**PRINCIPAL’S REPORT**

Dear Members of the Glen Waverley Primary School Community,

Welcome to another very exciting and information packed newsletter! As usual there are so many marvellous things which have occurred at our wonderful school over the past fortnight such as:

**Facilities Update**
I am delighted to report that the tradespeople have made enormous progress with the development of the external components of the Year 5 and 6 area of our school. They have finished laying the artificial turf, installed the tables and seats and completed the bike shed and garden beds. On the next page are a few photographs of the area.

The other body of work being undertaken is the refurbishment of the external components of the main building. The tradespeople have commenced repairing and painting the windows and they will also paint all of the walls.

Overall I am extremely pleased with the presentation of our school which, once again, has been made possible by the generous contributions of all families – well done and thank you everyone!

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**Important Dates For Your Diary**

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<td>Year 3 Sleepover</td>
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**SCHOOL LUNCH ORDERS**

Lunch orders are available from our service provider Balance Living Catering five days a week. Ordering is done through an online service, details of which are available on our website or visit http://www.balancedlivingcatering.com.au/school-lunch-ordering.html

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**UNIFORM SHOP**

Situated in the West Wing on the School Grounds
Open Monday between 3.00 – 4.30 pm
Closed Public Holidays and School Holidays
Please bring your own bag for purchases as we are an environmentally friendly school
Orders may be left with the office – these must be in an envelope marked with the child’s name and grade together with payment, correct monies are appreciated.

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**Help Us Reach Our Goal**

Glen Waverley Primary School  774 High Street Road, Glen Waverley  3150
Ph: 9802 9938  Fax: 9886 1590  Email: glen.waverley.ps@edumail.vic.gov.au  Website: www.glenps.vic.edu.au
Ministerial Visit
Last Wednesday we had the pleasure of hosting the Education Minister (and Deputy Premier), the Honourable James Merlino at our school as he officially announced the Labor Party’s pledge of $2 million dollars which will be used to build our new school gymnasium. At this stage we are waiting for the Department to provide us with a project manager and then the project will go out to tender. Once this is completed we will have an idea as to when the project will commence. Once I am aware of any further news I will keep everyone informed – how exciting!

Annual Disco
There was certainly a great deal of additional excitement in the air last Friday evening when our annual school disco was held! It was terrific to see the children enjoying themselves as they danced with their friends and teachers. A sincere thank you to Glen Waverley Secondary College for allowing us to use their hall, our marvellous school community for supporting this initiative and also to the members of the Community Relations Committee for all of their hard work to ensure the event was an enormous success! Please refer to Mr Knott’s and Ms Wang’s piece in the newsletter.

School Production
As we move from one exciting event (Disco) another is fast approaching with our biennial production to be held on Tuesday 18th August at the Robert Blackwood Hall, Monash University. As this is quite an extensive event a large amount of information pertaining to tickets, costumes, timing etc is in the process of being distributed. I encourage everyone to keep an eye out for these and if you have any questions please see your child’s classrooms teacher.

Robotics Tournament
On Saturday 25th July, some of our Year 5 and 6 students participated in an extensive and extremely challenging Robotics tournament. Overall the day was an enormous success as the children competed really well particularly under very trying conditions as unfortunately technology let us down somewhat! Never the less, it was a wonderful experience for all involved. Please refer to Mr Kitch’s piece for additional information.
Monash Waverley Network Conference

As mentioned in our previous newsletter, recently we had a number of staff attend conferences. Mr Kitch and Mrs Gough attended the CIS conference in Queensland whilst Mr Lewis and I attended the Monash Waverley Network conference. Below is a snapshot of some of the pertinent issues I took away from the Conference:

Presenter: Andrew Fuller, Clinical Psychologist

Andrew spoke about the importance of resilience at different stages of life. As he stated, “it is an illusion to think that life is neat and nothing ever goes wrong.” It is important that we accept the fact that things will go wrong and we have to be resilient in order to “bounce back” from adversity. Hence building resilience in children is extremely important!

Andrew also spoke about the importance of a stable home as this is the most powerful place on Earth for children to develop a sense of belonging from a very early age.

Andrew has a very informative website with lots of ideas and tips for parents. The URL is: www.andrewfuller.com.au

Presenter: Maria Ruberto, Clinical Psychologist

Maria spoke about the Science of wellbeing and mental health. She pointed out that the term mental health should be replaced with “mental fitness”.

Statistically mental health issues are rising rapidly in Australia and there are no typical behaviours as most people “mask or hide” their issues. Social media is placing an emphasis on building ourselves up which can be quite egocentric. However, when things go wrong, most people can’t cope. The blame becomes implosive which can lead to depression.

The PERMA+ model is at the forefront of treating mental health issues. The model consists of:

P = Positive emotions and feeling well
E = engage in life – how we connect with others
R = relational life – building social capacity with other people
M = Meaningful life – the importance of having purpose and meaning to live
A = Accomplished life – have goals, build self-efficacy

The + refers to the PERMA model +:
Physical activity, Nutrition, Sleep and Optimism

Presenter: Dr Craig Hassed, General Practitioner and Senior Lecturer Monash University

Dr Hassed spoke about the importance of “Mindfulness” which means “paying attention to the present moment with an attitude of openness, curiosity and acceptance.” To highlight an example of not being mindful, how many times have you entered your car and then thought to yourself, “Have I locked the front door?” More often than not, we then get out of the car to find that we had locked the door but were not mindful of it as we were too busy thinking about something else!

Dr Hassed also spoke about screen time and the impact this has on children. For example, 7 year olds with ADHD, spent more time watching TV as a 3 year old when compared with those without ADHD. Another study focused on the impact no screen time has on non-verbal communication where 51 preteens went without mobile phones, ipads and computers for 5 days. Interestingly, their non-verbal communication skills improved dramatically compared to a control group who continued using their screen devices!

I certainly gained a great deal listening to the above speakers and hope to organise information sessions for our school community in the future.
Parking at the Mountain View Hotel
As a school we are very fortunate that the Mountain View Hotel management allows us to have access to their car park during all school days and particularly when excursions and camps are being held. Naturally two or more buses in our extremely busy car park would make the congestion a great deal worse. However we also need to be aware of and responsive to the needs of the Mountain View Hotel as they are a business and hence need to ensure their customers have access to their hotel.

Recently it has come to my attention that some families are parking in the Mountain View Hotel car park next to the BWS Bottleshop which is impacting on their business. In future, I ask that all parents park further down (south east) section of the car park – away from the hotel. Thank you in advance for your understanding with this issue.

2016 Enrolments
I would like to remind families with children who will be beginning school in 2016 that we are taking enrolments now and that they are also closing rapidly with only a very small number of positions available as places are filling fast. Hence I strongly encourage you to ensure you return your child’s enrolment form to Jenny or Julie as soon as possible.

We also ask that members of our school community assist us by informing any of their neighbours of the enrolment procedures and direct them to the office to collect an enrolment form or our school website – [www.glenps.vic.edu.au](http://www.glenps.vic.edu.au). School tours are available every Tuesday morning commencing at 9:30 and also upon request. Please call the school on 9802 9938 to book a tour.

Curriculum Day
A reminder that tomorrow is a Curriculum Day and the children are not required at school. Care is still available as our Before and After School Care program will operate from 7:15 am to 6:15pm. If you are interested please access the Camp Australia website, via our school website or see Grace our wonderful coordinator.

As a staff we will be working with renowned educational consultant Steve Willy on further developing our whole school approach to Writing using the VOICES program. We look forward to sharing the progress of this in our next newsletter.

Before and After School Care program
The children who attend our Before and After School Care program were delighted when a Sustainability Education Officer, from Monash Council visited recently. The Officer brought along a number of exhibits and flash cards which made her presentation meaningful and interesting. The children showed avid interest by asking lots of insightful questions. She also played a recycling game which the children thoroughly enjoyed.

Included are a few photographs of the presentation.
CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO RECEIVED A PRINCIPAL’S AWARD:

1PK: Senuth, Vidu and Hasaru for writing wonderful letters to Ms Ganter and I, Brian and Jehan for sharing a fabulous new toy “Leap Frog” and Akein and Kevin for making great use of their lunch hour by completing amazing drawings
2CW: Saum and Kamesh for developing a string voice in their joint story, “A Green Hulk”. They achieve this by using dialogue and descriptive words that made the narrative exciting
2PS: Jayda, Thathiya, Sagari, Simar and Akisa for being great friends, Stephanie for being a wonderful school helper and Thathiya for writing a wonderful story titled, "The Enchanted Ball Fairy"
2RY: Hilary also for being a wonderful school helper
3MT: Henry, Sam and Chathuka for discovering different ways of making $36 with notes and coins, the boys challenged themselves to use different operations to teach the set amount and Radith, Dham and Leah for completing outstanding home learning tasks

Prep OA: Jannat and Charless for writing wonderful jolly jester hats because they were learning about the letter J

2PS: Sayuni for achieving enormous success at a recent gymnastics tournament

4AM: Mohammed for writing a fabulous recount about his holidays which is featured in the Kids Corner section of this newsletter and Sai Shail for being a great friend

BIRTHDAYS

Happy Birthday to the following students who celebrated their special day during the first half of August:

Prep CB: Ryley  Prep EL: Shaurya and Okith  Prep SM: Sayu and Japmeet
1MT: Vishan and Varodh  1PK: Brian  1SR: Oscar and Peter
2CW: Yunha  2MP: Aiden  2PS: Keisha  2RY: Mathesha
3AJ :Yolanda  3GE: Alicia  3JK: Varun
4AM: Taslima  4MK: Soham  4TS: Kenuli
5EP: Samiksha  5PA: Daniel, Bradely and Owlitha
5PD: Krishmi and Sinha  5SR: Dulwan and Joshua
6CG: Rishika  6JT: Giles  6LT: Prakhar
6SL: Darren and Aadith

Wishing everyone a safe and happy fortnight,
Frank Catalano
Principal
Helping to Keep our Children on the Right Track

In the last edition of our newsletter, I wrote about how to promote effective communication and ‘meaningful talk’ with our children. We all know that raising children does not come with a “How To Manual” and that we sometimes have to be able to adjust our communication styles to suit the situation. As children grow and change, so too must the ways we handle and discipline our children. Research shows that a steady, calm and fair approach helps children to grow up as well-rounded members of society. Discipline is easy when children are easy. However, it can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages. It’s with kids in these difficult categories that we need to get our discipline techniques right.

Michael Grose offers some tips on his website Parentingideas.com.au of how to avoid getting yourself into tricky discipline situations:

1 Repeating yourself
If you do this, you are training your kids to become ‘parent deaf’. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2 Shouting to be heard
You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3 Setting limits too late
If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It’s better to set limits first then loosen them up later.

4 Setting no limits
Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5 Failing to follow through
Talk! Threaten! Nag! No way! See No. 1 above.

6 Making consequences too harsh
“You’re grounded for a month, Mr 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs– respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7 Applying consequences when you, or they, are angry
When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8 Mixing discipline with counselling
Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time. Keep the two actions separate so they can both be effective.

9 Deferring discipline
Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10 One parent is always the bad guy
This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, brings parents into the act.
Children make decisions every day. Parents, teachers and key adults in a child’s life need to guide young people through life’s challenges and choices. We are preparing them for times where they will eventually have to make complex decisions on their own.

You may have noticed the Life Education Van parked in our school over the last two weeks, and certainly you will have received notices requesting your permission for your child/ren to participate. The van is a giant classroom that facilitates face to face delivery of a curriculum-based session, specifically designed to support the empowerment of children to make their choices healthy and safe ones. There is a range of programs that teachers research, selecting the ‘best fit’ for each year level.

Some objectives of these programs include:

- build student awareness and understanding of the link between the choices they make and their short and longer term consequences
- value their safety and health and that of others
- develop attitudes that can prepare them to make safer and healthier choices now and into their adult lives, and
- identify strategies and build confidence and skills that can help them to deal with peer and community pressure

The programs offered to students this year include:

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<th>Year Level</th>
<th>Program</th>
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<td>Prep</td>
<td>“Clued Up”</td>
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<td>Year One &amp; Two</td>
<td>“Harold’s Heroes”</td>
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<td>Year Five &amp; Six</td>
<td>“Think Twice”</td>
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Life Education publishes details and information for parents, which can be accessed using the following link;

http://www.lifeeducation.org.au/parents

“Today I went to the Life Ed Van incursion. I learnt that smoking is bad for me because it can burn our lungs. I liked Harold because he was very funny, he fell over when he was packing his bed! I really enjoyed it, I wish I could do that again.” By Needra (1MT)
Inviting My Friends Over

On Friday the 10th June I invited my friends to my house. I felt really excited before my friends came. It soon became 11 o’clock and that was the time my friends were told to arrive. Then suddenly I heard a ring at the door, I rushed to the door and found Zayann. From then on everyone invited was arriving. My brother, Abdullah, was very shy when my friends came but then he got used to it. At the start we played the Xbox. Trevin and I decided to challenge each other in Fifa, but then the ball disappeared and then the player’s body parts also started to disappear.

So then we played outside, all was going well until one of my friends accidentally broke a window!

So we then played a made up game called. Hide Mario. I got to hide Mario first, then my brother did. It wasn’t easy to find him but we always did!

This was the highlight of what happened at my house during the holidays – at the end I felt tired and not too sad that my friends left.
In 3GE we have been reading and writing different styles of poetry. The children have found this particularly engaging and enjoyed much of the poetry from the website poetry4kids.com. During the first week of Term 3 our students wrote diamante poems reflecting on their holidays. Diamante poems are diamond shaped poems consisting of seven lines which use nouns, adverbs and verbs. See some of our fantastic examples below.
Annual School Disco

At Glen Waverley Primary School, we are so proud of our students’ variety of talents. Little did we know disco dancing was one of them!

Last Friday evening, almost 400 students had their dancing shoes on, primed with plenty of glow in the dark accessories they hit the dance floor at our annual school disco. The dance was split into two events, a junior and senior disco, both were held in the spacious Treseder Hall at Glen Waverley Secondary College. Also in attendance were 30 disco dancing teachers and vibrant, supportive parents.

Prior to the event, we managed to raise over $1000 for school improvements through the Junior School Council selling glowing, sparkling and spikey merchandise. The Junior School Council members created yet another organised and efficient stall and devoted three days’ worth of their playtime to sell glow sticks, glow hats and flashing mementos. These had a truly spectacular effect when looking out on the dance floor! The passion and initiative students showed by contributing to the music playing list, ensuring that all of the latest hits being played throughout the night. There were some funky dance moves, endless conga lines, frozen statues during musical statues and interesting strategies used during the limbo game.

A sincere thank you to Glen Waverley Secondary College for allowing us to use their wonderful facilities. We would like to recognise and thank the Junior School Council, Community Relations Committee, Staff and Parents that assisted on the evening to make the event a huge success. We are grateful to the many parents that dropped and picked up students using the upmost on co-operation and respect. This disco will surely be a hard one to top next year!
Robocup Victoria- Melbourne Regional Tournament

On Saturday July 25th, twelve members of our school’s “After-School Robotics Club” travelled with the support of their families to Sacre Coeur College, Glen Iris to compete in the Robocup Victoria-Melbourne Regional Tournament.

Competitors who entered the tournament represented diverse educational backgrounds, including some of Melbourne’s most prestigious, government, private and independent schools. Students came from both primary and secondary schools, with over 90 teams across over 45 schools entering the 2015 tournament.

The students from our school entered the “Rescue Competition”, which mirrors the real life use of robots that rescue people from life-threatening situations. Competitors were required to design, program and engineer a robot which was able to negotiate a series of obstacle courses in order to rescue a simulated person from a disaster zone. The challenging courses were altered throughout the day as the students progressed through each round and I am very pleased to say that a number of our students scored all points possible for a number of courses.

Throughout the day we were extremely proud of the resilience, confidence and lateral thinking displayed by all of our students, under sometimes trying conditions. The calm and logical manner with which the students set about overcoming some challenging hurdles was a true credit to both themselves and their respective families.

A huge congratulations to the following students, who all placed within the “Top 15 Teams” across the tournament.

Isuru- 6SL
Sam, Sriprada - 6JT
Isum, Rituraj, Kyrylo - 6CG
Nitish, Prakhar, Neha, Anja, Vignesha - 6LT
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