**IMPORTANT SCHOOL DIARY DATES**

- **Fri 9 May**  
  Grades 3/4 Excursion – The Human Body
- **Sun 11 May**  
  Mothers’ Day
- **Mon 12 May**  
  Education Sub-Committee Meeting
- **Tues 13 May**  
  NAPLAN Begins for Grades 3 & 5
- **Wed 14 May**  
  NAPLAN for Grades 3 & 5
- **Thurs 15 May**  
  NAPLAN for Grades 3 & 5
- **Mon 19 May**  
  Education Week Begins
  
  Our School Open Morning 9-11am (No assembly)

- **Tues 27 May**  
  School Photos – Order Envelopes going home next week
- **Wed 4 June**  
  Prep-Two CSIRO Toy Incursion
- **Mon 9 June**  
  Queen’s Birthday Public Holiday – No School

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**PUPIL OF THE WEEK**  
*(Assembly item by Grades 3 & 4)*

- 00B - Angus L
- 00L - Melina K
- 00N - Eva D
- 12DN - Dean P
- 12J - Alannah S
- 12S - Kobe J
- 12T - Jesse S
- 34A - Kate J
- 34D - Noah A
- 34K - Sarah J
- 34R - Audrey K
- 56C - Indigo VdH
- 56M - Logan S-S
- 56S - Flora B
Student Achievement

Year 5/6 Energy Auditors
Our school and students are involved in a program called Resource smart AuSSi Vic. It is a Victorian Government initiative that supports schools embedding sustainability in everything we do. We are provided with support and consultancy through CERES. So that we can progress through the initiative.

Today, a ‘green’ group of selected year 5/6 students in fluoro vests were supported by a facilitator from CERES and Steve, year 5/6 teacher, to visit every room in the school, to carry out an energy audit. They were taught how to use a light meter to record the amount of light in the teaching/learning/office workspaces with lights on and off as well as record every electrical appliance. An energy audit report will be compiled and recommendations will be made to the school as to how we can save energy and be efficient with our usage. The students were very ‘professional’ as they entered each space carrying out their assigned tasks. We look forward to the outcomes and the ongoing monitoring of our energy consumption with our green group. Well done!

Our School open morning 9 – 11am on Monday May 19 (no assembly)
We will be holding our whole school open morning on Monday May 19 from 9am to 11am so there will be NO ASSEMBLY that week. Instead, we are inviting our current parents/carers to come along and see the school programs running and students’ quality work on display. Many parents/carers, especially in the Junior and Middle sections of the school, come into their child’s classroom on a regular basis with the ‘learning expos’ but we are also aware that some parents are not able to. So, we are scheduling a special day and hope that parents might be able to shuffle their schedules around and come along.

Soon, you will receive information via class newsletters, inviting you to come along on open day to observe and acknowledge your child’s great work. It does mean a lot to your child to have you come and see them ‘in action’ learning at school. Teachers will also include information in the class newsletter about the morning’s timetable so you can see which times are available to come along to see a particular activity or learning experience. Please keep in mind that this is not parent teacher interview time, but an opportunity to see your child in their class during the day. We hope you can join us!

Prep Enrolments for 2015
Tours for prospective parents will continue each week, generally on Tuesdays, until the second last week of this term. Our tours have filled up very quickly and only have a few spaces left on tours for this term. We are receiving calls on a daily basis from parents interested in a tour. We have already received a number of enrolments for Prep 2015.

Have you enrolled your 2015 Prep yet?
If you have children currently attending NPS, have a prep-schooler AND you haven’t yet enrolled for next year, please call in to the office and pick up an enrolment form, or download one from the website as soon as possible. Prep 2015 enrolments are due in by the end of this term, so don’t miss out!

National Volunteer Week from 12-18 May 2014
Celebrating the valuable work volunteers do in our school community
Our school wouldn’t be able to operate at the high quality level that it does without the fantastic support we receive from our community of volunteers. Given it is National Volunteer Week, we would like to officially recognise the valuable contribution made by the school’s dedicated volunteers, who give up their time and use their expertise to provide students with the very best learning and development opportunities.

Volunteering at your child’s school is great role modelling for your child, about giving back to the community. They are seeing that you value and believe in contributing to volunteerism, what a great value for them to grow up with. Many, many thanks to our wonderful volunteers, our school and our students are better for your support.
From the Department of Education and Early Childhood Development (DEECD)

“Dear Parent,

As part of the Department of Education and Early Childhood Development’s Health and Safety Management Plan, new labelling will be installed at our school. The labels remind people to contact school reception prior to undertaking any works at the school, to ensure they have up-to-date information from the school's asbestos register.

Asbestos - which was used extensively in building materials in the past but is now banned - is considered safe unless damaged or in poor condition. The new labels form part of a comprehensive program to ensure Victorian government schools remain safe.

Children’s safety is our number one priority. That is why we are taking this extra step as a precaution.”

Warm regards,

Kerrie

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Parenting ideas

Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

1. Breathe deeply
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight), count to 3, quietly breathe in through your nose, and count to 6 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates slow (and low) breathing.

2. Find a favourite relaxation exercise
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times, and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. Use positive, REALISTIC self-talk
   Ever talked yourself out of doing something exciting, new or challenging because you were too scared? Maybe you’ve said something like: “I’ll never be able to do that,” or “This will stress me out big time” or “I’m no good at...?” I hear you.
   Next time you catch yourself talking yourself out of something, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I can do it again.” Repeat this a few times and your emotional state will shift to a better one.

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Deal with negative feelings

3. Exercise
   Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even playing a game outside with the kids is a way you can feel better.

6. Distract yourself
   A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a very way people use to manage difficult situations. It’s a highly recommended strategy for natural whenever it’s needed, it’s amazing how much better a situation will seem after giving your mind a short break from it.

7. Have constructive habits and hobbies
   One of the secrets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-mindedness – all work and no play – are recipes for emotional disaster and may be all you need to redirect. If you can tolerate it, then I suggest you take the time to find a hobby or interest that makes you feel good. The same, of course, holds for kids. All work and no play makes... well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves, so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more attentive as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at Parentingideasclub.com.au
Italian Update
What another great week. The Year 5 and 6’s have started their new topic on ‘Il Corpo Umano’ using tactile resources and resources from ‘Languages Online’. The Year 3 and 4’s completed presenting their comic strips in Italian to their peers and they too began a topic on ‘Il Corpo’- The Body. The Year 1 and 2’s continued our topic on ‘I Giocattoli’- toys where we looked at modern toys as we made a start for the annual Dante Alighieri poster competition! Please refer to last week’s newsletter for competition details.

IT and ITALIAN: Extra Italian practise for students: Following discussions with parents regarding extra Italian lessons/practise for their child/ren at home I have provided the popular education website for you once again. If you have the internet at home, visit:  www.education.vic.gov.au/languagesonline

This program is an extra fun way for your child/ren to practise and extent their Italian knowledge. It is a great language website filled with lots of activities and games. Some of our students have visited this site over the holidays and I have received positive comments from them.

IPAD APPS: I am currently trialling a variety of Apps for Italian for our students to use on our iPad. Some Year 3 and 4 students are currently trialling these and I am receiving some positive feedback about them. Some students we so excited that they wrote down the names of these and will be using these at home! Fantastico!! More about this in the coming weeks.

Can you help? Pasta or Pizza making classes: Through student surveys, an expression of interest has emerged for cooking activities. If you would like to participate and assist in making and cooking pasta or pizza or even ‘gelato’ with the year 3/4 or 5/6 students please see me or contact the school. We endeavour to schedule these activities in late July early August of this year either on a Monday or a Tuesday.

Competition #2 (Optional): Last week we had a huge edition for Italian for the newsletter where the annual Dante Alighieri poster information and entry form were outlined. Next week, I will provide information for those Year 5 and 6 students who are interested in entering the Multimedia competition during class time. This sounds exciting as many Year 5/6 students have expressed an interest in this competition.

Until next time, grazie for your continuing support,

Saluti (cheers),
Signorina Rosa
Italian Teacher and Coordinator (Mon/Tues)

Italiano – Prep
This term in the Prep area, we are learning the language needed to talk about ourselves. Our unit is called ‘Io - All about me’. Students are learning how to introduce themselves and express how they are feeling. If you have
a child in Prep, try asking them Come ti chiami? (What is your name?) or Come stai? (How are you?) – I am sure they will be very excited to tell you their responses.

Students will also learn how to say how old they are and continue to develop their understanding of numbers in Italian. As part of our unit, students will learn how to discuss members of their family and focus on using visual clues and identifying letter-sound relationships. We will also continue to develop our reading, writing, listening and speaking skills through games, songs, storytelling and group work.

Grazie, Signora Julia :)

**Tissues**

Every year we ask parents to send a box of tissues to their child’s classroom. With the cold/virus season coming up quickly, tissues are always needed. Thank you in advance.

**Advertisements**

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**House for Short Term Rent in Thornbury**

Are you planning renovations in the middle of the year and are needing short term accommodation. Or are you expecting visitors from overseas in June/July in need of accommodation. We have a large Edwardian 5 bedroom house available for those months for rent fully furnished. Two large fireplaces, central heating and panoramic views of the city. House is available from June 6 until July 31.

Please phone David and Vasilka on 0408 550 529 or email dcharlesholmes@gmail.com

**Diakosmos Dance Academy** has opened a new Dance Studio at St James Church Hall in Newcastle Street Thornbury. All Abilities classes held in Greensborough and Thornbury. There are classes for all ages and abilities in the following styles:

- Tap, Jazz, Ballet, Contemporary, Creative, Hip Hop & Musical Theatre, VCE Dance, Circus

**You can try any dance class free during the 3rd week of Term 2 (5 May-10 MAY).** To register to try a dance class, to view the class schedule or to join one now go to www.diakosmos.com.au to find out more information or all Dianne De Battista on 0413 999 845

**Stay active and get creative!** Learn contemporary dance technique and explore creative movement with professional dancer Sarah Fiddaman. Classes run Tuesday afternoons during school term at Cecil Street Studio (Fitzroy):

- 4-5pm 6-9ys and 5-6pm 10-14ys

New enrolments welcome. Phone 0438 325 943
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