Principal’s Report
Lesley McCarthy

Congratulations to Kim Sheldon and husband Todd on the safe arrival of a son, Harry Edward on Sunday morning. Harry weighed in at 4.6kg and is now settling into routine at home with Kim. We look forward to meeting him soon.

Congratulations also to former staff member Rachel Gradzka and husband Stephen on the safe arrival of their 3rd child, a daughter Prue Genevieve, 2.6kg on Monday morning.

Thank you to Catherine Falconer for providing flu injections for staff yesterday. This is part of our push to ensure that our staff is healthy and to minimise the spread of influenza across the community. The costs are covered by a Workhealth grant received in 2012.

Last year I wrote to Moonee Valley Council requesting that the laneway adjacent to the school be named. Nominations were sought from the school community and local residents now following discussions at Places Victoria, a name has been chosen. The laneway will be known as Padman Lane following the naming conventions in the area derived from the area of Travancore in India. Signage will be erected in the near future. Our physical address will now be: Corner of Mt Alexander Rd and Padman Lane, Travancore.

Parents are reminded that our school uniform preference is for leather shoes for children. Wearing sneakers every day is not healthy for young feet, particularly when this is the only pair of shoes worn during the week. While we recognise that many children find running and playing in school shoes a challenge, the PE timetable is well publicised and sneakers are not needed every day.

With the wet and cold weather approaching, I encourage parents to review their child’s footwear and ensure shoes are alternated during the week.


I am delighted to advise that we have been able to obtain a booking for Grade 5/6 students to attend the Portsea Camp from Monday 11th to Friday 15th November. A notice, request for deposit and payment schedule will be sent home next week.

Care Member of the Week
Week beginning 29 April 2013

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mangalore 4</td>
<td>Alex Gebremariam T.</td>
<td>For helping and caring for the younger members of Mangalore 4. Keep it up!</td>
</tr>
<tr>
<td>Mangalore 5</td>
<td>Nicola Noah W.</td>
<td>For demonstrating courage and respect when recognising feelings in others.</td>
</tr>
<tr>
<td>Mangalore 3</td>
<td>Jessica Lily Z.</td>
<td>For being a kind and caring team member. Thanks Lily!</td>
</tr>
<tr>
<td>Mooltan 4</td>
<td>Brendan Madeline B.</td>
<td>For being a fantastic contributor during discussions in our CARE group.</td>
</tr>
<tr>
<td>Mooltan 5</td>
<td>Leonie Thomas N.</td>
<td>For always being interested in group discussions and contributing his own ideas.</td>
</tr>
<tr>
<td>Cashmere 4</td>
<td>Yvette Tiffany L.</td>
<td>For being responsible and helping out younger team members. Thanks!</td>
</tr>
<tr>
<td>Cashmere 5</td>
<td>Christine Mullata H.</td>
<td>For being a positive team member and working well with others. Well done!</td>
</tr>
<tr>
<td>Cashmere 6</td>
<td>Bruce Tilly D.</td>
<td>For showing our group how she expresses her feelings and how she recognises other’s feelings.</td>
</tr>
<tr>
<td>Delhi 4</td>
<td>Chloe Layan Z.</td>
<td>For doing an excellent job thoughtfully sharing her ideas with our CARE group, showing great enthusiasm and team work. Well done!</td>
</tr>
<tr>
<td>Delhi 5</td>
<td>Grace Thomas F.</td>
<td>For his mature and helpful attitude to our CARE group sessions and meetings. Thanks Tom!</td>
</tr>
</tbody>
</table>

Green Travel Plan

Big news!
Flemington Primary School has been awarded a $2500 star award by the Ride2School program. This recognizes the schools work in encouraging active transport and participation in the HandsUp! scheme to monitor walking and cycling to school. The money should allow us to provide more and better bicycle and scooter parking - a key action in our Green Travel Plan.
We’ll be looking for parents and students to help with the design and installing of the new parking.
Let me know if you are interested in being involved.
Power tools welcome!
Bart Sbeghen M 0418 231 686 E macbart@bigpond.com

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.
Assistant Principal’s Report
Sandra McOrist

CASEA and CARE Program Update
Week 3

During Week Three of the CASEA program the focus of the group is on Managing Strong Emotions. The group will help children to understand the importance of being able to stop strong emotions before they become out of control, as well as help them to identify different ways of coping with anger. In particular children will learn how to use the “Calming Down” strategy.

All children in the CARE program will participate in classroom activities that focus on managing anger and “calming down”.

Next week: Introducing STOP, THINK, DO

Reminders for parents:
When dropping children off in the morning stay along the laneway, stop at the end of the car park, where there is an adult waiting and allow your child or children to walk straight into the school grounds. Don’t forget to smile and wave to the adult on duty it’s a great way to start the day. 😊

Do not park in the teacher car park at any time. There are 2 disabled parks at the end of the teacher car spaces they are only for motorists with a disabled sticker.

Collecting children at the end of the day, if you are going to be late or have been held up please ring the school, 9376-7137 and let the office staff know so that they can call you child inside. Children do become unsettled if parents are not there at the allotted time. If your child is still at school at 3:45 and has not been collected you will find them outside the office, if you are continually late to collect your child they will be sent to after care and you will receive a bill.
Flemington Fathers First Friday Club (FFFFC)

We are inviting fathers who attend FPS to join the FFFFC. We are a group of fathers of past and present students at Flemington Primary School. We meet on the first Friday of each month and enjoy each other’s company as well as presenting an annual scholarship to two students in grade 6. You are invited to join us at: Laurel Hotel, Mt Alexander Rd just up the road from Flemington Primary School this coming Friday night – May 3rd at 8:30pm.
For more information contact Ian Bull: bulli@stkevins.vic.edu.au

HUB News
Rochelle Carland (Hub President) carlandr@bigpond.net.au or 0416 177 219

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 9th 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

FPS Social Night – Friday 24 May

SAVE THE DATE!

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.

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

Do not leave messages on the school answering machine.

FPS SOCIAL NIGHT
@ The Tonik Bar 524 Macaulay Rd Kensington
Friday 24th May @ 7:30 PM
$20 (prepaid at office) or $25 at door on the night
Price includes finger food & music
Parents & Teachers: Relax, socialise and dance
**Community News**

**BOOK KEEPER WANTED**

Established mid-sized Graphic Design Studio based in North Melbourne requires a book keeper. 1 day per fortnight, approx 6-8 hours per day dependent on workload. Flexible start/end times, office hours 9am-6pm. MYOB essential. Please call ASAP Jacqui 0400 996 465

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**Tonik Night Market**

Thursday 9th May - 6.30pm to 9.00pm

Located upstairs in Toniks function room.

Plenty of exciting stalls just in time for Mothers Day!

*Clothing, shoes, bags, jewellery, knitted scarves, baby and children items, gift cards, nursery prints, tuppaware, photography prints, cakes, sweet treats and more......

For more information call 9376 9928 or email info@tonikbar.com.au

524 Macaulay Road, Kensington

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**SuperClinic with Essendon Football Club**

Saturday 11th May

10:00 - 11:30am

Windy Hill Football Ground

Napier St, Essendon

Cost: FREE

All 2013 Essendon FC listed players will be in attendance at the Superclinic, so get along to meet your favourite players and join in the fun and activities!!!

For ages 6-12 years old
Mothers Day STALL

THURSDAY 9 MAY

A great selection of lovely gifts for Mum will be available at our Mothers Day Stall.

Gifts will be priced at $2, $5 and $10.

The stall will be held for kids during school hours so if they would like to buy a gift they should bring some money and a plastic/shopping bag to school.

If we have gifts leftover, they will be available for sale after school on the same day.
Being a Parent

Being a parent is one of the most important, but challenging jobs many of us will face in our lives. Unfortunately, the birth of your child does not come with a Do-It-Yourself parenting manual. There is no one right way to parent and most parents learn their parenting skills through trial and error. Sometimes parents place expectations on themselves that are too high, and this can leave parents feeling incompetent. Feeling incompetent then makes it more difficult to face the challenge of bringing up children who will be competent adults. The following suggestions for managing the challenges of parenting may help to minimise the impact of feelings of disappointment on your ability to be a good parent.

The Challenges of Parenting

1. **The belief that children should be perfect** - All children cry, complain, make a mess, have arguments, and become irritated at times. No child is perfect, and such unrealistic expectations can lead to disappointment and conflict with children.

2. **The need to place blame** - Sometimes parents may have the belief that either themselves or their children are solely to blame for their child’s problems. This may lead to parents over-reacting or avoid reacting to misbehaviour. Therefore, try to avoid placing blame on anyone and instead focus on working on the issue.

3. **Prioritising only the children’s needs** - Parents sometimes become so involved in their parenting that they forget about their own need to look after and enjoy themselves as well. An unbalanced life may result in marital and family conflicts. So, don’t forget to take time out and do something for yourself on a regular basis. A healthy parent most often means healthy, happy children.

4. **The belief that children will grow out of it** - Children’s behaviour problems are not necessarily a passing phase. Such a belief may deter parents from seeking help or solutions to a problem. If problems are dealt with early, it is less likely to develop into a more severe problem later on.

**Remember:** Every parent makes mistakes - this is what makes us human!
How to Manage the Challenges of Parenting

1. **Value yourself** - Parenting is not an easy job, so be proud of your effort as a parent everyday. Try to avoid over disappointment about parenting mistakes - just take it as a learning experience and if the opportunity arises you can do it differently the next time. Believe in your skills and abilities to parent.

2. **Look after yourself** - Make time to take care of your health and well-being. Think of things you love to do - make time for them, put aside money for them, ask people to help you do them.

3. **Talk to yourself** - The way in which you talk to yourself makes a difference. If you say "why is my child trying to get at me?" you will react very differently than if you say to yourself "What is happening to make my child behave like this?". Changing your thoughts can change your feelings and reactions to a situation.

4. **Have realistic expectations of your child** - Be informed about how children develop. Check if the demands you are making, such as chores or standards of behaviour, are appropriate for your child's age and abilities. Check whether your expectations are similar to those of friends or family members.

5. **Enjoy the company of your child** - Make time to have some fun with your child, whether it be talking, drawing, playing, reading a book, etc. Spending time with your child is important for your relationship and shows your child that you care and that you are interested in them.

6. **Managing strong feelings** - Sometimes parents can feel distressed or very angry. Most of the time they manage to deal with it successfully, whilst at other times parents' feelings may be at risk of getting out of control. Get to know your own body signals when anger is building up and do something to calm yourself down before you lose your temper (e.g., walk away or go to a quiet space of your own or take deep breaths and count to ten).

7. **Get support** - Parenting is difficult without help from others. Find someone to talk to about your concerns, whether it be friends and family or professional help in the community. Keep your eye out for community notices regarding agencies and support groups for parenting.

Being a parent is even more difficult when other things in your life are going wrong (e.g., financial difficulties, ill health, or marital difficulties). Avoiding the problems will only make matters worse, so you may need to seek advice from a professional for the first time.