Dear Families and Friends,

**School Review - Whole School Community Forum**

I would like to pass on my thanks to the families who attended our Whole School Community Forum last Monday. After viewing a short presentation outlining the School Review Process and the new Education Department Framework for Improving Student Learning outcomes, the participants worked in teams to reflect on our achievements and our areas in need of improvement in the following four areas - Excellence in Teaching and Learning; Professional Leadership; Positive Climate for Learning; and Community Engagement in Learning.

To gain an accurate picture of our progress over the last four years, I would really appreciate feedback from as many families as possible. To facilitate this feedback process, a link has been created on Compass to a Reflection Sheet. Please complete the Parent Reflection Sheet by Monday 13th June and then email it back to me on bruechert.cindi.l@edumail.vic.gov.au; or drop it in to the school office.

**Car Park Reminder**

Every now and then we are required to provide a bit of a reminder to our community about some expectations around the appropriate use of car parking areas. It has again come to our attention that many parents are double parking in the side car park (near the cricket nets) and at the front of the school and sometimes blocking the flow of other traffic. This causes a significant risk to our children leaving and arriving at school. It has also caused a number of collisions between vehicles. As many of you will be aware the Traffic Enforcement Officers from the City of Greater Bendigo often frequent the school and will issue anyone double parked at the school with an infringement notice. No U-turns are permitted in Uxbridge Street, and there is a 40k speed restriction. For the safety of our students and for the benefit of all community members, please make sure you are observing appropriate road rules.

**Traffic Safety**

Over the last two weeks, I have received several phone calls from concerned parents and community members about students acting in an unsafe manner while on their bikes or when crossing the road on foot as they are travelling to and from school. Classroom teachers have recently spoken to all students about the importance of being safe around traffic and ways to act in a responsible manner. Please take some time to chat to your child about these important safety issues.

**Colder Weather**

With the weather getting a little colder in the morning we have seen an increase in the number of jumpers being worn at school in the morning. However, as the day progresses and the sun comes out inevitably the students move to the playgrounds and oval for recess and lunchtime. They become hotter, take their jumpers off and often forget to collect them after play. Some of these jumpers make their way to the lost property where named ones (which many are) are returned to the classroom teacher for distribution. However sometimes jumpers can be mistakenly picked up by other students in the haste to get back to class, or when their memories are jogged that their parents had told them not to lose it. If you happen to stumble upon a stray jumper in your child’s school bag we are more than happy for it to be returned to the general office so that we can distribute it to the classroom teacher and the appropriate child. Please take the time to check the name on the uniform items you have.

Regards,

Cindi Bruechert  
bruechert.cindi.l@edumail.vic.gov.au

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**VOLUNTEER CANTEEN ROSTER**

**TERM 2**

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<thead>
<tr>
<th>DAY &amp; DATE</th>
<th>9.00AM—11.30 AM</th>
<th>11.00 AM—1.30 PM</th>
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| Friday 3 June | Melissa Riddell  
Csilla Mawston | Jacqui Flett  
Amber Wallace |
| Wednesday 1 June | Leanne Curnow | Amber Wallace |
| Thursday 9 June | Amber Wallace | Nikki Stephens |
| Friday 10 June | Anne Olsen  
Bin He | Karen Dinsmore  
Rebecca Phillips |
Parenting ideas INSIGHTS
Building parent-school partnerships

WORDS Michael Grose

10 research-backed tips for raising happy kids

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the RULER Program, the world’s best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the RULER Program tools to all Parentingideas Club members. We’ll be doing that soon – and I can’t wait!

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter

Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters

A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

more on page 2
If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7 Family dinners matter
Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8 Fun matters
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9 Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

10 Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

So let’s recap - to raise happy, successful kids:

1 Birth order matters
2 Positive peers matter
3 Parent mental health matters
4 Sibling relationships matter
5 Developmental matching matters
6 Good parenting matters
7 Family dinners matter
8 Fun matters
9 Helping others matters
10 Emotional intelligence matters
### Calendar of Events

**Term Dates:**

**Public Holidays:**

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**NO CANTEEN ON MONDAYS & TUESDAYS**

SCHOOL UNIFORM SHOP
OPEN EACH MONDAY & THURSDAY MORNINGS
8.45 AM TO 9.00 AM

**PLEASE NOTE**
The uniform shop is closed until further notice.
ORDER FORMS ARE AVAILABLE FROM THE OFFICE.
ORDER FORMS AND PAYMENT CAN BE LEFT AT THE OFFICE FOR PROCESSING AND DISTRIBUTION.

<table>
<thead>
<tr>
<th>JUNE</th>
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<tbody>
<tr>
<td>Monday 6</td>
<td>School Council Executive 5.45 pm</td>
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<tr>
<td>Tuesday 7</td>
<td>Management &amp; Finance 8.00 am</td>
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<tr>
<td>Wednesday 8</td>
<td>Parent &amp; Community Liaison 4.00 pm</td>
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<tr>
<td>Tuesday 21</td>
<td>School Council Meeting 7.00 pm</td>
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<tr>
<td>Thursday 23</td>
<td>Grade 5/6 Performance—The Learner’s Journey</td>
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<tr>
<td>Friday 24</td>
<td>Term 2 ends—Early dismissal 2.30 pm</td>
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<th>JULY</th>
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<tbody>
<tr>
<td>Monday 11</td>
<td>Term 3 commences</td>
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<tr>
<td>Monday 11</td>
<td>School Council Executive 5.45 pm</td>
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<tr>
<td>Wednesday 13</td>
<td>Management &amp; Finance 8.00 am</td>
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<tr>
<td>Wednesday 13</td>
<td>Parent &amp; Community Liaison 4.00 pm</td>
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<tr>
<td>Tuesday 19</td>
<td>School Council 7.00 pm</td>
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Parents and friends are encouraged to become a member of the IGA Community Rewards Program. Families simply nominate the school and 1% of their purchase is donated back to the school. Application forms are available from the school office, as well as a key tag.

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Enhance the beauty of your home with Dugie’s new exposed concrete kerbing. Ideal for driveways and garden beds with a range of styles, colours and exposed rock. Call for a free measure and quote 0413 889 680 a/h 5439 6157

**Your local Kanga loader hire with operator**

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Hi, my name is Kaytie Rowe and I am participating in Bendigo South East College’s G’Day USA program in December this year. This is a great opportunity to experience three weeks in Los Angeles, San Francisco and San Diego. I also get to stay with a host family for ten days, go to school and experience life as they do in another country!

As part of my commitment, I am organising this fun day and I would love it if you could join me. Please get together a group of friends and come along to see what adventures Dory get up to next.

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- **$75** Concession
- **$50** Child
- **$225** Family (2 Adults & 2 Children)
- **$50** Extra for guaranteed seating

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#ONESPIRIT