

SEAFORD NORTH NEWSLETTER

School Mission Statement

Our mission is to provide all Seaford North Primary School students with a high quality, challenging, global education which develops compassion and respect. We provide engaging learning opportunities that includes essential knowledge, concepts, skills and attitudes, enabling students to transfer these to new situations necessary in a rapidly changing world.

We are committed to differentiation so that students work at their level and are able to make decisions about their learning in line with the curriculum.

We encourage students to take responsibility with their learning so that they can be purposeful and make a difference to themselves and their world.

LAST DAY OF TERM 3 - FRIDAY 21ST SEPTEMBER 1.30 FINISH

ISSUE 12

13TH SEPTEMBER, 2018

Dear Parents and Carers,

Teaching and Learning at SNPS

Our school is a place of learning first and foremost and we take pride in the outstanding, quality education that the teachers and students of SNPS work to create. It was wonderful to hear such glowing feedback from our staff about the strong unified approach to inquiry teaching across the school and the purposeful use of student voice in learning. This positive feedback was also heard during our recent mid-year Department of Education strategic review by our Senior Education Improvement Leader and is validated in our excellent NAPLAN results.

Results for the NAPLAN tests that were undertaken in May this year, arrived last week. Please note that NAPLAN is a measure at one point in time of how Australian students are performing in numeracy, reading, writing, spelling, grammar and punctuation. The information gained is useful in providing our teachers with data that they can use to identify strategies that might lead to improvements for individual students, classes and year groups. It is particularly useful in helping us to arrive at focus areas for improved practice. Seaford North works very hard to develop a love of learning with our students and this positive feedback from multiple sources was a great validation of our efforts.

Stars of the week





At a recent Principals Forum I came across a very interesting article which I encourage all of you to read and discuss.

Not Every Act of Meanness is Bullying

by Michael Hawton | Sep 10, 2018 | Adolescent, Children

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma, depression and bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, in fact, not be 'bullying'. In this article we discuss the differences between unkindness and bullying – and how defining the two correctly can teach kids resilience and how to cope with conflict.

Anyone who spends a great deal of time with children or simply remembers their own childhood or schoolyard days, would know that children can be downright mean. An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that the aggressive children were mean to others on average every two minutes and more revealingly, the non-aggressive children also displayed mean behaviour but on average every three minutes.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

Bullying is however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'.

According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying".

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or

mean and what constitutes bullying behaviour because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (ie bullying) and offer ways for the child to address and resolve this themselves.

Teacher and writer Braden Bell spoke in his article for the Washington Post about his own personal experience when hearing about one of his children experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully but when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then child to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, for eg 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting the child to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?" This may not be easy because of heightened emotions and the initial responses may not be great.

Parents who react too defensively for their child at every negative encounter with their child's peers may be doing more harm than good. In later years the child may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote:
calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them.

By defining the behaviour correctly we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

Further reading: Eileen Kennedy-Moore Phd, Psychology Today:

Is it Bullying...Or Ordinary Meanness?

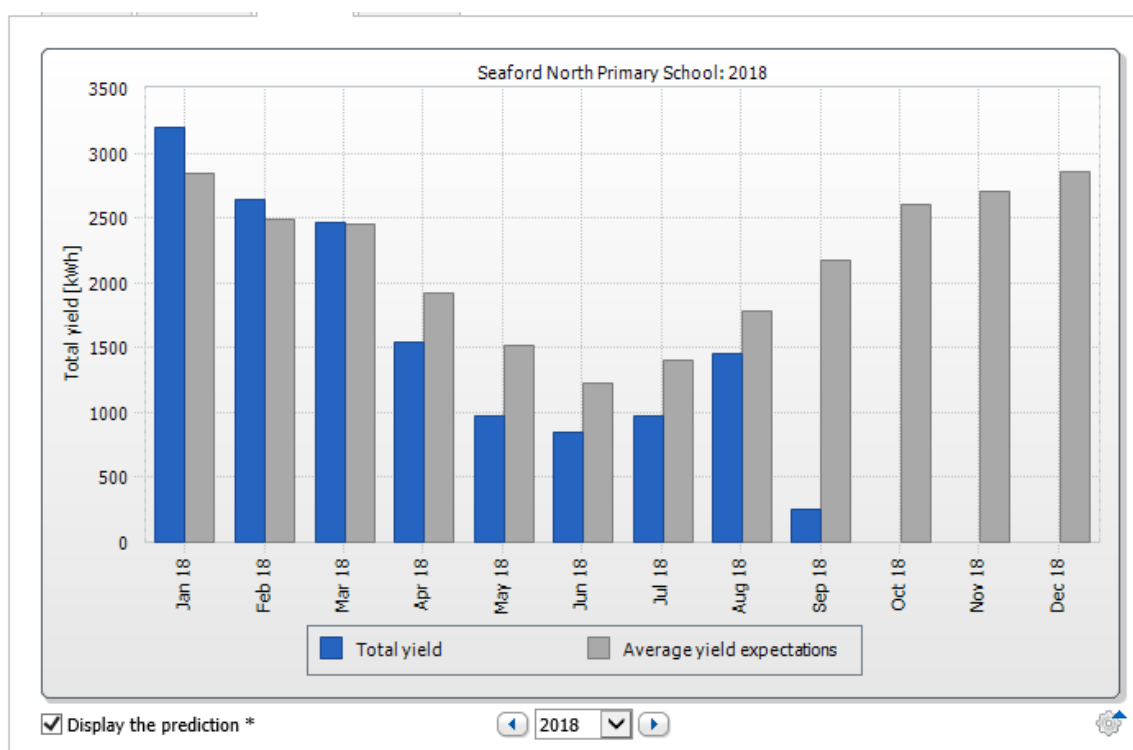
Braden Bell, The Washington Post:

Not all unkindness is bullying: Here's why we need to teach kids to differentiate.

[Bullying No Way! Australian website for schools bullyingnoway.gov.au/](https://www.bullyingnoway.gov.au/)

Building a Sustainable Future for Our Kids at Seaford North Primary School





BUILDING A SUSTAINABLE FUTURE FOR OUR KIDS



1. What is renewable energy?
2. What is solar energy?
3. How is that different to coal & oil?
4. How does the sun produce energy?
5. How do we utilise the sun's energy to produce power for us?
6. What is the school's involvement in developing a sustainable future?



1. Renewable energy is also called "clean energy" or "green power" because it doesn't pollute the air or the water.

2. Solar energy means energy (light or heat) that comes from the sun.

3. Coal & oil are dirty fuels that pollute the air, water & land.



4. The sun produces energy by forcing atoms of hydrogen to fuse together in nuclear reactions.



5. Solar cells are also called photovoltaic cells, that convert light energy into electricity



6. Seaford North P.S has embarked on a shift to a more sustainable solar energy system to facilitate the transition to an ecologically sustainable future.



Building Update



Lee Murnane – Principal

COMING EVENTS

SEPTEMBER

Fri 14th District Athletics Championships
Mon 17th to **Grade Foundations and 1**
Thurs 20th **PARC Swimming Lessons**
Wed 19th **5/6 camp final payment due**
Fri 21st **Last day Term 3**
1.30 finish

OCTOBER

Tues 9th **F -1 final Swimming Lesson**
 Mon 8th to Fri 12th Year 5/6 camp to Woorabinda
 Fri 12th ACMI Excursion 1C & 1DB
 Mon 15th ACMI Excursion 1G & 1T
 Thurs 18th Indigenous Incursion 3/4 & 5/6
 Sat 27th Trivia Night 7pm @ Patterson River S.C.

NOVEMBER

Thurs 8th Grand Parent and Special Friends Day
 Tue 27th 2019 Foundation transition Program
 Fri 30th Book Character dress up day

DECEMBER

Tues 4th 2019 Foundation transition Program
 Tues 11th 2019 Foundation transition Program
 Thurs 13th Christmas Concert
 Wed 19th Grade 6 Graduation

PERMISSION SLIP RETURNS

Woorabinda Camp **Camp Agreement and rules** to be returned by **Monday 17th September**.

Camp is to be paid in full by Wednesday 19th September.

ACMI Excursion Grade 1 permission slip to be returned by **Wednesday 19th September**.

Indigenous Incursion grades 3/4 & 5/6 permission slip to be returned by **Thursday 20th September**.

SCHOOL NOTICES

Parents please note, all notices are on the school website www.seaford-northps.vic.edu.au in the EVENTS section.



Preparing and delivering nutritious packed lunches to SNPS every Monday, Wednesday and Friday.

Home baked. Nutritious.
Fresh Fruit.
Healthy Snacks.
Wrapper free.

The best packed lunch in town
..... For kids (and teachers)!

Visit packedlunchguy.com.au to order

New Sports Equipment

New equipment has arrived! A big thank you to our Parents and Friends Club for organising the Coles Sports for Schools program this year and to all our wonderful families for shopping up a storm and collecting the vouchers. It is such a wonderful initiative that benefits all our students. Some of the equipment that we were able to receive with our vouchers included AFL footballs, portable goal posts, tee ball tees and balls, balance boards, volleyballs, fitness station mats and squeezable whistles. We look forward to putting the equipment to use in our P.E. lessons and year level sport programs.





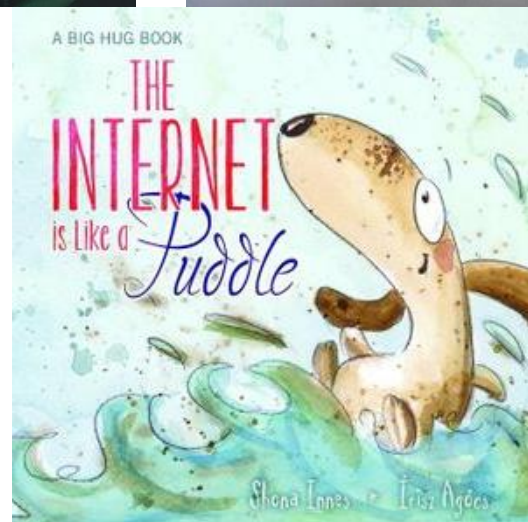
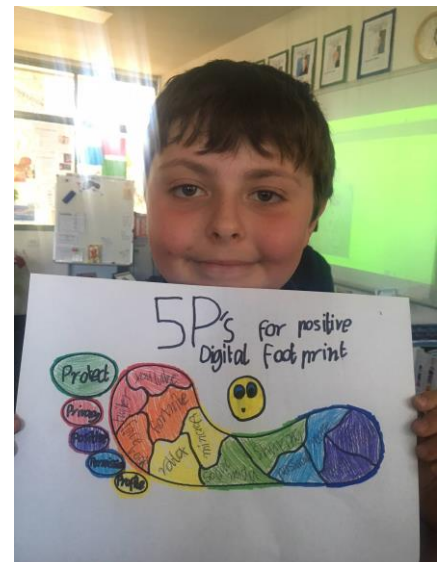
eSmart Week 2018

September 2-8 was national eSmart week.

It was a chance for our school to celebrate building cyber safe communities. The overall aim of this initiative from the Allannah and Madeline Foundation is to create an Australia that is free from cyber bullying, with digital citizens who know how to embrace the best that technology can offer, whilst being smart, safe and responsible online.

At SNPS, our classes engaged in a range of activities, aimed at different year levels. Foundation students read the story 'Digiducks Big Decision' and considered how we should always be kind when online. Grade 1 read 'The Internet is Like a Puddle', which looked at being aware of some of the pitfalls of being online and creating a balance between online and offline life. Grade 2 looked at creating safe passwords, Grades 3/4 focused on creating a positive digital footprint and 5/6 looked into creating anti-bullying posters and silent videos.

Take a look at some of the fun we had!



THE RESILIENCE PROJECT



Our SNPS teachers have been delivering lessons from the Resilience Project program. The Resilience Project delivers emotionally engaging programs to schools, providing practical, evidence-based, positive mental health strategies to build resilience and happiness.

Here is a look into what each year level has been learning about:

Our Foundation students have been looking at the "Kindness Boomerang" which focuses on how kindness can have a flow on effect.



The Grade 1 students have been discussing positive reactions and how to respond in different situations. They have also been talking about how music can affect their emotions and change their mood.

In Grade 2, The Resilience project has been helping students to further understand mindfulness. They have learnt that they can achieve mindfulness through different ways, such as music, colouring and yoga.

Our Grade 3 students were introduced to the concepts of empathy, mindfulness and gratitude. They considered how these aspects of resilience contribute to general wellbeing. They also created colourful glitter jars to assist with relaxation and emotional self-monitoring.

Our Grade 4 students have been focusing on positive self-talk and identifying people in their family who they are grateful for.



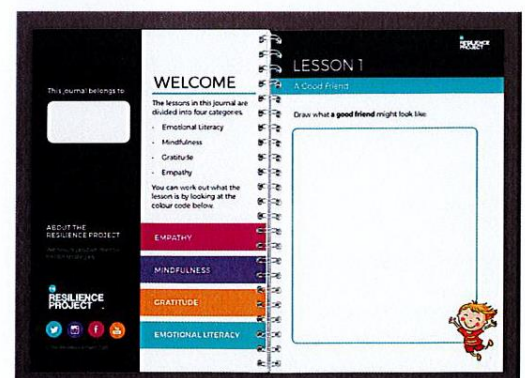
The Grade 5 students have looked at the ways strong emotions influence their behaviour, thoughts and have discussed strategies to help manage them.

Grade 6 students have been completing activities with a focus 'giving and receiving compliments'. They wrote compliments about their peers focusing on many different positive traits. They read these statements and shared them with the class.

We are so very proud of all our students. Their participation in The Resilience Project has been incredibly inspiring and we know that the benefits for everyone involved will be incredible.

Kind regards

Seaford North PS staff



PARENT PORTAL

Vault Apps

A dangerous and disturbing trend among adolescents and pre-adolescents to keep things 'secret' from parents is to utilise a 'vault app'. These apps appear to be innocent, such as a calculator or a folder for pictures.

However, these apps are far from innocent. They are primarily used to store photos and other sensitive information. The app often requires the use of a passcode to be unlocked, and may show seemingly innocent pictures, but another layer of passcodes may reveal further content. These apps may even take a photo of anyone attempting to unlock passcodes, warning adolescents of any unwanted searching from parents.

“ Vault apps hide in plain sight, often mimicking other apps, so keep your eyes open for duplicates. ”



Some of the most popular vault apps are:

- Calculator+
- Keepsake Calculator Vault
- Hide Pictures Keep Safe Vault
- Best Secret Folder

Some warning signs are a reluctance to show parents what they are looking at on phones, turning the screen away or hiding it when parents walk in the room. Open communication with children about the dangers of vault apps is recommended.

Refer to these websites for further information on vault apps:

<https://www.safeonsocial.com/blog/parenting-at-the-speed-of-light-2-vault-apps>.

<https://wezift.com/parent-portal/blog/secret-vault-apps-that-hide-things-on-your-kids-phone/>

PARENT PORTAL

In a technology rich world, it is vital for children to manage a healthy balance between ICT and other activities. Below are 8 strategies parents can use at home to encourage children to achieve a healthy balanced lifestyle by monitoring their screen time.



It is important to lead by example, so share these ideas with your children and choose a starting point together!

Parents and Friends of SNPS

Parents club have had a very busy month – holding lots of fun important funds for the school.

Thank you to everyone who volunteered and it was so nice to see so many new faces.

Every volunteer helps us create an even stronger school community and helps us do so much more for our kids and their education.

Movie night

Family Movie night was a HUGE success! Thank you to everyone who helped set up and run the evening, providing a fun night for over 200 parents and kids. Thank you Kate Watson for organising such a successful night.



Father's Day Activities Night

Over 200 Dads and kids came along to celebrate Father's Day. We hope everyone had fun spending time together and participating in all the activities.



Fathers Day stall – raised \$2010.

We had lots of eager students buying special gifts for the men in their lives. A very, very big thank you to the legend Renae Knowles for organising the stall. She did a fantastic effort ordering, collecting, counting, pricing the items, rostering the classes, organising the volunteers and overseeing the running of the stall. A big round of applause to all the mums, dads and relatives who volunteered their time to set up and man the stall.



Father's Day Raffle – raised \$758 and we had three amazing hampers for prizes with a special thanks to BCF, Braeside; BodyMAX, Seaford; and Dan Murphy for their amazing donations.

Lucky winners were: *First Prize: Owen Natt from 1C, Second Prize: Alice Parker from 2H and Third Prize: Alexis Stewart from FM.* Thank you Donna Willis for your hard work.



Thank you Seaford RSL

Seaford RSL recently supported SNPS with a donation of \$250 towards the purchase of new sports tops for students participating in inter-school sports competitions. Many thanks to Seaford RSL for their generous contribution.

Parents & Friends of SNPS committee member profile

Name – Emily Parker

SNPS Role – Grants Officer

When not at school – I am a Research Fellow at Monash University – Clinical Research

I joined Parents Club to be more involved in the School Community. I enjoy meeting other parents and getting involved with school activities.

Mum to Alice (2H), Rose (FM) & Lucy.



Next event

Final day of term - Footy Hot Food Day. Order form and request for volunteers have gone out.

Jolly Soles Fundraiser

We have had a great response so far and there is just a few boxes left if you would like a box of socks. Socks are only \$4 a pair and make great presents or stocking fillers for Christmas. If you can't sell your socks then please send back to office with the money collected and any unsold socks. We also have some Large and Extra large socks if you want to swap a few pairs.

TICKETS ON SALE!

27 October, 2018

- Tickets \$20 each – tables of 8
- Hosted by actor and comedian Peter Flaherty
- Dress up or down in your favourite op shop gear
- Bookings via www.eventbrite.com.au

Guaranteed to be a fun night this is also the school's major fundraiser of the year with all funds raised will go towards buying much needed equipment and resources for the school.

Donations of goods and services to be auctioned on the night would be greatly appreciated. Donations can be left at the school office or alternatively contact Tammi Munro, Stuart Thompson, Mathew Willis, Scott Boreham or email

parentsclubsnsp@gmail.com.

You can contact Parents & Friends of SNPS anytime via the SNPS Facebook Community page, our email parentsclubsnsp@gmail.com, or drop into our monthly meetings – 7pm second Tuesday of every month.

Sustainability Section

Did you know you can recycle soft plastic?

A soft plastic is a piece of plastic you can scrunch in your hand. For example cling wrap, plastic bags, plastic packets etc.

You can recycle your soft plastics at Woolworths in Seaford.

Why not try it in your home? Make another bin purely for soft plastics and when it is full take it to the redcycle bin closest to you or if you shop at the supermarket on the corner of Seaford Rd and the Nepean Hwy in Seaford take it with you then. Make sure you empty any food from the plastic before you dispose of it. It is so easy and has so many benefits! Be a wonderful role model for others who don't recycle plastics and do your part for the environment and reduce your waste going to landfill! For more information and to see a comprehensive list of what plastic you can recycle visit: <http://www.redcycle.net.au/where-to-redcycle/>

ADVERTISING - Please Note:

The Department of Education and Training does not endorse the products or services of any private advertisers. No responsibility is accepted by DET for accuracy of information.



Drums, Keyboard & Guitar Lessons
On School Campus!



Instrumental Music Programs – On School Campus!

- Please **ENROL TODAY** – via PMI's website OR enrolment forms available at your school front office
- Lessons are held once per week on school campus – with lessons during and outside of school hours

Drum Ensembles

- \$8.95 per child per ensemble (15-25 students for 30-45 minutes during recess / lunch)
- Exciting drums program starting with "bucket drums" – a loud ensemble that builds rhythm, requires teamwork and sounds incredible!
- PMI teachers supply percussion instruments for ensembles

Keyboard & Guitar Lessons

- \$15.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available (\$32.95 per child for 30 minutes)
- Learning plan for all students via "PMI Stars" program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for keyboard lessons (students bring their own guitars)
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child's school results – including for reading, maths, coordination
- Limited spaces available – so please enrol ASAP

P: 1300 362 824 E: admin@primarymusicinstitute.com.au www.primarymusicinstitute.com.au

School Holiday Kids Tennis Programs at North Seaford Tennis Club 2 - 4 October

9.30 -12.00 noon

Fee - \$130.00 for 3 days or \$45.00 per day

All levels welcome - Book now

To book or info call Val on **0409 581 322**

Tennis Australia professionals Val Cerqualia and
Jo-Anne Faull www.energytennis.com.au



Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988

<p>Disney Christopher Robin SEPTEMBER 18</p>	<p>GO! the MOVIES SEPTEMBER 13</p>
<p>SMALL FOOT SEPTEMBER 20</p>	<p>JOHNNY ENGLISH STRIKES AGAIN SEPTEMBER 20</p>
<p>GOOSEBUMPS 2 HORRORLAND NOVEMBER 1</p>	<p>THE HOUSE WITH A CLOCK IN ITS WALLS COMING SOON</p>

CINEMA TICKET

ALL CARLOADS ONLY \$25*
EVERY MONDAY,
TUESDAY & WEDNESDAY
(*per movie)

CINEMA TICKET

ALL CARLOADS ONLY \$30 PER MOVIE
THURS-SUN

CINEMA TICKET

SESSIONS AT WWW.LUNARDRIVEIN.COM.AU
Information correct at time of printing. All dates and films are subject to change.

Carrum Cricket Club

Junior Players Wanted!

Age Groups Available
Under 10s, 12s, 14s, 16s, Girls Cricket and
Junior Blast (5 to 8 years of age)
Training starts in September

Contact us for further information:
Darren Kishander - 0422 701 475 or
carrumcc@gmail.com

www.carrumcc.vic.cricket.com.au
or find us on Facebook