

Dates To Remember

TERM FOUR 2019

Friday 22nd November
SDSSA Summer Sport Round 4

Monday 25th November
Assembly 2:45pm

Wednesday 27th November
Year ½ Police Visit
Year ¾ Camp Rumbug

Friday 29th November
Year ¾'s return from camp
Prep Transition 4 - 9:30am
SDSSA Summer Sport Round 5 - BYE
Year 1 Late Stay / Year 2 Sleep Over

Wednesday 4th December
School Council

Friday 6th December
SDSSA Summer Sport Round 6

Monday 9th December
Assembly 9am - Google Reference School
Hannuka Celebrations

Tuesday 10th December
Year 1/2 Healthy Eating Incursion

Thursday 12th December
Christmas Concert

Friday 13th December
Year 6 Community Sports Day

Monday 16th December
Final Whole Assembly 9am

Tuesday 17th December
Year 6 Graduation

Friday 20th December
LAST DAY OF SCHOOL - 1:30pm finish

Thursday 21 November 2019

Principal's Report

INQUIRY SHOWCASE

Well done to all the students who presented at the inquiry showcase last Thursday. Students were required to think and respond deeply, work collaboratively and be resilient. The positive outcomes (besides the obvious academic gains) are...

- Ability to choose a topic that inspired them
- Opportunity to work with a range of other peers across levels
- Work through complex problems, devise solutions and trial actions
- Develop Social and Emotional Intelligence skills to work with peers and work through issues
- Resilience, resilience, resilience! Fail - but fail better each time!



Congratulations to Aaron, Amelia and Maggie who took home the overall best of show! Thanks to our local member Mr Steve Dimopoulos for presenting the award.





A huge thank you to Dana and Liam from RMIT Rocket club, Greg from Datacom and John from Hp. We hope you enjoyed the rocket launch!

NEW PREP PARENT BBQ

Thank you to Mrs Carolyn Datson and Louise Berry for organising a fantastic event last Tuesday. Thank you also to School Council, PA and all the teachers for assisting with our 'Welcome' bbq. It was such a beautiful warm night with lots of activities and a great sense of community.



JUNIOR EUROVISION CONTEST

You may have seen the above students appear on the Junior Eurovision advertisement. [Click here](#) to view the advertisement. Thank you to Mrs Claire Furlong for once again presenting a wonderful opportunity for our students.



PREP TRANSITION - ORIENTATION DAY

Session 4

Friday 29 November, 9:30am – 12:30pm

PREP ORIENTATION MORNING

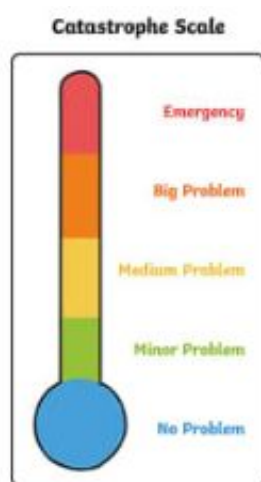
Children will need to bring a hat and their morning tea including water and a named drink bottle.

For the parents – Uniform Shop, Tea, Coffee and Chat

DEALING WITH ISSUES

As the year draws to an end and we begin to feel that little bit more tired, it is easy to lose our tempers and overreact to situations. Here is a good guide to talk through issues with your child...

CATASTROPHE SCALE



The catastrophe scale helps us to build our resilience when bad things happen. Often, we think something is the worst thing in the world, when in actual fact, it is just a 'bit bad'. Recognising this helps us to bounce back, move on as opposed to blowing an event out of proportion.

What's great about the catastrophe scale is that it doesn't ignore our fears or worries, it just helps us keep them in perspective and look for ways we can deal with them. Being resilient isn't about not feeling these emotions, it is about being aware of them, how they can affect you, and learning skills to cope and be confident even in the face of adversity. Being resilient is learning that often it is the way we think about negative events that controls how big a deal they actually are.

Some easy questions to ask your child. Where on the scale does this problem fit? Is this something you can deal with? How will you do this? If it is a big problem what do you think you will do about it? You could help your child brainstorm lots of different options and the outcomes of these choices.

Problem	Where does it rate?	Possible Action	Outcome	Where to next?
I don't like the way *** speaks to me.	Medium Problem	Tell the person in a calm voice 'When you speak to me like that it makes me feel upset because I feel like you are bossing me around.'	<p>The person stops (Yay!) and recognises that they have been saying things in a mean way.</p> <p>-----</p> <p>The person gets angry and argues back.</p>	<p>No action required</p> <p>-----</p> <p>I've made them aware of their behaviour and the impact it is having on me. I might choose to sit elsewhere or play with other people. If it happens again - tell the teacher.</p>

Remember if there is an issue that requires staff assistance - please report it immediately. It is almost impossible to follow issues up weeks or months later. This will avoid you being frustrated that the school isn't taking it seriously. It will also avoid us becoming frustrated following incidences up that lead to no direct outcome.

Below is a great article written in USA today:

<https://www.usatoday.com/story/life/allthemoms/2018/12/13/how-equip-your-child-deal-mean-kids/2194000002/>

Before you rescue your child from a mean kid, consider letting them be their own hero

Eva Dwight, BA, MEd, ACC, CPDT Contributor

It's a tough world out there. **When a child has been the target of unkind words or behavior, it's easy for parents to jump straight into protective mode.** It's easy to take it upon ourselves to be their knight in shining armor, charging in to rescue them from the horrible person who hurt their feelings. It's easy to label other kids as bullies.

This is actually the last thing we should be doing, for two important reasons:

1. When we rush in to fix the situation, the implicit message we send to our children is, "I don't think you can handle this."
2. As soon as we classify another child's behavior as "bullying," we automatically place our child in the role of "victim." When kids see themselves as victims they're likely to also see themselves as "powerless."

Children who believe they're powerless open themselves up to more victimization, so the most important thing we can do is teach them how to rescue themselves. Here's one way parents can do just that:

First, define what happened

Was this actual bullying?

Bullying is marked by aggressive behavior that's targeted at a specific person for the purpose of causing physical or emotional harm. The behavior may be repeated, and there's at least the perception of an imbalance of power between the bully and the target.

Or was this a mean moment?

Bullying is always mean, but not all meanness is bullying. Sometimes, just like adults, kids have a bad day and lash out. Whatever happened hurt your child's feelings, but if mean behavior from that particular child

is not a regular occurrence, then it might have been just a mean moment. Determining whether the problem was bullying or a bad moment will impact on the strategy your child uses to resolve the problem.

Find out if this is a conflict in which your child played a role.

Are you only getting half the story? This isn't to say that your child is lying. They may have unknowingly offended the other person, so from their perspective, the mean behavior appears to be "for no reason." A little investigating is warranted before deciding how to proceed.

Next, create an action plan

Help your child brainstorm strategies on how to move forward. Make sure the plan puts them in the driver's seat. Encourage them to include confident thoughts to go along with their courageous actions:

- Next time I see this person, I'll remind myself that their problem is their stuff, not mine.
- If this person says something mean to me again, I can say, "I'm not sure why you would say that. Did I do something to make you mad?" I'll take a deep breath and remind myself to stay calm.

Role play the action plan a few times.

Practicing in a calm environment can help your child grow confidence in their ability to follow through in the more stressful, real-life situation.

Report the incident, if necessary.

If the problem warrants adult intervention, support your child in bringing it up to a teacher or appropriate authority. Keep your child in the driver's seat. Help them prepare what to say and write down questions they have. Then, when the time comes, allow them to do most of the talking while you provide moral support.

Focus on skill development

It would be nice if we could reassure our kids that, once they turn 21, mean behavior stops and adults are always kind and respectful to each other. But let's face it: human beings of all ages can be mean. **Successfully navigating the challenges of social interaction requires using a whole boatload of skills, including emotional regulation, conflict resolution and respectful communication.**

When we don't have those skills — or when we forget to use them — we resort to behaviors that drive a wedge between us and our fellow human beings: gossip, criticism, name calling and fighting. These hurtful behaviors are not relegated to the world of children, so the sooner kids start learning how to respond to them, the more likely they are to emerge from social storms with confidence and self-esteem.

Let's Celebrate

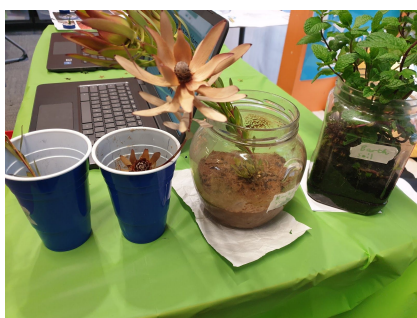
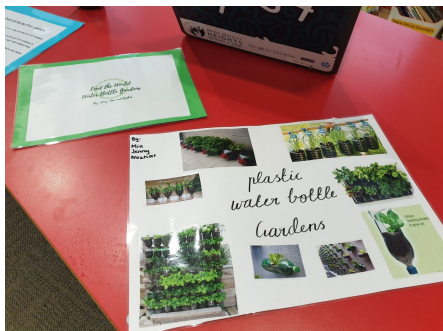
- Congratulations to the Alber Family on the safe arrival of Angelo! May he bring you lots of love and laughter!
- Our Year 3 - 6 students on the high academic level and hard work that went into their Inquiry Projects!
- An amazing night to welcome our 2020 Preps!
- Our great school community for contributing to our social events!

Sharon

Sharon Reiss-Stone
Principal

Assistant Principal's Report

INQUIRY SHOWCASE



Carolyn
Carolyn Datson
Assistant Principal



Japanese News

Monday in Japanese club we played with *take-copter* (Bamboo-copter) made from a straw and cardboard. The students really enjoyed this session and learnt about the simple wooden toy that catapults into the air simply by spinning the straw between your hands.



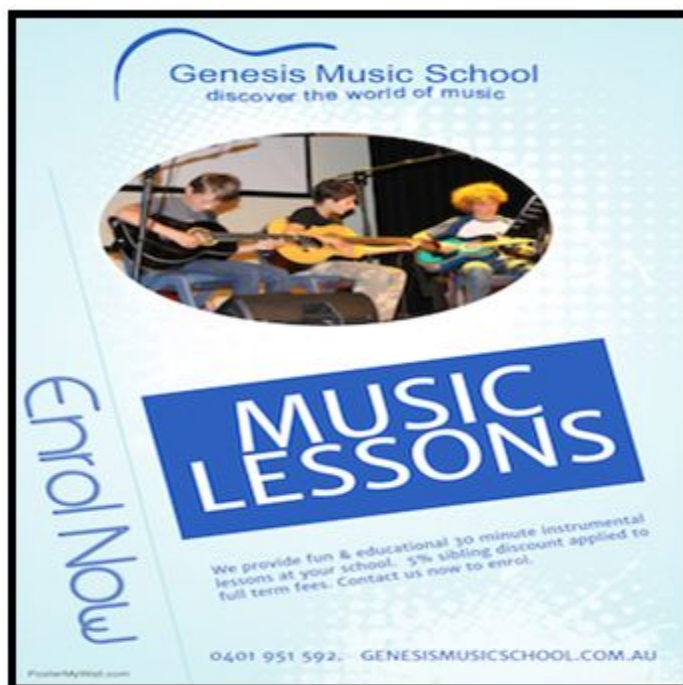
Year 1/2 News



Library News

The Library will be closing for all borrowing at the end of this week. Please return all of your library books ASAP for end of year stocktake.

Thank-you



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We provide fun & educational 30 minute instrumental lessons at your school. 5% sibling discount applied to full term fees. Contact us now to enrol.

0401 951 592 - GENESISMUSICSCHOOL.COM.AU

Lost Property

Please check lost property at the office. Any unclaimed non school pieces will be donated to a local Op Shop.

Thank-you

Fundraiser – Online Gift Store *Extended*

Thanks to all of you who have purchased items from the school's online gift store fundraiser so far. We have decided to extend the availability to next week, Friday 22nd November. So if you're still looking for gifts for an Aunt, Uncle, Niece, Nephew, Grandparent, Godparent, neighbour or friend (or even the Kmart wishing tree!) then please have a look. There are also boxes fantastic cheap cards to stash away for birthday parties, thank yous, congratulations and other events.

Check out the link <https://livingfundraisers.com.au/fundraiser/mwhps/>

and remember there are a selection of items on display in the school office to look at if you want to see before you purchase.

Thank you for your support!



SRC – New Fruit Juice Icy Poles!

The SRC will continue to sell icy poles for 50c every Wednesday lunchtime. Due to the popularity of the new range, we will continue to sell these, which contain mostly fruit juice. These icy poles are a healthier alternative as they contain considerably less sugar than Zooper Doopers.



WILDLIFE RANGER

FOR A DAY HOLIDAY PROGRAM

These school holidays, your child can become a Wildlife Ranger for a day. If they love wildlife and have a passion for the environment, then this experience is for them. Based at Reptile Encounters HQ in Burwood, your child will be enthralled by our native Australian wildlife, will learn how to conserve it, and will have the time of their lives interacting with our critters.

DATE: January 10th, 17th and 24th **TIME:** 9:30am - 3:30pm

Cost: \$275 excl GST (book in 2 kids for \$500)

Book in early as places are limited to 10 kids per day.

Call or e-mail us on the details below with your preferred dates.

Activities vary daily but may include:

<p>Our highly engaging wildlife shows</p>	<p>Workshops on reptiles, frogs, birds, aquatic life, mammals and invertebrates</p>	<p>Animal feeding & husbandry Hands on play time with our safe animals</p>
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Book in your Wildlife Ranger today. Call Uta on 1300 4 CROCS (427 627) or e-mail uta@reptileencounters.com.au

info@reptileencounters.com.au www.reptileencounters.com.au

Reptile Encounters
wildlife up close

★ ROVERS

GLEN WAVERLEY ROVERS JUNIOR FOOTBALL CLUB

Celebrating our **50** anniversary with
FREE Rovers Memberships for all u8 & u9 players!

Fielding girls & boys teams across all age groups in a fun family friendly club environment.

★ ALL ABILITIES WELCOME ★

For more information and registration details contact
Chelsea Bower - registrar@glenrovers.org.au
www.glenrovers.org.au

NOW REGISTERING

#wherematesmatter

EXTEND UPDATE

What's Been Happening?

Down at Extend we have finally kick started our food drive! Last week's theme was 'Personal Hygiene' this week is 'Can Collection' and next week will be 'Make a Meal'. This means you can donate a range of unopened items such as pasta, rice, cereal, flour, oil, seasonings and canned fruits or soups. Thank you to those who have donated so far because no matter how small or big, your donations are greatly appreciated!



The Extend Superstar is...

Nathan J from 1/2 J for actively participating in activities and for also showcasing good manners and how we can simply be a nice person. Keep it up Nathan!

Coming up next week:

	Monday	Tuesday	Wednesday	Thursday	Friday
BSC	Indoor: Mindfulness Outdoor: Hide & Seek	Indoor: Cooking - Fruit Smoothies Outdoor: Curious Minds	Indoor: Construction - Lego Masters Outdoor: Ball Games	Indoor: Community - Bookworms Outdoor: Free Play	Indoor: Playdough Pictionary Outdoor: Group Game - Memory Game
ASC	Indoor: Science - Magic Milk Outdoor: Playground	Indoor: Art - Creative Painting Outdoor: Group Game - Revenge	Indoor: Enrichment Program Outdoor: Free Play	Indoor: Cooking - Maddies Pink Dip Outdoor: Ball Sports	Indoor: Free Play Outdoor: Sport - Dodgeball

*** IMPORTANT REMINDER ***

Breakfast @ Extend closes at 8:30!

From Jayde & the children.

Enrol and book now: extend.com.au



All things cool, fun and refreshing!
Extend Squad is bringing the sunshine
these school holidays!

Book 14 days in advance to receive the early bird rate.



Book online today extend.com.au

Enquiries 1300 366 437 support@extend.com.au

1st West Waverley Scout Group

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Mount Waverley Heights Primary School
All Proceeds will enable much needed
renovations, activities and equipment.

Thank you

website: 1stwestwaverleyscouts.com.au

Japanese Film Festival

Melbourne 21 Nov – 1 Dec 2020



History and Background

The Japanese Film Festival in Australia (JFF) is presented by The Japan Foundation, Sydney. The JFF started in 1997 with three free film screenings by former Festival Director Masafumi Konomi and is now one of the largest celebrations of Japanese films in the world.

JFF Australia is part of JFF Asia-Pacific Platform initiated by The Japan Foundation Head Office based in Tokyo. This initiative aims to support and grow interest in Japanese films and cinema culture throughout the Asia-Pacific region, including Australia.

Presenting Body

The Japan Foundation, Sydney is the Australian arm of The Japan Foundation, a non-profit cultural organisation which was established by the Japanese government to promote cultural and intellectual exchange between Japan and other nations.