Principal’s Report  
Lesley McCarthy

Congratulations to the students who participated in the District Cross Country last week. 5 students are now progressing through to the next level of competition.

The first session of CARE Program for 2013 was held on Monday and students were very excited to renew friendships and welcome new students to the groups. This year, CARE will focus on the skills and strategies developed from our work with the CASEA program, and the competencies necessary for social interaction. Scheduling of the program on a Monday afternoon allows children to go home and discuss what they have learnt and focussed on recently. We encourage parents to share these discussions with their children and build on the learning.

I am very pleased to confirm that we have been able to rebook the Portsea Camp for the Grade 5/6 students. The camp will now take place from Monday 28th October to Friday 1st November, a 5 day and 4 night experience. [http://www.theportseacamp.com.au/]

We have also rebooked the Grade 2 camp at Lady Northcote from 27th to 28th November. [http://www.camps.ymca.org.au/discover/lady-northcote.html]

The Grade ¾ camp remains unchanged at Lake Dewar from 9th to 11th October. [http://www.camps.ymca.org.au/discover/lake-dewar-lodge.html]

The Student Leaders ran an excellent ANZAC Day assembly yesterday containing the history, poetry and music to support the experience.

Congratulations to Flynn S for his rendition of “The Last Post”, a very difficult piece of music to play.

Parents are reminded that tomorrow, Thursday 25th April, s ANZAC Day and students do not attend school.

Next week we are very glad to welcome back Erna Doria, Administration Assistant. Erna has been on sick leave since early in Term 4 and we are pleased she is able to rejoin us. Please call in and say hello!

Please remember the Rotary Book and Bric-a-Brac sale here at school in the hall on Saturday. Come along and buy a book at a very low price if you are free between 10-2.
Care Member of the Week
Week beginning 22 April 2013

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mangalore 1</td>
<td>Sima G</td>
<td>For confidently being a role model to the younger students and participating in all CARE group discussions</td>
</tr>
<tr>
<td>Mangalore 2</td>
<td>Lochie S</td>
<td>For demonstrating the school values and helping out younger grades</td>
</tr>
<tr>
<td>Mangalore 3</td>
<td>Joseph P</td>
<td>For setting a great example in Mangalore 3. Keep up the great leadership</td>
</tr>
<tr>
<td>Mooltan 1</td>
<td>Will T</td>
<td>Assisting all students and teachers with setting up and getting CARE off to a flying start</td>
</tr>
<tr>
<td>Mooltan 2</td>
<td>Luke I</td>
<td>For confidently contributing his ideas during our first CARE session</td>
</tr>
<tr>
<td>Cashmere 1</td>
<td>Mustafa A H</td>
<td>For showing leadership and being a positive role model in our CARE group</td>
</tr>
<tr>
<td>Cashmere 2</td>
<td>Alexander G</td>
<td>For being a good role model to the group</td>
</tr>
<tr>
<td>Cashmere 3</td>
<td>George E</td>
<td>For confidently contributing his ideas and setting a great example to Cashmere 3</td>
</tr>
<tr>
<td>Delhi 1</td>
<td>Rahma A</td>
<td>For a great contribution to our CARE group role play</td>
</tr>
<tr>
<td>Delhi 2</td>
<td>Kelly H</td>
<td>For showing initiative when developing our CARE agreements. Well done for being a king and considerate group member</td>
</tr>
<tr>
<td>Delhi 3</td>
<td>Hannah S</td>
<td>For confidently working with new students during the first care group sessions</td>
</tr>
</tbody>
</table>

Office News
Office Hours, 8.30am – 4.00pm Monday to Friday
Due to reduced admin staff hours, there will not be anyone to respond to telephone calls or window enquiries between 9.30-11.00 daily.

Payments
When making payments at the office, please complete the details on a payment envelope and place in the cash box. Please make sure you include your child’s name, grade and the reason for the payment.

Visitors Badges
All visitors, including parents, need to pick up and wear a badge when visiting the school at any time. If parents are helping in classrooms or attending meetings please call at the Office first.

Working With Children Check
Parents and family are reminded that to help in the classroom, on excursions, camps and at swimming you must hold a valid Working With Children Check. These are available at the Post Office and are free for volunteers.

Woolworths Earn and Learn Program
The program runs from Monday 8th April until Sunday 9th June. When you do your shop you will receive one sticker for every $10 spent (excluding liquor, tobacco and gift cards).

When you receive a sticker place it on the card and when the card is complete please submit it in the collection box located near the office. Should you need another sticker card please see the office as we are expecting to receive a pack containing these. All completed cards must be sent to the office no later than close of business on Friday 14th June. Enjoy collecting.

Scholastic Book Club
Issue 3 order forms that were sent home recently are due back to the office by Wednesday 1st May by 9.00am
No late orders will be accepted

Please note, that orders sent before this date will now be sent to Scholastic as received (except cash which will be processed on the final day). The office will now process orders a couple times a week (for credit and cheque payments only) so the earlier the order, the earlier the children will get their book.
Assistant Principal's Report  
Sandra McOrist

During Week Two of the CASEA program the focus of the group is on Feelings. Children will discuss how they identify and express their own feelings, and talk about how to recognise how others are feeling. In particular the importance of recognising feelings by looking at facial expressions and body language, and listening to a person’s tone of voice, will be discussed. The session also focuses on Strong Emotions. The aim is to assist children in understanding that some emotions are more intense than others. They will learn to identify how to recognise their body's “warning signals” so that they can identify when they are becoming angry.

All children in Grades Prep to Three will participate in classroom activities that focus on identifying and recognizing feelings.

Next week: Managing Strong Emotions

PE News  
Brendan Newman

District Cross Country Carnival  
On Friday 19th April twenty nine students from Flemington Primary represented our school at the district cross country carnival and what a fantastic day it was. With the forecast of sun the weather held true and for the first time in many years we were able to enjoy a pleasant day.

Every student was successful in their race to complete their 2 or 3 kilometre run displaying determination and willpower. It was obvious all the hard training had paid off. After a very tough competition, our school placed 6th overall; a great achievement.

Special mention to Leo Z, Zac Z, Flynn S, Prue C and Lochie St who placed in the top 10 in each of their races, making it through to the Moonee Ponds, Western Ranges and Maribyrnong Division Cross Country Championships to be held at Brimbank Park.

We wish them all the very best!
NAPLAN

What is NAPLAN?
The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?
NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and which areas need to be prioritised for improvement.

NAPLAN tests are one aspect of the school’s assessment and reporting process, and do not replace the extensive, ongoing assessments made by teachers about each student’s performance.

What will be tested, and how?
NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. The content of each test is informed by the National Statements of Learning for English and Mathematics which underpin state and territory learning frameworks. Questions are multiple-choice or require a short written response. The Writing task requires students to write a persuasive text.

To give you an idea of what the tests look like, sample questions and a sample Writing task can be accessed on the NAP website: www.nap.edu.au

Who will run the tests?
NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or the principal. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

How can I help my child prepare for the tests?
NAPLAN assesses literacy and numeracy skills that students are already learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child’s preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day. The use of services by coaching providers is not recommended.

What additional support can schools provide for students with special needs?
All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments which reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant co-existing conditions, or who has recently arrived in Australia and is from a non-English speaking background.

Your school principal and your state testing authority can provide you with more information on special provisions or the process required to gain a formal exemption.

How is NAPLAN performance measured?
NAPLAN is not a pass or fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has ten bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands will represent the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

Enrolment and Transition

Secondary Transition Forms - Grade 6 Students
Secondary school transition forms went home on Wednesday. Parents are reminded that secondary school transition forms are due back to the office by Friday May 31st. If any details are incorrect on the form please see the office for amendment. Please note, any address changes will require proof ie. a bill etc. If you need another copy of this form could you please see the office.

Please be advised that all Grade 6 students need to return a form.

2014 Prep Enrolment
Applications for Prep 2014 enrolment are now open. School Tours take place each Tuesday during Term 2 at 9.15am led by our Student Leaders. Application forms and Parent Information Handbooks are available from the office.
If you have a child due to commence school next year, please collect the enrolment forms and enrol your child by the end of Term 2, this being 28th June. Should you know of a child due to start school next year, who lives in our enrolment zone (refer to the school website for details), please remind parents to hand their enrolment forms in during Term 2.
HUB News
Rochelle Carland (Hub President)
carlandr@bigpond.net.au or 0416 177 219

It’s been a busy week at the HUB as we focus on our events for Term 2 and start to plan for our Term 3. Icy poles will continue for another few weeks and we will then offer some other after school ‘treats’ as the weather gets cooler…

FPS Social Night – Friday 24 May

SAVE THE DATE!

Due to popular demand, we are organising another FPS Social Night at the TONIK bar at 524 Macaulay Rd, Kensington on Friday 24 May @ 7:30 PM. There will be finger food, drinks & great music.

$20 per person if you prepay at the office
$25 if paying at the door on the night

This is a great chance for parents and staff to relax, socialise & dance! Look out for flyer next week.

Prep-2 Home Readers

Students in grade 1 were very excited at the arrival of their new reading materials, part of the books funded by the sale of Christmas Cakes (plus some icypole money from Term 4). Miss Zoe has bought over $2200 of home reading materials for Prep-2 students and they were shared across the classes this week. Thank you parents.

Mother’s Day Stall

Each year members of The Hub organise a Mother’s Day Stall at school and this year it will be on Thursday 9 May. The kids will have an opportunity to purchase a lovely gift for mum from our stall during school hours with their class. Gifts will be priced from $2 to $10, so please send some money with your child on that day if you would like them to buy something from the stall. A more detailed notice will be sent home prior to this date, but please put it in your diary.

Also, we are looking for some dads to help sell gifts on the stall (we don’t want too many mums to see what gifts they will be getting). So if you are keen to help and available from 9am to 11am on the 9th, please contact Vince Andreana on 0449 060866, or v_andreana@hotmail.com
Getting Kids Organised for Bedtime

Children need a good nights sleep so that they have enough energy for the next days activities. Parents also need sleep!! Common bedtime problems include dawdling, refusing to go to bed, waking up in the middle of the night, getting out of bed and refusing to stay in their own bed.

Most problems can be avoided by having a set routine and some rules. Although you cannot make a child go to sleep, you can put children to bed and organise conditions where sleep becomes more likely.

1. **Set a regular bedtime** - Anywhere between about 7:30pm and 8:30pm is reasonable.

2. **Set bedtime ground rules** - Some simple rules include go to bed at set time, stay in own bed until morning, be quiet in room (no calling out).

3. **Remind your child about bedtime** - About 30 minutes before bedtime, tell your child they are going to bed soon and involve the child in quiet activities such as puzzles or colouring in.

4. **Complete pre-bedtime routine** - About 10 minutes before bedtime, tell your child to finish what he/she is doing. Help your child with teeth, toilet and other tasks. You could make up a poster with pictures to remind your child of the steps (see step 5).

5. **Displaying bedtime routine** - Getting your child into a bedtime routine may require you to create a reminder poster which goes on their bedroom wall or the fridge. This may display pictures (i.e., drawings or photos) of each step such as brush teeth, goodnight hug, etc.

6. **Check your routine list** - If your child is in bed by the set time, read a story or sing a song. Make sure your child has done each step so that there are no excuses to get out of bed.

7. **Say goodnight and leave** - Remind your child of the rules, say goodnight and leave decisively. Ignore any requests or complaints.

**Rewards!** - If your child follows the rules, praise him/her the next morning. You may even give your child a reward, every day for a week. A little incentive can often go a long way when trying to get your child to do what they have to do.

**IMPORTANT**: Learning a new routine at bedtime can be difficult at first and some protesting is inevitable. You must want a solution and you need to be strong to resist urges to give in to your child’s protesting. This requires extra time and effort at first, but the outcomes are worth it!
1-2-3 MAGIC® & EMOTION COACHING
PARENTING COURSE

A three-session program for parents and carers
to help manage difficult behaviour in children 2-12 years old
is being held at Essendon North Primary School on Keilor Rd, North Essendon
on 10th, 17th and 24th of May 2013 at 9.15am-11.45am

Learn:
✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy, the three choices
✓ Using emotion coaching to encourage good behaviour
✓ 7 tactics for encouraging good behaviour

Registration Fee?
The course is free to parents of children whom attend State Government schools in the Moonee Valley Network. A $2 donation is requested for refreshments.

Register for this course contacting Margo Edgar or Kate Barlette, Assistant Principals at Essendon North Primary School on 9379 9979 or Melissa Di Pietro, psychologist (Student Support Services) on 9376 3876.

What people are saying?
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realised quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.

Who's running it?
Melissa Di Pietro (Psychologist) who completed the Parentshop® 1-2-3 Magic & Emotion Coaching on 30th March 2011. Melissa has experience working in schools, providing services supporting both the children and their families.

Emelie Barringer (Psychologist) and Melissa Di Pietro (Psychologist) both have experience working in schools, providing services supporting children and their families.

For more information contact
Melissa Di Pietro or Emelie Barringer (Psychologists—Student Support Services) on 9376 3876

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
InTouch Newsletter

Community News

Book & Bric-a-Brac Sale

Flemington Primary School Hall
Corner Mt Alexander Road and Flemington Street
opposite Wellington Street

Saturday April 27th

10.00am — 2.00pm

A vast selection of good quality, paperback and hard cover books, fiction and non fiction, text books, magazines and children's books as well as superb quality items from our Opportunity Shop.

Donations of books sought now!
Deliver to the Op Shop at 444 Racecourse Road or contact Lesley McCarthy
Lesley2009@gmail.com OR 0417 562 263

All proceeds to local community projects.

Moonee Valley

Have your say on the City of Moonee Valley draft Playspace Plan which recommends the following:

- Residents can access play opportunities within walking distance of their home (15 minutes walk or 500 metres)
- There is an even spread of types of playspaces across the city
- Playspaces cater for different groups, including older children
- Playspaces are safe, attractive and accessible for all family members

This means that the Playspace Plan recommends 9 new playspaces in the City of Moonee Valley, an increased diversity of play opportunities in our suburbs including more natural play environments and more playspaces suitable for 10-18 year olds. Copies of the draft Playspace Plan is available in the Civic Centre and libraries or you can read it online at mvcc.vic.gov.au/play.

Please comment by Friday 26th April 2013 by:
- Email to parkimprovements@mvcc.vic.gov.au
- By post to Moonee Valley City Council PO Box 126
  Moonee Ponds Vic 3039

There are even more reasons for children to be physically fit and active, new the release of two landmark studies over the school holidays.

Research by the University of Wollongong reveals that 30 to 40 minutes of physical activity per day has proven benefits for a child's performance at school.

The study also reveals:

- Physically fit children achieve better results in class than unfit students
- The most active children are out-performing those who do not take part in regular physical exercise or organised sport
- The more physical exercise or structured sport that students do, the better they perform with their classwork
- Sedentary children are at risk of their academic results falling away.

Another study has revealed a disturbing trend, that young Australians are becoming so overweight, they are developing disorders that usually only affect older people.

Rory Sercombe from Fit Family said that with the rise of childhood obesity there were even more reasons for families to exercise together.

Overweight children are having their tonsils removed to help them breathe, experiencing sleeping problems and developing “late onset” diabetes as young as 10 years of age.

"Taking that first step and establishing a regular exercise routine seems daunting but at Fit Family we provide solutions that will help all families find a love of fitness together," Rory says.

Fit Family offers exercise programs for adults and children at the same time and same place, in separate sessions. For your closest Fit Family location, check fitfamily.com.au, or call 1300 799 663.

OSHC News

Camp Australia now manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.

Do not leave messages on the school answering machine.

<table>
<thead>
<tr>
<th>Customer Service</th>
<th>8.00am - 6.00pm</th>
<th>1300 105 343</th>
</tr>
</thead>
<tbody>
<tr>
<td>Website</td>
<td><a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a></td>
<td></td>
</tr>
</tbody>
</table>

OSHC News

Camp Australia now manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.
MLC Hot Shots
Term 2 2013 starting 4th February

Little Joey (4 – 6 years)
Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday
Cost $145 for 10 weeks 30 min class

Hot Shots (7 – 17 years)
Mon, Tues, Wed, Thurs, Saturday and Sunday Cost $165 for 10 weeks 45 min class or $195 1 hour class

Cardio Tennis Adults (17 – 80 years)
Mon, Tues, Wed, Thurs, Saturday and Sunday Cost $22.50 per week or $195 1 hour class, 10 weeks

VENUES:
North Park Tennis Club — Gladstone Park Tennis Club —
Kensington Banks Tennis Club

PUTTING THE FUN BACK INTO FUNDAMENTALS

Telephone: 1300 ACE FUN or 1300 223 386 Mobile:
0418 178-328

www.acefuntennischool.com Email: ttpt@optusnet.com.au
The Ministerial Advisory Council on Public Libraries is conducting a landmark review of Victoria’s public libraries and wants your feedback on the ‘Victorian Library’ concept.

What do you think of having one library card to use at any public library in Victoria, or access to all public library books across the State?

As access to new technologies and social media increases, what can we do to meet the needs of future generations?

Parents, teachers and friends can complete a 5-minute online survey and go into the draw to win a 32GB iPad valued at $649. Comments close 16 May 2013. Visit www.dpcd.vic.gov.au/tomorrowslibrary