Important School Diary Dates for 2015

February
25 Wed School Council Meeting at 7.00 p.m.
26 Thurs Classroom Helpers Information Session (see page 5)

March
11-13 Wed-Fri Grade 3/4 Camp
12 Thurs Twilight Working Bee (see page 5)
14 Sat NPS FETE – 10am - 4pm
18-20 Wed-Fri Grade 5/6 Camp
23 Mon Athletics Carnival Day
27 Fri End of Term 1 – 2.30pm finish

April
13 Mon Start Term 2

PUPIL OF THE WEEK

00LW - Aidan G-D
00N - Escher B
00L - Jemimah D-G
12DN - Monty L
12J - James P
12S - Ava S
12T - Finbar K
34A - Eva V
34D - George T
34K - Hannah A
34KL - Otto W
56C - Audrey K
56E - Alicia C
56N - Leah C
56S - Indigo V

SEE SEPERATE FETE NEWSLETTER FOR THE LATEST UP-TO-DATE INFORMATION

Playground Supervision
A reminder that students should not be in the school grounds unsupervised. A number of children have been in the yard unsupervised at 8.30am with no adults present. The school gates are usually open at 8.30am, however, teachers do not commence yard supervision until 8.45am. Please make care arrangements at the Before Care Program if you need child care and supervision in the morning before 8.45am.
Greetings from Kerrie ...

Information Evenings Q&A sessions all well attended
We had over 120 parents across the school attend this week’s information and Question and Answer sessions from Prep to Year 6. It is great to see that parents at Northcote Primary School are very interested and engaged in their children’s education and experience at school and how we can work together to strengthen that for them.

Thank you parents
Thank you to all parents/carers who took up the opportunity to come along to school to hear about each team’s approach to teaching and learning and the program outline for the year. I was able to attend all, and noted the consistency in the information teaching teams were presenting about our approach to teaching and learning. I was also interested to hear the questions raised by parents at each session.

Common themes and questions
Some common themes emerged around: Homework; How is Maths/Spelling taught? Handwriting – where does that fit in? Assessment – what types of assessments are used? Transition to Secondary school; I was taught a different way, is it ok to show my child the way I was taught or will it just confuse him?

All of these great questions and many more that made up for very engaging Q & A sessions across the four evenings. Questions that were not able to be answered due to running out of time, teachers will include in their next class newsletter emailed out to parents.

Thank you teachers
Thank you to all teachers, including the specialists who joined a team, for the effort and time they put into preparing their presentations, seeking feedback from parents and customising the information as much as possible, to areas that parents wanted to know more about.

Your Feedback on the Q&A sessions
Your feedback is important to us as it helps us reflect and review on the presentations for the next time. If you have some useful feedback, could you please email it to your child’s home group teacher, or to the school email address and we will compile and consider all perspectives.

School Council Elections for 2015 – 2016 School Council
Nominations for the 2015-2016 School Council, close today. There are 4 parent vacancies to be filled. If you are interested in becoming involved in your child’s school at this level, please come to the office and fill out a nomination form by the day’s end. Don’t leave it to ‘someone else’, put your hand up and give it a go!

How do I raise an issue or make a complaint?
What do I do if I have an issue concerning my child? Where do I take it? In the first instance, I would encourage all parents to raise the issue with their child’s class teacher as, most of time, they are the ones who are in the best position to deal with it.

Before you approach the school or your child’s teacher:
- clarify the issue (what is your concern?)
- be clear about the topic or issue you want to discuss
- focus on the things that are genuinely affecting your child
- always remain calm and remember you may not have all the facts relating to the circumstances of the topic or issue you wish to discuss
- think about what would be an acceptable outcome for you and your child
Contacting the school
There are a number of ways you can raise any concerns you have about your child and their education. You can:

- email or write a note to your child’s teacher outlining your concerns
- make an appointment to speak on the phone or in person with the home-group teacher or specialist teacher; ensuring that you inform the school about the issue you wish to discuss.

The class teacher or Team Leader, together with any others who may be involved, should be given a reasonable amount of time to take the steps required to resolve or address your concerns. Remember, it may not always be possible to resolve an issue to your complete satisfaction.

Contact the principal or assistant principal
Most concerns are resolved by following the first two steps above. However, if the issue remains unresolved after you have approached your child’s teacher or other school staff you can then ask to see the assistant principal or principal.

To do this, you will need to request an appointment through the school office. Please note that:

- the principal may ask another senior staff member to speak with you on their behalf;
- if a teacher is going to be present at the meeting it is more likely to occur outside of classroom hours.

If your concern is related to issues of school policy, these should be raised more formally (in writing) with the principal or the school council.

Often teachers are around after school and you may wish to approach them informally to see how your child is going, or let the teacher know something that may be affecting your child or family.

Please note though, that all teachers are required to attend both Staff and Team Meetings on Mondays and Wednesdays after school commencing at 3.45pm. That’s why it is better to make an appointment time to ensure there is adequate time to address concerns.

Building better links between our school and parents encourages positive learning experiences for students. The more you know about your child’s school and their teachers, the more likely you will be able to improve and support your child’s learning. Better communication also supports all our efforts to build our school’s great reputation in the broader community.

Student Accident Insurance / Ambulance Cover Arrangements and Private Property Brought to Schools
Parents and guardians are reminded that the Department of Education does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Parents/guardians can purchase insurance policies from commercial insurers. The Department of Education would also like to remind parents/guardians and staff that the Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.

Warm regards, Kerrie
School Council Elections 2015
What do you need to do to stand for election?
The principal will issue a Notice of Election and Call for Nominations following the commencement of Term 1 each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister. If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category. DEECD employees whose child is enrolled in a school in which they are not engaged in work are eligible to nominate for parent membership of the school council at that school.

Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination. Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Remember
★ ask at the school for help if you would like to stand for election and are not sure what to do.
★ Consider standing for election to council this year
★ Be sure to vote in the elections if they are held.

Contact the principal for further information.

Schedule 3: Notice of Election and Call for Nominations
First School Council Election
An election is to be conducted for members of the school council of Northcote Primary School. Nomination forms may be obtained from the school and must be lodged by 4.00 p.m. on Friday 20 February 2015. The ballot will close at 4.00 p.m. on Tuesday 10 March, 2015.

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows:

<table>
<thead>
<tr>
<th>MEMBERSHIP CATEGORY</th>
<th>TERM OF OFFICE</th>
<th>NO. OF POSITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Member</td>
<td>From the day after the date of the declaration of the poll in 2015 to and inclusive of the date of the declaration of the poll in 2017</td>
<td>4</td>
</tr>
<tr>
<td>DET employee member</td>
<td>From the day after the date of the declaration of the poll in 2015 to and inclusive of the date of the declaration of the poll in 2017</td>
<td>3</td>
</tr>
</tbody>
</table>

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Classroom Helpers Training
Thursday 26 February - 9.00am to 10.00am in the Staffroom
If you would like to help in the classroom, we invite you to come along to our training session. The session will cover confidentiality, strategies to use when working with students in groups and one to one, and will introduce you to some of the teaching support materials.
Classroom helpers undertake a variety of tasks including hearing children read, assisting students to select their take home book for reading, supporting small group tasks, and laminating and labelling resources. As helpers are working with students it is essential that school protocols around safety and confidentiality are clearly understood. It is also important for helpers to understand some of the language of learning that teachers use so that they can support students positively and with confidence.

To register, email Ross Bennie at northcote.ps@edumail.vic.gov.au or call 9481 0009.

**Signing In and Out of School**

All visitors and classroom helpers attending school need to sign the ‘Visitors Book’ at the office and collect a badge on arrival at school. When you are leaving the school, please sign out and return your badge. This is to ensure that we know who is in the school at all times – for safety and emergency purposes.

Ross Bennie
Acting Assistant Principal

**SBS Insight program – an NPS parent will be appearing!**

Carly Stewart (Lachlan’s mum from 12S) will be appearing on SBS Insight next week, 24 February at 8.30pm. The program is called ‘Saving Health’ and Carly is a guest on the show.

Carly says: “It’s the conversation that doctors and patients want to have, but many politicians are avoiding – how do we create a patient-focused healthcare system?” The link to their website is: http://www.sbs.com.au/news/insight/tvepisode/saving-health

There will also be short interview with Carly on SBS’s news program earlier that night at 6.30pm.

**Twilight Working Bee**

We will be having a Twilight Working Bee after school on Thursday 12 March from 3.15pm to 5.00pm to clean up before the fete. Meet on top turf outside Maintenance shed where there will be a list of jobs to do. Bring own wheel barrows, brooms and rakes.

**Weetbix Triathlon – Sunday 8 March**

The Weetbix Tryathlon is for kids aged 7-15. If 15 or more students from Northcote Primary School register then our school goes in the running for some great prizes, including a major prize of $5000 cash towards a health initiative. For more information go to: http://try.weetbix.com.au/
Secondary School Information/Tours

Princes Hill Secondary College
Tours for Grade 6 students wanting to attend Princes Hill Secondary College in 2016 will be each Wednesday and Thursday of Term One, beginning Wednesday 25 Feb. To book in for the tour, could parents please phone Princes Hill Secondary College on 03 9389 0600. Tours will begin at 9:00am, so please arrive by 8:50am.

Northcote High School - Tours and Open Day 2015
School Tours commencing Mon 9 Feb
School day tours for prospective parents and students run several times per week in Term 1 and early Term 2. The tours depart from our foyer at 9.15 am and take about one hour. See our website for exact dates. Please ring to book a place as numbers are limited (9488 2300)

School Open Morning - Tuesday 28 April
Open Morning will be held on Tuesday 28 April between 9 am and 12 noon. All prospective parents and students are welcome, and there is no need to book in advance for this event.
Northcote High School, St, Georges Rd, Northcote, 3070, Australia. Phone 9488 2300

Advertisements
The Dept. of Education (DEECD) does not endorse the products & services of any private advertiser or notice contained in this newsletter. No responsibility is accepted by the Dept. of Education (DEECD) or this school for the accuracy of information contained in advertisements or claims made by them.

Lovely furnished 3 bedroom family home and garden available for rent from June 23rd to Sept 30th, on the Avenue in Coburg (we get to school in 10 mins). We are headed to Western Australia and looking for tenants for our house whilst we are away.
Tania 0400 306 218

Help Clean Up Northcote Train Station
NoRa, the Friends of Northcote Train Station (the Northcote Stationeers Group) are planning a clean-up of the station as part of Clean Up Australia Day on Sunday, March 1, from 10:00-1:00. Come join us to rid the station of cans, bottles and rubbish and make the station surrounds a place that neighbours and commuters can enjoy.
Meet at the station entrance on Herbert Street and volunteer your time (a little or a lot) to improve our local amenity.
Contact me or the organiser (Sharon Landers sharonlanders1@bigpond.com) and check out the website cleanup australia.org.au for further information.

TutorBright - One to One In-home Tutoring.
TutorBright offers 1:1 in-home tutoring for grades Prep to 6. Along with better grades, we focus on making positive changes to students' lives.
TutorBright offer a free in-home diagnostic learning assessment to create an individualised program. We specialise in literacy and numeracy.
Each student is matched to a TutorBright tutor mentor, who is professionally trained and qualified. Please call 1300 698 886 to book a free 'no obligation' assessment or visit our website at www.tutorbright.com.au for information.

Jetts Northcote - 434 High St, Northcote 9481 6997
Group Workout @ 8am - FREE Bootcamp with our manager, Elliott. Book in with your friends & family to secure a spot.
Morning Tea @ 9am - Refill the energy tank with some nutritious snacks
In Club Activities [9am to 4pm]
Small Group PT Sessions
LIVE Trainer Demonstrations & Workshops
Allied Health Support Partners [On site ALL day]
Prizes & Giveaways FREE and ALL to motivate you, see you in the gym.

Preston (Darebin) BLUE LIGHT
FRIDAY, 27 FEBRUARY
PRESTON TOWN HALL
274 GOWER ST, PRESTON
6.30 - 9PM (8 - 14 YEAR OLDS) | COST: $7
CONTACT: JO PARISSIS 0418 144 446

We encourage all primary school aged girls to come and have a kick, learn some skills, make new friends and enjoy being in a supportive and friendly environment.

Auskick not only teaches the skills of AFL football, it also teaches:
> Motor skills
> Agility
> Decision making
> Courage
> Leadership
> Teamwork

Did you know:
There is over a pathway from Fitzroy Carlton Auskick to junior and senior football for girls:
> Dedicated girls teams at Fitzroy Junior Football Club
> Development of a youth girls senior team with Fitzroy Football Club
> Introduction of a Girls TAC Cup in 2011
> Introduction of a National Women’s League in 2020

Register and pay online now www.aflauskick.com.au

ARE YOU A FUTURE A BUDDY FRANKLIN?
FITZROY CARLTON AUSKICK
WT PETERSON OVAL FITZROY

Saturdays 9am to 10.30am
Season starts Saturday, 18th April
All boys and girls aged 5 to 12 years welcome
$86 for 15 Clinics and a backpack full of footy goodies

Register & pay online now www.aflauskick.com.au
The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. **Talk more**
   With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. **Lean on others**
   A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘sparents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. **Build confidence**
   With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. **Aim for redundancy**
   The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job
ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

5. Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

6. Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9. Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10. Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.