, infant boys are touched more frequently and handled more roughly before the age of three months. Also physical punishment is applied more significantly for boys than girls in many Western countries. This is despite the fact that research also shows boys are more vulnerable and fragile.

### Why do we do this?

The stereotypical belief that the only way to get boys to do the right thing is by shaming them, hurting them or being hard on them needs to be challenged every day because it is so deeply embedded into our society's psychology. The scars this creates in early childhood fester deep inside and are often the source of future irrational rage and aggression.

This does not mean we do not discipline our boys or make them accountable for their choices and mistakes. It means we need to consciously choose the same warm discipline and communication that we tend to use around girls. We need to take much better care of our little boys — emotionally, psychologically, physically and socially. We need to stop shouting at them, hitting them, shaming them and speaking harshly to them (“Grow up!”, “Be a man”, “What’s wrong with you?”).

### Communication for resilience building

We need to make it acceptable for boys and men to express feelings other than anger and this starts with how we speak to them day-to-day.

A good (generalised) example is how some people might respond if a child falls over. When a boy falls, he may be told by someone influenced by the old code: “You’re right mate, up you get.” A girl who’s fallen on the other hand may be greeted with: “Oh no sweetheart, are you OK? Come here. Let me make it better.” And offered a cuddle.

My issue with either approach is that neither child is being offered the opportunity to build resilience. The boy is being told he mustn’t feel anything and not to take pause at all — just get up and move on. The girl is being disempowered as it’s assumed she cannot pick herself up and brush herself off, but rather she needs help to bounce back from this hurdle. A more resilience-building response may be to say to either child: “Oops, you fell over. Are you ok or do you need my help?”

It’s a subtle difference in communication but the message our children get is that we expect that they are capable, their feelings are welcome (but not dictated to them) and we are here for them if they need us.

## *The message all boys need to hear by Maggie Dent continued*

### **The trouble with boys**

It seems when it comes to getting in trouble that our boys fare much worse than our girls. One reason for this may be because boys seem to be naturally more impulsive than girls from a young age and this can lead to them being poor decision-makers.

Michael Gurian, author of *Saving Our Sons* (Gurian Institute Press, 2017), writes about how males and females tend to process emotion differently in the brain. He writes that males tend to move emotions very quickly from their brains into their bodies. They also tend to sense the emotion but then shift it to areas of the brain that will work to solve the problem causing the emotion.

Females, on the other hand, tend to quickly shift emotions into the brain's limbic system and to the 'word centres' of the brain. This could explain why many girls — not all, but a significant proportion — will tend to 'talk it out' when they have an issue but boys may be more likely to spring into action, and have a physical response, hurting someone or something in the process.

It is our responsibility to help our sons realise that they need to respect those around them when they are making these decisions.

A good starting point is for every family to implement the 'three rules':

1. try not to hurt yourself;
2. try not to hurt others; and
3. try not to damage things in the world around you ... this sets an expectation for everyone in the household.

Finally, when boys muck up...

- Try to see the world through his eyes and practise responding, not just reacting.
- Allow him time to cool down and process the situation.
- Gently ask what was his intention?
- Help with work out which of the three rules he broke and what other choices he might have made.
- Forgive him for making a poor choice.
- Reassure him you still love him — 'showing' rather than 'saying'.

Above all, our boys need us (especially we mums) to be firm, fair and fun, and to reassure them we love them unconditionally — no matter what poor choice they may have made.



### **Maggie Dent**

Maggie Dent is one of Australia's favourite parenting authors, as well as an educator and resilience specialist. A mum of four sons and a former teacher and counsellor, Maggie is a passionate 'boy champion'. Her latest book, the bestselling *Mothering Our Boys* (2018) is a warm, wise and humorous guide for mums of sons everywhere. [www.maggiedent.com](http://www.maggiedent.com)



Life Skills  
Creative Time  
New Experiences  
Construction & Manipulative Play  
Outdoor Play Time  
Homework & Quiet Time

To book, visit:  
[www.campaustralia.com.au](http://www.campaustralia.com.au)  
or call 1300 105 343

**Lalor East Primary School | 2 April 2019**  
**Coordinator | Natalie 0411 899 910**

### Homework!

Last Monday, the children were eager to complete their homework. We did, hence why our theme for OSHC last week was Homework. We completed our prep sheets, practised our numbers and letters on the whiteboard, finished our Maths and Literacy activities and we read our home readers. WOW! We are busy learners.

The children and I were also busy completing arts and crafts. We made magical wands abracadabra! Awesome paintings using colour paints, crazy and wacky aliens, and beautiful and bold pom pom art. The kitchen was alive as we whipped up weetbix and sultana balls, pancakes and our favourite pizza pockets.

**OSHC is open on the last day of school. We are open straight after school (1:30pm) till 6pm. Please bring along your lunch. Everything else is provided. We will be playing games, eating delicious snacks and enjoying our afternoon at OSHC.**

Did you know that it is free to register an account with us at Camp Australia? That's right, FREE! What are you waiting for? Head to [pp.campaustralia.com.au/account/login](http://pp.campaustralia.com.au/account/login) and click 'Register here' to get started.

If you have any questions about the program – feel free to drop by, meet the coordinator Natalie and see what happens in After School Care first hand. You might be lucky; you could walk out with a delicious homemade muffin (or a pancake).

**To find out more about our program and to register and book visit**  
[www.campaustralia.com.au](http://www.campaustralia.com.au) or call 1300 105 343



Safety • Meaningful • Innovative • Leadership • Education

we make kids smile

***Wishing away worries***  
***Presented by: Parentzone***

Fear and anxiety are part of a normal range of emotions, but there seems to be an increasing number of parents and carers who believe their children worry too much. What is normal and who is really doing all the worry.

***Recommended for: early years educators and parents/carers of children***

**Date: Wednesday 3 April 2019**

**Time: 6:30pm-8:30pm**

**Location: Jindl Family and Community Centre  
48 Breadalbane Avenue, Mernda**

**Bookings: Family Services Education Officer  
[familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au)**

**Phone: 9404 8865 Cost: Free**

**Register Online: [www.trybooking.com/BALNG](http://www.trybooking.com/BALNG)**

***Nature Play Bus Tour***

***Presented by: City of Whittlesea Early Years Team***

Do you remember your favourite childhood place in nature? Where was it? How did you find it? How did you feel when you were there? Over the years our children have moved outdoor play inside and replaced it with more screen time. They are missing out on exploring the outdoors. To celebrate Nature Week the City of Whittlesea will be visiting open spaces. Be informed about the new Nature Play Guidelines and how these spaces can be used with your children. Lunch will be provided.

**Recommended for: early years educators**

**Date: Wednesday 24 April 2019**

**Time: 8.30am-3.30pm**

**Location: Departs from City of Whittlesea, Council Offices  
25 Ferres Boulevard, South Morang**

**Bookings: Family Services Education Officer  
[familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au)**

**Phone: 9404 8865 Cost: \$30**

**Register Online: [www.trybooking.com/BASKR](http://www.trybooking.com/BASKR)**

***A little nature play***

***Presented by: Merri Creek Management Committee***

Open your child to the wonder and learning local nature provides, with a free program for two to five year olds (carer or parent must attend). Merri Creek Management Committee's environmental educators will provide a setting and materials for your children to thrive in nature play. There will be nature items to touch, smell and see! There will be hills to roll down! We will listen to frog calls and even meet a local frog.

**Recommended for: parents/carers of children (Aged 2-8)**

**Date: Thursday 11 April 2019**

**Time: 10:30am-11:30am**

**Location: Meet at Whittlesea Public Gardens (meet near the playground)  
end of Barry Road Thomastown**

**Bookings: Family Services Education Officer  
[familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au)**

**Phone: 9404 8865 Cost: Free**

**Register Online: Bookings essential by registering at: [www.mcmc.org.au](http://www.mcmc.org.au)**

For more information or to register your booking contact Council's Family Services Education Officer, on 9404 8865 or email [familytraining@whittlesea.vic.gov.au](mailto:familytraining@whittlesea.vic.gov.au)

# Advertising

**LEGO®**  
**HOLIDAY WORKSHOPS**  
It's fun and educational!

**bricks 4 kidz**®  
we learn, we build, we play with  
**LEGO® Bricks**

Science  
Technology  
Engineering  
Mathematics

**CODING**  
LEARN BUILD CODE

**JURASSIC BRICK LAND**

**LEGO MOVIE 2**

**bricks 4 kidz AMUSEMENT park**

## APRIL HOLIDAY WORKSHOPS WITH LEGO® BRICKS

**CODING, JURASSIC BRICK LAND, LEGO MOVIE 2 and  
AMUSEMENT PARK RIDES**

Located in **Epping and Doreen**

### TERM 2 AFTER-SCHOOL PROGRAM

at the following locations:

- \* Mill Park Heights PS
- \* Galada Community Centre, Epping
- \* Mill Park Community House
- \* Marymede Catholic College

**ENROL TODAY!**

For a full description of our program and to register online, please visit our website at

[www.bricks4kidz.com.au/wts](http://www.bricks4kidz.com.au/wts)

Tel: 0439 383 089

email: [iristeska@bricks4kidz.com](mailto:iristeska@bricks4kidz.com)



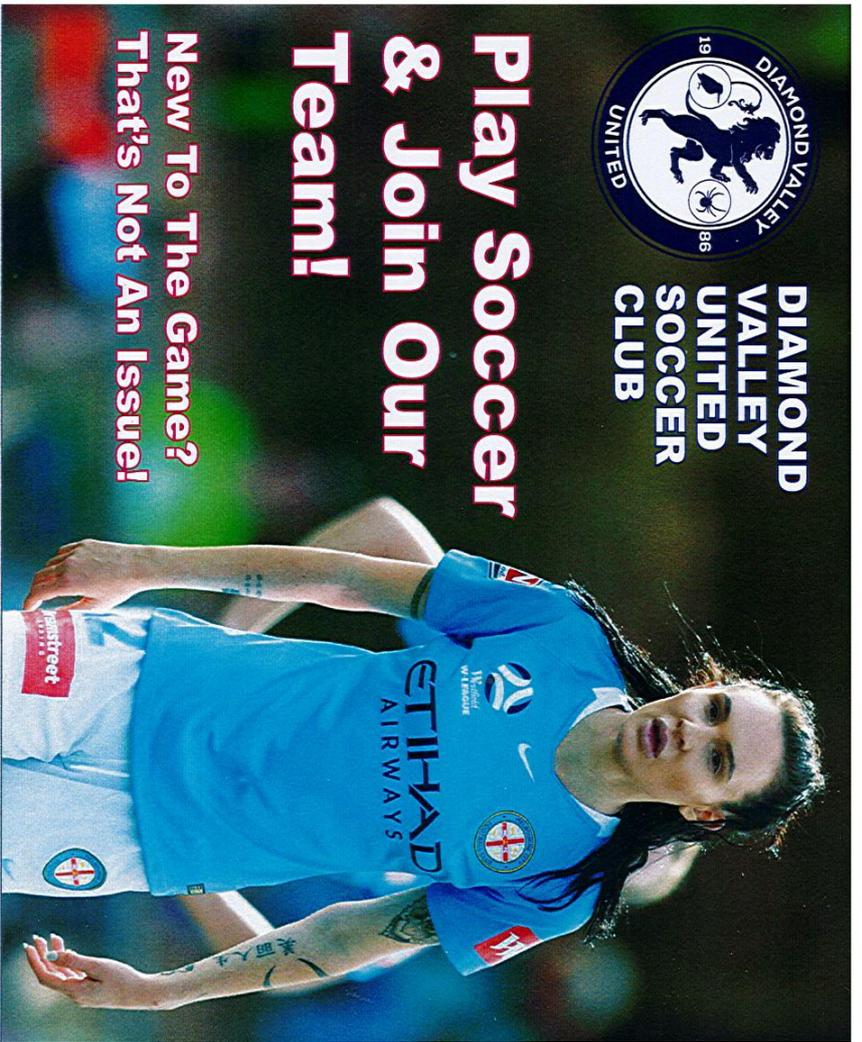
Bricks 4 Kidz-City of Whittlesea



**DIAMOND VALLEY UNITED SOCCER CLUB**

# Play Soccer & Join Our Team!

**New To The Game? That's Not An Issue!**



## PLAYERS WANTED

Diamond Valley United is looking for girls to fill the under 8, under 13/14 and under 15/16 age groups. Please visit our website [www.dvusc.club](http://www.dvusc.club) for details

Diamond Valley United is a family friendly community soccer club located at Partridgeons Flat, Greensborough. The club fields senior mens, senior womens and a range of junior age teams including 7 junior girls teams.

## MEET OUR NEW JUNIOR GIRLS MENTOR

We are pleased to announce that Melbourne City and South Melbourne FC Striker, **Adriana Jones** has joined the club in a newly created junior girls mentoring role for the 2019 season.

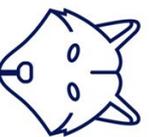


Adriana is 23 years old with a knack for scoring goals. She previously played with the Newcastle Jets and Adelaide United and recently joined Melbourne City FC ahead of the 2018/19 W-League season.

visit [www.dvusc.club/juniors](http://www.dvusc.club/juniors)



# SMALL SIDED FA NORTH



## JOIN OUR NEW LEAGUE PLAYERS WANTED!

**4/5/6-A-SIDE TRAIN & PLAY IN A TEAM WINTER PROGRAM - TERM 2 & 3 TRAIN TUESDAY / MATCHDAY SATURDAY**

ALL ABILITIES WELCOME BOYS & GIRLS

**REGISTRATION FEE**  
> U6 - U12 - \$450.00

**HOW TO REGISTER/ENQUIRE**  
CALL 03 9794 0066  
ONLINE [www.small-sided-fa.com](http://www.small-sided-fa.com)  
EMAIL [info@small-sided-fa.com](mailto:info@small-sided-fa.com)



# PLAY IN A TEAM.

**HOME GROUND**  
RMIT SPORTS CENTRE  
Synthetic Pitch, McKimmies Rd,  
Bundoora VIC 3083