Welcome once again to the 2016 school year. Hopefully everyone received the letter of welcome that I sent to all families via Compass last week.

The leadership team of the school for 2016 is as follows:

Principal:                  Marg Pickburn
Assistant Principal:       Amanda Wigg
Specialist Team:           Leader Sue McNamara
F-2 Team Leader:           Maria Pase
Year 3/4 Leader:           Cheryl Ryan
Year 5/6 Team Leader:      Peter Wright
                                Linda Abbott
                                Steve Roche

We have had a very positive start to the year with all children settling in well. The PFA held a very welcoming morning tea for the parents of the new Foundation children on Friday morning. Thank you to everyone who contributed.

In the newsletter this week is the Notice of Election and call for Nominations for School Council vacancies. The term of office for Councillors is two years and Council meets twice a term on Wednesdays at 7.00pm. Every year approximately half of the positions on Council become vacant. The Roberts McCubbin PS School Council is made up of 12 members, 8 parents and 4 staff. Currently we have 4 parent member and 2 staff member vacancies. Parents who have completed their current two year term are able to re-nominate for another two years. If there are more nominations than positions vacant an election will be held.

School Councils play a key role in Victorian government schools. Victorian School Councils operate under The Education and Training Reform Act 2006. School Councils operate with the best interests of the school being paramount. Councillors need to be fair and impartial and therefore not become a member of the Council in order to pursue a personal agenda. Most people who become School Councillors find the experience a rewarding one, including enabling them to work in partnership with the school and giving them a greater understanding of how a school operates. It enables them to get to know members of the staff better and feel that they are making a true contribution to the school which also shows their children they value education and the school.

Councillors are required to attend at least six of the eight meetings held each year. Please refer to the information contained within the newsletter about nominating for Council. The dates for SC meetings this year are:

Term 1:  10th February (final meeting of current Council) & 23rd March
Term 2:  4th May & 1st June
Term 3:  27th July & 31st August
Term 4:  2nd November & 7th December

There is more information about the timeline for nominations contained in this newsletter.

We have two pupil free days this term that you need to put in to your diary. They are on March 10th and 11th and are attached to the Labour Day long weekend. A Curriculum Day program will operate at OSHClub if there is sufficient interest.

Marg Pickburn, Principal
School Council Elections
– Information for Parents

School Council Elections 2016

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.

We have a few extra School Magazines available, so if you would like one, please collect from the office for $14
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:

4.00 pm on Friday, February 12 2016

The ballot will close at:

4.00 pm on Friday February 20 2016

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 2016 to and inclusive of the date of the declaration of the poll in 2018</td>
<td>......4......</td>
</tr>
<tr>
<td>DEECD employee member</td>
<td>From the day after the date of the declaration of the poll in 2016 to and inclusive of the date of the declaration of the poll in 2018</td>
<td>......2......</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.

Margaret Pickburn
Principal

Curriculum Dates for your Diary

Thursday, 10th March 2016
Friday, 11th March 2016
Friday, 24th June 2016

Uniform Shop

The Uniform Shop hours are:
Tuesday 3:00 – 4:00pm
&
Thursday 8:30 – 9:30am

Sue Truscott & Jo Townsend

Friday 5 February, after drop off
50 Birds cafe (across the street)

All J6R parents, carers and little siblings are invited to catch up over a coffee to start 2016
Dear Parents/Carers,
You are invited to attend four workshops which we will be presenting in February/March:

**Friday 12th Feb:** ‘Helping Your Child Learn to Read’ - Session 1*

**Friday 19th Feb:** ‘Helping Your Child Learn to Read - Session 2*

**Friday 26th February:** ‘Parent Helpers in the Classroom - One Session Only’

**Friday 4th March:** ‘Helping Your Child Learn to Write - One Session Only’

*These workshops are two different workshops, parents are encouraged to attend both.

The workshops will start at 9.10am and finish by 10.30am. All workshops will be presented in the Staff Room. Coffee and tea will be provided.

**We encourage all parents to attend these worthwhile and informative workshops.**

The ‘Parent Helpers Program’ will assist you to help in the classroom.

**Childminding is available but places are limited. Please return by Wed 10th Feb**

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**Parent Helpers Workshop**

Name of Parents: ______________________-Child: ________________ Class: ______

I will/not be attending the Parent Workshop on:  ☐ Friday 12th February

I will/not be attending the Parent Workshop on:  ☐ Friday 19th February

I will/not be attending the Parent Workshop on:  ☐ Friday 26th February

I will/not be attending the Parent Workshop on:  ☐ Friday 4th March

I require childminding:

☐ Friday 12th February  Names/Ages of Children/s: ______________________

☐ Friday 19th February  Names/Ages of Children/s: ______________________

☐ Friday 26th February  Names/Ages of Children/s: ______________________

☐ Friday 4th March  Names/Ages of Children/s: ______________________
FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:
- $125 for primary school students
- $225 for secondary school students.

HOW TO APPLY
Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION
For the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef

School Banking
If you would like to open a new account, please collect a form from the office.
BACK TO SCHOOL NIGHTS FEBRUARY 8\textsuperscript{TH} AND 9\textsuperscript{TH}.

Our BACK TO SCHOOL nights will be held next week. Come along and learn about the year ahead at school.

The \textbf{Year 5/6 team} will present on \textbf{Monday, February 8\textsuperscript{th} from 6.00 – 7.00pm in 5/6W’s classroom}

The \textbf{F-2 team} will present on \textbf{Monday, February 8\textsuperscript{th} from 6.30 – 7.30pm in J5P’s classroom}

The \textbf{Year 3/4 team} will present on \textbf{Tuesday, February 9\textsuperscript{th} from 6.00 – 7.00pm in 3/4R’s classroom}

We look forward to seeing many of you here at the school.

\begin{center}
\textbf{Classroom Contact Lists and Class Representatives 2016}
\end{center}

A strength of Roberts McCubbin PS is the community spirit and support that is fostered amongst school families. There are many things that help facilitate this spirit two of which are class communications helped by class contact lists and the Classroom Representative Team.

Class contact lists provide a means of contacting families within each class for upcoming events and social functions related to your child’s/children’s class(es), whilst Class Representatives help support the teachers, communicate with the other class parents and assist with organising some of the activities within the school.

Please help us put together our class contact lists and consider being a Classroom Representatives for your child/ren’s class in 2016.

\textbf{Before Friday 12\textsuperscript{th} February} please go to \textbf{https://www.surveymonkey.com/r/classlist2016} and complete the online form or complete the forms included in this newsletter and return to the teacher of your eldest child, school office or email to me as below.

Trish Scott  
Class Rep Coordinator  
Trish.scott@optusnet.com.au
It’s nearly the end of the year and it’s time to start planning for 2016. To this end I am asking you to consider being a Class Representative for your child’s classroom teacher in 2016.

Each year every classroom requires at least 2 Class Representatives to help support the teachers, communicate with the other class parents and assist with organising some of the activities within the school.

This role is very rewarding in terms of socialising with other families in the school community; supporting your class teacher and the school as well as becoming involved more in the school life of your child.

Q: Will this take up much of my time?
A: No – this can be done quite easily even if you are working full-time/part-time or home with younger kids. (Also remember it is a shared role)

The key responsibilities include:

- Organising optional social activities for your class parents/carers (eg morning teas, dinners)
- Communicating some information to other parents (via email) from the PFA or the school.
- Assisting/providing support to the classroom teacher if necessary
- Possibly arranging a class birthday and/or Christmas gift for your teacher
- Organising a token of appreciation for your teacher for World Teachers’ Day
- School Fair – (Key Fundraiser held every 2 years) – Some liaising with Fair Committee;

Your assistance would be most appreciated by your teacher and school community as a whole.

I ask you to consider this invitation then please complete the form below and return it to your classroom teacher, school office or to me via email before **Friday 12th February, 2016**.

if you have any questions, please do not hesitate to contact me.

Thank you for your time,

**Trish Scott**
(trish.scott@optusnet.com.au)

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**Roberts McCubbin Primary School - Class Representatives 2016**

Child’s Name: ............................................................ Class:.............................................

☐ I would like to be a Class Representative in 2016 ☐ Sorry – not interested for 2016

Parent/Guardian Name: ............................................................ Contact No:.................................

E-mail Address: ............................................................

Please complete and return to your class teacher by **Friday 12th February, 2016**
Class Contact List 2016

Class contact lists provide a means of contacting families within each class for upcoming events and social functions related to your child’s/children’s class(es). If you do not wish your details to be made available to other families in your child/ren’s class please indicate this below.

Only one form per family needs to be completed & returned by the eldest child to the school office, Trish Scott (trish.scott@optusnet.com.au) or their teacher by Friday 12 February 2016

1st. Child’s Name: ................................................................. Class: ........................................
2nd. Child’s Name: ................................................................. Class: ........................................
3rd. Child’s Name: ................................................................. Class: ........................................
4th. Child’s Name: ................................................................. Class: ........................................
5th. Child’s Name: ................................................................. Class: ........................................

If your family details remain unchanged into 2016 and you agree for them to be distributed to classes – after including your child/ren’s names and classes, please sign and return the form.

Mother’s Name: ............................................................................................................................... Address: .................................................................................................................................
...........................................................................................................................................................
Home Phone: .................................................................Mobile: ................................................................. Email: .................................................................................................................................

Father’s Name): ............................................................................................................................... Address (if different to Mother’s) .................................................................................................................................
...........................................................................................................................................................
Home Phone: .................................................................Mobile: ................................................................. Email: .................................................................................................................................

I would like the class list e-mailed to me (please circle preference) Yes / No

I agree to these details being distributed to other families within the class(es) my child/ren are enrolled. I understand that my details will be used for school communication purposes only (eg social or class events, notification of upcoming events, school information, etc). Yes / No

Signed: ................................................................................................................................. Date: .................................................................................................

Thank you for your time
Trish Scott, Class Representative Co-ordinator

Parking around the School Grounds

Please obey the parking signs around the school grounds and respect neighbouring houses, don’t park across driveways, etc.
Welcome Back and Welcome to all our New Families!

The Parents and Friends Association (PFA) would like to welcome all our current and new families and students to the new school year.

It’s an exciting time as we all settle in the school routine and get to know each other, catch up with friends and make new ones too!

The PFA hopes that you enjoy the great community we have at Roberts McCubbin with our parents/friends, teachers and staff.

Welcome Morning Tea – Thank You!

The PFA hosted its annual Morning Tea to welcome the Parents and Carers of our 2016 beginners on their 1st day at school and of our new students.

We had many parents come along to mingle and meet our new friends and to make sure all were made to feel welcome – thank you!

And thank you to all the parents and carers who dropped off a plate of food, helped serve coffee and for packing up too. Your time and contributions are truly appreciated.
and your efforts created such a pleasant atmosphere and made everyone feel welcome – thank you to all!
The PFA would like to return your plates and containers from our morning tea! They will be available on the small table in the office foyer for you to collect. Once again thank you for contributions!

Getting Involved with the PFA

The Parents and Friends Association (PFA) offer many opportunities to be involved and be part of the school community here at Roberts McCubbin.

We provide opportunities for families in our school community to come together socially, be involved with the school, and help build a sense of community and belonging!

We hold social, fundraising and school community events throughout the year, provide support for the teachers in a range of tasks and encourage parent participation with school activities and special events.

Our fundraising activities contribute funds to the school to improve the learning environment and resources for our students as requested by the School Council.

The PFA Committee are volunteer parents/carers who manage the running of the PFA activities. Office bearers are the President, Vice President, Secretary and Treasurer – roles are often shared between two parents/carers.

PFA Committee meetings are informal and are held every month to discuss and plan our activities for the year.

All Roberts McCubbin parents and carers are encouraged to attend our meetings - you don’t have to be on the committee to attend. Your input and involvement are appreciated and most welcome!

Parent/Carer PFA Helpers are needed to work together with the PFA Committee and be involved with the running of these events. Requests for helpers are advertised in the newsletter, PFA Noticeboard in Junior School area, class reps email reminders and compass.

The PFA events and school activities are a wonderful and enjoyable opportunity for parents to get to know each other and to be involved with your child’s school. We hope many families take the opportunities to be involved and participate as they arise.

Details and notifications of our events will be advertised in the newsletter and posted on Compass.

2016 PFA Up-Coming Events!

February

- **My School Journal** – School Photo Album Fundraiser
- **PFA MEETING: Monday 29th February** – All parents and carers are welcome to attend.

March

- **Easter Raffle**
- **School Picnic - Sausage Sizzle and Cake Stall and Icy Pole Stand**
- **Bakers Delight Hot Cross Buns - Fundraising Drive**
- **PFA Annual General Meeting: Wednesday 16th March** – the PFA Committee is elected at the AGM. Positions start vacant every year and parents are invited to
Contact the PFA

PFA President – Matoula  0411 089 506
PFA email: rmps.pfa@gmail.com

Robert McCubbin PS
Chess Club Term 1, 2016

Classes Start Wednesday 10th Feb

Dates: 10th Feb – 17th March: 6 week programme

Time: Wednesday 1.40 – 2.30.

Cost: $12.00 per lesson $72.00 for the term

PLEASE NOTE: If chess lessons coincide with swimming or school camp, please deduct the cost of these lessons from the total amount. Otherwise students will not receive a refund for classes missed but students commencing after the first week do not pay for the earlier lessons. PAYMENT WOULD BE APPRECIATED BY THE 3RD WEEK OF TERM

Cheques should be made payable to “Chess Ideas (Australia) Pty. Ltd.” or we accept payment by MasterCard, and Visa either by phone 9532-8370, fax 9532-8360, email admin@chessideas.com.au or post. (Please complete the form below and return with payment). All PAYMENTS CAN NOW BE DONE ONLINE AT: www.chessideas.com.au

If your child has a medical condition we should know about please ring our office with details.

Play Chess at home against the computer.
Click on “play chess”. It’s fun!

CHESS REGISTRATION TERM 1, 2016
(Robert McCubbin PS)

NAME OF CHILD: ___________________________ GRADE: __________

CONTACT PARENT/GUARDIAN: ___________________________ Ph. #: __________

SIGNATURE OF PARENT/GUARDIAN: ___________________________,

Credit Card Details:
NAME ON CARD: ___________________________ CARD TYPE: __________
CARD NUMBER: ___________________________ EXPIRY DATE: __________

Please enclose $72.00 and send to: “Chess Ideas,” PO Box 3158, Ripponlea Vic 3185, or phone 9532-8370 or fax 9532-8360 with credit card details between the hours of 9.30 a.m. and 2.30 p.m.

WANT TO FIND OUT ABOUT TOURNAMENTS/ Go to our website www.chessideas.com.au, fill in your information and we’ll keep you in touch.
Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2. **Focus on effort & improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. **Praise strategy**
   While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4. **Develop self-help skills from an early age**
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. **Practise unconditional acceptance**
   Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence.
... 10 confidence-building strategies every parent and teacher should know ...

If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7 Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

8 Recognise improvement
Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that school may require.

9 Put the training wheels on to support learning
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

10 Build teaching and training into your day
Teaching and training needs to be part of the every day repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you a hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au © 2016 Michael Gross
Understanding and Supporting Children with ANXIETY

This is a Community Event - Everyone welcome!

Monday February 29th, 2016
Darebin Arts & Entertainment Centre
Cnr Bell St & St Georges Rd, Preston
$20 per person (at the door) NO EFTPOS

Monday March 7th, 2016
Berkeley Lodge
258 Pakington Street, Geelong West
$20 per person (at the door) NO EFTPOS

Secure your place!
Email rick@criticalagendas.com.au
Include your name, venue and number of tickets required.
Collect and pay for tickets on the night.
No EFTPOS
Enquiries: 0433 616 771

Testimonials
Jules is without doubt one of the most engaging, energetic and BRAVE Trainers that I have ever had the pleasure of working with.
Jules is so brave and so fearless as a trainer in being prepared to share experiences from her own life that she simply had the group totally spellbound one particular day. You can literally hear a pin drop in that training room because Jules had the room so engaged in her training.
She re-energised us all with her engaging personality, enthusiasm and her passion for the material that she is delivering.
Adam J. Turley - Trainer for Geelong, East Geelong, Torquay and Corio Matchworks sites.

Just wanted to quickly say the presentation I attended yesterday was one of the best I have been too. I got so much out of it and Jules was fantastic and I really clicked with her. Thought I would just let you know.
Craig Pyle Migration Review Tribunal - Refugee Review Tribunal

I have been inundated with positive feed back about Jule's session.
Geelong City Council

Jules was excellent & kept the entire group engaged the whole time. I really thought this should be passed on so this can be recognized. Myself and Patrick Cowley were discussing the class the whole way home & both felt we learnt more in one class than we thought possible & really took something away with us. Please thank Jules for her training & time. We both look forward with further training with Jules in the near future.
Patrick Cowley Employer Services Consultant - DES

Comments: an amazing lecture given by Jules, a mixture of humour, and realistic of the society we live in. Gave me knowledge which will be helpful in the workplace
Evaluation Report Home and Community Care Training - Barwon South Western Region

Anxiety is something we all experience and is in fact a natural survival response. But anxiety can start to impact our children in an unhealthy way, negatively affecting their journey into life. School pressure, family pressure, social pressure and toxic thoughts, can all see anxiety spiral out of control.

By recognising the signs and symptoms of anxiety, we can provide sound support in assisting our children to build on their resilience and internal coping mechanisms.

In two hours, Jules Haddock, Mental Health First Aid Instructor and, REACH facilitator, will share her support strategies with you when dealing with anxious children.

Session outline:
- Understand anxiety as a natural response to life events
- When to worry about anxiety
- Learning how to recognise anxiety signs and symptoms, as it takes hold upon a child's thoughts, emotions and in turn behaviour.
- Learning how to support a child to manage their anxiety

About the Presenter

Jules Haddock has worked in the non-profit community sector for approximately 14 years, prior to accredited training in the last 12 years.

Jules enjoys sharing a creative delivery with her participants, and has a sound reputation as a vibrant and humorous presenter.

She is passionate for the acknowledgement of mental health awareness and de-stigmatising mental illness. She sees the answers lying in education of all.

As a REACH facilitator and Mental Health First Aid instructor, Jules also holds education talks for community groups, corporate businesses, children, and primary and secondary teachers. Jules has and continues to present at a number of national conferences on anxiety and recovery.
BEGINNER BASKETBALL PROGRAM
Ages 6 - 12

Option 1: Friday Program
4.30pm - 5.30pm
Every Friday from January 29 – March 18

Option 2: Saturday Program
9am - 10am or 10am - 11am
Every Saturday from January 30 – March 19

$70 for the FULL term 1 2016
+ First time participants receive a FREE ball and T-shirt!

To register:
Paul Lankford: info@blackburnbasketball.com.au - 0431 559 893

All sessions held at SLATER RESERVE - Grosvenor St. Blackburn North

Junior Basketball Club
Come and play Saturday Basketball
Registration Day Winter 2016

When: Saturday 13th February, 2016
Time: 9.00am-4.00pm
and
Tuesday 16th February, 2016
Time: 5.00pm-7.00pm
and
Friday 19th February, 2016
Time: 5.00pm-7.00pm

Where: Slater Reserve Stadium,
Grosvenor Street, Blackburn North

Enquiries to:
info@blackburnbasketball.com.au
or
Mobile: 0431 559 893

DRAMA CLASSES FOR CHILDREN
Prep to Grade 6
Come And Try First Class Free

The Drama School has been operating for over 10 years. Explore, create and take risks while building friendships, self esteem and confidence.

Where: At Roberts Mc Cubbin Primary School
When: Thursday’s after school in the performing arts room
Times: 3:30-4:30pm (Prep – Gr2)
4:30 – 6pm (Gr 3 – 6)

We are now taking enrolments for the Term – call us to secure a trial class.

Giving children the opportunity to be expressive in a vibrant, challenging and supportive environment.

www.thedramaschool.com.au
Carla Gilzean 0413 405 936 Sharon Foley 0401 902 886
FOOTY SEASON IS NEARLY UPON US!

This year's **Registration Day** is on Saturday Feb 6th at the **Surrey Park clubrooms** between 8.30 and 11.00am.

- NEW players please bring a copy of your birth certificate to show to Dave (our Registrar) so that your registration can be completed
- For those who would prefer to pay their fees in person rather than online we will have an EFT terminal, and will accept cash/cheques
- Meet your Coaches (not all, but most will attend)
- We will have an **information session** for everyone who has registered for or expressed an interest in playing **Girls Footy**
- Get your mouthguards fitted by club sponsor Sportsafe to have them available for the start of the season
- All players registered by Feb 6th will have the option of personalising their training jumper with a surname / nickname

You can also visit [www.surreyparkfc.com.au](http://www.surreyparkfc.com.au) for details on how to register.

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**Play Footy at Blackburn in 2016**

The Blackburn Junior Football Club invites you to come and play football with us in 2016. We are a family based club where the emphasis is on player participation, development and fun.

**Registration Day** is on Sunday the 14th February, 2016 between 11:00am and 1:00pm at Morton Park, Central Road, Blackburn.

On Registration Day you will also be able to meet the coaches, buy club merchandise, undertake mouthguard fittings and participate in the boot swap.

The Club’s current policies and 2016 registration pack can be viewed on the Club’s website: [www.blackburnfc.com.au](http://www.blackburnfc.com.au)

Pat Mannix, President, Blackburn Junior Football Club
OSHClub News
Before School / After School Care Program

Program Update
After long holidays we just want to say welcome back to the school! As we had announced previously we have two new members in our team. Azucena N. Sanchez Aguilar will be the coordinator when Elizabeth needs to support other programs as she has a new position as a Area Coordinator. Azucena has been working for OSHClub for more than three years, she is willing to hear the children and the families in order to continue improving our fun, educational and caring program. Martin has an educational degree and he has been working for OSHCLUB for two years. He is a valuable member.

We are pleased to inform that we have had discussions with the children re: guidelines/values of our program and they have come out with good ones such as respect others, take care of the equipment, being inclusive and be your best and do your best. We will be practicing each one every week during this term to make the children feel supported, safe, happy, and secure.

**Important notice.** Term 1 means hats and sunscreen, no hat no play. If you would like your children to keep a spare hat here at OSHClub please label it and it will be kept in the hat box. If your child is sensitive to generic sunscreen please provide your own that is ok. All children who go outside must wear sunscreen and a hat.

**A friendly reminder** that the program concludes at 6pm each evening with a $2.00 per minute charge thereafter. If you are running late please contact us to let us know. All children enrolled in OSHClub must have fully updated anaphylaxis/asthma/risk management plans if needed and any medications required are to be held at the facility. No pen, no plan, no play.

Thankyou

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**This Week’s Activities: Kiddness week**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Before Care Break</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Cereal, toast, yoghurt and fruit</strong></td>
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<tr>
<td>Before Care snack</td>
<td>Fruit, vegetables, and tomato pasta</td>
<td>Fruit, vegetables, and popcorn</td>
<td>Fruit, vegetables and Rice Cakes</td>
<td>Fruit, vegetables and pizza</td>
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<tr>
<td>Before Care Activities</td>
<td>Puzzle Jail Break</td>
<td>Kindness drawing Octopus ball tiggy</td>
<td>Friends lego Children's choice game</td>
<td>Imagination Disco tiggy</td>
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<tr>
<td>After Care Activities</td>
<td>Chalk Drawing Rules and routines Running race</td>
<td>Cricket/Tball Playground Fun Sharing circle</td>
<td>Cocking club Mess free finger painting Playground challenge</td>
<td>Gumamela Bubbles Free drawing Group games</td>
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<td>Friendship bracelets Ballon soccer Group games</td>
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OSH program phone: 0407 634 842 (Available Mon - Fri 7am - 9am, 3pm - 6pm)
Coordinators: Elisabeth & Azucena
Assistants: Martin, Rhys, Caitlin, Tom, Rachel, Adam, Jess, Jane
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](http://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.