The Working Bee is on this Saturday 2nd Aug 9.00 a.m. till 12.00 p.m. Can those attending please bring something to share for morning tea.

Jobs include: gardening, sandpit, soft fill, establishing a retaining wall and new garden beds plus planting. I will put a list of jobs in the foyer so that people can put their names down or email me directly on bennie.ross.a@edumail.vic.gov.au

Thanks Ross
Pupil of the Week
(Assembly item by Grades 5/6)

00B - Matou KQ
00N - Imran B
00L - Elsie McL
12DN - Alia F-O’C
12J - Theo T
12S - Emma M
12T - Zac H
34A - Andrew I
34D - Max MM
34K - Iris B
34R - Connor H
56C - Ruby H-D
56M - Hayden N
56S - Amy C

Greetings from the Principal …

Student Achievement
I would like to acknowledge our students ability to focus and get on with their learning when their home group teacher is away sick.

This week, unfortunately for many of our staff, we have had a spike in staff absences right across the school as staff went down with a nasty virus and had to take days at home to get well. I think one day this week, we nearly had more relief staff than our permanent staff.

With the support of the team teachers around them, the students barely noticed the blip in the program and were able to continue their progress towards their learning goals. It also helped to have good planning already in place, good quality replacement staff, and the broader school community’s understanding and support around these times.

Well done students, you have shown very good adaptive skills.

Parent Opinion Survey return reminder
Thank you to the parents who have already returned to the school, the parent opinion surveys. A random selection of 50 families were sent the surveys on Tuesday and so far, we have had 7 returned. The Education Department sets the timeline for the surveys and the return date closes at the end of the school day this Friday 1st August.

We would like to maximise our parent’s response rate so that the feedback provided by the surveys is large enough to be representative of our parent community thoughts.

School Events coming up
Working Bee, Saturday 2nd August
Are you coming to our Working Bee?
A great opportunity to join with other members of our community and work together with the children to improve our school. Just a short but productive time – 9.00 a.m. to 12.00 on a Saturday morning.

Are you coming to the Trivia Night?
I hope so! The teacher team are honing up on likely trivia questions and we are looking forward to the fun night, and the chance to raise money for our school.

Warm regards,

Kerrie

Music Lessons at Northcote Primary
Many parents will be aware that students can receive private music lessons at the school. This is an arrangement we have with Melody Bell which allows a number of teachers to provide a wide range of instrument and performance lessons. Feedback from parents using this service is very positive and the children have regularly enjoyed showing off their skills and knowledge through performance within the school community.

Recent changes in Melody's business structure have resulted in some teacher changes. School council has been asked by some parents to explore extending the number of providers currently allowed to operate at the school. You will understand that this is not a simple process and requires input from a number of different groups and individuals. It is hoped that these discussions can be successfully concluded soon and key decisions taken at the next school council meeting.

It is also timely that the current arrangements be reviewed and a tender process undertaken to ensure the students and the school are getting the best service possible. The Education Sub-Committee of School Council has offered to collate a list of the outcomes and expectations we could have for any agreements that are finalised as a result of the tendering process. It is planned that the tender process will be completed before the end of fourth term. Details of services to be offered in 2015 will be decided well before the start of the 2015 school year.

Ian Taylor
School Council President

It’s here at last – The NPS Parent Register

It has been a long time in the making, but the NPS Parent Register is now up and running!

There are lots of fabulous volunteers at NPS already, but the Parent Register provides a way of matching up people with particular skills, knowledge, interests to specific areas of need in the NPS community.

By providing details to the Parent Register, it does not mean that you will be contacted or that you are making a commitment: it simply means that the school may contact you if a need arise that matches your skills. Even if you are not able to help out at that time, you may be able to suggest other people who could help.

This information is confidential, and will only be used by staff and school management while your child is at NPS. You can also have your details removed from the register at any time. If you are not a parent, but are a carer, relative or grandparent with close links with the school, you can also register.

Please enter your details by clicking on the link:

https://www.surveymonkey.com/s/NPSSkillsRegister
We would like you to register before the 15th August if possible, although the link will remain open after that date.

Happy registering!

Thank you from Genevieve, on behalf of the Community Sub-committee

**NPS Trivia Night - almost sold out!!!**

We have had a fantastic response to this year’s trivia nite with less than a handful of tickets remaining, so if you have not yet bought your tickets, please let Bella or Emily know and we will put your name on the waitlist.

**FROM THE NPS COMMUNITY SUB-COMMITTEE**

**TRIVIA NIGHT IS COMING… ONLY TWO WEEKS TO GO!**

Don’t forget to book your table for the Northcote Primary School Trivia Night.

And here are this week’s interesting facts about the history of NPS. Remember, these might pop up as questions on the night...

**THIS YEAR NORTHCOTE PRIMARY SCHOOL IS 140 YEARS OLD. DID YOU KNOW…**

**FACT #5 -** Between 1874 and 1891 (when Wales Street Primary School opened) NPS was the only state primary school in the area.

**FACT #6 -** The original buildings were meant to accommodate 500 students. In its first year, NPS enrolments were around 165.
Raising space cadets

Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

Know someone with a hair trigger? The smallest thing sets them off. That ‘thing’ maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode.

Anger exudes from every pore.

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The trouble is, they’ve been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly strung, need to learn to put a space between an event (that leads to a reaction) and their response. They need to become space cadets, learning how to stop, think and act – all in a split second.

When a space cadet hears someone say something sarcastic he’ll pause for a split second while he thinks of different responses (ranging from doing nothing through to engaging in a bit of humorous banter) and only then choose the best of those responses. Some space cadets know who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships as they are predictable, more considerate and better able to match their responses to their own BEST self.

Anyone who has ever regretted a remark they made to a friend, loved one or workmate under duress will know what I mean. You felt that the remark ‘let yourself down’. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

Space cadets have high emotional awareness which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That’s why the development of self-awareness in kids is probably more important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it’s on a par because it’s such a valuable skill to possess.

When something evokes an unpleasant emotion (anger, frustration or anxiety), encourage kids to:

STOP
- Avoid reacting impulsively.
- Take some deep breaths. Be calm.

THINK
- What happened? How are you feeling? What are you thinking?

ACT
- How can you best respond?
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**Orkeztra Glasso Bashalde**

2014 Composition Competition

**OVER $3000 IN CASH AND PRIZES**

The winner will receive:
- $1000 cash from Orkeztra Glasso Bashalde
- 8 hours recording with a sound engineer at Incubator Studio
- 8 hours mixing with a sound engineer at Pughouse Studios
- A solid body guitar to the value of $600 courtesy of High Street Music
- A one year Gold Membership with Fingers of Fury

FOR MORE INFORMATION AND APPLICATION FORMS VISIT:
WWW.MUSICFEAST.COM.AU

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Thornbury High School
Presents

**LITTLE SHOP OF HORRORS**

WHERE: The Kaye Coghlan Theatre @ Thornbury High School
238 Collins Street, Thornbury 3071
Wednesday 30th July – Saturday 2nd August @ 7.30pm
Tickets are available through the office at Thornbury High School
9480 4066 (Ext 6)
Adult - $15 / Student - $10 / Family - $40 (2x adult, 2x student)