Dear Parents,

Harmony Day
At Kilberry Valley Primary School we celebrate Harmony Day each year to highlight strength in our school community due to the number of cultures represented. We ask your child to wear something orange tomorrow (Thursday 21st March). Students can outfit themselves to be mostly orange otherwise school uniform must be worn. For example an orange hat could be worn with uniform.

This year’s theme is “One Australia, Many Stories’ and classes are working on a collage to show aspects of the many cultures in our school community.

On 15 March 2013, the National Day of Action Against Bullying and Violence, the Victorian Government launched a major bullying prevention campaign: Bully Stoppers: Make a Stand, Lend a Hand.

Kilberry Valley is very excited about launching this campaign and we will be engaging in activities in term 2. The campaign is based on a series of resources available online that empowers students, parents, teachers and principals to ‘make a stand, lend a hand’ and stop bullying. Bully Stoppers supports parents, teachers and principals in working together to make sure schools are safe and supportive places, where bullying is taken seriously and not ignored.


World Cup Stacking Championships – Casual Dress Day
A reminder that we will be holding a casual dress day next Tuesday 26th March to raise funds to assist Brayden Hogan represent us at the World Cup Stacking Championships. We will be holding the Kilberry Cup Stacking Championships on the day after lunch. Parents who wish to come along to support the event are more than welcome to attend. A gold coin donation will be required to come in casual dress & support Brayden in Orlando.

Lost Property Sale
There will be a sale of lost property in the old gym during the last week of term If you want a bargain come along between 8.45 and 9.15 Tuesday 26th, Wednesday 27th and Thursday 28th of March and see our helpful parents who will be looking after you.

Cross Country
Thursday 28th March will see our annual Cross Country event. The Year 3 to 6 students will engage in their run in the morning session with the Preps to 2’s after recess. This is always an exciting day so please come along and lend support to our students.

English as an Additional Language Information Night
A reminder that there will be an information session regarding the English as an Additional Language Program at Kilberry Valley next Wednesday evening in the staffroom commencing at 6.30pm.

Fundraising Meeting
Are you available to assist with the fundraising events this year? If so, why not come along to a meeting tomorrow (Thursday 21st March at 2.45) in the staffroom. All you need is enthusiasm and a little time, as we discuss fundraising ideas & plan events for this year. Looking forward to seeing you there!

End of Term Dismissal
Thursday 28th March is the final day of term 1. We will dismiss at the earlier time of 2.30pm. Please ensure you make arrangements to collect your children at this time. Term 2 commences Monday 15th April.

Have a great week and keep smiling!

Neil Cunningham
Principal
We have been revising the letters of the alphabet and the sounds they make. When we looked at letter ‘V’ we created an erupting volcano! We used bi-carb soda mixed with vinegar and red food dye to resemble the lava inside a volcano. Afterwards, we wrote about the experience in our writing books.

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?
If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.
The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.
Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

FREE TOAST @ BREAKFAST CLUB!
This week at Breakfast Club we are offering FREE toast to ALL students. Make sure you take advantage of this marvellous offer!

Reminder of Breakfast Club details:
Time: 8:30 - 8:55am  Day: FRIDAY mornings  Place: New Gym  Cost: 20c for 1 bowl of cereal and milk

We are always looking for parent helpers. If you have a current WWCC (Working With Childrens Check) and would like to help us out on FRIDAY Mornings please contact Mrs Cavanagh (in the new Gym) (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 completely ‘Nut Free Zone’. Thank you for your understanding.
**Resilience and optimism**

Resilience is the ability to bounce back from challenging situations and setbacks. Being resilient allows a person to recover from setbacks with greater rapidity and persist when times are tough. In an ever-changing and complex world, it is a prized quality to possess and one that assists in maintaining an optimistic view of life. As a parent, you can encourage this quality when observed and foster it when required. Most importantly, however, is setting an example by displaying a high level of resilience and maintaining (in thought and action) an optimistic view of life. Most young children are full of optimism, especially around 7 or 8 years when they believe that everything is possible. This alters when a child reaches adolescence and their view of the world becomes more realistic. As a result, the adolescent may adopt a more pessimistic view that lessens their resilience. It is important, therefore, that you attempt to guide your child towards a more optimistic view of the world and so increase their ability to be resilient.

It is difficult for parents to measure the level of resilience in their child, however we do know there is a close link between optimism and resilience. By observing your child’s behaviour (listening to their thoughts and viewing their actions) and determining whether it is predominantly optimistic or pessimistic, you can gauge their level of resilience.

To increase and maintain optimism and resilience, it is important that:

- Children feel they can do at least one thing well which is valued by others
- Children are able to distance themselves from negative situations
- Children have bonded with a socially valued, positive entity; the family, school or a community group
- Children display some basic life skills.