PARENT TEACHER MEETINGS

This week you should have received a notice with information about the Parent Teacher Meetings to be held on March 12th. The notice explained that we are using an online booking site for parents to book a time to see their child’s teacher or a specialist teacher. In order to book a time, go to the school’s website and look for the information on the home page about Parent Teacher Meetings or follow the link to the TryBooking site below. From there you will be able to select the teacher you would like to see and be able to see the times available. Bookings will be able to be made until March 6th. If you do not access to a computer could you please contact the school office.

http://www.trybooking.com/CLPN this is for the class teachers
http://www.trybooking.com/CLRG for the specialist teachers

Congratulations to the following children who have been elected as this year’s House and Vice Captains.

Blue House, (Withers)
(C) Sam Mason & Xavian Scott
(VC) Ed Simpson & Charlotte Pittendrigh

Yellow House (Streton)
(C) Bec Reid & Mitchell DeGroen
(VC) Tom McConnell & Bella Loverso

Red House (Sutherland)
(C) Nick Gooden & Jo Layton
(VC) Ana Hofbauer & Will Currie

Green (Parsons)
(C) Jade Knight & Josh Blake
(VC) Wesley Harding & Erin Chan

Our new House Captains will be attending National Young Leaders Day with Mr Fearn-Wannan on Friday March 1st at the Convention Centre South Wharf.

As our string of very warm days continues it is important to keep reminding the children about the importance of being Sunsmart. It is expected that all children wear an approved hat to school (no peaked caps), that they apply a long lasting SPF 30+ sunscreen before they head off to school and that they drink plenty of water. The staff will continue to monitor the wearing of hats throughout the remainder of this term and remind the children about drinking water and applying sunscreen if they bring it to school and need to re-apply.

Did you know that one in seven Australian children experience some type of mental health issue with ADHD, anxiety and depression being the most common? Included in the newsletter this week is an article by Michael Grose on 10 ways to promote good mental health and wellbeing in children, to help support you, our parents and guardians, in this very important area.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids.

1. **Model good mental health habits**: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energising and helps take stressed and worried kids out of themselves.

5. **Provide a space of their own**: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. **Talk about their troubles**: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his...
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures reinforce social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- **Coping ebook**: 12 essential coping strategies every child can use when life gets hard
- **Poster**: 10 ways to promote good mental health & well-being in kids
- **Poster**: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!
3/4 Japanese in Term 1

3/4s have made a great start to the term, especially the children new to the 3/4 area and hence new to Japanese. It can be a bit daunting learning a new language at first and requires us to move right out of our comfort zones and take some risks in front of our peers in order to learn. Not an easy thing to do, but needless to say the children have stepped up to the challenge admirably and thrown themselves into the little Japanese world that is the LOTE room at RMPS.

This term 3/4 students are continuing or beginning to learn to write their names in the Katakana script. Japanese is quite unique in that it uses a number of different scripts within a single sentence. The katakana script is used mainly to write words such as names that originate from a language other than Japanese. Some children are working on memorising how to write their first name, others have moved on to working on their surname and some are now working on perfecting the correct stroke order to insure the writing is legible.

We began our unit investigating Japanese snack foods by cooking up some mochi in the microwave. The children followed instructions in Japanese to complete each step and even told me the colour they wanted in Japanese. Though not very authentic, the bright blue the children chose made for exciting looking mochi! A student from an Indian background discovered that he recognised the flavour of the soy bean powder we used to coat the mochi from Indian cakes. And Miss Pham, our student teacher of Vietnamese heritage discovered that very sticky texture of mochi resembles a Vietnamese cake she has eaten. Mochi seems to be an acquired taste, I have noticed that many children of Asian heritage have experienced a similar texture and love the sweetness of mochi but many of those new to this texture are a bit surprised!

We will continue on trying some other Japanese snack foods and have begun to brainstorm what Japanese words we will need to learn in order to write an advertisement for our favourite snack food later in the term.

One lucky class will have the chance to Skype with Japanese elementary school students to learn about the Japanese children’s favourite snack foods and also share their own favourite snack foods.
As a Tea Ceremony student for many years I am really excited to be able to offer the children the opportunity to see Adam Wojcinski perform a Japanese Tea Ceremony during our Cultural Diversity Week Festival in the second last week of term. As you can probably guess from the name, Adam is not a native Japanese. However, after going to Japan to work on his PHD Adam eventually abandoned the academic life for a study of Tea in the Samurai tradition. It is amazing to see Adam, of polish/Australian heritage, combine his cultures into one beautiful art form. No one explains The Japanese Tea Ceremony to westerners better than Adam but I will give it a go..............It is basically a performing art and form of meditation and relaxation originating from buddhist monks and samurai thousands of years ago. An important part of Japanese Tea Ceremony (and in my opinion the best part!) is the cakes which are beautiful and made specifically to reflect the seasons.

**5/6 Japanese in term 1**

5/6s have also begun the year revising how to write their names in Katakana, many moving onto to their surnames and perfecting their stoke order. This term we will be investigating Japanese history and in particular, Samurai Warriors, most of whom were also heavily involved in the development of many traditional Japanese arts, such as Tea Ceremony, ikebana flower arranging, haiku poetry and calligraphy. Samurai, their culture and code of conduct continues to play an important role in the belief and value system of modern Japan and the influence of the Samurai has also spread all over the world. Did you know that Gorge Lucas based the Darth Vader character in Star Wars on a Samurai? Children will be involved in a variety of tasks to help them develop an understanding of the influence of Samurai culture in Japan and better understand the value and belief systems of Japanese culture. The 5/6 children will also have the opportunity to take part in a Japanese Tea ceremony and learn of it’s origins in Samurai culture.
ROBBIE MAC STUDENTS SELECTED TO GO TO JAPAN

Sarah L and Ben Y from the 5/6 area have been selected to participate in the Asia-Pacific Children’s convention in Fukuoka, Japan in July this year. This is quite an achievement as they had to write a detailed applications and attend group and individual interviews. They were selected from a large number of applicants from around Victoria to represent Australia at this annual event. Thanks must go to their teachers also for their time in completing the teacher recommendation section of the application. Our own Mrs Linda Abbott (Reading recovery Teacher) will accompany them as chaperone.

As a former assistant chaperone on the 2004 trip to this event I can tell you with confidence that this is a once in a lifetime opportunity for these students. The Asia Pacific Children’s Convention (APCC) Committee raises funds to pay for around 400 11 year old children each year from approximately 40 countries all over the Asia Pacific to attend the conference. The children spend time at a camp where they have the chance to play and talk with each other, they do a homestay with a Japanese family and attend a Japanese Elementary school. Rather than sightseeing and shopping the emphasis is on making friends, becoming responsible global citizens and learning to understand and respect others. Keep an eye out for tales of Ben and Sarah’s adventures. For more information please check out the APCC website. http://www.apcc.gr.jp/e/

SHIGA UNIVERSITY STUDENTS AND PROFESSOR VISIT RMPS

Our school has been developing relationships with Elementary schools in Shiga prefecture, Japan over the last few years. It began with a professor from the Shiga university faculty of education and his postgrad student visiting our school to do some research. Each year a group of students from the university visit our school and spend time getting to know our children and learning about the Australian Education system. Last week 11 Shiga Uni students spent time reading stories to our Junior children, singing songs in English and Japanese together and teaching our kids origami. 11 grade 5/6 children gave the Shiga students a tour and explained what they love about Robbie Mac. I am so thrilled to have received a number of compliments from people within our school as well as other members of the community and Deakin University about the way in which our students interacted with their Japanese guests. All the students involved (you know who you are!!!!) should be so proud of yourselves, they way you took your responsibility so seriously, the way you showed empathy and spoke slowly and clearly and they way in which you represented your school so positively to our guests.

Next week, Professor Tsuji from the university will visit to talk to teachers about the way we teach and learn about health in our school.
RMPS CULTURAL DIVERSITY WEEK FESTIVAL 2013
RMPS—Ichihara Elementary School Art Exchange

This year, with the support of a grant from the Victorian Multicultural Commission children will take part in a variety of activities in different curriculum areas in order to prepare them with the understandings and skills to produce a piece of art work which will be sent to one of our partner schools in Japan. The Japanese children will in turn send us some of their work to display and contemplate! Many children have had the opportunity to participate in Skype sessions with Ichihara Elementary students over the past 18 months so it is exciting to be able to continue to build our relationship with the school.

The idea is for children to learn about Japanese aesthetics and art forms through Japanese lessons, Art lessons with Mrs Wilson and Mrs Brownjohn and a focussed study of Haiku Poetry in their literacy lessons with their classroom teachers and then draw all this together with their own cultures to produce a piece of art.

The whole school will work on Haiku poetry during Cultural Diversity Week in their literacy lessons. The juniors will have the opportunity to take part in a Japanese brush painting or Sumi-e workshop with a Japanese artist in which they will produce their piece for the art exchange. 3/4s will be working on Japanese snack foods and cakes in Japanese lessons, these are heavily tied to the seasons for Japanese people as is Haiku. They will take part in a traditional Japanese Tea Ceremony which is also closely linked to the seasons, involves beautiful cakes that are works of art in themselves and calligraphy and haiku poetry. They will produce a piece of art fusing Japanese culture with their own during art sessions. 5/6 students will be investigating Samurai culture and art forms in Japanese lessons, Haiku poetry in literacy and Samurai Tea Ceremony.

It has been (and still is!) a big job to co-ordinate this project bringing together different areas of the curriculum. But I am sure it will be a worthwhile and exciting learning experience for the children in the ways cultures can come together through art and open their eyes to new worlds and possibilities.

If you are interested in finding out more about Australia-Japan cross cultural art, try googling a name from the following list. We are extremely lucky in Australia to play host to an ever growing number and variety of performers and artists now combining cultures to create fascinating works of art.

Adam Wojcinski-Samurai Tea Ceremony
Yumi Umiumare-Butoh Dancer
Showko—Rakugo Comedy performer
Wadaiko Rindo—Taiko Drummers
Shamyse-Shamisen group to name a few!

Please don’t hesitate to pop in and see me in the Japanese room (in the brick building near the 5/6 area) on a Tuesday, Thursday or Friday if you would like to learn more about the Japanese program at RMPS.
I will leave you with a Haiku poem by a famous Japanese poet whose name was Shuson Kato.

I kill an ant
and realise
my three children have been watching.

As a parent of two young children as well as a teacher it made me reflect on all the things I teach children through my actions.

For all the children who are leaders in our school, and in the words of Mrs Pickburn “we are all leaders”, think about your words and actions and what they say about you to other people.

じゃまたね！

Kelly Vimpani Sensei
Japanese Teacher

Attention: Junior School Parents

In 2 week’s time all Junior School Children will be making robots, complete with all their components ie. computer chip, terminal, sensors, out of recyclables . I am asking the children to bring in boxes, lunch wrap rolls and the like. Could you please ensure these items are brought to school in named plastic bag.

Regards

Melinda Browne – Science Coordinator
PERSONAL ITEMS BROUGHT TO SCHOOL AND TAKEN ON EXCURSIONS OR CAMPS

The Department of Education and Early Childhood Development (DEECD) has asked that parents be advised that it does not hold insurance, nor accept responsibility, for any private property brought to school, or taken on excursions and camps by students and visitors and do not pay for any loss or damage to such property.

Personal property that is often brought to school by students can include mobile phones, ipods, toys and sporting equipment.

Children should not bring valuable items to school and if they do, do so at their own or parents risk.

Changes to the Education Maintenance Allowance (EMA) for 2013:

The EMA continues to help families on lower incomes with financial assistance to cover the cost of educational expenses including textbooks, stationery, uniforms and excursions for their child up until the age of 16.

From 2013, the Victorian Government is restructuring the EMA to better target financial support to families on lower incomes. Payments made direct to parents will be increased for eligible recipients at all year levels up to age 16, with an additional increase for parents with students in Years Prep and 7 in recognition of the additional costs at these transition points.

In 2013 the annual EMA payment for families with children in primary school (years 1-6) will receive a payment of $150. Families with children in secondary school (Year 8 up until the age of 16) will receive an annual payment of $250.

The School Start Bonus which was previously received by EMA families has been discontinued as a separate payment from 2013. However, additional funding has been incorporated into the EMA that means that parents of children in Prep and Year 7 will receive boosted EMA payments of $200 and $300 respectively in those years.

From 2013, the EMA will no longer be paid 50/50 between the parent and the school. The 50% school portion of the EMA will no longer be paid to schools on behalf of parents. However, $62 million over four years will be redirected to the State’s most needy schools to assist families on lower incomes. These funds will form part of the school Student Resource Packages to be allocated at the local level.

New EMA payment option

From 2013, on the EMA application form you can choose to have your EMA payment;

- Paid by direct deposit (Electronic Funds Transfer) into your nominated bank account or
- Paid by cheque which will be posted to the school for collection or
- Paid to the school to be held as credit which you can use towards education expenses

The introduction of the new payment option to have the EMA payment directed to the school provides parents with extra flexibility to assist with budgeting towards education expenses.

Eligibility:

To be eligible for the EMA in 2013, you must:

- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004* or be a Veterans Affairs (TPI) pensioner or be a temporary foster parent.

* i.e – the parent/guardian must be the holder of a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at 29 January 2013 (Instalment One) and 15 July 2013 (Instalment Two).

<table>
<thead>
<tr>
<th>Payment Amounts - 2013:</th>
<th>Prep</th>
<th>Years 1 - 6</th>
<th>Year 7</th>
<th>Year 8 – Age 16</th>
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<tr>
<td>Instalment One</td>
<td>$140</td>
<td>$105</td>
<td>$210</td>
<td>$175</td>
</tr>
<tr>
<td>Instalment Two</td>
<td>$60</td>
<td>$45</td>
<td>$90</td>
<td>$75</td>
</tr>
<tr>
<td>Annual Total</td>
<td>$200</td>
<td>$150</td>
<td>$300</td>
<td>$250</td>
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</table>

*Student year level (or age for ungraded and special school students) will determine the amount payable. Parents of students turning 16 years in 2013 are paid on a pro rata basis.

Contact: School Office for an EMA application form and to lodge your application. The closing date for EMA application forms to be submitted to the school is 28 February 2013.

School Focused Youth Service

School Council received a letter from Shaun Leane MP about cuts in funding to the School Focused Youth Service. This service is designed to reduce the risk of suicide through prevention and early intervention. If you are interested in reading the letter and signing the petition, it is available at the office.

A great BIG thanks

Last week we received an email telling us that all our wonderful supplies that we selected from our Earn-and Learn points will be shipped before the end of March. We are looking forward to all the Literacy goodies that will arrive.

These points were accumulated by all our Robbie Mac families and friends whilst shopping at Woolworths.

Thank you to the PFA for collecting and counting all the sticker sheets, we are really looking forward to receiving our supplies.

Linda Abbott
School Council Elections – Information for Parents

School Council Elections 2013

What is a school council and what does it do?
All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?
For most school councils, there are three possible categories of membership:

A mandated elected Parent category – more than one third of the total members must be from this category. Department of Education and Early Childhood Development (DEECD) employees can be Parent members at their child’s school as long as they are not employed at the school.

A mandated elected DEECD employee category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.

An optional Community member category – members are coopted by a decision of the council because of their special skills, interests or experiences. DEECD employees are not eligible to be Community members.

Generally, the term of office for all members is about two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

Why is Parent membership so important?
Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved?
The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant. In view of this, you might seriously consider:

- standing for election as a member of the school council

- encouraging another person to stand for election.

Do I need special experience to be on school council?
No. What you do need is an interest in your child’s school and the desire to work in partnership with others to help shape the school’s future.
Notice of Election and Call for Nominations

An election is to be conducted for members of the School Council of:

Roberts McCubbin Primary School
Nomination forms may be obtained from the school and must be lodged by:

4.00pm on Friday, 22 February 2013

The ballot will close at:

4.00pm on Friday, 1 March 2013

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>Number 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 2013 to and</td>
<td>.....4.....</td>
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<td></td>
<td>inclusive of the date of the declaration of the poll in 2014</td>
<td></td>
</tr>
<tr>
<td>DEECD employee member</td>
<td>From the day after the date of the declaration of the poll in 2013 to and</td>
<td>.....2.....</td>
</tr>
<tr>
<td></td>
<td>inclusive of the date of the declaration of the poll in 2014</td>
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</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.

Health Alert

PLEASE NOTE: There has been a reported case of Chicken Pox in the School Community.

Margaret Pickburn

Use of Outdoor Basketball Courts

PLEASE NOTE: If you want to use the outdoor basketball and netball courts, please put your request in writing to Marg Pickburn as its needs to be approval by School Council. A current Working with Children Check is also required.

Lost Property

Welcome back to Children, Parents and New Parents for 2013. Please remember to clearly label all your child’s belongings ie. Uniform and lunch box items. Lost property is checked 1-2 times per week and all labelled items will be returned to your child. Any unlabelled items will be discarded.

Any unlabelled uniforms etc. will be laundered and sent to the Uniform Shop for re-sale. Non-regulation clothing will be given to the RSPCA Op Shop. Please label clearly – no initials or pet names.

Jen Walker – First Aid Nurse
School Tours & Open Morning

March 8
March 22
April 26
May 10

19th – 25th May – Education Week

May 21 – Open Morning 9:30 – 11:00am, Tours @ 10:00am and 10:30am by House Captains

Uniform Shop

Shop Open Times

Tuesday: 3:00pm - 4:00pm
Thursday: 8:30am - 9:30am

Junior Rockers

Dear Roberts McCubin Parents,

Junior Rockers' lessons are back up and running for 2013.

We are currently offering lessons in guitar, keyboard/piano, singing and drums.

The lessons are run weekly around the specialist timetable.

You can choose private lessons ($28/lesson) or shared lessons ($21/lesson). Shared lessons have a maximum of 2 students and hire and purchase instruments are also available through Junior Rockers.

For more information or to book in for lessons, please email sue@juniorrockers.com or call us on 8740 3902

Or go to www.juniorrockers.com and fill in the online application.

EDUCATION COMMITTEE 2013

Our first Education Committee for 2013 will be held on
Wednesday 6th March
6.00pm-7.00pm
in the staffroom.

EVERYONE IS WELCOME!

All parents are very welcome to attend our meetings.
We always appreciate your constructive input.

AGENDA

Ms Melinda Brown, our Science Teacher, will be explaining our new whole school Robotics Program which will be part of the curriculum in all levels of the school.

If you're interested in Robotics or would just like to hear how passionate Mel is about Robotics after working with them in Primary schools for 10 years, this is where you need to be on
Wednesday, 6th March, 2013!

Sue McNamara: Convenor

Late Arrivals / Early Departures

If your child is late for school then you need to go to the office with your child, fill in the late arrivals book and obtain a late note. Accompany your child to their class and give the late note to their teacher. This ensures that your child can find his/her class and that rolls are accurate, which is important in case of an emergency.

If you wish to take your child out of school during school hours, then please go to the office and fill in the early leave pass. Your child may not be in the classroom at the time, so please ask at the office where they could be found and then hand the leave pass to the teacher. If your child is returning to school, report to the office again and note child’s return to school and then accompany your child back to their class.
The Aldi Supermarket on Station Street in Box Hill is having a grand opening on the 27th February and we are having Sausage Sizzle Fundraiser! Tell your friends, neighbours and family to come on down and buy a sausage or two to support our schools fundraising efforts! All gold coin donations at the Aldi Sausage Sizzle will go straight to our school!

We need your help to get this fantastic opportunity happening.

- **On Tuesday afternoon:** Do you have a trailer or a van that we can transport the BBQ to Aldi? (Otherwise we may have to wheel it over...probably not a good idea).
- **On Wednesday 27th February:** Can you help cook, sell or serve sausages between 10 and 2pm (approx.) on the day? We will need 5 people at a time.
- **If you can help out please place your name on the PFA Board located on the junior deck area – WE NEED YOUR HELP.** If you cannot get to the roster during the week but are available next Wednesday to help out just contact the PFA so we can place you on the list.

Please contact the PFA via matoularomeo@yahoo.com.au for any queries or interest to help, your support for this opportunity is greatly appreciated.

**Whole School Picnic – Next Thursday**

*When: Thursday 28th February at 5.30 to 7.30*

*BYO: Picnic rug and food/dinner and drinks.*

*Where: In the vicinity of the school oval.*

Get your picnic baskets ready and air out the picnic rug! The school picnic is booked in for the 28th February with a 5.30 start till 7.30/8pm. It is a whole school picnic and on behalf of the school and the PFA we hope many families are able to attend as it’s a great school community event.

The picnic will be held in the vicinity of the school oval - BYO picnic dinner and drinks, picnic rug and/or comfy seats! The PFA will be running a cake stall with biscuits/slices/cakes to sell and as well as icy poles, please note that there will not be a sausage sizzle this year.

PFA needs your help…

- **We need bakers to bake yummy slices/cookies/cakes to sell at the picnic.** We will be sending home a Cake Stall notice with a plastic bag and a plate to all families which with have the details of when and where to drop off your baked goodies.
- **We need people to help set up and/or man the cake and icy pole stands.** These could be half or one hour blocks with two to three helpers at a time starting from 5.30 onwards for both stalls. Put you name down with a friend or take a chance and meet someone new whilst tending to the stall!
- **Can you help with some of the organised activities** for families to participate in (water balloon toss and tug of war sounded popular last year!)

There is a roster placed on our PFA Board on the junior deck area and we would be grateful of your contributions and support. Please contact the PFA via matoularomeo@yahoo.com.au if you cannot get to the roster and would like to be involved.

**Monday Morning Tea after Assembly in the Hall**

Every Monday morning after assembly the PFA holds a morning tea in the hall. All parents, carers, grandparents and of course toddlers/pre - schoolers are welcome to join us after assembly for a cuppa
and a chat, hope to see you there! P.S. thank you Sue T and Ellen S for bringing some delicious chocolate slice and a fruit platter.

PFA Meetings

Planning Meeting 25th February - PFA Welcome Social Night.

If you would like to join the group who are organising the Welcome Social Night and you have a few ideas to bring to the table please contact Cathy cat.jones@optusnet.com.au, so she can pass on the meeting details to you.

Our Next PFA Meeting: 4th March

We would love to have more support and need more attendees at our meetings, so if you are considering coming to a meeting, please do so. You may like to

1. help organise an event
2. be part of a team
3. perform a small task or
4. simply contribute with ideas and feedback at our meetings

Any parent or carer with a child attending Roberts McCubbin Primary School can attend the PFA meetings. With more parents attending our meetings we can properly represent our school community. Further dates will be advertised in the newsletter.

PFA Annual General Meeting - Tuesday 26th March 7.30

The PFA will be holding it’s AGM on Tuesday 26th March at 7.30 in the staffroom. Everyone is welcome to hear the reports on the past year and elect the new committee.

Proposed changes to the PFA Constitution

We would like to inform all our PFA Members that the Parents’ and Friends’ Association propose to update the PFA’s Constitution using the Education Departments guidelines. If you wish to discuss these changes please come along to our AGM. You will find a copy of the proposed changes under the Parents’ and Friends’ Section on the schools website.

Would you like to be a PFA committee member?

Office bearers of the Committee are; President, Vice President, Secretary and Treasurer, other office bearers and assistant roles can also be elected as required.

If you are thinking of becoming a committee member, please come along to our AGM, you can be nominated or nominate yourself for any of the positions if you are a PFA paid up member. Rachel (Vice President) and Inga (Treasurer) will be resigning from their positions whilst Cathy as Secretary and I as President plan to stay on again for this year. We are also looking at creating assistant roles if a major title isn’t your cup of tea.

Members are voted in at the PFA’s Annual General Meeting. For more information about being on the committee, please contact myself via email matoularomeo@yahoo.com.au or Cathy cat.jones@optusnet.com.au or if you like, you can catch up with us at morning tea after assembly on Mondays!

The PFA Membership and Volunteer Form

You would have received our PFA Membership and Volunteers Form this week. The PFA needs your support and we hope you are able to become a PFA member and help with any of our activities. Please note being a member, you are not obliged to attend meetings or join the Committee. The $5 annual subscription fee to become a member is a legal requirement and helps support the administrative costs of the committee. The PFA wants to encourage all parents/carers to be involved in the fundraising, social and community events throughout the year, it’s all about helping out if you can, having fun and making friends!

Save the date!

Welcome Social Night: 22nd March – book the babysitter so you can join us for kid free night out! More details to come.

Helping Hands

The Helping Hands is a service that provides help in the form of lunches and dinners to families who are experiencing difficult circumstances. Often family and friends help out but sometimes that is not always possible. What many may not realise is that these difficult circumstances may be that; a family member is
in hospital, the family may be coping with a major illness, there may be a major change in family circumstances, death in the family or bedbound family member, there may be no support from extended family, the arrival of a new baby, or even moving house - you do not have justify your need. If you need or know of a family that needs assistance please contact Kate or Alison who are the helping hands co-ordinators. They will organise someone on their list of helpers to provide a helping hand, these helpers do not know who it is they are giving a helping hand to. Please do not hesitate to ask - as there is no need for you or other families at our school to struggle when we have a supportive community of parents willing to lend a hand. Please understand, all requests are treated with the **strictest confidentiality**.

**If you need a helping hand please contact:**

Kate L: Mob 0434 860 905 or katie.lane@mac.com or
Alison Mc: Mob 0434 132 224 or alimci@optusnet.com.au

**Thought for the Week**

“Every individual matters. Every individual has a role to play. Every individual makes a difference.” - Jane Goodall

Matoula Romeo – President

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**J90 Welcome Morning Tea**

**When:** Thursday, 21st February 2013  
**Where:** Chocolate Couture  
1069 Riversdale Road  
(opposite Wattle Park)  
**Time:** 9.30ish - after drop off  
Toddlers and babies most welcome!

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**3/4R Morning Tea**

It would be nice to meet the parents of the 3/4R class group over a cuppa!  
Come along on Tuesday, 26 February, 9.00am onwards to:  
Red Cup Café, 1124 Whitehorse Road  
Look forward to seeing you there  
Children welcome
ROBERTS McCUBBIN TRADING POST

TRY OUR TRADING POST IF YOU HAVE ANYTHING TO SELL, SWAP, WANTING TO BUY OR ADVERTISE AT ONLY $1.00 PER AD (Maximum of three, brief items per $1.00).

IT’S A BARGAIN! OUR NEWSLETTER IS DISPLAYED ON THE SCHOOL’S WEBSITE

2009 SUZUKI SWIFT - FOR SALE

4 cyl, 1.5 L, Manual Hatchback
5 Doors, 5 Seats
ONLY 5,300 Kms
6.3L / 100Km
Rego exp: Sep 2013
Service hist. & RWC

FABULOUS zippy car. Great to drive. Regretful sale. Very reliable, amazing fuel economy. Comfortable to drive and plenty of head room. All round great performer.

RING FOR MORE INFO OR A TEST DRIVE

$12,880 ono

Diane - 0412 469 851 Burwood East

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Box Hill Calisthenics Club

Does your child like to sing | dance | perform | dress up

Calisthenics is a uniquely Australian team sport, combining the skills of gymnastics, dance and singing.

Free come and try nights!

Contact Sharon on 9887 0336 or 0405 158 536

Oxford St, Box Hill www.bhwcc.org.au
boxhillcalisthenics@gmail.com.au

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EVERYONE IS A MEMBER AT
GENESIS BOX HILL!

SO JOINING FEE = 1 MONTH FREE
3X PT SESSIONS + PROGRAM

WE WILL MATCH OR BEAT YOUR CURRENT RATE!

*Conditions Apply

321 Middleborough Rd | Box Hill South | VIC, 3128 | (03) 9866 6444

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Zen Do Kai Kidz Karate

Roberts McCubbin Primary School
Mon & Wed 4:30 - 5:15 (5 to 9 years old)
5:15 – 6pm (9 to 12 years old)
Devon Street
Box Hill South
Primary School aged children

Sean Bowring
0419 522 990
seanbowring@zanchynfitness.com

Qualifed Instructor
Working With Children Check
First Aid Certified

MAKE NEW FRIENDS AND LEARN SOME REALLY COOL MOVES!

- Fun
- Physical Fitness
- Self Defence
- Self Esteem
- Focus and Concentration
- Respect
- Discipline

Our programs challenge children through exciting and fun classes - and through discipline and focus we teach them to conquer any internal, negative forces and go beyond what they, and you as parents, thought possible. The skills they learn and develop at our classes positively influences all areas of a student’s life. This is karate's point of difference from sports and is why it is referred to as “a way of life.”

Book NOW!

Present this flyer for a free introductory lesson. See you next class!

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Back to School

Cheeki Stainless Steel Lifestyle Products

20% OFF

Box Hill South Pharmacy
(adjoining ALDI supermarket)
878 Canterbury Rd. 98903064
**Disability services**

**Spectrum Connections**

**What is the program?**

Spectrum Connections is an Autism Spectrum Disorder family support group that provides an environment for families or carers of an individual with an Autism Spectrum Disorder to meet and support each other. The program aims to:

- empower individuals to be involved in the decisions that affect their lives;
- encourage individuals to develop knowledge, skills and support systems that contribute to and enhance community life;
- sustain individuals to establish daily living, working and learning goals consistent with their own cultural values;
- value individuals as educators as well as learners;
- monitor and evaluate outcomes and make recommendations that promote change and progress;
- acknowledge and celebrate successes, and build on success and innovation.

**How is the program delivered?**

The program provides fortnightly and monthly meetings. These meetings are held:

- **Spectrum Connections Maroondah – monthly meetings** are held on the 3rd Thursday of each month during school terms at Chimney Park Community Centre, Kimberley Drive, Chimney Park. Meetings are held from 10am - 12pm. The meeting dates for 2013 are 21 February, 21 March, 18 April, 16 May, 20 June, 18 July, 15 August, 19 September, 17 October, 21 November and 19 December.

- **Spectrum Connections Knox – monthly meetings** are held on the 2nd Friday of each month during school terms at Cranbourne Community House, 20 Wylton Road, Upper Ferntree Gully. Meetings are held from 12.30-2.30pm. The meeting dates for 2013 are 8 February, 8 March, 10 May, 14 June, 6 August, 13 September, 11 October, 8 November, and 13 December. Spectrum Connections Knox is jointly funded by Care Connect and Knox City Council.

Program delivery aims to:

- provide a support group for families and/or carers;
- increase resilience and self-esteem in children with an Autism Spectrum Disorder and their families and/or carers.

**Who will be delivering the service?**

A qualified Care Connect Case Manager or facilitator will deliver the program. The support group is self-directed in relation to the engagement of guest speakers and discussion topics. The group aims to be honest and open.

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**Community News**

**Parenting Anxious Children**

**Community Education Seminar**

Wednesday 6th March, 7pm-9pm
Ethhem Library
Further Place, Ethhem 3095 (Mail: 21, 35)

This seminar is designed for parents of pre and primary school aged children. Topics to be covered include:

- Anxiety and normal childhood development;
- How personality and environment contribute;
- The age and symptoms associated with anxiety in a child;
- The impact anxiety has on children and their families;
- Tips on building resilience.
- Where to go for more information/help.

**Course Cost:** $20

Further information or to register contact ASCNC on 9456 0594 / 1300 ANXIETY or email: ascnc@arcvic.org.au or visit the website: www.arcvic.org.au

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**Wandin North Harvest Market**

220 Warburton Highway
Wandin North 3139
Sunday 17th March
9.00am - 2.00pm

Quality Crafts, Fresh Produce, Food and Activities.
Free Entertainment and Free Parking

**Stallholders Welcome**
Phone Megan Gibbons 03 5964 4259

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**Basketball Clinic**

For ages 7 to 12, boys and girls

Whether you have played a little or a lot, come along and learn some skills and decide whether this is the game for you.

The clinic will be run by one of our coaches who has many years experience coaching at a high level.

**When:** Wednesday, 27 February, 5.00 – 5.45 pm

**Where:** Aquanink, Box Hill (enter via Parkside Ave)

**What to bring:** Drink bottle and basketball

If you are unable to attend but are interested in joining a team or have any queries contact Antlea: antleaj@gmail.com

We hope to see you there
OSHClub News
Before School / After School Care Program

Program Update
This week was a whirlwind and our pre prep program is coming to an end.
A big thankyou to all our senior school members who helped us to welcome our
new OSHClubians.
Nemo and Tybalt are continuing to grow as is our curiosity about insects this coming week.
And this is Lolas last week with us so be sure to wish her well in her university course
to become a teacher, she has been an amazing part of our club and will definitely
be missed.
A reminder that the program concludes at 6pm each evening with a $2 per minute charge
thereafter and that all children enrolled in OSHClub must have fully updated
anaphylaxis/asthma/risk management plans and any medications required are to be held at
the facility. No pen, no plan, no play.
Thankyou

Next Week’s Activities

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Parent Information
OSHc program phone: 0407 634 842 (Available Mon - Fri 7am - 9am, 3pm - 6pm)
Coordinator: Danae
Assistants: Lola, Penny, Dan, Azucena and Andy
OSHClub Head Office: 03 85649000
All families must be enrolled to attend the program, remember this is Free!! Please create an
account online at www.oshclub.com.au all bookings and cancellations can also be managed via
your online account. For on the day bookings please contact the Coordinator direct at the
program.

Tower made by Josh

www.oshclub.com.au