**Our School Values**

**At Wantirna Primary School we CARE -**

- **C** – collaborative learners
- **A** – active contributors
- **R** – respectful and responsible citizens
- **E** – emotionally aware

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**Diary Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Saturday 20th July</td>
<td>9am-12noon</td>
<td>Working Bee</td>
</tr>
<tr>
<td>Sunday 21st July</td>
<td>9am-12noon</td>
<td>Working Bee</td>
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<tr>
<td>Monday 22nd July</td>
<td>7-8pm</td>
<td>Zumba Dance Class starting</td>
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<tr>
<td>Monday 22nd July</td>
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<td>School Council Committee Meeting</td>
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<tr>
<td>Wednesday 24th July</td>
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<td>Boys Soccer - Selected Children from Seniors</td>
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<td>Monday 29th July</td>
<td></td>
<td>Zumba</td>
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<tr>
<td>Thursday August 1st</td>
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<td>100 Days at school - Junior School</td>
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<tr>
<td>Monday 5th August</td>
<td>2:30pm</td>
<td>Promotions &amp; Marketing Committee Meeting</td>
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<td>Monday 5th August</td>
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<td>Buildings and Grounds Committee Meeting</td>
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<td>Tuesday 6th August</td>
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<td>PFN Committee Meeting</td>
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<td>Tuesday 6th August</td>
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<td>Finance Committee Meeting</td>
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<tr>
<td>Friday 23rd August</td>
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<td>Pupil Free Day - NO CHILDREN AT SCHOOL TODAY</td>
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**Principal’s Message**

**Welcome back everyone** – I hope you had a very relaxing time with your children – it sounds like all the children had lots of wonderful experiences and they have all returned eager to start this term and catch up with their friends.

**Newsletter - this will be our second last paper copy of the newsletter!** From August 15 we will no longer send home paper copies with the children. You will be able to read the newsletter on our website as well as access it on Tiqbiz. We are very conscious of the amount of paper that we use for notices, newsletters etc and this is one way we can help save our trees!! If you do not have access to the internet please contact Jenine in the office. There is a whisper that our new newsletter will have a name and different format.

**Have you downloaded Tiqbiz yet??** Many parents have signed up to the Tiqbiz App and many of you will have received alerts from us about various events happening at school, including our newsletter. This is a very quick way for us to also send out reminders or information, rather than using reams of paper. The App is free and can be downloaded onto your iPhone, iPad or desktop computer.

**iPads** — Due to the enthusiasm of our SLU students (and teachers!!), Mr V has begun setting up student iPads this week. This does not mean that you have to have an iPad for your child now, but those that already have them can start bringing them to school, once the necessary paperwork has been completed by parents and students. Mr V. met with all the SLU students to explain the process and many very interesting questions were asked by the students about what they can and cannot do with their iPads. This will be an ongoing process as it is impossible to predict what children will come up with!! Staff have also commenced weekly iPad sessions where they can ask questions and learn about the amazing possibilities of iPads in the classrooms. Our next Curriculum Day will be spent visiting schools which have iPad programs in their schools. Please contact Mr V. if you have any questions.

**Soccer Champions** — Our soccer team are the BDSSA champions for 2013! It was a very exciting match and all our players played really well! As a small school we often compete against teams that consist of only Year 5/6 students so it is a great effort for our team to win this championship as we
also have year 4 students involved. Next Wednesday the team will compete against the other district winners from the Knox area and the winner will be the Knox Champions. Good luck!!

**Reports/Parent/Teacher Conferences** — At the end of last term, mid-year reports were sent home and parent/teacher conferences were held to discuss each child’s progress. If you were unable to meet with your child’s teacher please do not hesitate to contact them to make a time this term. We feel very strongly about the importance of the home/school relationship and want all our children to achieve to the best of their ability. This is only possible with regular communication between teachers and parents.

**Woorabinda Camp**—Three students and two staff members attended Woorabinda Camp during the second last week of term 2. They all had a fabulous time and both Brogan and Warwick enjoyed the experience of being away with 70 students from the Knox area. I thank them for taking up this opportunity as it is a big undertaking to be away from their classes and homes for five days.

**Working Bees this weekend**—We will be having two working bees this weekend—the Saturday working bee will be to develop a play construction area, with the help of the Grace Church community, next to the veggie garden and the Sunday project will be to redo the fitness track – removing the weeds and laying Lilydale toppings. Please put one or both these days to support our school! Both working bees commence at 9am and will finish about noon. A notice has been sent home with more details!

**FTG Nissan Raffle**—This raffle has now finished and all tickets and money should have been returned. If you still have some tickets, sold or unsold, please send them back by ASAP.

**Footy Tipping**—Our footy tipping competition continued over the holidays and there are three tippers vying for 1st place—Mr Norbury, Regan M. and Team Kenneally are all within 3 points of each other, with Mrs Cartwright and A. Francis coming closely behind the top three. There was only one tipper who correctly named 9 winners in a round over the three weekends.

Heather Norbury
norbury.heather.m@edumail.vic.gov.au
Chaplain’s Chat

Why does Kindness work this way?

One of the participants in Luks’ survey stated the following: “Some months ago I was so stressed out that I could barely get four hours sleep at night, and I had all sorts of aches and pains. I had even tried antidepressant and antianxiety drugs, but to no avail. I then found out first hand that it is love that truly heals. When I do nice things for others, I definitely feel a physical response. For me it is mostly a relaxation of muscles that I hadn’t even realised had been tensed. I can now sleep well at night, and most of my aches and pains have disappeared.”

People who are aware of the beneficial effects of kindness use it to keep their health conditions under control. Kindness is being utilised to keep high blood pressure in check, to banish headaches, relieve back pain, and subdue the pain of lupus and arthritis, while others use it to cure a case of the blues. Why would helping others have such beneficial effects? Partly because helping takes our mind off our problems (i.e. reduces stress) and gets us thinking about someone else.

Dr Herbert Benson, a Harvard cardiologist who has been involved in scientific research for over 30 years (he is also an author, his most well known book being The Relaxation Response), tells us that when we help others it allows us to ‘forget one’s self’. Another reason is that when we carry out an act of kindness, our body rewards us by creating a ‘feel good’ sensation, which boosts self esteem and well being. This experience has been termed the helper’s high. The response is triggered when the body manufactures chemicals called endorphins. These endorphins are naturally occurring morphine-like substances that create a feeling of bliss within us. In addition to creating a feel good experience, they also help to reduce the intensity of any pain messages being sent to the brain. We must assume that one of our basic purposes on planet Earth is to be kind. Why else would our body reward us every time we help someone? As Pearsall tells us, “In concrete terms, there seems to be a biological reward for doing the right thing”.

It is not necessary to carry out major acts of kindness to gain the health benefit. In fact it has been found that brief, small, regular acts of kindness lead to the highest levels of well being. It has also been found that such small, pleasurable experiences can more than offset any negative health effects brought about by life’s stressful events, regardless of their magnitude. This will be good news to those of us who worry about the ramifications of the day to day negative conflicts in our lives. If we happily punctuate our day with small acts of kindness, our health will be in good shape! Paul Pearsall’s warning about the lack of joy in our lives was mentioned earlier. What is the cause of this lack of joy? According to Pearsall it is the inability to control our destiny and the feeling of vulnerability that this brings, as well as an inability to realise that our physical ills and social ills are related.

What is the answer? To reconnect with ourselves, the earth, and those around us.

Some good advice for us all I think
Keep being Kind
Chaplain Julie

OSHC News

Hours:
7.00 - 8.45 am
3.30 - 6.00 pm

Our Nationally Accredited Before and After School Care Programs offers parents a safe, happy and child focused program. Children may attend on a casual or a permanent basis.

After School Care .......... $17.00 per session
Before School Care ...........$22.00 per session

To make a booking for OSHC please call our co-coordinator Premila on 0405 736 870 or you can book through the school office on 9801 - 1938

JUST A REMINDER—ALL ACCOUNTS FOR OSHC NEED TO BE PAID WEEKLY. IF YOUR ACCOUNT IS NOT PAID IN FULL WE WILL HAVE TO ASK YOUR CHILD NOT TO ATTEND UNTIL THE ACCOUNT IS SETTLED. THE OSHC PROGRAM IS A SELF FUNDED PROGRAM THAT IS RELIANT ON THE PEOPLE USING THE PROGRAM TO PAY ON A WEEKLY BASIS TO KEEP THE PROGRAM VIABLE.

Library News

This term to encourage the children to read lots of books we have planted a reading tree in the library. Each time that a child reads a book they will be given a leaf to place on the tree. At the end of the term the class that has read the most books will receive a special reward for being great readers.

Library Opening Hours
Monday - second half of lunchtime
Thursday - second half of lunchtime
Friday - second half of lunchtime

During the lunchtime opening times we encourage the children to come in and read, return their books or borrow.

The Veggie Patch & Chickens

Great News! The Vegetable Patch is growing and we are about to harvest our first crop.

A BIG THANKYOU to the Twomey, Alberti, Hill, Murphy and Harris families for looking after the chickens during the school holidays. THANK YOU
Our fortnightly newsletter is an important feature of our community. It contains important information about news and events at the school and it ensures that you are kept up to date about what’s happening at Wantirna Primary.

In an effort to reduce our carbon footprint and to help the environment, our fortnightly newsletter will not be sent home with the children after our next newsletter, Edition 11, August 1st 2013.

There are ways to receive notifications that the latest newsletter is available to download from the website. You just simply log on to the schools website at www.wantirnaprimary.vic.edu.au and subscribe to the newsletter and you will receive a notification when it is available. The second way is to download the Tiqbiz App which is available from the App Store for free, you will then receive a notification through Tiqbiz with the newsletter attached. If you don’t have access to the internet you can pick up a paper copy from the school office.

There is a whisper that our new newsletter is going to be having a different format and is going to be named.
Dr. Seuss (2 March 1904 – September 24, 1991) was an American writer, poet and cartoonist most widely known for children’s picture books. Dr. Seuss wrote and illustrated 46 children’s books. His real name was Theodor Seuss Geisel.

Remember, our school Library is a great place to borrow Dr. Seuss’ books. It is open Monday, Thursday and Friday second-half of lunchtimes for reading and borrowing.

Below are some great quotes. It is easy to forget about the importance of reading in our busy lives.

♦ “Children are made readers on the laps of their parents”.
  Emile Buchwald.

♦ “I love the solitude of reading. I love the deep dive into someone else’s story, the delicious ache of a last page”.
  Namoi Shihab Nye

♦ “You’re off to great places
   Today is your day!
   Your mountain is waiting.
   So...get on your way!”
  Dr. Seuss

♦ “Children see magic because they look for it”.
  Christopher Moore