Dear Parents,

Principal's Message

Congratulations to Kilberry Valley Primary School

Recently, the Victorian Education Minister, Martin Dixon, and The Federal Minister of Education Peter Garrett, announced the Empowering Local Schools National Partnership Program and the successful schools participating. I am very pleased and proud to announce to you that Kilberry Valley Primary School is one of 166 Victorian Government schools selected to participate in the Empowering Local Schools National Partnership. This National Partnership is providing funding to schools across Australia to participate in a range of programs designed to support school autonomy, allowing us to respond in more locally specific ways to our students’ needs.

As a participating school, we will receive $50,000. This will allow us to support professional practice in our school in order to improve the outcomes of our students. We were successful with an application focused on expanding the abilities of the film making facilities at Kilberry. We will be developing the ‘live production and projection aspect’ of film making through upgrading the school infrastructure. We will also be investigating methods of including more year levels in the film making process through the introduction and investigation of further usages of ipads and other hardware across the school.

A huge amount of time and thought was undertaken to submit applications for this program and I greatly thank Mark Bailey and Christine Christian for their efforts. Their persistence to ensure we were successful and we are now able to enrich the experience and opportunities for our students in this exciting aspect of learning at Kilberry Valley Primary School will benefit all of our students.

Year 4 Camp

Unfortunately, due to illness last week, I was unable to attend the camp but have been reliably informed by staff, that it was another very successful time and the students really enjoyed themselves. The Phillip Island camp is a great one where students stretch the selves to experience a variety of challenges. Once again, I outline that camps are not a compulsory part of the curriculum and we would not be able to offer this experience without the goodwill of staff and parents who are willing to attend. I greatly thank the wonderful staff and parents who were prepared to put their families ‘on hold’ for the 3 days to ensure your children could attend camp and have such a tremendous time – most appreciated!!!

Parent Opinion Survey

Next week we will be sending out the annual Parent Opinion Survey conducted by the Education Department. About 90 families are randomly selected to participate in this department survey to give us a snapshot of parental opinion as to how our school is functioning. This is an important piece of information to enable us to celebrate the things we are doing well and make sure they continue, and to also look at areas of improvement. If you do receive one of these please complete it ASAP and return it to school. I hope you also realise you do not need a survey to feed information to us. We love to hear your thoughts on what is working and what we could look at doing differently, so please simply drop me a note with any thoughts you have.

Footy News

What a weekend – no Hodge, no Buddy – no worries!!! Didn't expect a percentage booster against the Pies!!

Again we have moved up the ladder and are looking good at the right time of the year. A solid test against Essendon this Friday will see if the Hawks are ready to take the next step. I am sure they are. Go Hawks!!

Have a great week and keep smiling!

Neil Cunningham
Principal
At the end of last term, Grades 3TS and 3JW performed their song relating to our excursion to the Melbourne Zoo. The students brought in zoo animal soft toys from home, as a prop, for the performance.
**Student Birthdays**

23rd July to 29th July, 2012

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<tr>
<th>Name</th>
<th>Grade</th>
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<tbody>
<tr>
<td>Yazan</td>
<td>1CH</td>
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<tr>
<td>Chelsea</td>
<td>1KS</td>
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<td>Hiruni</td>
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<td>Joel Joy</td>
<td>1TA</td>
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<td>Sandavi</td>
<td>2CC</td>
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<tr>
<td>Aleesha</td>
<td>2MM</td>
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<td>Ethan</td>
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<td>Robert</td>
<td>2RC</td>
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<td>Dineith</td>
<td>4CT</td>
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<tr>
<td>Ravindu</td>
<td>5JR</td>
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<td>Dilshan</td>
<td>5LT</td>
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<td>Devin</td>
<td>5LT</td>
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<td>Michal</td>
<td>5TT</td>
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<td>Carlos</td>
<td>6AP</td>
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<td>Dylan</td>
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**School Musical Costume Sewing**

We would like to remind all our wonderful parents that every Friday afternoon, from 2pm-3.30pm in the Art Room, we need your help with the sewing of costumes for our school musical, “Ella and Fella”. If you could spare some time your help would be greatly appreciated.

Alysia Bailey
Visual Arts Specialist

**Free Toast @ Breakfast Club!**

Breakfast Club is able to offer FREE TOAST to all students who are awarded student of the week! When students are awarded their ‘student of the week certificate’ they will receive a laminated Breakfast Club token. When this token is handed to our Breakfast Club staff on Friday morning they will receive toast for FREE!

Breakfast Club is also offering FREE TOAST to a particular year level each week. This week all Grade 3 & 4 students who visit Breakfast Club are offered a FREE piece of toast. By the end of the term all students at KVPS will have had the chance to have a free breakfast!

Reminder of Breakfast Club details

- **Time:** 8:30- 8:55am
- **Day:** FRIDAY mornings
- **Place:** New Gym
- **Cost:** 10c for 1 piece of toast, 20c for 1 bowl of cereal and milk

(Please note that this is a non profit program- all money collected is spent on buying items for our Breakfast Club)

**Peanut Allergies:** Unfortunately we are unable to offer Breakfast Club to children with nut allergies. Although we do not serve ‘nut foods’, we cannot guarantee that our kitchen is a complete ‘Nut Free Zone’. Thank you for your understanding.

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**Education Maintenance Allowance (EMA) - Last Chance for 2012**

New applications for the second instalment of EMA for 2012 are now being taken. Parents with continuing eligibility, who were paid the first instalment of 2012 through this school will not be required to complete a new application for the second instalment. Parents who have previously provided us with a copy of their healthcare/pension card that does not cover the first date of Term 3 (16th July 2012) will need to bring their new card to the School Office for us to photocopy.

**Applications Close on Friday 27th July, 2012. Late Applications Cannot Be Accepted.**

If you have any questions please call the School Office on 9702 8688.
KILBERRY VALLEY NOTICES SENT HOME
The following notices have been sent home to families and require your prompt attention:
DISTRICT ATHLETICS CARNIVAL (SELECTED STUDENTS)
Consent forms and payment MUST be returned by Friday 3rd August, 2012. The cost of this excursion is $8.

GRADUATION BEAR & MEMORY BALL - GRADE 6 STUDENTS ONLY
Order forms and payments MUST be returned by Friday, 10th August. (The ordering time line has been extended to give everyone an opportunity to purchase this item). Cost is $15 per item. NO LATE ORDERS WILL BE ACCEPTED.

Students who do not return consent forms and payments by the closing date for incursions/excursions will not be able to participate in the activity. We would appreciate your support and co-operation with these matters. Thank you.

LATE PAYMENTS CANNOT BE ACCEPTED

CANTEEN NEWS
Chicken Royales are no longer available for purchase at the School Canteen. We apologise for any inconvenience. Thank you

THANK YOU
A very big thank you to Seafood & Charcoal Plus and Stevo’s Gourmet Meats for their kind donations to our HPV Team. Thank you

BOOK CLUB
Scholastic Book club order forms have been sent home with students. Orders and payments for the Book Club MUST be returned by Friday, 3rd August, 2012. NO LATE ORDERS WILL BE ACCEPTED.

If paying by cheque, please make them payable to Scholastic Book Club.

Please enclose correct money when ordering as no change can be given.

Human Powered Vehicle Sponsors
We thank the following sponsors for their generosity in proudly sponsoring the HPV team for 2012:
Cablelink
John Graham
0408 143 644

Bridgestone Tyre Centre
70 Hallam Road, Hampton Park
Phone: 9799 8300

Kilberry Valley Primary School

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WELFARE CORNER

Helping children to cool down and stay calm

The following examples are for parents and carers to use at home.

Learning to manage anger

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help. Try the following:

Use coping self-talk

Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:

- “Take it easy.”
- “Take some deep breaths.”
- “Stay cool.”
- “It’s OK if I’m not good at this.”
- “Chill out.”
- “Don’t let him bug me.”
- “Time to relax!”
- “Try not to give up.”

To teach children to use coping self-talk it is helpful to model it yourself. For example, you could make a point of saying out loud, “I need to relax.” “I’m going to cool down.” “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

1. Rate your anger

Using a rating scale to notice how angry they are, helps children become more aware of their angry feelings so that they know when to use calming strategies. Draw a thermometer to show the scale points of 0-10. Add some words that describe low levels (e.g., 0 = calm; 2 = a bit irritated), medium levels (e.g., 5 = quite cross), and high levels (e.g., 9 = extremely angry; “losing it”). Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

2. Relax

There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

- Deep breathing. Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.
- Visualisation. Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.
- Robot/rag doll technique. The robot/rag doll technique is a useful for helping young children release muscle tension. Ask children to tense up all muscles in their bodies and can take some time to return to normal. Teaching children steps to cool down their anger can help. Try the following:

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   - Robot/rag doll technique. The robot/rag doll technique is a useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

   Women’s Friendship Centre
   Take a few minutes out of your busy day. After you drop the kids at school... or when you are shopping...
   Come and have a cup of tea or coffee and share a friendly conversation with other women.
   Every Wednesday from 9am till 12.30pm
   Casey Women’s Cultural Link Up
   Hampton Park Community Centre, 16-20 Stuart Avenue, Hampton Park, 3976. Phone 97990708.

LOST CAT BROOCH
A silver cat brooch (with 3 cats) was lost on the last day of Term 2.
If you have found this brooch or have any information regarding it, please contact Mrs. Barratt in Room B6
Thank you

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